

# Answers to Your Important Questions about the National Household Survey on Behavioral Health



## **What is the National Household Survey on Behavioral Health (NHSBH)?**

This study 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 abuse trends, estimate the need for treatment facilities and assist with the creation of government policy.

## **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 can take your place.

Every person who is chosen and completes the full interview online will receive a \$30 gift card 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 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.

If you have more questions about NHSBH, please call  
**1-800-848-4079**  
or visit our web site at **[nhsbh.rti.org](http://nhsbh.rti.org)**

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## **How was I chosen?**

Household addresses, not specific people, are randomly selected 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.

First, an adult resident of your household will answer general questions that only take a few minutes of their time. Afterwards, one or possibly two members of your household may be selected to complete the full interview online. It is possible that no one in your household will be selected for the interview.

## **What will happen during the interview?**

Each selected person will be assigned a unique link to access the interview online. The interview is accessible from any device, but use of a desktop or laptop computer is recommended. Participants should complete the interview at home in a safe, private setting. The interview questions take about one hour to complete. It is recommended to complete the interview in one sitting, to avoid possible loss of responses you provide.

Persons who complete the full interview online will receive a \$30 gift card 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. 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.

For more information on SAMHSA or RTI International, contact:

**National Study Director, SAMHSA**  
**Center for Behavioral Health Statistics and Quality**  
5600 Fisher's Lane  
Rockville, MD 20857  
[samhsa.gov](http://samhsa.gov)

**Director of Data Collection**  
**RTI International**  
3040 Cornwallis Road  
Research Triangle Park, NC 27709  
[rti.org](http://rti.org)