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 DSM-V: 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%. \( ^{xv} \)

References:

\( ^{1} \) http://www.mayoclinic.org/diseases-conditions/depression/basics/definition/con-20032977


\( ^{4} \) http://www.apa.org/topics/depress/recover.aspx

\( ^{5} \) http://www.dbsalliance.org/site/PageServer?pagename=education_statistics_depression

\( ^{6} \) http://www.who.int/mental_health/media/en/investing_mnh.pdf

\( ^{7} \) http://www.cdc.gov/features/dsdepression/

\( ^{8} \) https://www.nimh.nih.gov/health/topics/depression/index.shtml

\( ^{9} \) ibid

\( ^{10} \) ibid

\( ^{11} \) ibid


\( ^{17} \) http://mentalhealth.about.com/cs/depression/a/suiciderates.htm

