

Self-rated health and mental health

On the right are some findings related to self-rated health and mental health, including scores of psychological distress and self-reported diagnosis of common mental disorders.

Data is sourced from the New Zealand Health Survey (NZHS), Ministry of Health, from 2006/07 to 2016/17.

Self-reported prevalence may not be an accurate representation of the true prevalence. Caution should be taken when comparing results presented here with reports that use a different data source.



Self-rated health

Self-rated health (also known as self-assessed health or self-perceived health) is a health measure that is based on a person's own perception of their health. Individuals rate the current status of their own health on a scale from excellent to poor. This provides an alternative source of data from objective measures of health such as hospital rates and disease prevalence, which is useful for placing more emphasis on quality of life and wellbeing.

Māori adults (aged 15 and over) were **less likely** than non-Māori adults to self-rate their health as **excellent**, **very good** or **good**. This **did not change much** over time.

Self-rated health scores have **decreased slightly** for both Māori and non-Māori adults, but the difference between Māori and non-Māori adults had **no significant change** over time.



Psychological distress

Psychological distress is a risk factor for mental illness. It is measured in the NZHS using the Kessler Psychological Distress Scale (K10). If a person has a high score on this scale (K10 score of 12 or more), it is very likely they have an anxiety or depressive disorder.

Māori were **more likely** to have a **high psychological distress score** than non-Māori.

The **percentage** of **people** with a **high psychological distress score** has **increased** for both **Māori** and **non-Māori** over time, but the **difference** between Māori and non-Māori has **narrowed**.



Diagnosis of common mental disorders

Common mental disorders include depression, bipolar disorder, and anxiety disorders

There were **no significant differences** between **Māori** and **non-Māori** in the **percentage** of **people diagnosed with a common mental disorder**, regardless of sex.

For both **Māori** and **non-Māori**, **females** were **more likely** to be **diagnosed** with a **common mental disorder** than **males**.