Survey: Women, Nonwhites At Greatest Depression Risk

NEW YORK -- Women and nonwhites are at the greatest risk for depression, according to a new report

The CDC said that by the year 2020, depression is expected to be second only to cardiovascular disease in disease burden. In 2011, depression was the third leading cause of disease 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 depression (MMWR 2010;59:1229-35).

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.

According to the report, in each 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 (4.1% 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

Note: Based on data collected by 16 states in 2008 and by 29 different states and the District of Columbia in 2006.

Source: Centers for Disease Control and Prevention

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Psychiatrists’ Median Income Dropped 1.9% in 2009

Psychiatrists All specialists All primary care

$350,000
$300,000
$250,000
$200,000
$150,000
$100,000
$50,000
$0
2005 2006 2007 2008 2009

Note: 2009 figure based on survey data for 455 psychiatrists in group practice. Source: Medical Group Management Association