

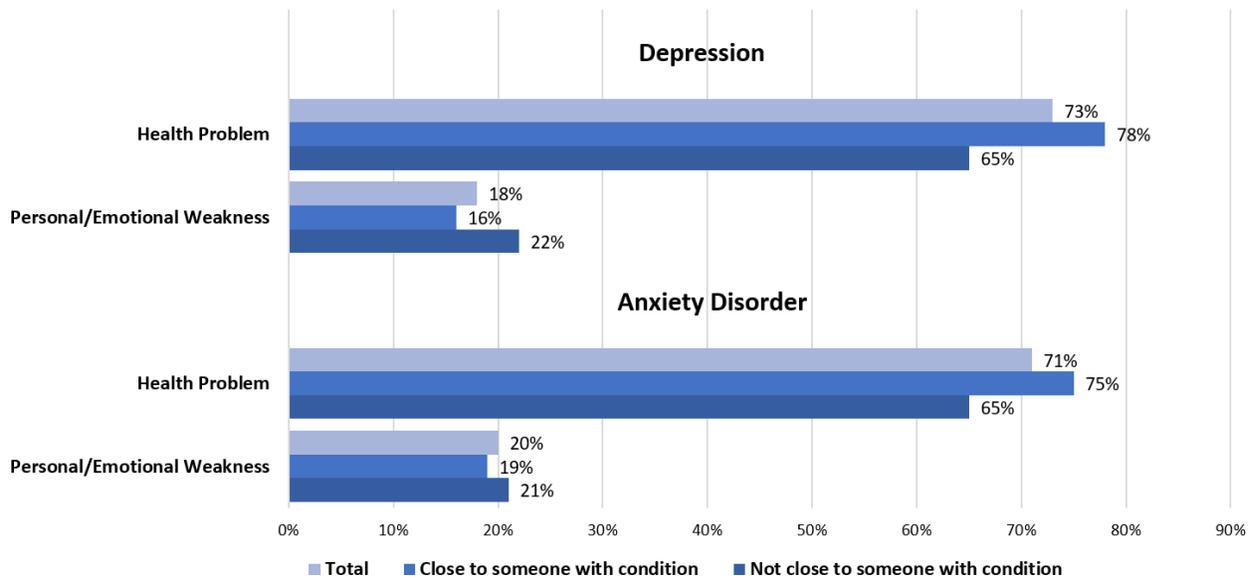


## Most Americans Now See Depression and Anxiety Disorders as Health Problems, PSRAI Survey Shows

In observance of Mental Health Month, PSRAI asked Americans about their views on depression and anxiety disorders. Seventy-three percent of adults say they view depression as a health problem while nearly one in five (18%) say they view it as a sign of personal or emotional weakness. This represents a drastic change from 1996, when a National Mental Health Association survey found more viewed depression as a personal or emotional weakness (54%) than a health problem (38%).<sup>1</sup> A similar share of Americans today view anxiety disorders as a health problem (71%) rather than a sign of weakness (20%).

Nearly two-thirds of Americans say they themselves, a family member, or a close friend have suffered from depression or an anxiety disorder. Those with this personal connection are more likely to recognize depression (78%) and anxiety disorders (75%) as health problems. Meanwhile only 65% of those with no connection to the conditions label each as health problems.

Do you think of this as a health problem or a sign of personal or emotional weakness?



Source: Survey of U.S. adults conducted April 20-23, 2017  
Princeton Survey Research Associates International

<sup>1</sup> National Mental Health Association *Clinical Depression And Its Treatment Survey* (January 19-26, 1996)

Views on depression and anxiety disorders differ across a variety of demographics. Women, non-Hispanic whites, college graduates, and those living in the western United States are among those most likely to recognize these conditions as health problems rather than weaknesses.

Americans have mixed opinions on whether the United States has made progress in getting people with depression or anxiety the help they need. Less than half (46%) say that at least some progress has been made in the past ten years, including just 10% who say a lot of progress has been made. Forty-three percent of respondents say that little to no progress has been made.

### **Methodology**

The survey was conducted by Princeton Survey Research Associates International (PSRAI). Interviewing by landline and cellular telephones occurred April 20-23, 2017 among a random sample of 1,000 U.S. adults. Interviews were conducted in English and Spanish. Data have been weighted to parameters from the U.S. Census Bureau. The margin of error for results based on the complete set of weighted data is +/- 3.8 percentage points.

### **About PSRAI**

PSRAI is an independent survey research firm dedicated to providing high-quality information to clients in the United States and around the world ([www.psrain.com](http://www.psrain.com)).

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**April 2017 Omnibus Week 3**

**Princeton Survey Research Associates International for  
Mental Health Month**

Final Topline Results  
April 24, 2017

Total: 1,000 adults age 18 and older  
Margin of error: Plus or minus 3.8 percentage points

INTERVIEW DATES: April 20-23, 2017

**LANDLINE INTRODUCTION:**

Hello, my name is \_\_\_\_\_ and I'm calling for Princeton Survey Research. We're conducting a study about some important issues today, and would like to include your household. [RANDOMIZE RESPONDENT SELECTION: May I please speak with the YOUNGEST ADULT MALE, age 18 or older, who is now at home? (IF NO MALE AT HOME NOW, ASK: May I please speak with the YOUNGEST ADULT FEMALE, age 18 or older, who is now at home?) / May I please speak with the YOUNGEST ADULT FEMALE, age 18 or older, who is now at home? (IF NO FEMALE AT HOME NOW, ASK: May I please speak with the YOUNGEST ADULT MALE, age 18 or older, who is now at home?)]

**CELL PHONE INTRO:**

Hello, I am \_\_\_ calling for Princeton Survey Research. We're conducting a study about some important issues today. [IF RESPONDENT SAYS DRIVING/UNABLE TO TAKE CALL: Thank you. We will try you another time...]

**CELL PHONE SCREENING INTERVIEW:**

S1. Are you under 18 years old, OR are you 18 or older? [CONTINUE IF 18 OR OLDER; ALL OTHERS TERMINATE]

READ TO ALL CELL PHONE – INTRODUCTION TO MAIN INTERVIEW: If you are now driving a car or doing any activity requiring your full attention, I need to call you back later. The first question is...

*Notes: Due to rounding, percentages may not add to 100%. An asterisk (\*) indicates values less than 0.5%. Volunteered responses are indicated by (VOL.).*

PSR1. Do you think of [INSERT ITEM; RANDOMIZE] as a (health problem) or (a sign of personal or emotional weakness)? [RANDOMIZE ITEMS IN PARENTHESES]

		<u>Health problem</u>	<u>Sign of personal or emotional weakness</u>	(VOL.) <u>Don't know/ Refused</u>
a. Depression	April 2017	73	18	9
	January 1996 <sup>2</sup>	38	54	9
b. Anxiety disorders	April 2017	71	20	9

PSR2. In the past 10 years, how much progress do you feel has been made in the United States in getting people with depression or anxiety the help they need? Would you say a lot of progress, some progress, a little, or no progress at all has been made in the past 10 years?

	<u>April 2017</u>
A lot	10
Some	36
A little	30
None	13
Don't know/Refused (VOL.)	11

PSR3. Have you, another family member, or a close friend ever suffered from depression or an anxiety disorder?

	<u>April 2017</u>
Yes	64
No	34
Don't know/Refused (VOL.)	2

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<sup>2</sup> National Mental Health Association *Clinical Depression And Its Treatment Survey* (January 19-26, 1996)

## DEMOGRAPHICS

I have one last set of questions to help us better understand the people who took part in our survey.

SEX Respondent's sex [DO NOT ASK]

	%
Male	49
Female	51

EMPLOY Are you now employed full-time, part-time, or not employed?

	%
Total Employed	57
Employed full-time	47
Employed part-time	11
Not employed	42
(VOL.) Don't know/Refused	1

MARITAL Are you currently married, living with a partner, divorced, separated, widowed, or have you never been married?

[IF R SAYS "SINGLE," PROBE TO DETERMINE WHICH CATEGORY IS APPROPRIATE]

	%
Married	45
Living with a partner	7
Divorced	10
Separated	2
Widowed	6
Never been married	29
Don't know/Refused (VOL.)	1

PAR Are you the parent or guardian of any children under 18 years of age?

	%
Yes	30
No	69
(VOL.) Don't know/Refused	1

AGE What is your age?

	%
18 to 29	22
30 to 49	32
50 to 64	26
65 and older	15
(VOL.) Refused	4

EDUC What is the highest level of school you have completed or the highest degree you have received? [DO NOT READ]

	%
Less than high school (Grades 1-8 or no formal schooling)	5
High school incomplete (Grades 9-11 or Grade 12 with NO diploma)	4
High school graduate (Grade 12 with diploma or GED certificate)	30
Some college, no degree (includes some community college)	18
Two year associate degree from a college/university	13
Four year college or university degree/Bachelor's degree	18
Some postgraduate or professional schooling, no postgraduate degree	3
Postgraduate or professional degree, including master's, doctorate, medical or law degree	7
Don't know/Refused	1

SUMMARY: RACE/ETHNICITY

HISP Are you of Hispanic or Latino origin, such as Mexican, Puerto Rican, Cuban or some other Spanish background?

RACE What is your race? Are you white, black, Asian, or some other race? [IF RESPONDENT SAYS HISPANIC OR LATINO, PROBE: Do you consider yourself a WHITE (Hispanic/Latino) or a BLACK (Hispanic/Latino)?

	%
White, non-Hispanic	63
Total non-White	34
Black, non-Hispanic	12
Hispanic	14
Asian/Pacific Islander, non-Hispanic	4
Other, non-Hispanic	4
(VOL.) Don't know/Refused	3

INC Last year – that is, in 2016 – approximately what was your total family income before taxes? Just tell me when I get to the right category.

	%
Less than \$10,000	7
\$10,000 to under \$20,000	6
\$20,000 to under \$30,000	13
\$30,000 to under \$40,000	8
\$40,000 to under \$50,000	8
\$50,000 to under \$75,000	11
\$75,000 to under \$100,000	9
\$100,000 to under \$150,000	8
\$150,000 or over	7
(VOL.) Don't know/Refused	24

REG Which of these statements best describes you? [READ IN ORDER]

	%
Are you ABSOLUTELY CERTAIN that you are registered to vote at your current address	74
Are you PROBABLY registered, but there is a chance your registration has lapsed, OR	4
Are you NOT registered to vote at your current address?	19
(VOL.) Don't know/Refused	3

PARTY In politics TODAY, do you consider yourself a Republican, Democrat, or Independent?

	%
Republican	22
Democrat	29
Independent	31
(VOL.) No preference	10
(VOL.) Other party	1
(VOL.) Don't know/Refused	6

That completes the interview. Thank you very much for your time and cooperation. Have a nice day/evening.