

Definition:

A mood disorder that causes a persistent feeling of sadness and loss of interest. It affects how one feels, thinks and behaves and can lead to a variety of emotional and physical problems. One may have trouble doing normal day-to-day activities, and may feel as if life isn't worth living.ⁱ

Prevalence:

1. Ranges of lifetime risk for depression: from 6.7% overall to 40% in men, 30% in women.ⁱⁱ
2. An estimated 17 million adult Americans suffer from depression during any 1-year period.ⁱⁱⁱ
3. The treatment of depression is effective 60-80% of the time.^{iv}
4. In developed countries with well-organized health care systems, between 44%-70% of patients with depression do not receive treatment in any given year.^v
5. 9.1% of people report depression at any given time.^{vi}
6. Women are 70 % more likely than men to experience depression during their lifetime.^{vii}
7. African Americans are 40% less likely than Caucasians to experience depression during their lifetime.^{viii}
8. The average age of onset is 32 years old.^{ix}
9. Additionally, 3.3% of 13 to 18 year olds have experienced a debilitating depressive disorder.
10. If left untreated, depression can lead to co-morbid (occurring at the same time) mental disorders, recurrent episodes and higher rates of suicide.

New Classification in the DSMV:^{xi}

- Major depressive disorder
- Disruptive mood Dysregulation disorder [This includes both chronic major depressive disorder and the previous Dysthymic disorder in the DSM-IV TR]
- Other Categories:
 - Premenstrual Dysphoric disorder
 - Substance/medication induced depressive disorder
 - Depressive disorder due to another medical disorder

Relationship Between Depression & Suicide:

1. Depression is the psychiatric diagnosis most commonly associated with suicide.
2. Lifetime risk of suicide among patients with untreated depression ranges from 2.2% to 15%.^{xiii}
3. Some that 15% of patients with treated depression eventually die by suicide.^{xiv}
4. Depression is present in at least 50 percent of all suicides.^{xv}
5. 2% to 9 % of people that have been diagnosed with depression in their lifetime will go on to complete suicide, according to a Mayo Clinic study.^{xvi}
6. Those suffering from depression are at 25 times greater risk for suicidal than the general population.^{xvii}



Antidepressants & Suicidal Risk:

- Since 2007, the Food and Drug Administration (FDA) ordered all antidepressant medications carry an expanded black-box warning about an increased risk of suicidal symptoms in young adults 18 to 24 years of age.^{xvii}
- However, as some experts suggest, untreated depression and psychiatric illness carry a more significant risk: “Estimates of the lifetime risk of suicide in depressed persons range from 2.2 to 15%... In contrast, the FDA meta-analyses reveal an absolute risk of suicide in patients taking investigational antidepressants of 0.01%.^{xix}

References:

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- ⁱⁱⁱ <http://www.apa.org/topics/depress/recover.aspx>
- ^{iv} http://www.dbsalliance.org/site/PageServer?pagename=education_statistics_depression
- ^v http://www.who.int/mental_health/media/en/investing_mnh.pdf
- ^{vi} <http://www.cdc.gov/features/dsdepression/>
- ^{vii} <https://www.nimh.nih.gov/health/topics/depression/index.shtml>
- ^{viii} *ibid*
- ^{ix} *ibid*
- ^x *ibid*
- ^{xi} American Psychiatric Association. (2013). *Diagnostic and statistical manual of mental disorders* (5th ed.). Arlington, VA: American Psychiatric Publishing.
- ^{xii} Friedman, R.A. & Leon, A.C. (2007). NEJM — Expanding the Black Box — Depression, Antidepressants, and the Risk of Suicide. *New England Journal of Medicine*, 356:2343-2346.
- ^{xiii} <http://psychcentral.com/blog/archives/2007/06/08/the-black-box-warning-antidepressants-and-the-risk-of-suicide/>
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- ^{xvi} <http://mentalhealth.about.com/cs/depression/a/suiciderates.htm>
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- ^{xviii} <http://psychcentral.com/blog/archives/2007/06/08/the-black-box-warning-antidepressants-and-the-risk-of-suicide/>
- ^{xix} Friedman, R.A. & Leon, A.C. (2007). NEJM — Expanding the Black Box — Depression, Antidepressants, and the Risk of Suicide. *New England Journal of Medicine*, 356:2343-2346.