

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

	%	95% CI*	
Always	0.2	0.0	1.4
Often	4.8	3.1	7.4
Sometimes	36.9	31.8	42.3
Rarely	35.3	30.4	40.5
Never	22.8	18.6	27.5

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

	%	95% CI*	
Always	0.4	0.1	1.5
Often	1.2	0.4	3.7
Sometimes	9.9	7.0	13.7
Rarely	22.2	17.9	27.2
Never	66.4	61.0	71.4

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

	%	95% CI*	
Always	3.4	1.8	6.3
Often	6.9	5.0	9.6
Sometimes	33.1	28.2	38.4
Rarely	28.1	23.5	33.2
Never	28.6	24.1	33.6

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

	%	95% CI*	
Has depressive symptoms [†]	5.6	3.6	8.6
Does not have depressive symptoms [†]	94.4	91.4	96.4

[†]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 916 mothers who were sent the CUBS survey in 2013, 64% responded (590 women). Their answers were weighted to represent all mothers of 3-year-old children born in Alaska in 2010. 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 the [CUBS website](#).

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	27.1	22.6	32.2
No	72.9	67.8	77.4

(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	2.6	1.4	4.7
No	97.4	95.3	98.6

(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	4.1	2.6	6.4
No	95.9	93.6	97.4

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

	%	95% CI*	
Yes	4.5	3.0	6.9
No	95.5	93.1	97.0

(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	52.0	46.7	57.3
Someone very close to me died	25.7	21.5	30.3
I had a lot of bills I couldn't pay	21.0	16.9	25.7
My marital status changed (marriage, divorce, separation, became a widow)	15.1	11.4	19.8
Someone very close to me had a bad problem with drinking or drugs	14.3	11.2	18.1
Someone very close to me was depressed, mentally ill, or suicidal	12.5	9.4	16.4
I lost my job	12.0	8.7	16.3
My husband or partner lost his job	11.6	8.7	15.3
I was diagnosed with depression	8.9	6.1	12.8
My husband or partner or I went to jail	5.4	3.6	8.1
I was homeless	2.2	1.1	4.4

*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	96.1	93.8	97.6
...take me to the clinic or doctor's office if I needed a ride	95.2	92.9	96.7
...help me if I was sick and needed to be in bed	90.3	86.9	93.0
...loan me money for bills if I needed it	81.4	76.9	85.2

(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	98.7	97.4	99.3
I know where to go for parenting information or if I have questions or concerns about my child's development	97.5	95.9	98.5
I have steps I can take to manage stress	89.0	85.6	91.7
I feel comfortable asking for help when I need it	86.8	82.9	90.0

