

Table 6.3A Types of Illicit Drug Use in the Past Month among Persons Aged 18 or Older, by Past Month Serious Psychological Distress: Numbers in Thousands, 2008

Drug	Total	Serious Psychological Distress¹	No Serious Psychological Distress¹
ILLCIT DRUGS²	17,773	1,996	15,777
Marijuana and Hashish	13,546	1,412	12,134
Cocaine	1,757	347	1,411
Crack	352	109	243
Heroin	199	65	134
Hallucinogens	818	141	677
LSD	104	11	93
PCP	*	1	*
Ecstasy	450	69	381
Inhalants	372	56	316
Nonmedical Use of Psychotherapeutics ^{3,4}	5,514	889	4,625
Pain Relievers	4,180	643	3,537
OxyContin [®]	386	69	316
Tranquilizers	1,650	390	1,260
Stimulants ⁴	791	167	624
Methamphetamine ⁴	285	55	229
Sedatives	199	59	140
ILLCIT DRUGS OTHER THAN MARIJUANA²	7,474	1,253	6,221

*Low precision; no estimate reported.

¹ Serious Psychological Distress (SPD) is defined as having a score of 13 or higher on the K6 scale. Note that this table shows estimates of past month SPD, while prior NSDUH tables and reports have shown estimates of past year SPD. See Section B.4.5 in Appendix B of the *Results from the 2008 National Survey on Drug Use and Health: National Findings*.

² Illicit Drugs include marijuana/hashish, cocaine (including crack), heroin, hallucinogens, inhalants, or prescription-type psychotherapeutics used nonmedically. Illicit Drugs Other Than Marijuana include cocaine (including crack), heroin, hallucinogens, inhalants, or prescription-type psychotherapeutics used nonmedically. The estimates for Nonmedical Use of Psychotherapeutics, Stimulants, and Methamphetamine incorporated in these summary estimates do not include data from the methamphetamine items added in 2005 and 2006. See Section B.4.8 in Appendix B of the *Results from the 2008 National Survey on Drug Use and Health: National Findings*.

³ Nonmedical use of prescription-type psychotherapeutics includes the nonmedical use of pain relievers, tranquilizers, stimulants, or sedatives and does not include over-the-counter drugs.

⁴ Estimates of Nonmedical Use of Psychotherapeutics, Stimulants, and Methamphetamine in the designated rows include data from methamphetamine items added in 2005 and 2006 and are not comparable with estimates presented in prior NSDUH reports. See Section B.4.8 in Appendix B of the *Results from the 2008 National Survey on Drug Use and Health: National Findings*.

Source: SAMHSA, Office of Applied Studies, National Survey on Drug Use and Health, 2008.

Table 6.3B Types of Illicit Drug Use in the Past Month among Persons Aged 18 or Older, by Past Month Serious Psychological Distress: Percentages, 2008

Drug	Total	Serious Psychological Distress¹	No Serious Psychological Distress¹
ILLCIT DRUGS²	7.9	19.6	7.3
Marijuana and Hashish	6.0	13.9	5.6
Cocaine	0.8	3.4	0.7
Crack	0.2	1.1	0.1
Heroin	0.1	0.6	0.1
Hallucinogens	0.4	1.4	0.3
LSD	0.0	0.1	0.0
PCP	*	0.0	*
Ecstasy	0.2	0.7	0.2
Inhalants	0.2	0.6	0.1
Nonmedical Use of Psychotherapeutics ^{3,4}	2.5	8.8	2.2
Pain Relievers	1.9	6.3	1.6
OxyContin [®]	0.2	0.7	0.1
Tranquilizers	0.7	3.8	0.6
Stimulants ⁴	0.4	1.6	0.3
Methamphetamine ⁴	0.1	0.5	0.1
Sedatives	0.1	0.6	0.1
ILLCIT DRUGS OTHER THAN MARIJUANA²	3.3	12.3	2.9

*Low precision; no estimate reported.

¹ Serious Psychological Distress (SPD) is defined as having a score of 13 or higher on the K6 scale. Note that this table shows estimates of past month SPD, while prior NSDUH tables and reports have shown estimates of past year SPD. See Section B.4.5 in Appendix B of the *Results from the 2008 National Survey on Drug Use and Health: National Findings*.

² Illicit Drugs include marijuana/hashish, cocaine (including crack), heroin, hallucinogens, inhalants, or prescription-type psychotherapeutics used nonmedically. Illicit Drugs Other Than Marijuana include cocaine (including crack), heroin, hallucinogens, inhalants, or prescription-type psychotherapeutics used nonmedically. The estimates for Nonmedical Use of Psychotherapeutics, Stimulants, and Methamphetamine incorporated in these summary estimates do not include data from the methamphetamine items added in 2005 and 2006. See Section B.4.8 in Appendix B of the *Results from the 2008 National Survey on Drug Use and Health: National Findings*.

³ Nonmedical use of prescription-type psychotherapeutics includes the nonmedical use of pain relievers, tranquilizers, stimulants, or sedatives and does not include over-the-counter drugs.

⁴ Estimates of Nonmedical Use of Psychotherapeutics, Stimulants, and Methamphetamine in the designated rows include data from methamphetamine items added in 2005 and 2006 and are not comparable with estimates presented in prior NSDUH reports. See Section B.4.8 in Appendix B of the *Results from the 2008 National Survey on Drug Use and Health: National Findings*.

Source: SAMHSA, Office of Applied Studies, National Survey on Drug Use and Health, 2008.

**Table 6.4A Tobacco Product and Alcohol Use in the Past Month among Persons Aged 18 or Older, by Past Month Serious Psychological Distress:
Numbers in Thousands, 2008**

Substance	Total	Serious Psychological Distress¹	No Serious Psychological Distress¹
TOBACCO PRODUCTS²	68,024	5,184	62,840
Cigarettes	57,520	4,837	52,683
Smokeless Tobacco	8,123	379	7,744
Cigars	12,183	942	11,241
Pipe Tobacco	1,700	215	1,485
ALCOHOL	125,339	5,158	120,181
Binge Alcohol Use ³	55,907	3,134	52,773
Heavy Alcohol Use ³	16,801	1,228	15,573

*Low precision; no estimate reported.

¹ Serious Psychological Distress (SPD) is defined as having a score of 13 or higher on the K6 scale. Note that this table shows estimates of past month SPD, while prior NSDUH tables and reports have shown estimates of past year SPD. See Section B.4.5 in Appendix B of the *Results from the 2008 National Survey on Drug Use and Health: National Findings*.

² Tobacco Products include cigarettes, smokeless tobacco (i.e., chewing tobacco or snuff), cigars, or pipe tobacco.

³ Binge Alcohol Use is defined as drinking five or more drinks on the same occasion (i.e., at the same time or within a couple of hours of each other) on at least 1 day in the past 30 days. Heavy Alcohol Use is defined as drinking five or more drinks on the same occasion on each of 5 or more days in the past 30 days; all heavy alcohol users are also binge alcohol users.

Source: SAMHSA, Office of Applied Studies, National Survey on Drug Use and Health, 2008.

Table 6.4B Tobacco Product and Alcohol Use in the Past Month among Persons Aged 18 or Older, by Past Month Serious Psychological Distress: Percentages, 2008

Substance	Total	Serious Psychological Distress¹	No Serious Psychological Distress¹
TOBACCO PRODUCTS²	30.2	51.0	29.3
Cigarettes	25.6	47.6	24.5
Smokeless Tobacco	3.6	3.7	3.6
Cigars	5.4	9.3	5.2
Pipe Tobacco	0.8	2.1	0.7
ALCOHOL	55.7	50.8	56.0
Binge Alcohol Use ³	24.9	30.9	24.6
Heavy Alcohol Use ³	7.5	12.1	7.3

*Low precision; no estimate reported.

¹ Serious Psychological Distress (SPD) is defined as having a score of 13 or higher on the K6 scale. Note that this table shows estimates of past month SPD, while prior NSDUH tables and reports have shown estimates of past year SPD. See Section B.4.5 in Appendix B of the *Results from the 2008 National Survey on Drug Use and Health: National Findings*.

² Tobacco Products include cigarettes, smokeless tobacco (i.e., chewing tobacco or snuff), cigars, or pipe tobacco.

³ Binge Alcohol Use is defined as drinking five or more drinks on the same occasion (i.e., at the same time or within a couple of hours of each other) on at least 1 day in the past 30 days. Heavy Alcohol Use is defined as drinking five or more drinks on the same occasion on each of 5 or more days in the past 30 days; all heavy alcohol users are also binge alcohol users.

Source: SAMHSA, Office of Applied Studies, National Survey on Drug Use and Health, 2008.