

Cannabinoids and Health

Module 10

Lecture 2: Epidemiology of Mood Disorders and
Psychosis

Epidemiology: Depression

- Worldwide, the prevalence of major depression is:
 - ~13%-17% lifetime (equivalent to 42-56 million Americans)
 - ~5%-7% in the last year (about 16-23 million Americans)
- Estimates of prevalence vary, but the U.S. tends to have higher rates than other countries.
 - Lifetime estimates suggest higher rates in higher-income countries.
 - Past-year estimates suggest similar rates, regardless of country income.

Epidemiology: Depression

- Across several large-scale studies, women are 2-3x as likely to have major depression than men
 - Other mood disorders are equivalent

Sociodemographic Characteristic	12-Month MDD, % (SE)	Lifetime MDD, % (SE)	Major Depressive Disorder, Odds Ratio (Confidence Interval)
Total	5.28 (0.15)	13.23 (0.3)	
Sex			
Male	3.56 (0.17)	9.01 (0.27)	1.0
Female	6.87 (0.24)	17.10 (0.44)	2.0 (1.8-2.4)

Epidemiology: Depression

- Major depressive disorder is more common in Caucasians
- Native Americans also tend to be at increased risk

Sociodemographic Characteristic	12-Month MDD, % (SE)	Lifetime MDD, % (SE)	Major Depressive Disorder, Odds Ratio (Confidence Interval)
Total	5.28 (0.15)	13.23 (0.3)	
Race/ethnicity			
White	5.53 (0.17)	14.58 (0.29)	1.0
Black	4.52 (0.32)	8.93 (0.48)	0.7 (0.6-0.8)
Native American	8.89 (1.23)	19.17 (1.75)	1.5 (1.1-2.1)
Asian or Pacific Islander	4.12 (0.72)	8.77 (0.98)	0.6 (0.4-0.9)
Hispanic	4.27 (0.44)	9.64 (0.57)	0.6 (0.5-0.8)

Epidemiology: Bipolar

- Bipolar disorder has a lifetime prevalence of 1%-3% percent – considerably less than depression
 - The National Comorbidity Survey found 1 percent met lifetime prevalence criteria for bipolar I and 1.1 percent for bipolar II.
- The incidence of bipolar disorder is similar in men and women and across different cultures and ethnic groups

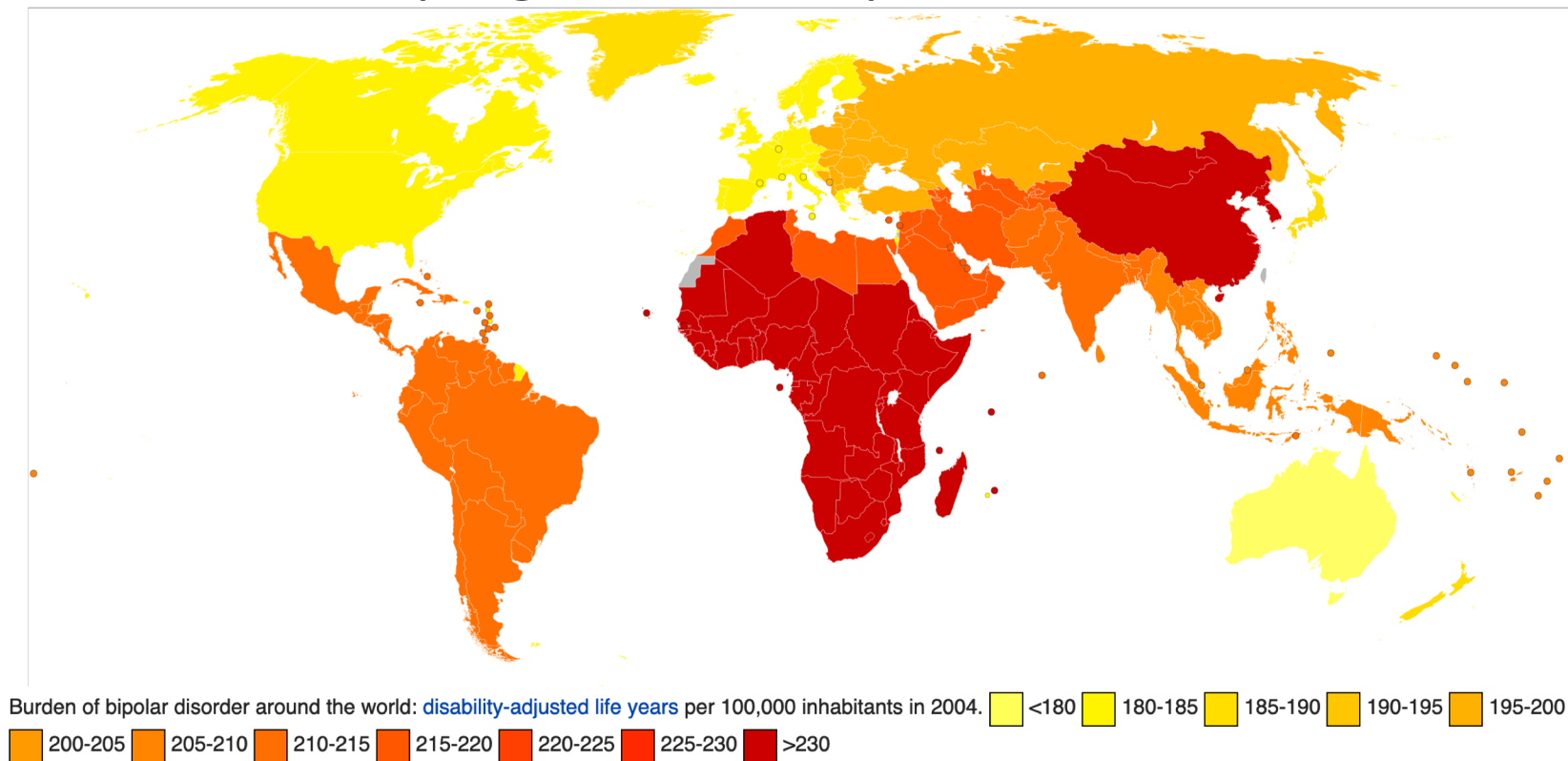
ORIGINAL ARTICLE

Lifetime and 12-Month Prevalence of Bipolar Spectrum Disorder in the National Comorbidity Survey Replication

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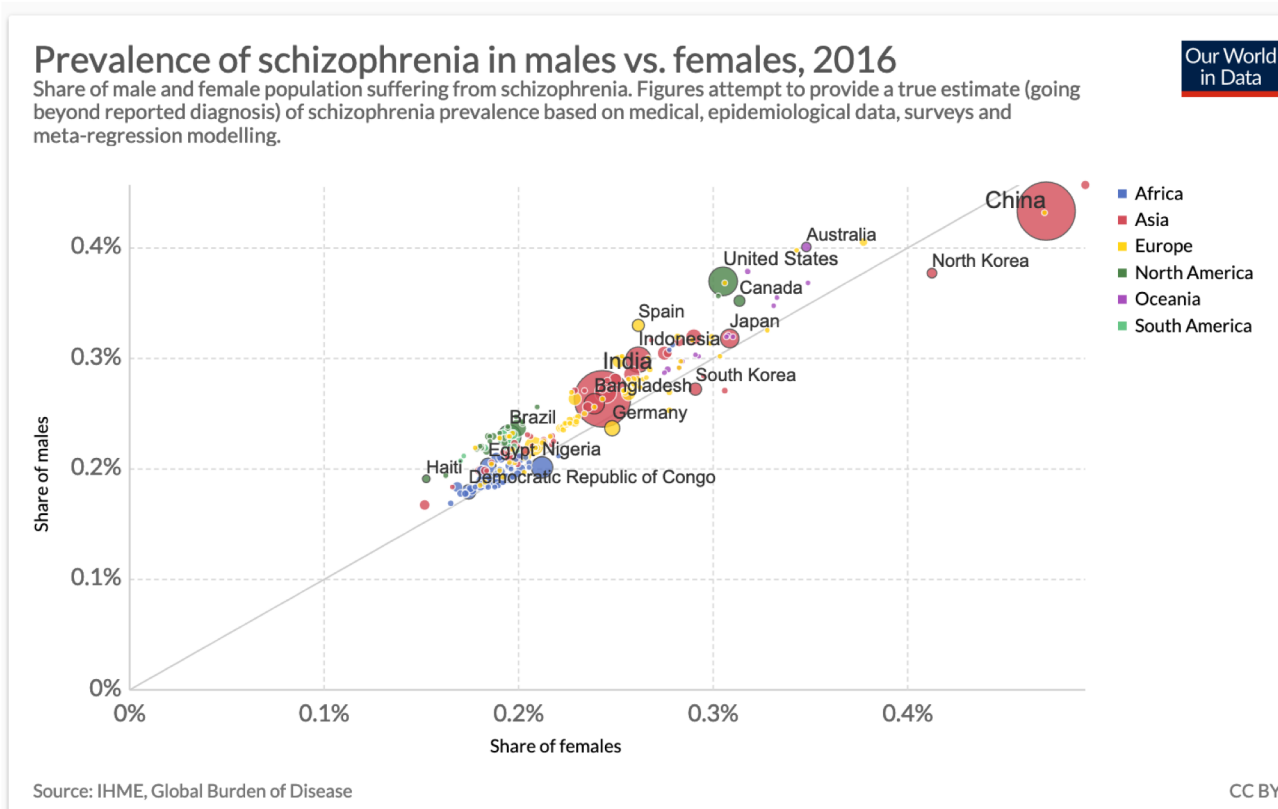
Epidemiology: Bipolar

- Despite similarities in prevalence, the World Health Organization found that **disability** from Bipolar is greater in developing countries (poorer medical care)



Epidemiology: Schizophrenia

- Schizophrenia affects < 1% worldwide (0.3–0.7% lifetime prevalence).
 - It occurs 1.4x more frequently in males than females
 - Peak age of onset is early adulthood.



Conclusions

- Prevalence rates of depression much higher than bipolar disorder or schizophrenia
- Women 2x likely to have depression, males and females equally likely to have bipolar, men more likely to have schizophrenia
- Prevalence rates similar across the world but disability is higher in developing countries