

# NHANES Open Space

## September 11-12, 2003

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**Session Title:** Mental Health

**Session Headlines:**

**Very strong relationship between physical disease and mental health  
HIS/NHANES – limitations questions – comparability of questions  
Where ever possible important to calibrate between the studies.  
Do methodological studies.**

**CIDI Depression should stay in the survey.  
Measurements for chronic stressors or strain.  
Social mobility indicators – can these be added?**

**GAD and Cardiovascular diseases. Anxiety disorder should be examined at  
older ages at well.**

**Other screening instruments used in communities' studies, i.e., RAND  
studies?**

**Has the CIDI really been validated? What about for people with disabilities  
or for diverse population?**

**Measures of perceived discrimination, i.e., CARDIA study, also MIDAS. Not  
a lot of hard data although it may be worth exploring.**

**Suggestion to change the name of NHANES to include mental health and  
behavior.**

**Next Steps/Action Items:**

**K-6 items (screener for depression) from NHIS could be added very easily to  
NHANES for all ages, especially older ages. K-10 is another possibility.**

**Consider using some other screening measure besides CIDI for GAD at all ages.**

**Examine possibility of using biomarkers of stress (interluken 6, epinephrine, nor-epinephrine).**

**Seek funding from other agencies, i.e., NHLBI, NIA, and NIDDK**

**Bottom line: if you don't include mental health measures, NHANES is really missing out. Need to be able to look at physical health and mental health and behavior. It is not optional!**