

Mental health questions from current surveys by domain

Mental Health Assessment

Source: National Youth Risk Behavior Survey 2021

Link: https://ftp.cdc.gov/pub/Health_Statistics/NCHS/Survey_Questionnaires/NHIS/2022/EnglishQuest-508.pdf

Mode: CAWI

Question Text: During the COVID-19 pandemic, did you get mental health care, including treatment or counseling for your use of alcohol or drugs, using a computer, phone, or other device (also called telemedicine)?

- A. Yes
- B. No

Source: National Youth Risk Behavior Survey 2021

Link: https://ftp.cdc.gov/pub/Health_Statistics/NCHS/Survey_Questionnaires/NHIS/2022/EnglishQuest-508.pdf

Mode: CAWI

Question Text: During the COVID-19 pandemic, how often was your mental health not good? (Poor mental health includes stress, anxiety, and depression.)

- A. Never
- B. Rarely
- C. Sometime
- D. Most of the time
- E. Always

Source: National Health Interview Survey 2022 (For adults)

Link: https://ftp.cdc.gov/pub/Health_Statistics/NCHS/Survey_Questionnaires/NHIS/2022/EnglishQuest-508.pdf

Mode: CAWI

Question Text: Over the last 2 weeks, how often have you been bothered by little interest or pleasure in doing things?

- 0 Not at all
- 1 Several days
- 2 More than half the days
- Nearly every day

Source: National Health Interview Survey 2022 (For adults)

Link: https://ftp.cdc.gov/pub/Health_Statistics/NCHS/Survey_Questionnaires/NHIS/2022/EnglishQuest-508.pdf

Mode: CAWI

Question Text: Over the last 2 weeks, how often have you been bothered by feeling down, depressed or hopeless?

- 0 Not at all
- 1 Several days
- 2 More than half the days
- Nearly every day

Seeking Mental Health treatment

Source: National Youth Risk Behavior Survey 2021

Link: https://ftp.cdc.gov/pub/Health_Statistics/NCHS/Survey_Questionnaires/NHIS/2022/EnglishQuest-508.pdf

Mode: CAWI

Question Text: During the COVID-19 pandemic, did you get mental health care, including treatment or counseling for your use of alcohol or drugs, using a computer, phone, or other device (also called telemedicine)?

- A. Yes
- B. No

Source: National Health Interview Survey 2022 (For adults)

Link: https://ftp.cdc.gov/pub/Health_Statistics/NCHS/Survey_Questionnaires/NHIS/2022/EnglishQuest-508.pdf

Mode: CAWI

Question Text: Are you currently receiving counseling or therapy from a mental health professional?

- 1 Yes
- 2 No
- 7 Refused
- 9 Don't know

Barriers to accessing mental health treatment

Source: National Health Interview Survey 2022 (For adults)

Link: https://ftp.cdc.gov/pub/Health_Statistics/NCHS/Survey_Questionnaires/NHIS/2022/EnglishQuest-508.pdf

Mode: CAWI

Question Text: During the past 12 months, have you DELAYED getting counseling or therapy from a mental health professional because of the cost?

- 1 Yes
- 2 No
- 7 Refused
- 9 Don't know

Source: National Health Interview Survey 2022 (For adults)

Link: https://ftp.cdc.gov/pub/Health_Statistics/NCHS/Survey_Questionnaires/NHIS/2022/EnglishQuest-508.pdf

Mode: CAWI

Question Text: During the past 12 months, was there any time when you needed counseling or therapy from a mental health professional, but DID NOT GET IT because of the cost?

- 1 Yes
- 2 No
- 7 Refused
- 9 Don't know

Source: National Health Interview Survey 2022 (For adults)

Link: https://ftp.cdc.gov/pub/Health_Statistics/NCHS/Survey_Questionnaires/NHIS/2022/EnglishQuest-508.pdf

Mode: CAWI

Question Text: During the past 12 months, was there any time when you needed counseling or therapy from a mental health professional, but DID NOT GET IT?

- 1Yes
- 2 No

Question Text: *If no, reasons for not seeking help could be proposed.* For example:

If no, what was the reason for not getting counselling or therapy?

- Because you didn't know where to go or how to get help
- Because it was too expensive
- Because you were afraid of what others would think of you
- Because the provider had a difference cultural background

Community Support for Mental health

Source: National Health Interview Survey 2022 (For adults)

Link: https://ftp.cdc.gov/pub/Health_Statistics/NCHS/Survey_Questionnaires/NHIS/2022/EnglishQuest-508.pdf

Mode: CAWI

Question Text: (For adolescents) Other than parents or adults living in your home, is there at least one adult in your school, neighborhood, or community who makes a positive and meaningful difference in your life?

- 1 Yes
- 2 No

Source: National Health Interview Survey 2022 (For adults)

Link: https://ftp.cdc.gov/pub/Health_Statistics/NCHS/Survey_Questionnaires/NHIS/2022/EnglishQuest-508.pdf

Mode: CAWI

Question Text: (For adolescents) How often do you get the social and emotional support you need?

- 1 Always
- 2 Usually
- 3 Sometimes
- 4 Rarely
- 5 Never

Source: National Health Interview Survey 2022 (For adults)

Link: https://ftp.cdc.gov/pub/Health_Statistics/NCHS/Survey_Questionnaires/NHIS/2022/EnglishQuest-508.pdf

Mode: CAWI

Question Text: (For adolescents) How much can you rely on your friends for help if you have a serious problem?

- 1 A lot
- 2 Some
- 3 A little
- 4 Not at all

Source: National Health Interview Survey 2022 (For adults)

Link: https://ftp.cdc.gov/pub/Health_Statistics/NCHS/Survey_Questionnaires/NHIS/2022/EnglishQuest-508.pdf

Mode: CAWI

Question Text: (For adolescents) How much can you open up to your friends if you need to talk about your worries?

- 1 A lot
- 2 Some
- 3 A little
- 4 Not at all

Source: CRDP Statewide Evaluation Participant Questionnaire

Mode: CAWI

Question Text: Because of the problems with your mental health, emotions, nerves, or your use of alcohol or drugs, was there ever a time during the past 12 months when you FELT LIKE YOU MIGHT NEED to see a..

- Traditional helping professional like a culturally based healer, religious/spiritual leader or advisor

- Yes
 - No
 - Refused
 - Don't know
 - N/A
- Community helping professional such as health worker, promoter, peer counselor, or case manager
 - Yes
 - No
 - Refused
 - Don't know
 - N/A
- Primary care physician
 - Yes
 - No
 - Refused
 - Don't know
 - N/A
 -
- Mental health professional such as counselor, therapist, psychologist, psychiatrist, or social worker
 - Yes
 - No
 - Refused
 - Don't know
 - N/A

Source: CRDP Statewide Evaluation Participant Questionnaire

Mode: CAWI

Question Text: In the past 12 months, because of the problem with your mental health, emotions, or use of alcohol or drugs

- **HAVE YOU SEEN** a traditional helping professional like a culturally based healer, religious/spiritual leader or advisor
 - Yes
 - No
 - Refused
 - Don't know
 - N/A
- **HAVE YOU SEEN** a community helping professional such as health worker, promoter, peer counselor, or case manager
 - Yes
 - No
 - Refused
 - Don't know
 - N/A
- **HAVE YOU SEEN** a primary care physician
 - Yes
 - No
 - Refused
 - Don't know

- N/A
- **HAVE YOU SEEN** a mental health professional such as counselor, therapist, psychologist, psychiatrist, or social worker
 - Yes
 - No
 - Refused
 - Don't know
 - N/A