

If you have more questions about NHSBH, please call **1-800-848-4079** or visit our Web site at **nhsbh.rti.org**



For more information on SAMHSA or RTI International:

National Study Director  
SAMHSA  
5600 Fishers Lane  
Rockville, MD 20857  
samhsa.gov

Director of Data Collection  
RTI International  
3040 Cornwallis Road  
Research Triangle Park, NC 27709  
rti.org

If you want to talk to someone about a mental health, alcohol, or drug use issue,

call the Substance Abuse and Mental Health Services Administration's National Helpline, a 24-hour service for local treatment options.

1-800-662-HELP (4357)  
1-800-487-4889 (TTY)  
findtreatment.gov

# NHSBH

NATIONAL HOUSEHOLD SURVEY ON BEHAVIORAL HEALTH

*A trusted source of data since 1971*



## What is the National Household Survey on Behavioral Health?

The National Household Survey on Behavioral Health (NHSBH) provides up-to-date information on alcohol, tobacco, and drug use, mental health and other health-related issues in the United States. NHSBH is directed by the Substance Abuse and Mental Health Services Administration (SAMHSA), part of the U.S. Department of Health and Human Services (HHS). The study is being conducted by RTI International, an independent nonprofit research organization.

NHSBH began in 1971 and is conducted every year. This year almost 70,000 people from across the United States will be interviewed for this important study.

Information from NHSBH is used to support prevention and treatment programs, monitor substance use trends, estimate the need for treatment facilities and assist with the creation of government policy.



# Answers to Your Important Questions

## Why Should I Participate?

You are important! Your household was one of only a few in this area selected for this study, and no other household or person can take your place.

Every person who is selected and completes the full interview will receive \$30 at the end of the interview in appreciation for their help.

If chosen for an interview, you will represent the residents of your community and help us gather important information that is needed to make sound policy decisions.

Your participation also provides vital information to researchers and local, state and federal agencies to design education, treatment and prevention programs. The data help identify areas where the funding may be needed to support these efforts.

## What if I Do Not Smoke, Drink or Use Drugs?

In order to know the percentage of people who smoke, drink or use drugs, we also need to know how many people do not. The responses of people who do not use these substances are just as important as the responses of people who do.

While some questions ask about drug knowledge and experience, other questions ask about a number of health-related topics relevant for all people. You do not need to know anything about drugs to answer the questions.

*Your participation matters!*

*Your household has been chosen at random, and no one else can take your place.*



## How Was I Chosen?

Household addresses, not specific people, are randomly chosen through scientific methods. Once a household has been chosen, it cannot be replaced for any reason. This assures that NHSBH accurately represents the many different types of people in the United States.

A professional RTI interviewer will visit your household to ask several general questions that only take a few minutes to answer. Afterwards, one or possibly two members of your household may be asked to complete the full interview. It is possible that no one in your household will be selected for the interview.

## What Will Happen During the Interview?

An interviewer will conduct the interview with each selected person using a laptop computer. No prior computer skills are necessary.

Participants will answer most of the interview questions in private, entering their responses directly into the computer. For other questions, the interviewer will read the questions aloud and enter the participant's responses into the computer.

The survey takes about an hour to complete. Those who complete the full interview will receive \$30 as a token of our appreciation.

## How Is My Privacy Protected?

All information collected for this study will be kept confidential and used only for statistical purposes, as required by federal law – the Confidential Information Protection and Statistical Efficiency Act of 2002 (CIPSEA).

Names are never recorded or linked with the answers to the interview questions. Computers are protected with strong passwords and data are encrypted for added security.

*Your answers are private.*

*Your answers are combined with the answers of thousands of other people and reported only as overall numbers.*

## What is the Substance Abuse and Mental Health Services Administration?

The Substance Abuse and Mental Health Services Administration (SAMHSA) is an agency in the U.S. Department of Health and Human Services (HHS). SAMHSA was created to improve the lives of people with or at risk for mental and substance use disorders.

SAMHSA selected RTI International, an independent nonprofit research organization, to administer NHSBH.