

Survey: Women, Nonwhites At Greatest Depression Risk

BY LORINDA BULLOCK

FROM MORBIDITY AND MORTALITY WEEKLY REPORT

New data from the Centers for Disease Control and Prevention reveal that nearly 1 in 10 U.S. adults met criteria for current depression. Women and nonwhites are at the greatest risk.

The CDC said that by the year 2020, depression is expected to be second only to cardiovascular disease in disease burden. In 2004, depression was the third leading cause of disease burden worldwide and a leading cause of disability in high-income countries.

The CDC warned that depression can exacerbate chronic conditions such as arthritis, asthma, cardiovascular disease, cancer, diabetes, and obesity, all of which can contribute to increased work absenteeism, short-term disability, and decreased productivity.

Using Behavioral Risk Factor Surveillance System telephone survey data from 2006 and 2008 involving 235,067 adults aged 18 and older in 45 states, the District of Columbia, Puerto Rico, and the U.S. Virgin Islands, the CDC found that 9% met criteria for current depression, including 3.4% who met criteria for major depression (MMWR 2010;59:1229-35).

The criteria for current depression were based on the Patient Health Questionnaire 8. People were considered to have major depression if for "more than half the days" they met at least five of the eight criteria, including at least one of the following: "little interest or pleasure in doing things" or "feeling down, depressed, or hopeless."

The report showed a significant difference in the prevalence of depression between men and women. Four percent of women reported major depression, compared with 2.7% of men. "The greater

prevalence of depression among women is not fully understood, although potential contributors include different responses to stressful life events, genetic predisposition, and hormonal differences," the report said.

Non-Hispanic blacks, Hispanics, and non-Hispanics of other races were all more likely to report major depression (4%, 4%, and 4.3%, respectively) than were non-Hispanic whites (3.1%). The re-

The report also found that 22.2% of people unable to work and 9.8% of those unemployed were more likely to report major depression.

searchers explained that this disparity is consistent with greater risk factors of mental illness in these populations stemming from "social and economic inequality, exposure to racism and discrimination, increased prevalence of some chronic diseases, and less access to care and treatment for mental health and health conditions."

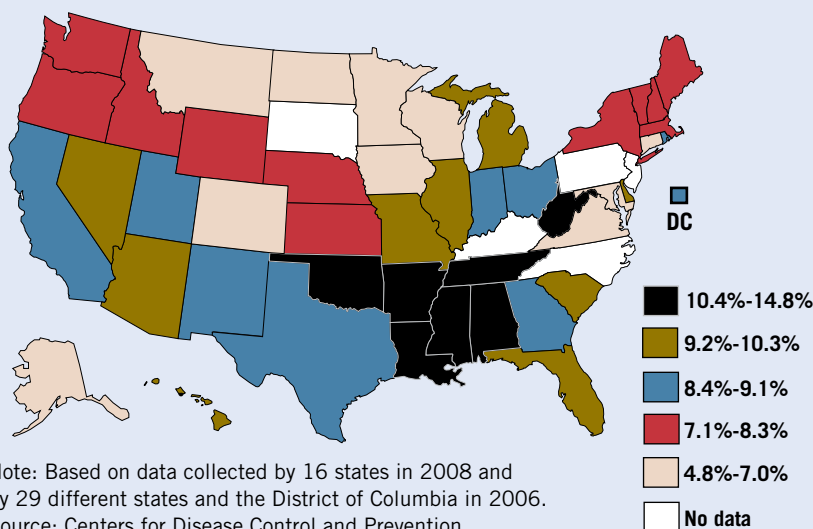
According to the report, increase in age reflected an increase in the prevalence of depression. The prevalence of major depression ranged from 2.8% among those aged 18-24 years to 4.6% among those aged 45-64. There was a decline to 1.6% among those older than 65.

In addition to age, factors such as socioeconomic status, amount of education, employment status, and access to health insurance played a significant role in the prevalence of depression. For example, people without health insurance also were more likely to have current depression.

In addition, the report found that 22.2% of people unable to work and 9.8% of those unemployed were more likely to report major depression compared with 3% of homemakers and students, and 2% of employed individuals.

By state, North Dakota reported the lowest prevalence of current and major depression (4.18% and 1.5%, respectively) and Mississippi reported the highest prevalence for current depression (14.8%) and major depression (5.3%).

Percentage of Adults With Current Depression



Clinical Psychiatry News

President, IMNG Alan J. Imhoff

Editor in Chief Mary Jo M. Dales

Executive Editors Denise Fulton, Kathy Scarbeck
Managing Editor Gina L. Henderson

Senior Editors Christina Chase, Kathryn DeMott, Jeff Evans, Lori Buckner Farmer, Catherine Hackett, Keith Haglund, Sally Koch Kubetin, Teresa Lassman, Mark S. Lesney, Jane Salodof MacNeil, Renée Matthews, Catherine Cooper Nellist, Amy Pfeiffer, Terry Rudd, Leanne Sullivan, Elizabeth Wood

Editorial Production Manager Carol Nicotera-Ward

Associate Editors Felicia Rosenblatt Black, Therese Borden, Lorinda Bullock, Jay C. Cherniak, Richard Franki, Virginia Ingram-Wells, Jane Locastro, January Payne

Reporters Chicago: Patrice Wendling; Denver: Bruce Jancin; Germany: Jennie Smith; Miami: Damian McNamara; Mid-Atlantic: Michele G. Sullivan; New England: Diana Mahoney; New York: Mary Ellen Schneider; Philadelphia: Mitchel L. Zoler; San Diego: Doug Brunk; San Francisco: Sherry Boschert, Robert Finn; Washington: Alicia Ault, Elizabeth Mechatie, Naseem S. Miller, Heidi Splete, Miriam E. Tucker, Kerri Wachter

Contributing Writers Christine Kilgore, Mary Ann Moon

Project Manager Susan D. Hite

Assignments Manager Megan Evans

Executive Director, Operations Jim Chicca

Director, Production/Manufacturing Yvonne Evans

Production Manager Judi Sheffer

Production Specialists Maria Aquino, Anthony Draper, Rebecca Sledobnik

Creative Director Louise A. Koenig

Design Supervisor Elizabeth Byrne Lobdell

Senior Designers Sarah L.G. Breeden, Yenling Liu

Designer Lisa M. Marfori

Photo Editor Catherine Harrell

Senior Electronic Production Engineer Jon Li

Sales Director, IMNG

Mark E. Altier, 973-290-8220,
m.altier@elsevier.com

National Account Manager

Aaron Wattenberg,
973-290-8212,
a.wattenberg@elsevier.com

Classified Sales Manager, IMNG

Robert Zwick 973-290-8226,
fax 973-290-8250,
r.zwick@elsevier.com

Advertising Offices

60 Columbia Rd., Bldg. B, 2nd fl.,
Morristown, NJ 07960,
973-290-8200, fax 973-290-8250

Editorial Offices 5635 Fishers Lane, Suite 6000,
Rockville, MD 20852, 877-524-9335,
cpnews@elsevier.com

Address Changes Fax change of address (with
old mailing label) to 973-290-8245 or e-mail
change to subs@elsevier.com

Reprints Call 240-221-2419

Director of Information Technology Doug Sullivan

Senior Systems Administrators Lee J. Unger,
Kreg M. Williams

Systems Administrator/Application Support
Peter Ayinde

Sr. Program Manager, Customized Programs

Malika Wicks

Circulation Analyst Barbara Cavallaro,
973-290-8253, b.cavallaro@elsevier.com

Program/Marketing Manager Jennifer Eckert

Business Controller Dennis Quirk

Adv. Services Manager Joan Friedman

Credit Supervisor Patricia H. Ramsey

Manager, Admin./Conventions Lynne Kalish

Receptionist Linda Wilson

Accounts Payable Coordinator Daniela Silva

CLINICAL PSYCHIATRY NEWS is an independent newspaper that provides the practicing psychiatrist with timely and relevant news and commentary about clinical developments in the field and about the impact of health care policy on the specialty and the physician's practice.

The ideas and opinions expressed in CLINICAL PSYCHIATRY NEWS do not necessarily reflect those of the Publisher. Elsevier, Inc. will not assume responsibility for damages, loss, or claims of any kind arising from or related to the information contained in this publication, including any claims related to the products, drugs, or services mentioned herein.

POSTMASTER Send changes of address (with old mailing label) to CLINICAL PSYCHIATRY NEWS Circulation, 60 Columbia Rd., Bldg. B, 2nd fl., Morristown, NJ 07960.

CLINICAL PSYCHIATRY NEWS (ISSN 0270-6644) is published monthly by Elsevier Inc., 60 Columbia Rd., Bldg. B, 2nd fl., Morristown, NJ 07960, 973-290-8200, fax 973-290-8250. Subscription price is \$109.00 per year. Periodicals postage paid at Morristown, NJ, and additional offices.

Founding Publisher: Jack O. Scher

Founding Editor: William Rubin

©Copyright 2010, by Elsevier Inc.



INTERNATIONAL
MEDICAL NEWS
GROUP



VITAL SIGNS

Psychiatrists' Median Income Dropped 1.9% in 2009

