



THE UCLA CENTER FOR HEALTH POLICY RESEARCH



Measuring and Tracking the Negative Consequences of Mental Health Needs and Unmet Needs using CHIS

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Shifting the Current: Advancing Mental Health Prevention and Early Intervention using Evaluation and Technical Support

Forum 3 – Reducing the Negative Consequences of Mental Health Needs

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Overview

- California Health Interview Survey (CHIS)
- Measuring Need for Mental Health Services and Data
- Measuring Negative Consequences of Mental Health Need and Data
- Measuring Unmet Need and Data

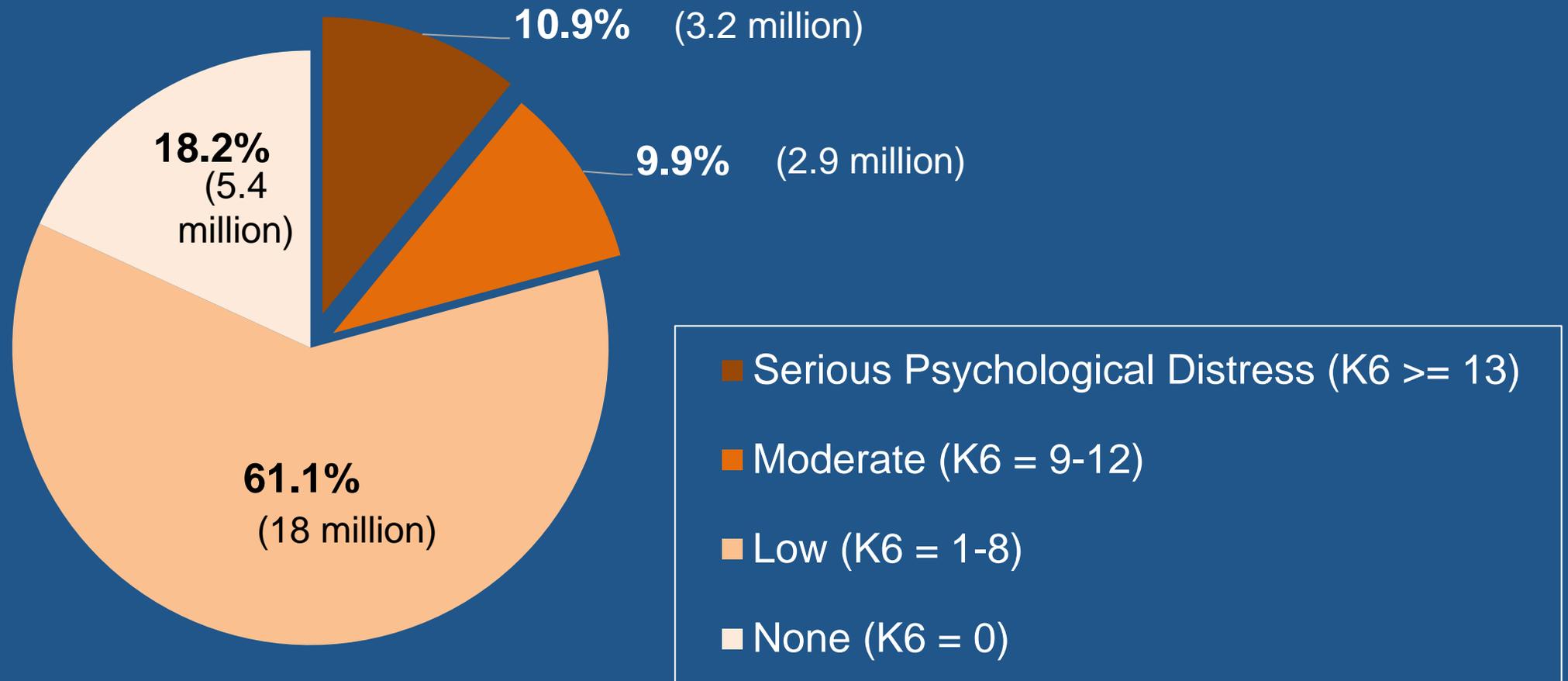
California Health Interview Survey

- Nations largest state health survey
- Annual household survey
- Approximately 20,000 adult respondents
- Survey design and weights
- Conducted in English, Spanish, Chinese (both Cantonese and Mandarin dialects), Korean, Vietnamese, and Tagalog

Measuring Need for Mental Health Services

- Kessler-6 in the California Health Interview Survey (CHIS)
 - How often did you feel nervous?
 - How often did you feel hopeless
 - How often did you feel restless or fidgety?
 - How often did you feel depressed that nothing could cheer you up?
 - How often did you feel that everything was an effort?
 - How often did you feel worthless?
- Responses
 - All of the time (4), Most of the time (3), Some of the time (2), A little (1), None of the time (0)
- Summed and Scored (Range = 0-24)
 - **Serious Psychological Distress** **Score = 13 or greater**
 - **Moderate Psychological Distress** **Score = 9 through 12**
 - **Mild Psychological Distress** **Score = 1 through 8**
 - **No Psychological Distress** **Score = 0**

Psychological Distress, CA Adults, age 18 and over, CHIS 2018



Measuring Life and Work Impairment

- Main Metric: Sheehan Disability Scale
- Asked only of those scoring as Moderate or Serious Psychological Distress (K6 > 8)
 - Think about the month in the past 12 months when you were at your worst emotionally.
 - Did your emotions interfere with your performance at work?
 - Asked only of those who are working
 - Did your emotions interfere with your household chores?
 - Did your emotions interfere with your social life?
 - Did your emotions interfere with your relationship with friends or family?
 - Response: A Lot (2), Some (1), Not at all (0)

Up to 8 in 10 adults with **psychological distress** are **impaired at work**

Percentage of working adults who say they are impaired at work, by level of psychological distress

 **Severe Impairment at work**

 **Moderate Impairment at work**



**2.6 million adults with
Serious Psychological Distress**

**2.4 million adults with
Moderate Psychological Distress**

Population numbers for work impairment include only those who are working.

All differences in impairment levels by psychological distress levels are all statistically significant

Source: 2018 California Health Interview Survey

Up to 8 in 10 adults with **psychological distress** are **impaired at home**

Percentage of working adults who say they are impaired at home, by level of psychological distress.

 **Severe Impairment**

 **Moderate Impairment**



**3.2 million adults with
Serious Psychological Distress**



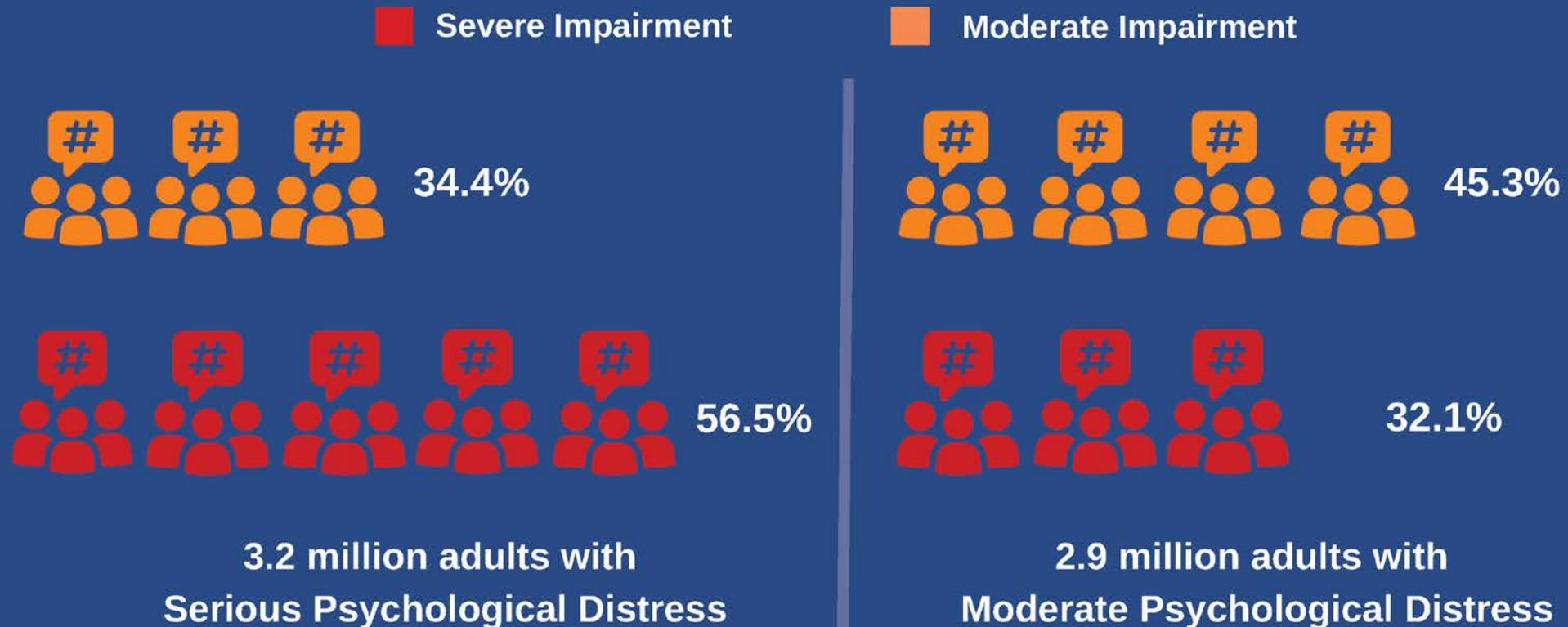
**2.9 million adults with
Moderate Psychological Distress**

All differences in impairment levels by psychological distress levels are all statistically significant

Source: 2018 California Health Interview Survey

Up to 9 in 10 adults with **psychological distress** are **socially impaired**

Adults who say they are impaired socially, by percent and level of psychological distress.

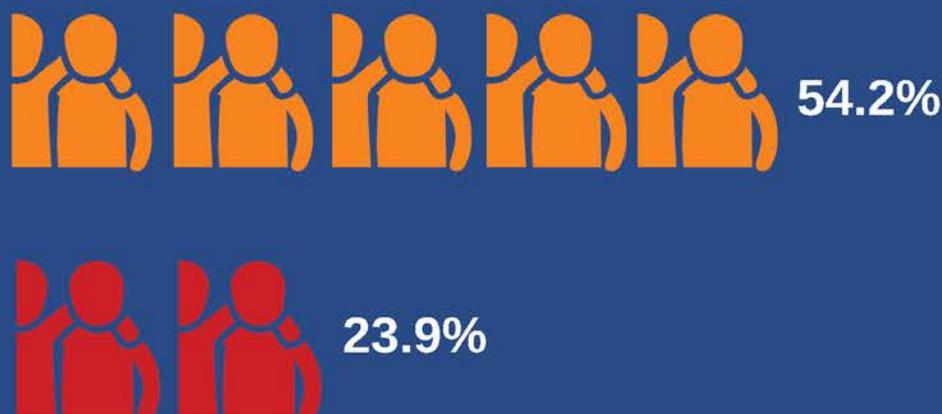


All differences in impairment levels by psychological distress levels are all statistically significant
 Source: 2018 California Health Interview Survey

Up to 9 in 10 adults with **psychological distress** have **impaired relationships**

Adults who say they have impaired relationships, by percent and level of psychological distress.

 **Severe Impairment**  **Moderate Impairment**

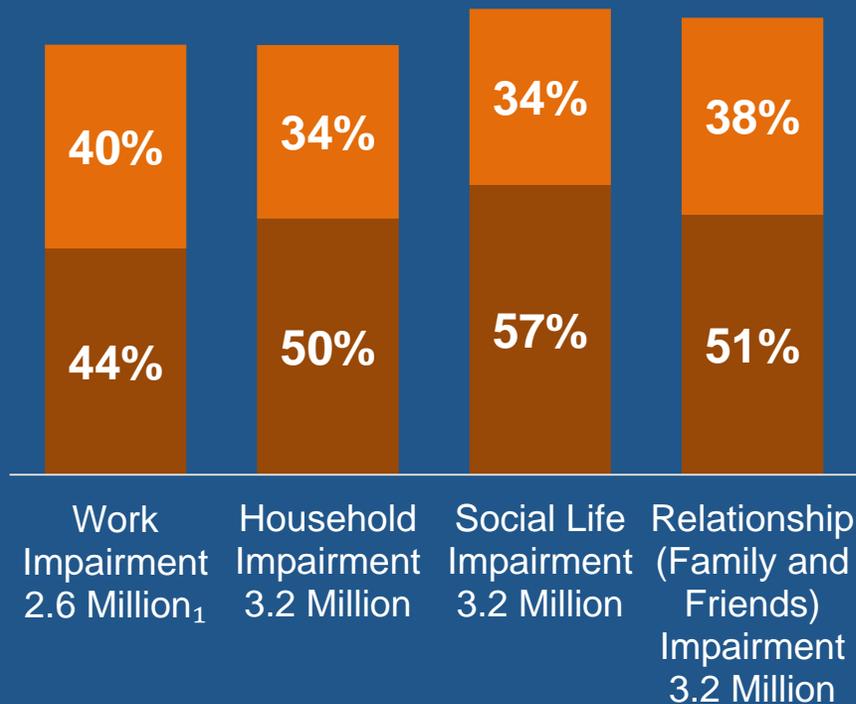


All differences in impairment levels by psychological distress levels are all statistically significant
Source: 2018 California Health Interview Survey

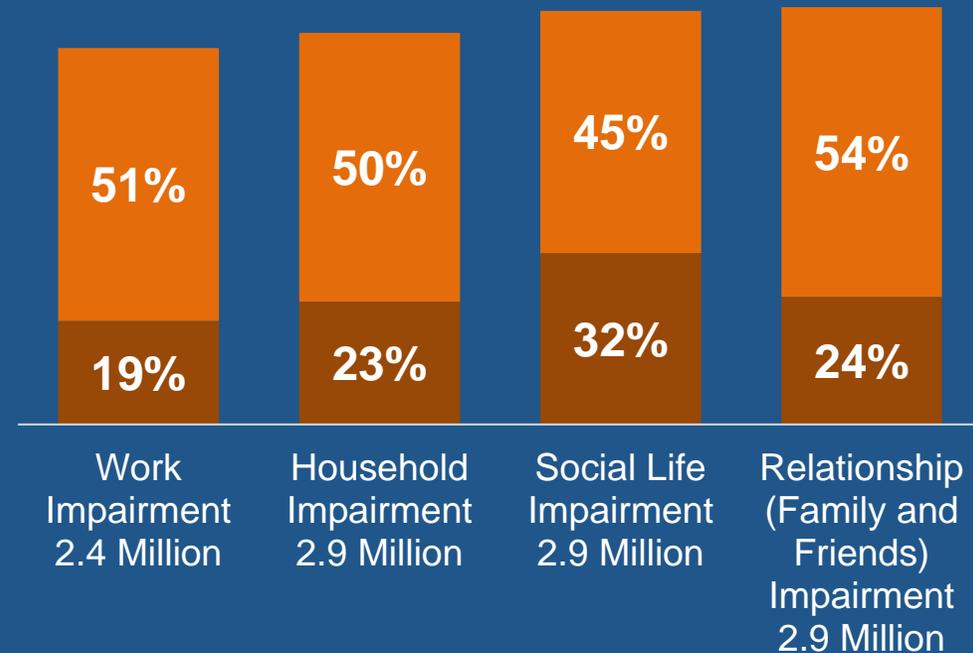
Summary: Level of Severe or Moderate Impairment Past Year

Among Adults, age 18 +, by Level of Psychological Distress and Life and Work Domain: CHIS 2018

Adults with Serious Psychological Distress



Adults with Moderate Psychological Distress



■ Severe Impairment ■ Moderate Impairment

*All differences in impairment levels by psychological distress levels are all statistically significant.

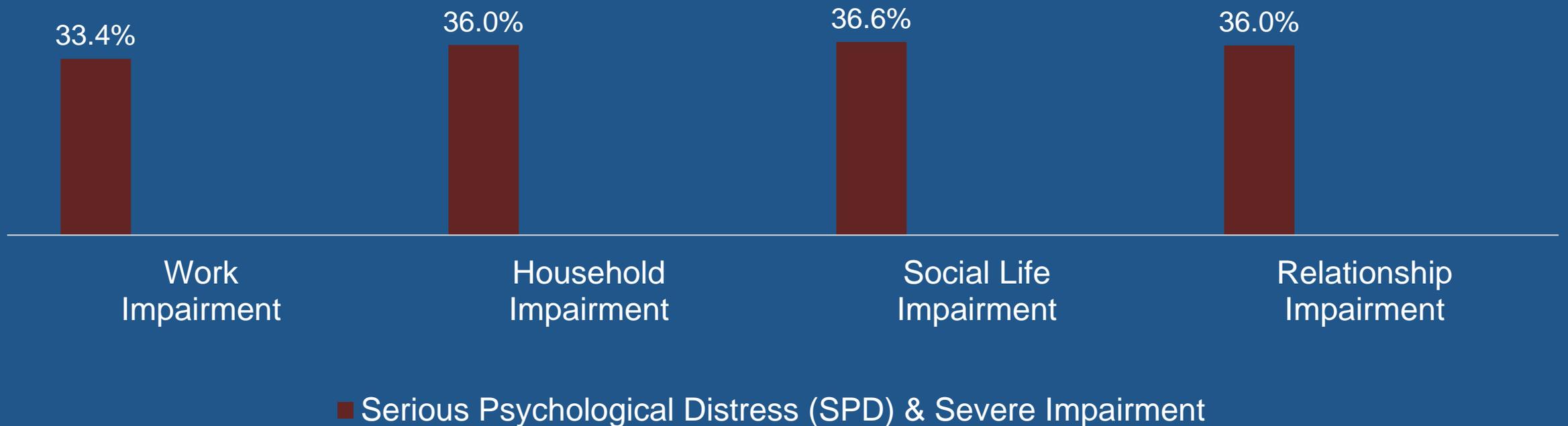
₁ Population numbers for Work Impairment include only those who are working

Measuring Access to Mental Health Care

- Mental Health Care by Both Medical and Mental Health Professionals
 - "In the past 12 months have you seen your primary care physician for problems with your mental health, emotions, nerves or your use of alcohol or drugs?"
 - "In the past 12 months have you seen any other professional, such as a counselor, psychiatrist, or social worker for problems with your mental health, emotions, nerves or your use of alcohol or drugs?"
- "No" responses to both of these questions = Did Not See Any Type of Professional Provider for Mental Health, Emotions, Nerves, Alcohol or Drug Use Past Year

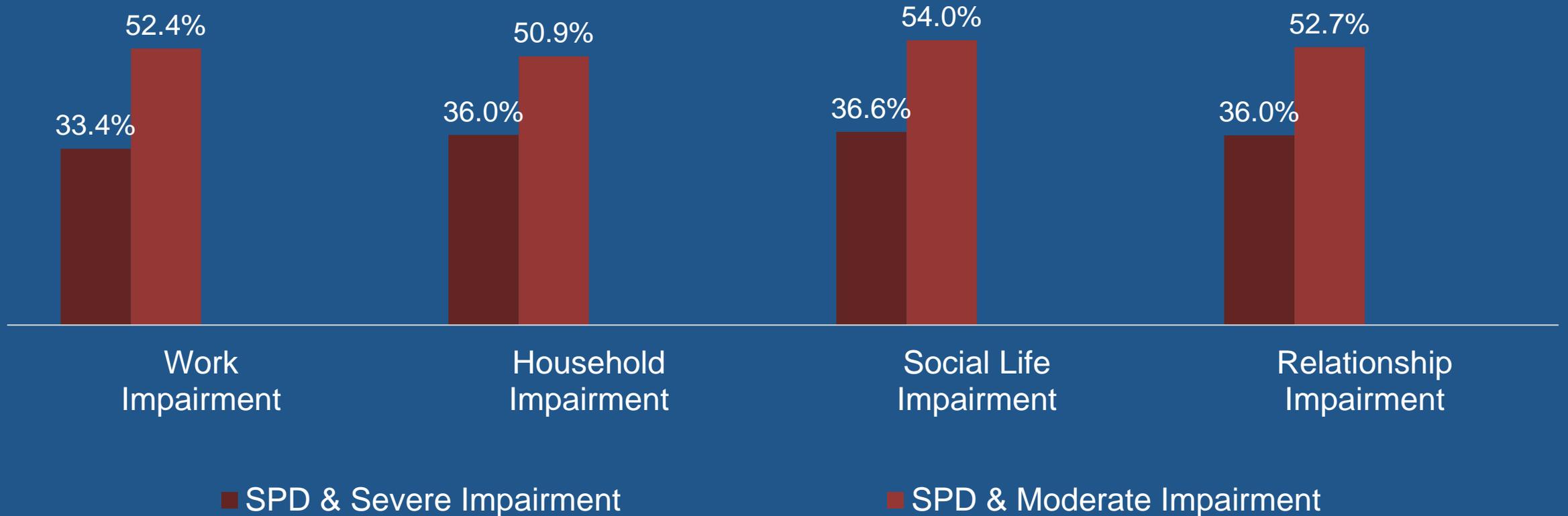
No Provider Visit for Mental Health Past Year

Percent of Adults, Age 18 + , by Level of Psychological Distress and Level of Impairment and by Work and Life Domains: CHIS 2018



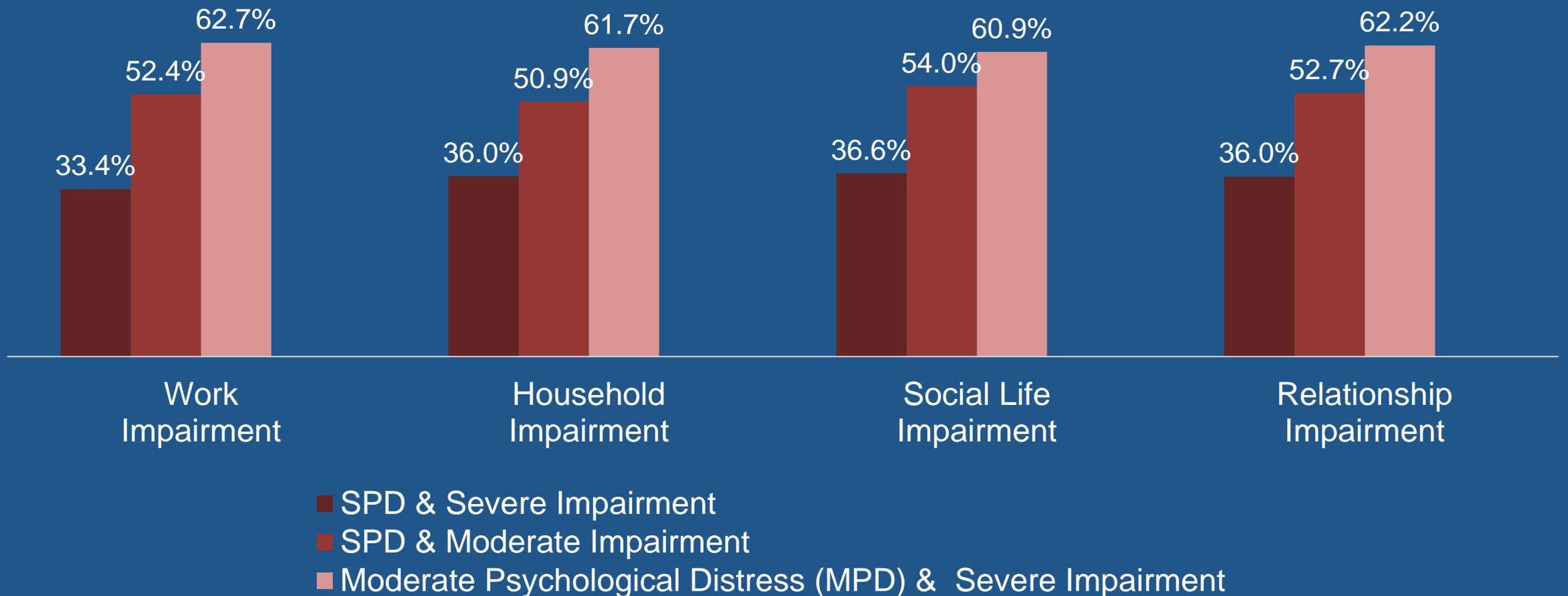
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Percent of Adults, Age 18 + , by Level of Psychological Distress and Level of Impairment and by Work and Life Domains: CHIS 2018



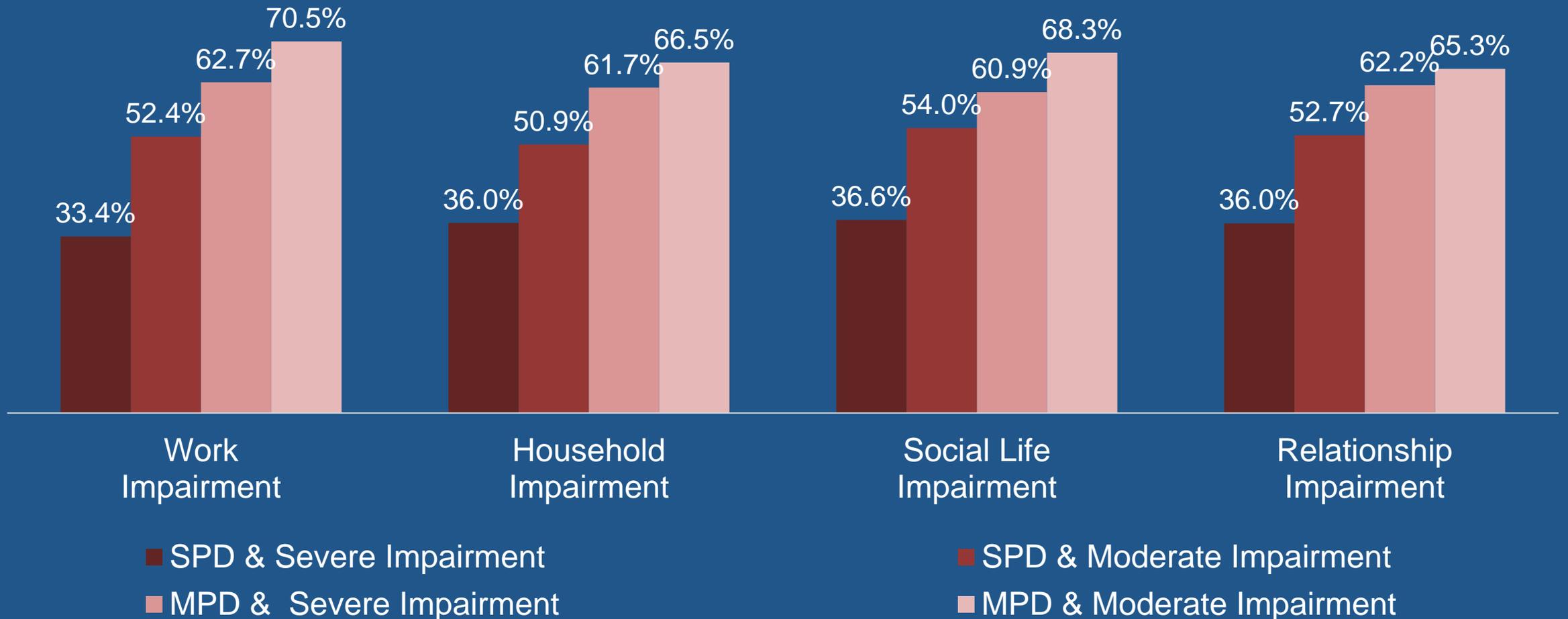
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Percent of Adults, Age 18 + , by Level of Psychological Distress and Level of Impairment and by Work and Life Domains: CHIS 2018



No Provider Visit for Mental Health Past Year

Percent of Adults, Age 18 + , by Level of Psychological Distress and Level of Impairment and by Work and Life Domains: CHIS 2018



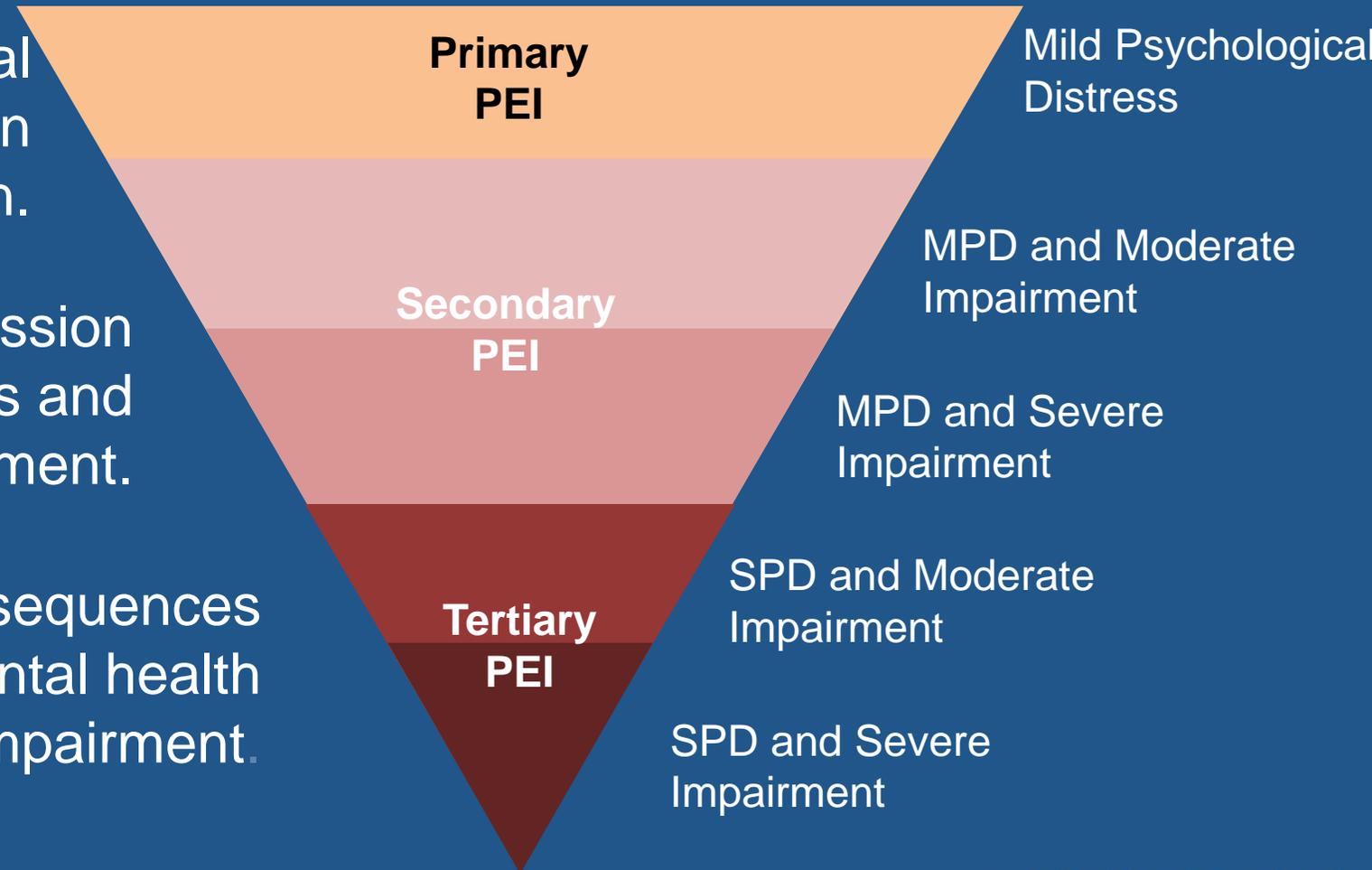
Public Mental Health Framework: Prevention and Early Intervention (PEI)

Using CHIS for Mental Health Surveillance and PEI Efforts:

Aims to limit the incidence of mental health disorders and impairment in the population.

Aims to prevent the progression of mental health disorders and impairment.

Aims to reduce the consequences of established mental health disorders and impairment.



Thank You!!

Q&A

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