

(Q55a) During the past 3 months, how often have you felt down, depressed or sad?

| | % | 95% CI* | |
|-----------|-------------|---------|------|
| Always | 0.3 | 0.0 | 1.8 |
| Often | 6.7 | 4.3 | 10.3 |
| Sometimes | 32.5 | 27.5 | 37.9 |
| Rarely | 40.8 | 35.4 | 46.3 |
| Never | 19.8 | 15.7 | 24.5 |

(Q55b) During the past 3 months, how often have you felt hopeless?

| | % | 95% CI* | |
|-----------|-------------|---------|------|
| Always | 0.3 | 0.0 | 1.8 |
| Often | 1.7 | 0.7 | 4.2 |
| Sometimes | 14.7 | 10.8 | 19.8 |
| Rarely | 16.3 | 12.8 | 20.5 |
| Never | 67.1 | 61.5 | 72.2 |

(Q55c) During the past 3 months, how often have you felt slowed down?

| | % | 95% CI* | |
|-----------|-------------|---------|------|
| Always | 1.6 | 0.8 | 3.2 |
| Often | 9.2 | 6.4 | 13.2 |
| Sometimes | 33.6 | 28.4 | 39.3 |
| Rarely | 27.2 | 22.6 | 32.4 |
| Never | 28.3 | 23.7 | 33.5 |

(combined Q55a, Q55b, and Q55c) Experience of depressive symptoms[†] during the past 3 months

| | % | 95% CI* | |
|--|-------------|---------|------|
| Has depressive symptoms [†] | 7.0 | 4.5 | 10.7 |
| Does not have depressive symptoms [†] | 93.0 | 89.3 | 95.5 |

[†]Depressive symptoms is defined as a score of 10 or greater when summing parts a, b, and c of the depression question together (depressed, hopeless, and slowed down). Responses were scored from 1 to 5, with “never” receiving 1 point and “always” receiving 5 points.

What is CUBS?

CUBS stands for the Childhood Understanding Behaviors Survey and is a three-year follow-up to the Alaska Pregnancy Risk Assessment Monitoring System (PRAMS). PRAMS sends a survey to approximately one of every six mothers of newborns in Alaska. CUBS attempts follow-up with all mothers living in Alaska who completed PRAMS and whose infant was living with them at that time. The purpose of CUBS is to collect information about health, behaviors, and experiences of young children and families in Alaska.

Among 1014 mothers who were sent the CUBS survey in 2012, 51% responded. Their answers were weighted to represent all mothers of 3-year-old children born in Alaska in 2009. The average child age at the time mothers responded was 38 months (range 37-42 months). 1.7% of mothers said their 3-year-old child was not living with them at the time.

For more information about CUBS, visit <http://dhss.alaska.gov/dph/wcfh/Pages/mchepi/cubs>.

For questions or for specific data requests, contact Margaret Young, CUBS Program Coordinator, at 907-269-5657 or margaret.young@alaska.gov.

*95% Confidence Interval

(Q56) During the past 12 months, did a doctor, nurse or other health care or mental health worker talk to you about depression or how you are feeling emotionally?

| | % | 95% CI* | |
|-----|------|---------|------|
| Yes | 31.4 | 26.4 | 37.0 |
| No | 68.6 | 63.0 | 73.6 |

(Q57) During the past 12 months, did your husband or partner push, hit, slap, kick, choke or physically hurt you in any other way?

| | % | 95% CI* | |
|-----|------|---------|------|
| Yes | 3.0 | 1.8 | 4.8 |
| No | 97.0 | 95.2 | 98.2 |

(Q58) During the past 12 months, did your husband or partner threaten you, limit your activities against your will or make you feel unsafe in any other way?

| | % | 95% CI* | |
|-----|------|---------|------|
| Yes | 4.6 | 2.7 | 7.7 |
| No | 95.4 | 92.3 | 97.3 |

(combined Q57 & Q58) Either physical abuse OR threatening partner

| | % | 95% CI* | |
|-----|------|---------|------|
| Yes | 5.2 | 3.3 | 8.3 |
| No | 94.8 | 91.7 | 96.7 |

(Q59) Indicate if any of the following things happened to you since your 3-year-old child was born.

| | % yes | 95% CI* | |
|---|-------|---------|------|
| I moved to a new address | 48.0 | 42.5 | 53.6 |
| Someone very close to me died | 27.0 | 22.5 | 32.1 |
| I had a lot of bills I couldn't pay | 22.7 | 18.3 | 27.9 |
| My husband or partner lost his job | 18.0 | 14.0 | 22.9 |
| Someone very close to me had a bad problem with drinking or drugs | 16.4 | 12.8 | 20.7 |
| Someone very close to me was depressed, mentally ill, or suicidal | 15.5 | 11.9 | 20.0 |
| I lost my job | 12.7 | 9.4 | 16.9 |
| My marital status changed (marriage, divorce, separation, became a widow) | 12.6 | 9.3 | 16.9 |
| I was diagnosed with depression | 8.4 | 5.8 | 12.1 |
| My husband or partner or I went to jail | 8.2 | 5.8 | 11.4 |
| I was homeless | 4.5 | 2.4 | 8.2 |

*95% Confidence Interval

(Q61) Indicate which of the following statements applies to you *now*.

I know someone who would...

| | % yes | 95% CI* | |
|--|--------------|----------------|------|
| ...listen to me if I needed to talk | 95.9 | 92.8 | 97.7 |
| ...take me to the clinic or doctor's office if I needed a ride | 92.5 | 88.6 | 95.1 |
| ...help me if I was sick and needed to be in bed | 89.5 | 85.4 | 92.5 |
| ...loan me money for bills if I needed it | 81.0 | 76.2 | 85.1 |

(Q62) Indicate which of the following statements applies to you *now*.

| | % yes | 95% CI* | |
|--|--------------|----------------|------|
| I am confident in my ability to raise and take care of my child | 98.1 | 95.6 | 99.2 |
| I know where to go for parenting information or if I have questions or concerns about my child's development | 94.5 | 91.4 | 96.6 |
| I have steps I can take to manage stress | 89.7 | 86.3 | 92.3 |
| I feel comfortable asking for help when I need it | 83.9 | 79.2 | 87.7 |

*95% Confidence Interval