



# **U.S. trends in self-rated physical & mental health**

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## **A time series analysis**

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**December 2, 2021**

**Field: Health research**

**Topic: Self-rated health**

# Self-rated health

## What is it?

Self-rated health refers the question in which participants assess different dimensions of their own health; it is commonly used in health research.

## Example

**On a scale from 1-5, how would you rate your physical (or mental) health?**

1. Poor
2. Fair
3. Good
4. Very Good
5. Excellent

**Why is it important?**

# Relevance

Relevance: Mortality

Relevance: Education

Relevance: Income

Relevance: Race

Article | [Open Access](#) | [Published: 17 March 2020](#)

## Self-reported health as a predictor of mortality: A cohort study of its relation to other health measurements and observation time

[Geir Lorem](#) , [Sarah Cook](#), [David A. Leon](#), [Nina Emaus](#) & [Henrik Schirmer](#)

[Scientific Reports](#) **10**, Article number: 4886 (2020) | [Cite this article](#)

**3059** Accesses | **25** Citations | **22** Altmetric | [Metrics](#)

### Abstract

Self-reported health (SRH) is widely used as an epidemiological instrument given the changes in public health since its introduction in the 1980s. We examined the association between SRH and mortality and how this is affected by time and health measurements in a prospective cohort study using repeated measurements and physical examinations of 11652 men and 12684 women in Tromsø, Norway. We used Cox proportional hazard regression to estimate hazard ratios (HRs) of death for SRH, controlling for pathology, biometrics, smoking, sex and age. SRH predicted mortality independently of other, more objective health measures. Higher SRH was strongly associated with lower mortality risk. Poor SRH had HR 2.51 (CI: 2.19, 2.88).

