

Health Outcomes - 7

Serious Psychological Distress

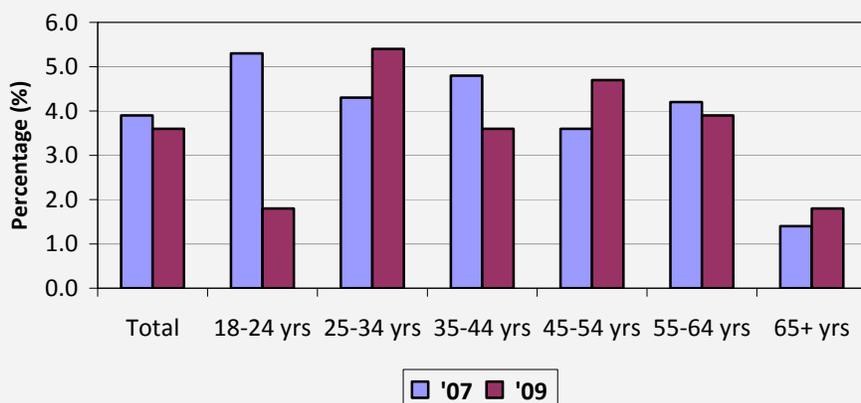
MICHIGAN 2010
CRITICAL
HEALTH
INDICATORS

Indicator Definition: Percentage of adults with serious psychological distress as indicated by a score of > 13 on the K6 scale.

Indicator Overview:

- Serious Psychological distress is an important individual and population health issue.
- Depressive disorders, if untreated, become chronic and are expected, by the year 2020, to be exceeded only by heart disease in contributing to the global burden of diseases.
- The Kessler 6 (K6) Scale was developed for the National Health Interview Survey (NHIS) to distinguish cases of nonspecific psychological distress. The scale ranges from 6 to 30. For the purposes of the BRFSS any score greater than or equal to thirteen is considered serious psychological distress. The BRFSS is working out how to derive serious mental illness (smi) from the score on the questionnaire.

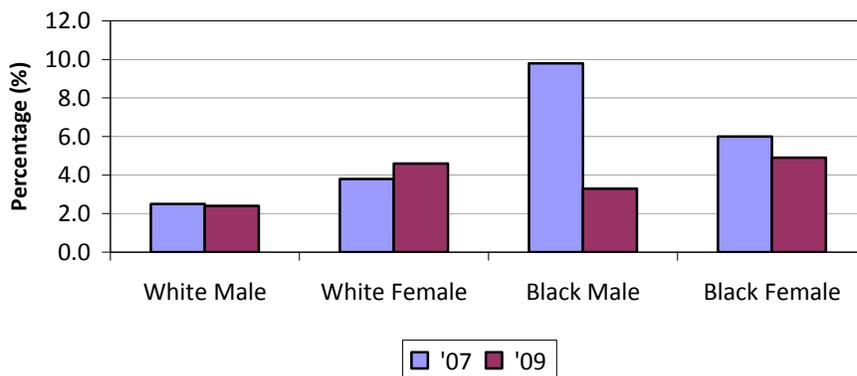
Serious Psychological Distress by Age
Michigan, 2007 and 2009



← **Trends:** Michigan-specific data focusing on Serious Psychological Distress was collected in 2007 and 2009. The overall percentage of adults with serious psychological distress was similar in 2007 and 2009. In 2007, the prevalence of serious psychological distress was highest among 18-24 year olds, while in 2009 serious psychological distress was most prevalent within the 25-34 year old age category. For the most part, the prevalence of serious psychological distress decreased with increasing age of the population.

→ **Health Disparities:** Black males reported the highest rate of serious psychological distress in 2007, but reported a much lower rate in 2009. Overall, females appear to have slightly higher rates of serious psychological distress when compared to males. Black females reported higher rates of serious psychological distress than white females in both 2007 and 2009.

Serious Psychological Distress by Race and Gender
Michigan, 2007 and 2009



Links to Other Sources of Information:

Michigan Department of Community Health. Michigan Behavioral Risk Factor Surveillance System, 2007 and 2009. (www.michigan.gov/brfs)
A Resource Guide for Families dealing with Mental Illness: http://www.michigan.gov/documents/MDCH-MentalIllness-10AUG04_102671_7.pdf

Centers for Disease Control and Prevention (CDC). *Behavioral Risk Factor Surveillance System Survey Data*. Atlanta, Georgia: U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, 2000-2009. (www.cdc.gov/brfss)

Links to Related Public Health Programs:

MDCH Mental Health Programs & Practices for Adults: http://www.michigan.gov/mdch/0,1607,7-132-2941_4868_38495---,00.html