

(Q57) During the past 3 months, how often have you felt down, depressed or hopeless?

	%	95% CI*	
Always	0.5	0.2	1.3
Often	3.8	2.0	6.9
Sometimes	23.2	18.7	28.3
Rarely	41.9	36.4	47.6
Never	30.7	25.7	36.1

(Q58) During the past 3 months, how often have you had little interest or little pleasure in doing things you usually enjoyed?

	%	95% CI*	
Always	0.5	0.2	1.3
Often	4.8	2.9	7.9
Sometimes	17.3	13.3	22.2
Rarely	36.6	31.3	42.2
Never	40.8	35.4	46.5

(combined Q57 & Q58) During the past 3 months, how often have you felt down, depressed or hopeless OR had little interest or little pleasure in doing things?

	%	95% CI*	
Always or often to either 57 or 58	7.9	5.3	11.6
Always or often to either 57 or 58 or sometimes to both	18.2	14.2	23.1

(Q59) During the past 12 months, did a doctor, nurse or other health care or mental health provider talk to you about depression or how you are feeling emotionally?

	%	95% CI*	
No	72.4	67.1	77.1
Yes	27.6	22.9	32.9

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 sends a follow-up survey to 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 721 mothers who were sent the CUBS survey in 2015, 65% responded (472 women). Their answers were weighted to represent all mothers of 3-year-old children born in Alaska in 2012. The average child age at the time mothers responded was 38 months (range 37-41 months). 2.4% 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

(Q60) 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*	
No	97.4	94.8	98.8
Yes	2.6	1.2	5.2

(Q61) 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*	
No	96.3	92.8	98.1
Yes	3.7	1.9	7.2

(combined Q60 & Q61) Either physical abuse OR threatening partner

	%	95% CI*	
No	95.2	91.6	97.3
Yes	4.8	2.7	8.4

(Q62) 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	49.4	43.7	55.0
I had problems paying the rent, mortgage or other bills	27.7	22.8	33.1
My husband, partner or I had a cut in work hours or pay	22.9	18.3	28.1
My husband, partner or I lost a job	15.2	11.5	19.8
Someone very close to me had a problem drinking or drugs	15.1	11.6	19.4
Someone very close to me was depressed, mentally ill or suicidal	11.7	8.7	15.5
I had to care for an ailing or sick family member.	11.1	8.1	15.1
My marital status changed (marriage, divorce, separation, became a widow)	8.9	6.3	12.3
My husband, partner or I went to jail	5.0	3.5	7.2
I was homeless or had to sleep outside, in a car or in a shelter	4.5	2.5	8.0

*95% Confidence Interval

(Q63) 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	93.4	89.9	95.7
Take me to the clinic or doctor's office if I needed a ride	92.4	89.0	94.8
Help me if I was sick and needed to be in bed	88.8	84.8	91.8
Loan me money for bills if I needed it	81.3	76.7	85.1

*95% Confidence Interval