



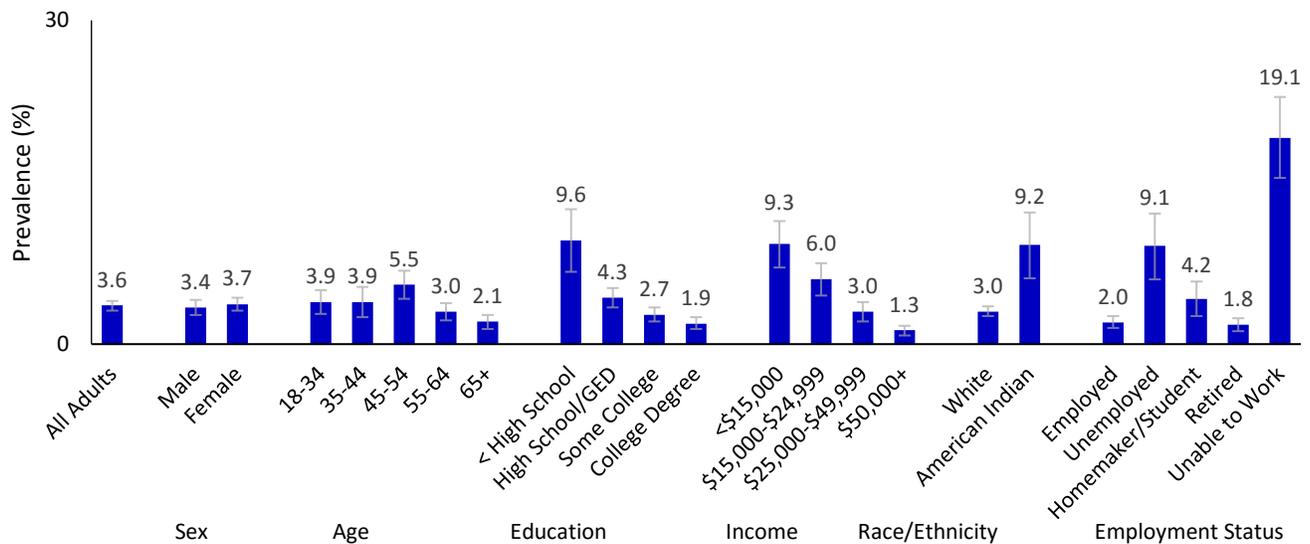
Serious Psychological Distress among Montanan Adults

4% of Montana adults reported experiencing serious psychological distress (SPD)[†] in 2012 and 2016. SPD estimates the prevalence of serious mental illness in the general population. In Montana, SPD was more prevalent among adults who reported being **younger**, having **less educational attainment**, having **lower income**, being **unemployed**, or being **unable to work**. Furthermore, **American Indian/Alaskan Native** adults also reported a

higher prevalence of SPD than white, non-Hispanic adults. (Figure)

56% of the estimated 24,982 Montana adults experiencing SPD also reported currently taking medicine or receiving treatment from a doctor or other health professional for a mental health condition or emotional problem. A 2017 directory of 70 mental health facilities in Montana is available through [SAMHSA](#), with listings provided by county.

Figure. Prevalence of Serious Psychological Distress among Montanan Adults, 2012 & 2016



Data Source: 2012 and 2016 Montana Behavioral Risk Factor Surveillance System (BRFSS)

In Montana, adults who reported experiencing SPD were more likely to report having been diagnosed with **asthma** or **arthritis** and more likely to be a **current cigarette smoker** or **current smokeless tobacco user** than adults who reported not experiencing SPD. Furthermore, adults who reported SPD were also more likely to report **fair or poor general health**, **poor physical health**, and **more days in which their usual daily activities were limited** by poor health.

For a full report see Surveillance Reports – 2018 – Serious Psychological Distress on the Montana BRFSS webpage.

CONTACT

Hallie Koeppen
 MT BRFSS Coordinator/Epidemiologist
 406-444-2973
 Hallie.Koeppen@mt.gov

[†]Serious Psychological Distress is defined as a score of 13 or higher on the Kessler 6 (K6) scale, which measures a person’s feeling of nervousness, hopelessness, restlessness or fidgeting, depression, effort, and self-worth.

Data Source: 2012 and 2016 Montana Behavioral Risk Factor Surveillance System

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