

Module: Mental Illness & Stigma

NNHS.Q151: How often during the past 30 days did you feel nervous—would you say all of the time, most of the time, some of the time, a little of the time, or none of the time? (N=2,288)

Frequency	Total	Male (N=804)	Female (N=1,484)
All of the time	2.1% (1.2%, 3.7%)	2.2% (1.0%, 4.7%)	2.1% (1.0%, 4.3%)
Most of the time	2.4% (1.7%, 3.6%)	1.3% (0.6%, 2.8%)	3.4% (2.2%, 5.4%)
Some of the time	14.2% (11.5%, 17.5%)	16.5% (11.5%, 23.0%)	11.6% (9.1%, 14.7%)
A little of the time	18.9% (14.5%, 24.2%)	19.7% (12.6%, 29.4%)	17.5% (14.1%, 21.5%)
None of the time	62.4% (57.5%, 67.1%)	60.4% (53.1%, 67.2%)	65.5% (60.1%, 70.5%)

Feel nervous all or most of the time, by Age Group

	Point	Lower	Upper	N
<30	7.3%	4.1%	12.7%	329
30-39	6.2%	3.4%	11.0%	271
40-49	5.0%	2.5%	9.8%	332
50-59	9.3%	5.3%	15.7%	508
60-69	5.1%	2.9%	8.9%	458
70-79	13.5%	6.1%	27.3%	314
80+	9.2%	4.5%	17.9%	134

Data Source: Report of the Navajo Behavioral Risk Factor Surveillance Survey, 2013, 2015, 2016.

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Feel nervous all or most of the time, by Agency

Agency	Point	Lower	Upper	N
Chinle	5.9%	4.8%	7.2%	696
Eastern	6.1%	3.2%	11.4%	478
Ft. Defiance	3.4%	1.4%	8.4%	340
Northern	3.5%	1.8%	6.6%	512
Western	3.8%	1.6%	8.8%	268

NNHS.Q152: During the past 30 days, about how often did you feel hopeless—would you say all of the time, most of the time, some of the time, a little of the time, or none of the time? (N=2,288)

Frequency	Total	Male (N=804)	Female (N=1,484)
All of the time	2.0% (1.1%, 3.3%)	1.1% (0.4%, 2.7%)	2.8% (1.5%, 5.2%)
Most of the time	2.9% (1.7%, 4.9%)	1.0% (0.4%, 2.4%)	4.6% (2.9%, 7.2%)
Some of the time	9.5% (7.7%, 11.5%)	9.7% (6.8%, 13.6%)	9.3% (6.9%, 12.3%)
A little of the time	10.3% (8.0%, 13.0%)	8.1% (5.6%, 11.7%)	11.9% (9.1%, 15.3%)
None of the time	75.4% (70.8%, 79.5%)	80.1% (74.8%, 84.5%)	71.6% (66.6%, 76.1%)

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Feel hopeless all or most of the time, by Age Group

	Point	Lower	Upper	N
<30	4.8%	2.5%	9.2%	239
30-39	4.0%	1.8%	8.5%	271
40-49	6.2%	3.2%	11.7%	332
50-59	15.4%	7.2%	29.9%	508
60-69	4.9%	2.7%	8.8%	458
70-79	13.8%	6.5%	27.2%	314
80+	7.7%	3.3%	17.0%	134

Feel hopeless all or most of the time, by Agency

Agency	Point	Lower	Upper	N
Chinle	4.3%	2.6%	7.2%	696
Eastern	8.1%	5.2%	12.4%	472
Ft. Defiance	4.6%	2.4%	8.4%	342
Northern	2.2%	0.8%	6.3%	511
Western	4.4%	1.5%	11.7%	267

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NNHS.Q153: During the past 30 days, about how often did you feel restless or fidgety? (N = 2,297)

Frequency	Total	Male (N=804)	Female (N=1,493)
All of the time	3.7% (2.3%, 5.8%)	3.7% (1.7%, 7.8%)	3.8% (2.3%, 6.3%)
Most of the time	4.2% (3.1%, 5.7%)	2.9% (1.6%, 5.3%)	5.4% (3.7%, 7.9%)
Some of the time	15.5% (12.1%, 19.5%)	18.4% (12.8%, 25.6%)	12.7% (9.2%, 17.3%)
A little of the time	13.4% (10.3%, 17.1%)	13.4% (8.4%, 20.9%)	13.3% (9.9%, 17.6%)
None of the time	63.3% (58.7%, 67.6%)	61.6% (54.5%, 68.2%)	64.8% (58.3%, 70.7%)

Feel restless or fidgety all or most of the time, by Age Group

	Point	Lower	Upper	N
<30	8.6%	5.0%	14.4%	329
30-39	11.7%	6.5%	20.4%	271
40-49	7.2%	3.9%	13.1%	332
50-59	13.0%	6.3%	25.0%	508
60-69	8.6%	5.0%	14.6%	458
70-79	13.7%	6.3%	27.3%	314
80+	14.4%	6.8%	27.8%	134

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Feel restless or fidgety all or most of the time, by Agency

Agency	Point	Lower	Upper	N
Chinle	11.9%	8.8%	15.9%	703
Eastern	7.7%	4.5%	12.7%	471
Ft. Defiance	4.3%	2.3%	7.8%	340
Northern	6.2%	2.7%	13.6%	514
Western	10.9%	6.2%	18.4%	269

NNHS.Q154: During the past 30 days, about how often did you feel so depressed that nothing could cheer you up? (N = 2,287)

Frequency	Total	Male (N=799)	Female (N=1,488)
All of the time	1.8% (1.2%, 2.7%)	0.5% (0.2%, 1.2%)	3.0% (1.9%, 4.7%)
Most of the time	2.5% (1.7%, 3.8%)	0.7% (0.3%, 1.8%)	4.2% (2.7%, 6.6%)
Some of the time	7.9% (5.9%, 10.5%)	8.6% (5.6%, 13.0%)	7.2% (5.4%, 9.5%)
A little of the time	9.6% (7.4%, 12.5%)	8.3% (5.8%, 11.7%)	11.0% (7.9%, 15.1%)
None of the time	78.2% (74.4%, 81.5%)	82.0% (76.4%, 86.5%)	74.6% (69.6%, 79.1%)

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Feel depressed all or most of the time, by Age Group

	Point	Lower	Upper	N
<30	6.2%	3.3%	11.3%	329
30-39	3.5%	1.6%	7.6%	271
40-49	5.6%	3.1%	10.0%	332
50-59	13.4%	8.1%	21.3%	508
60-69	3.7%	2.3%	5.8%	458
70-79	12.9%	5.5%	27.4%	314
80+	11.4%	6.0%	20.4%	134

Feel depressed all or most of the time, by Agency

Agency	Point	Lower	Upper	N
Chinle	4.8%	2.9%	7.8%	698
Eastern	4.5%	2.1%	9.3%	470
Ft. Defiance	6.5%	4.0%	10.4%	341
Northern	1.7%	0.9%	3.0%	511
Western	2.9%	1.4%	5.9%	267

Data Source: Report of the Navajo Behavioral Risk Factor Surveillance Survey, 2013, 2015, 2016.

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NNHS.Q155: During the past 30 days, about how often did you feel that everything was an effort? (N = 2,254)

Frequency	Total	Male (N=790)	Female (N=1,464)
All of the time	16.0% (12.4%, 20.4%)	18.1% (13.5%, 23.9%)	14.2% (10.1%, 19.6%)
Most of the time	11.6% (8.4%, 15.9%)	9.5% (6.3%, 14.2%)	13.2% (9.7%, 17.7%)
Some of the time	11.9% (9.7%, 14.6%)	9.0% (6.5%, 12.4%)	14.8% (11.9%, 18.2%)
A little of the time	13.3% (10.0%, 17.6%)	14.7% (9.5%, 21.9%)	12.7% (8.9%, 17.9%)
None of the time	47.1% (41.6%, 52.7%)	48.7% (41.6%, 55.8%)	45.1% (38.4%, 52.1%)

Feel everything is an effort all or most of the time, by Age Group

	Point	Lower	Upper	N
<30	32.6%	22.8%	44.1%	329
30-39	30.0%	20.4%	41.8%	271
40-49	31.2%	21.8%	42.3%	332
50-59	31.8%	23.7%	41.3%	508
60-69	22.0%	15.8%	29.8%	458
70-79	36.8%	25.9%	49.2%	314
80+	21.5%	11.8%	35.8%	134

Data Source: Report of the Navajo Behavioral Risk Factor Surveillance Survey, 2013, 2015, 2016.

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Feel everything is an effort all or most of the time, by Agency

Agency	Point	Lower	Upper	N
Chinle	46.3%	36.8%	63.2%	679
Eastern	28.3%	19.3%	39.5%	471
Ft. Defiance	24.5%	18.3%	32.1%	332
Northern	16.0%	11.0%	22.7%	507
Western	26.0%	18.3%	35.6%	265

NNHS.Q156: During the past 30 days, about how often did you feel worthless? (N=2,287)

Frequency	Total	Male (N=801)	Female (N=1,486)
All of the time	1.1% (0.6%, 2.0%)	0.7% (0.2%, 2.4%)	1.3% (0.7%, 2.4%)
Most of the time	1.2% (0.8%, 1.9%)	0.3% (0.1%, 0.9%)	2.1% (1.3%, 3.4%)
Some of the time	8.9% (7.0%, 11.3%)	8.1% (5.1%, 12.6%)	9.3% (6.8%, 12.6%)
A little of the time	7.4% (5.5%, 9.8%)	5.7% (3.8%, 8.3%)	9.1% (5.9%, 13.7%)
None of the time	81.5% (77.9%, 84.5%)	85.3% (81.0%, 88.8%)	78.2% (74.0%, 81.8%)

Data Source: Report of the Navajo Behavioral Risk Factor Surveillance Survey, 2013, 2015, 2016.

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Feel worthless all or most of the time, by Age group

	Point	Lower	Upper	N
<30	32.6%	22.8%	44.1%	329
30-39	30.0%	20.4%	41.8%	271
40-49	31.2%	21.8%	42.3%	332
50-59	31.8%	23.7%	41.3%	508
60-69	22.0%	15.8%	29.8%	458
70-79	36.8%	25.9%	49.2%	314
80+	21.5%	11.8%	35.8%	134

Feel worthless all or most of the time, by Agency

Agency	Point	Lower	Upper	N
Chinle	2.4%	1.3%	4.3%	697
Eastern	5.2%	2.3%	11.5%	471
Ft. Defiance	1.8%	0.7%	4.9%	339
Northern	0.5%	0.1%	1.9%	511
Western	1.3%	0.3%	5.0%	269

Kessler 6 Average

	Mean	Lower Estimate	Upper Estimate	N
Total	3.92	3.51	4.33	2,193
Male	3.64	3.19	4.08	770
Female	4.15	3.62	4.68	1,423

Data Source: Report of the Navajo Behavioral Risk Factor Surveillance Survey, 2013, 2015, 2016.

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Kessler 6 Average, by Age Group

	Point	Lower	Upper	N
<30	3.95	3.08	4.83	310
30-39	3.63	2.75	4.5	255
40-49	3.84	2.89	4.79	313
50-59	4.27	3.40	5.13	473
60-69	3.45	2.70	4.21	429
70-79	5.01	3.19	6.84	293
80+	3.13	1.92	4.33	120

Kessler 6 Average, by Agency

Agency	Point	Lower	Upper	N
Chinle	4.98	4.21	5.74	652
Eastern	4.47	3.87	5.07	464
Ft. Defiance	3.73	2.93	4.52	322
Northern	2.91	2.32	3.5	495
Western	3.62	2.83	4.41	260

Serious Mental Illness (Kessler 6≥13)

	Point	Lower Estimate	Upper Estimate	N
Total	4.4%	3.1%	6.3%	2,193
Male	2.1%	1.0%	4.1%	770
Female	6.7%	4.7%	9.5%	1,423

Data Source: Report of the Navajo Behavioral Risk Factor Surveillance Survey, 2013, 2015, 2016.

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Serious Mental Illness, by Age Group (Kessler 6≥13)

	Point	Lower	Upper	N
<30	2.4%	1.2%	4.9%	310
30-39	2.8%	1.2%	6.2%	255
40-49	5.0%	2.3%	10.6%	313
50-59	6.8%	4.3%	10.5%	473
60-69	4.9%	2.9%	8.3%	429
70-79	9.5%	2.8%	27.6%	293
80+	2.1%	0.7%	6.0%	120

Serious Mental Illness, by Agency (Kessler 6≥13)

Agency	Point	Lower	Upper	N
Chinle	5.2%	3.2%	8.4%	652
Eastern	6.4%	2.8%	13.9%	464
Ft. Defiance	6.0%	3.5%	9.9%	322
Northern	1.3%	0.5%	3.1%	495
Western	2.6%	0.9%	7.4%	260

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NNHS.Q157: During the past 30 days, for about how many days did a mental health condition or emotional problem keep you from doing your work or other usual activities?

	Mean	Lower Estimate	Upper Estimate	N
Number of days	1.91	1.41	2.40	2,246
Male	1.27	0.75	1.80	795
Female	2.61	1.82	6.41	1,451

How many days did a mental health condition or emotional problem keep you from doing your work or other usual activities, by Age Group

	Point	Lower	Upper	N
<30	1.04	0.53	1.55	320
30-39	1.01	0.54	1.49	259
40-49	1.94	0.73	3.14	322
50-59	2.65	0.49	4.80	491
60-69	2.19	1.40	2.98	439
70-79	4.60	1.27	7.93	292
80+	3.73	0.46	7.01	123

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How many days did a mental health condition or emotional problem keep you from doing your work or other usual activities, by Agency

Agency	Point	Lower	Upper	N
Chinle	1.95	1.13	2.78	686
Eastern	1.88	1.18	2.59	468
Ft. Defiance	2.19	1.04	3.33	323
Northern	0.85	0.46	1.24	508
Western	2.79	1.56	4.02	261

NNHS.Q158: Are you now taking medicine or receiving treatment from a doctor or other health professional for any type of mental health condition or emotional problem?

	Percent	Lower Estimate	Upper Estimate	N
Yes	6.5%	4.8%	8.7%	2,239
Male	4.4%	2.6%	7.6%	776
Female	8.7%	6.0%	12.4%	1,463

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Are you now taking medicine or receiving treatment from a doctor or other health professional for any type of mental health condition or emotional problem, by Age Group

	Point	Lower	Upper	N
<30	2.8%	1.2%	6.5%	312
30-39	6.9%	3.7%	12.5%	255
40-49	7.0%	3.9%	12.3%	317
50-59	10.3%	5.1%	19.6%	489
60-69	6.5%	4.2%	9.9%	443
70-79	9.9%	5.0%	18.5%	299
80+	6.6%	2.7%	15.4%	124

Are you now taking medicine or receiving treatment from a doctor or other health professional for any type of mental health condition or emotional problem, by Agency

Agency	Point	Lower	Upper	N
Chinle	7.2%	5.4%	9.5%	675
Eastern	5.4%	2.7%	10.5%	469
Ft. Defiance	7.1%	3.8%	13.2%	319
Northern	3.4%	1.7%	7.0%	511
Western	9.8%	4.9%	18.4%	265

Data Source: Report of the Navajo Behavioral Risk Factor Surveillance Survey, 2013, 2015, 2016.

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NNHS.Q159: Treatment can help people with mental illness lead normal lives. Do you—agree slightly or strongly, or disagree slightly or strongly? (N=1,995)

Agreement	Total	Male (N=706)	Female (N=1,289)
Agree Strongly	47.0% (42.1%, 51.9%)	46.9% (40.7%, 53.2%)	45.9% (39.8%, 52.1%)
Agree Slightly	32.6% (27.7%, 37.9%)	32.3% (25.3%, 40.2%)	33.4% (27.3%, 40.2%)
Neither Agree nor Disagree	8.3% (6.2%, 11.2%)	8.3% (5.4%, 12.6%)	8.6% (5.9%, 12.5%)
Disagree Slightly	6.8% (4.8%, 9.4%)	7.2% (4.6%, 11.1%)	6.3% (4.4%, 8.9%)
Disagree Strongly	5.3% (3.2%, 8.6%)	5.2% (2.5%, 10.6%)	5.8% (3.1%, 10.4%)

Treatment can help people with mental illness lead normal lives. Do you—agree slightly or strongly, by Age Group

	Point	Lower	Upper	N
<30	85.9%	78.5%	91.0%	305
30-39	73.6%	59.0%	84.4%	248
40-49	84.1%	73.8%	90.8%	293
50-59	72.2%	63.0%	79.9%	437
60-69	75.8%	67.3%	82.7%	385
70-79	76.6%	63.6%	86.1%	238
80+	83.2%	62.8%	93.6%	89

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Treatment can help people with mental illness lead normal lives. Do you—agree slightly or strongly, by Agency

Agency	Point	Lower	Upper	N
Chinle	84.9%	79.9%	88.8%	641
Eastern	85.6%	79.6%	90.1%	404
Ft. Defiance	84.9%	74.7%	91.5%	267
Northern	67.6%	60.1%	74.2%	446
Western	72.0%	64.6%	78.5%	237

NNHS.Q160: People are generally caring and sympathetic to people with mental illness. Do you—agree slightly or strongly, or disagree slightly or strongly? (N=2,033)

Agreement	Total	Male (N=719)	Female (N=1,314)
Agree Strongly	38.8% (33.6%, 44.4%)	44.3% (37.2%, 51.6%)	34.7% (28.7%, 41.1%)
Agree Slightly	31.9% (27.9%, 36.2%)	26.6% (22.0%, 31.8%)	36.7% (30.2%, 43.7%)
Neither Agree nor Disagree	7.8% (5.8%, 10.4%)	9.1% (6.0%, 13.6%)	6.8% (4.2%, 10.7%)
Disagree Slightly	12.9% (8.8%, 18.5%)	9.9% (6.6%, 14.4%)	14.5% (8.4%, 23.7%)
Disagree Strongly	8.5% (5.7%, 12.6%)	10.2% (6.7%, 15.4%)	7.4% (4.4%, 12.3%)

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People are generally caring and sympathetic to people with mental illness. Do you—agree slightly or strongly, by Age Group

	Point	Lower	Upper	N
<30	67.9%	56.3%	77.7%	305
30-39	63.5%	47.6%	76.9%	249
40-49	70.9%	61.7%	78.6%	302
50-59	75.4%	67.8%	81.6%	439
60-69	75.0%	66.6%	81.9%	399
70-79	81.6%	72.9%	88.0%	244
80+	80.8%	54.1%	93.7%	95

People are generally caring and sympathetic to people with mental illness. Do you—agree slightly or strongly, by Agency

Agency	Point	Lower	Upper	N
Chinle	77.3%	68.0%	84.5%	645
Eastern	78.1%	72.1%	83.1%	424
Ft. Defiance	77.0%	64.7%	85.9%	270
Northern	69.7%	64.9%	74.1%	459
Western	54.2%	44.1%	63.9%	235