

# The National Couples' Health and Time Study (NCHAT): For New and Prospective Users

Claire M. Kamp Dush  
Department of Sociology, Minnesota  
Population Center  
University of Minnesota Twin Cities

pop.umn.edu/nchat  
@NCHATstudy  
nchat@umn.edu



## Study Overview

The **National Couples' Health and Time Study** (NCHAT;  $N = 3,642$  main respondents and  $N = 1,515$  partner/spouses) is the first fully-powered, population-based study of couples in America that contains representative samples of racial and ethnic diverse and sexual and gender diverse individuals.

## Multi-Method

- Survey**
  - Main respondents and partners completed a 40-minute survey
  - Items on Health, Stress, COVID-19, and Discrimination
  - Inclusive: gender neutral language, multiple sexual, gender, and racial identities allowed
- Time Diary**
  - Survey of all activity and emotions on a random day
  - Detailed family activities, location, and who respondent was with
  - Partners reported on the same day as main respondent if possible
- Contextual Data**
  - NICHD 1U01HD108779 funding to code indicators of:
    - Structural discrimination
    - Covid context in the local area
- NCHAT-BIO**
  - 5 dried blood spots were collected ( $n = 863$ )
  - Assays for inflammatory markers (interleukin-6 and C-reactive protein) and cellular immune function (via reactivation of latent Epstein-Barr virus) planned
  - Assay results will be available through a repository

## Survey Highlights

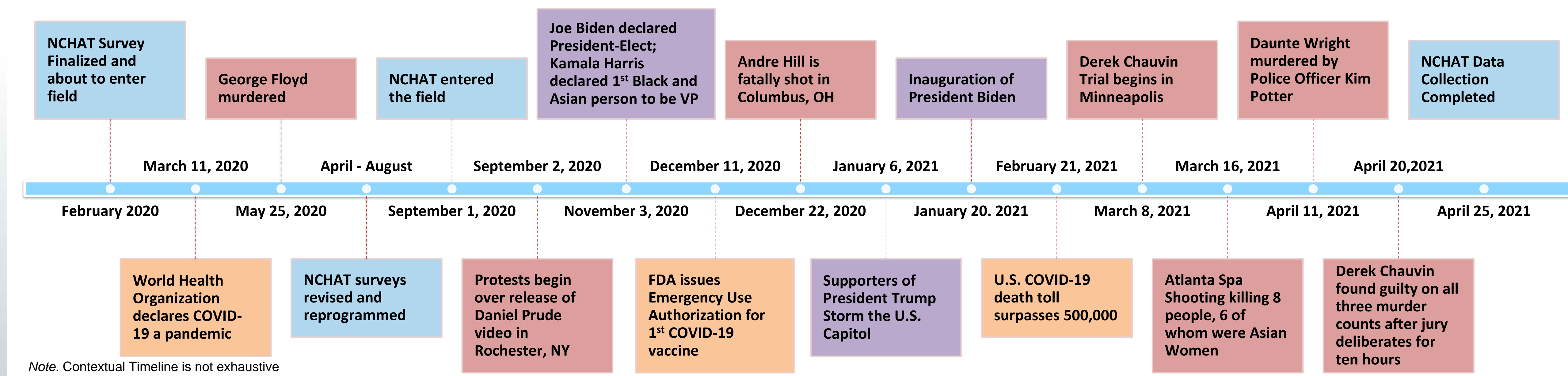
- Inclusive Measures of Sexual identity, Gender Identity & Race**
- LGBTQ+ Minority Stress** (Bi-erasure, everyday discrimination, LGBTQ POC Microaggressions, healthcare discrimination)
- Community Context** (good place or not good place to live for LGBTQ individuals, racial/ethnic minorities, women, & children)
- Relationship functioning** (Couple Satisfaction Index, Dyadic Coping Inventory, Marital Risk Scale, Negative Interaction Scale)
- Physical and Psychological Well-being** (Cantril Scale, CES-D 10 (depression), GAD-7 (anxiety), UCLA Loneliness 3)
- COVID specific questions** (risk, status, life disruption)

## Time Diary Highlights

Every activity (including multi-tasking) on a random day and asked:

- who was with them; who else was engaged; where they were
- how stressed, happy, and engaged they felt during each activity
- if they experienced any discrimination that day

## Study Timeline and Context



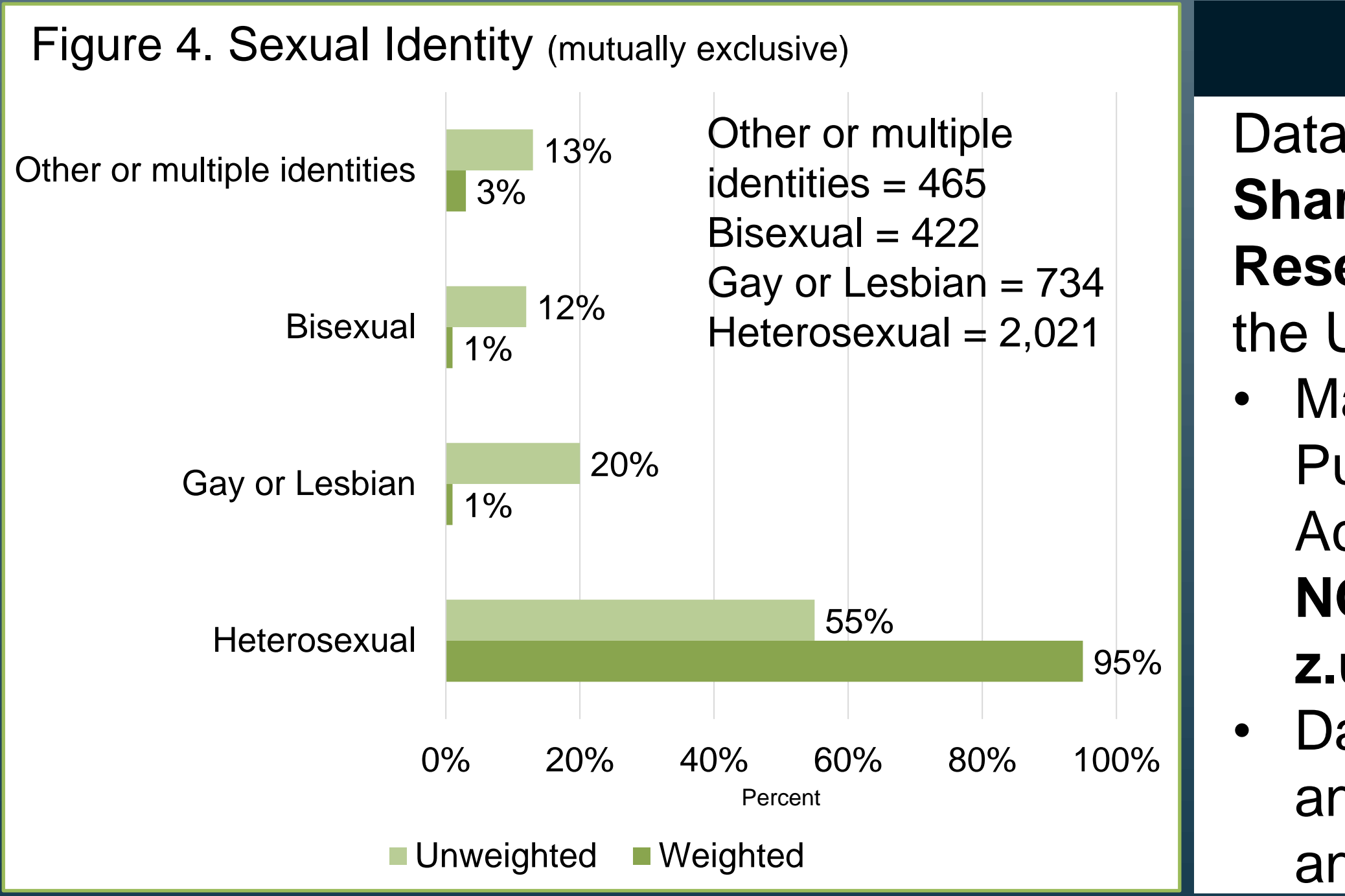
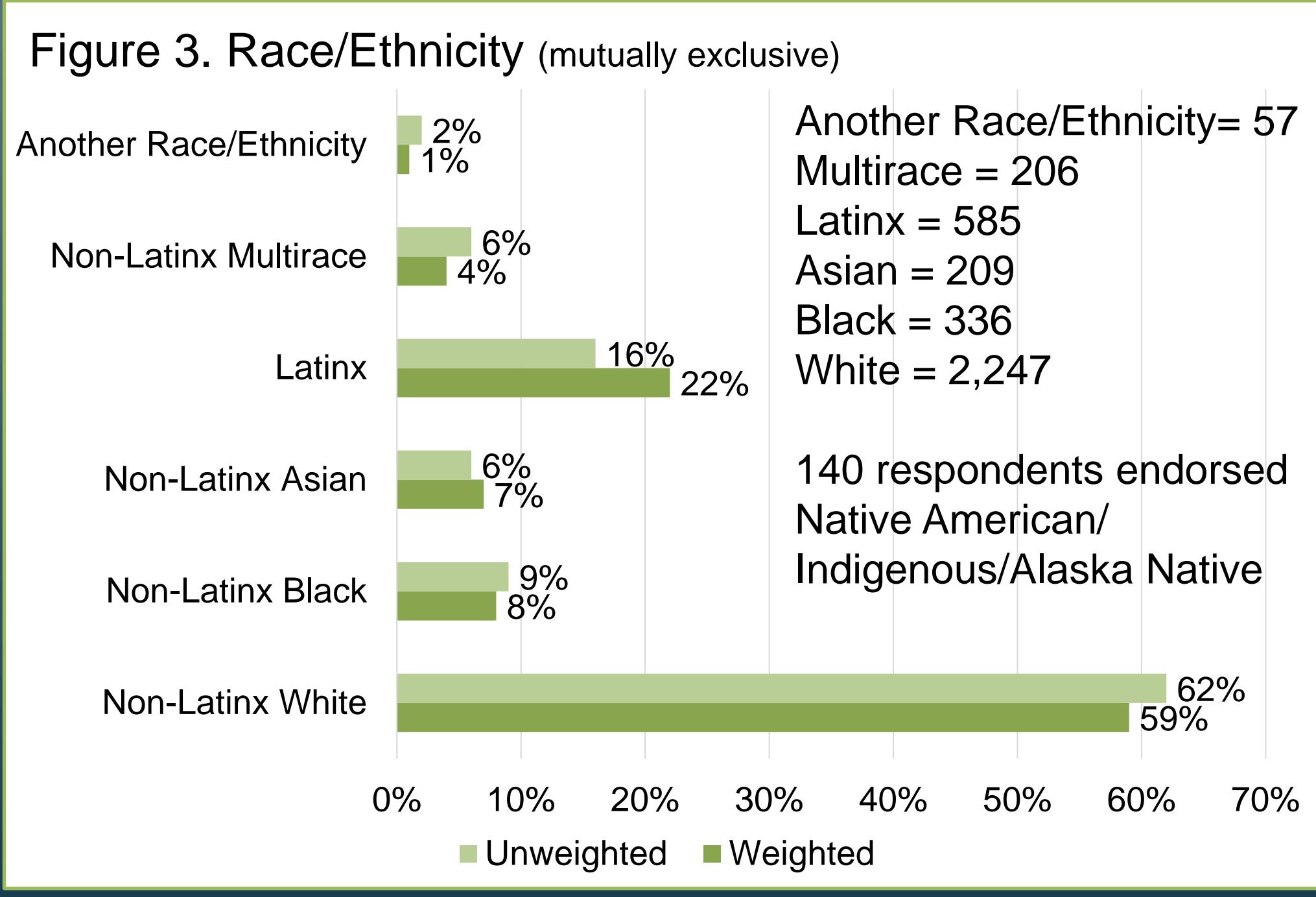
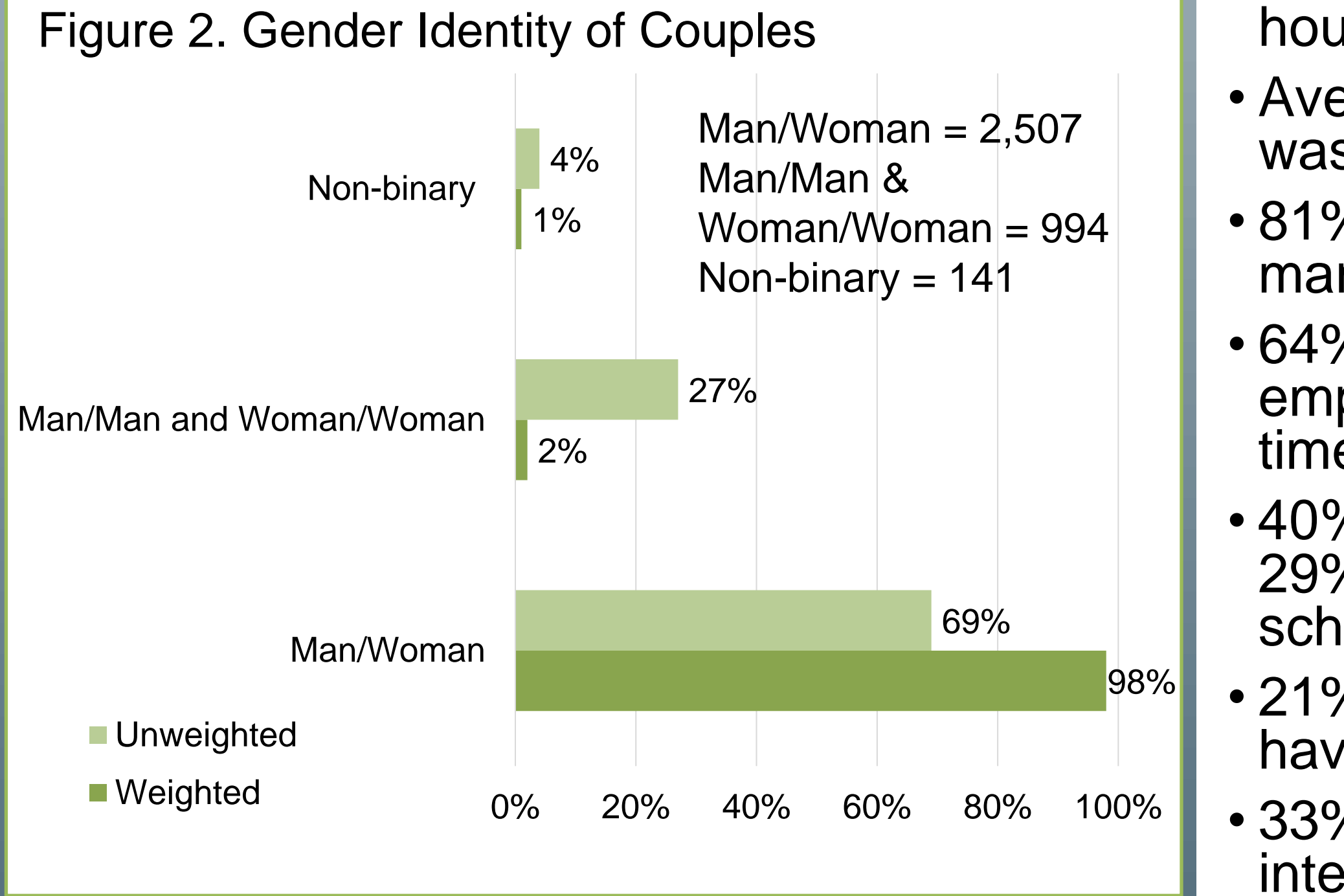
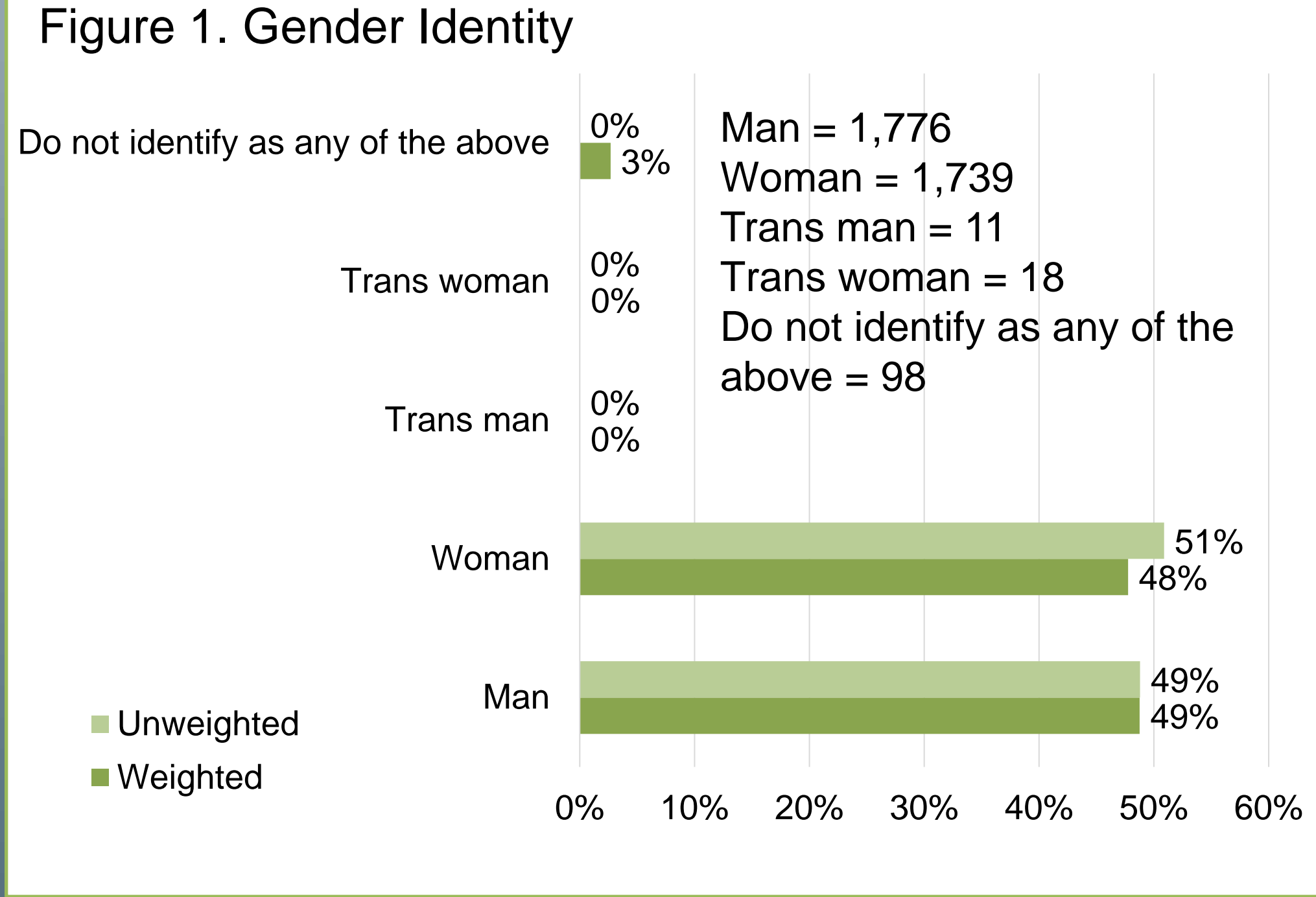
## Demographic Characteristics of Main Respondents (N = 3,642)

**Gender and Sexual Identity Measures:**

- Which of the following best describes your gender? (select one): Man, Woman, Trans man, Trans woman, Do not identify as any of the above (there is an option to specify at next question)
- Do any of the following terms describe your gender? Please select all that apply: Nonbinary, Two-spirit, Agender, Gender fluid, Gender neutral, Gender queer, Other (Please specify), Don't know
- Which of the following do you consider yourself to be? (select all that apply): Heterosexual or "straight", Gay or lesbian, Bisexual, Same-gender loving, Queer, Pansexual, Omnisexual, Asexual, Don't know, Questioning, Something else (specify)

**Racial Identity Measures:**

- How would you describe your race and/or ethnicity? (open ended write in)
- Are you Hispanic, Latino/a/x, or Spanish or Spanish origin? No, Yes, Mexican, Mexican Am., Chicano/a/x, Yes, Puerto Rican, Yes, Cuban, Yes, another Hispanic, Latino/a/x, or Spanish origin (Enter origin:)
- What is your race? (you may select more than one): White, Black or African American, American Indian or Alaska Native, Asian Indian, Chinese, Filipino/a/x, Japanese, Korean, Vietnamese, Native Hawaiian, Guamanian or Chamorro, Samoan, Other Asian, Other Pacific Islander, Some other race
- Are you South West Asian/Middle Eastern or North African? (Please select all that apply.) South West Asian/Middle Eastern, North African



- Other Key Characteristics (weighted)**
- 46% of respondents had a household child under 18
  - Average age of respondents was 43.11
  - 81% of the sample was married
  - 64% of the sample was employed full-time; 10% part-time, 25% unemployed
  - 40% Bachelor's Degree +; 29% some college; 31% high school or less
  - 21% have had or currently have COVID-19
  - 33% of couples were interracial

## Data Access

Data available through **Data Sharing for Demographic Research** through ICPSR at the University of Michigan

- Main Respondent Survey Public Use and Restricted Access Versions available **NOW:**
- [z.umn.edu/nchaticpsr](http://z.umn.edu/nchaticpsr)
- Dates for the Time Diaries and Partner Data will be announced soon!

## Results

### COVID-19 Stress and Sexual Identities

(Manning & Kamp Dush, 2022)

- Sexual minorities reported greater overall stress, life disruption, and COVID health stress than heterosexual respondents

### Stress and Mental Health: A Focus on COVID-19 and Racial Trauma Stress

(Kamp Dush et al., In Press)

- COVID and racial trauma stress were higher among individuals who were not white or heterosexual.
- COVID and racial trauma stress were associated with poorer mental health outcomes even after accounting for a rich set of mechanistic indicators.

### Suicide Risk During COVID-19

(VanBergen et al., in prep)

- Respondents with another sexual identity or multiple sexual identities had 2.5 times greater suicide risk than heterosexual participants
- Increased suicide risk associated with bisexual identity and COVID stress was no longer significant when accounting for variance from loneliness and depressive symptoms.

## Acknowledgements

The NCHAT study thanks the Eunice Kennedy Shriver National Institute of Child Health & Human Development (NICHD; 1R01HD094081-01A1; 1R03HD107126-01; 1U01HD108779-01). Further, The Minnesota Population Center (P2CHD041023) at the University of Minnesota and the Center for Family and Demographic Research (P2CHD050959) at Bowling Green State University, both with core funding from the Eunice Kennedy Shriver National Institute of Child Health & Human Development of the National Institutes on Health, also supported NCHAT. The Office of the Director and the National Institute on Minority Health and Health Disparities (1U01HD108779-01) also support NCHAT. We also thank our participants, our research team, and partners at Gallup.