The National Study of Mental Health (NSMH) is a large-scale research effort to improve understanding of mental health and health behaviors in the United States.

If you have questions about the National Study of Mental Health, please call 833-947-2575, e-mail: nsmh@rti.org, or visit our website at https://nsmh.rti.org

Ready to participate? Go to https://nsmh.rti.org and enter your password or call 877-267-2910.

The NSMH asks questions about mental health and other health-related topics. This year 6,000 adults from across the United States will be interviewed for this study. Information from the NSMH will be used to determine national estimates of mental health and substance use disorders among U.S. adults ages 18 to 65. The study will also provide information on the number of adults who receive treatment.

This study is led by RTI International in collaboration with Columbia University/New York State Psychiatric Institute (CU/NYSPI), University of Washington, Duke Health, Harvard University, the Treatment Advocacy Center, and the University of Chicago. The study is funded by a grant to RTI from the Substance Abuse and Mental Health Services Administration (SAMHSA) within the Department of Health and Human Services (DHHS).

For more information on RTI International contact:

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Our Collaborators

Columbia University
New York State Psychiatric Institute
University of Washington
Duke Health
Harvard Medical School
University of Chicago
Why Should I Participate?
You are important! Your address was chosen to represent thousands of households across the nation, and no other household can take your place. By participating in the NSMH, you are contributing to a national effort to better understand mental health and health behaviors. This research has the potential to inform federal, state, and local efforts to address the unmet needs of individuals and families in terms of mental health and substance use.

The adult who completes the initial questions by web, telephone, or mail will receive $10, or $5 if they complete the questions in person with an interviewer. If an adult is selected for and completes the screening survey they will receive $20. If an adult is selected for and completes the main interview they will receive $30.

What If I Do Not Have Any Mental Health Conditions?
The responses of people who do not experience mental health conditions are just as important as the responses of people who do. Although some questions ask about mental health conditions, other questions ask about important health-related topics relevant for all people.

How Was I Chosen?
Household addresses, not specific people, were randomly selected through scientific methods. Once a household has been selected, it cannot be replaced for any reason. This ensures that the NSMH accurately represents the many different types of adults in the United States.

How Does My Household Participate?
To begin we need an adult 18 years old or older, who is knowledgeable about your household, to complete a 5-minute household membership listing via our study website, telephone, or mail. If the 5-minute household membership listing is not completed online, by telephone, or by mail one of our professional interviewers will contact you to schedule a time to complete the listing in person. After the 5-minute household membership listing has been completed up to two adults could be chosen to complete a 15-minute screening survey to find out if they are eligible for the main interview. This survey can be completed via our study website, telephone, mail, or in person. Up to two adults could be chosen for the main interview. The main interview will be conducted via video, in person, or by telephone.

What Will Happen During the Interview?
An interviewer will conduct the interview with each selected person using a computer. The interviewer will read the questions aloud and enter the participant’s responses into the computer. The interview takes about 80 minutes to complete. People who complete the main interview will receive $30 as a token of our appreciation.

What is RTI International?
RTI is an independent, nonprofit research organization dedicated to improving the human condition. Our vision is to address the world’s most critical problems with science-based solutions in pursuit of a better future.

What is the Substance Abuse and Mental Health Services Administration?
The Substance Abuse and Mental Health Services Administration (SAMHSA) is the agency within the U.S. Department of Health and Human Services that leads public health efforts to advance the behavioral health of the nation. Congress established SAMHSA in 1992 to make substance use and mental disorder information, services, and research more accessible. SAMHSA’s mission is to reduce the impact of substance abuse and mental illness on America’s communities.

What is the U.S. Department of Health and Human Services?
DHHS is the nation’s principal agency for protecting the health of all Americans and providing essential human services. The mission of DHHS is to enhance and protect the health and well-being of all Americans.

All information collected for this study will be kept confidential and used only for statistical purposes. To help keep information about you confidential, we have obtained a Certificate of Confidentiality (CoC) from the DHHS. This CoC adds special protection for the research information about you. The privacy of the information we collect about you will be very carefully protected.