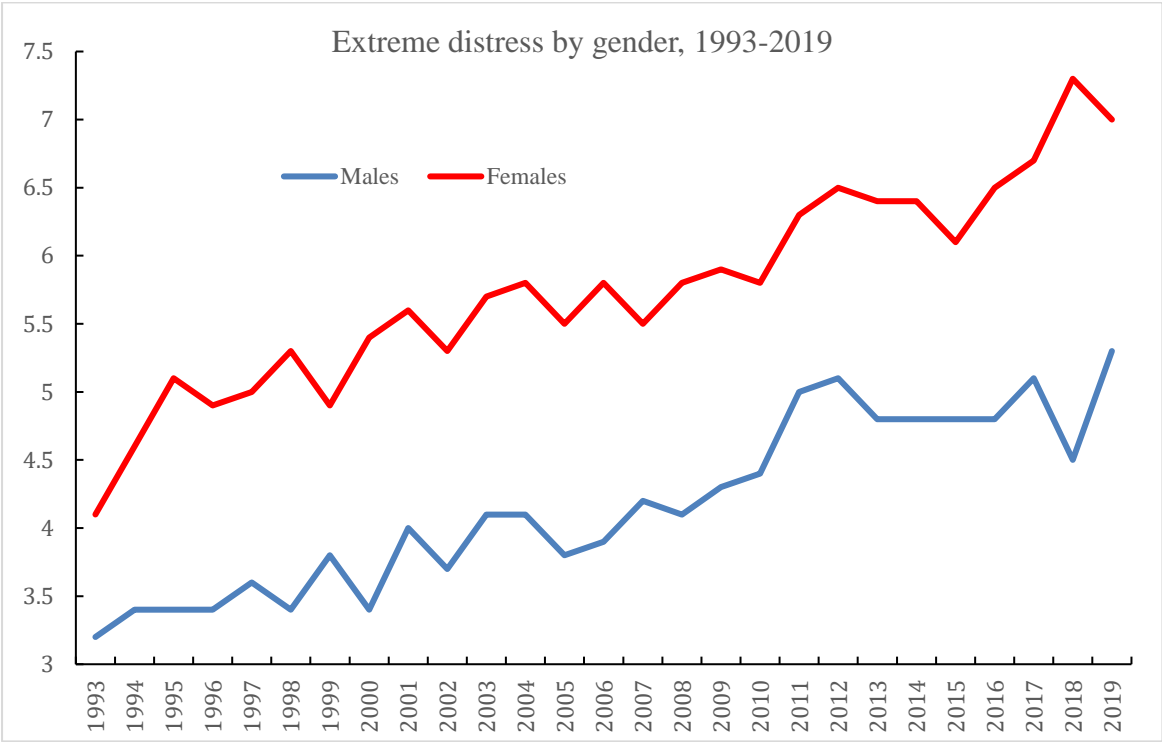


Figure 1. The Rising Percentage of Americans Reporting Extreme Levels of Distress

[This figure uses the full sample of approximately 8.1 million adults]



Notes

Sample size: Approximately 8.1 million adult Americans

The paper’s proxy measure of ‘extreme distress’ is depicted on the vertical axis. It is the % of people who give the maximum answer of 30 days in response to the BRFSS question: Question. *“Now thinking about your mental health, which includes stress, depression, and problems with emotions, for how many days during the past 30 days was your mental health not good?”*