

# MOOD DISORDER

# FACTS

**Major depression** is one of the **most common mental disorders** in the United States for both adults and adolescents. <sup>(1)</sup>

In 2015, an estimated **16.1 million** or **6.7% of U.S. adults** aged 18 or older in the United States had at least one major depressive episode in the past year. <sup>(1)</sup>

In 2015, an estimated **3 million** or **12.5% of U.S. adolescents** aged 12 to 17 in the United States had at least one major depressive episode in the past year. <sup>(1)</sup>

**29.9%** of U.S. adults are estimated to **experience a major depressive episode** in their lifetime. <sup>(2)</sup>

**Women** are **twice as likely** to experience depression. <sup>(3)</sup>

About **3.9% of adults** meet criteria for **bipolar disorder** in their lifetime, and 2.6% meet criteria in a given year. <sup>(4)</sup>

**1-2% of adults** have more **severe bipolar** disorder and an additional 2% have less severe bipolar disorder. <sup>(2) (5)</sup>

# IMPACT

Major depressive disorder is the leading cause of disability in the United States for ages 15-44. <sup>(6)</sup>

Mood disorders, including major depression, dysthymic disorder, and bipolar disorder, are the third most common cause of hospitalization in the U.S. for both youth and adults aged 18-44. <sup>(6)</sup>

**25% to 50%** of individuals with bipolar disorder attempt suicide at least once during their lifetime; and suicide is a leading cause of death in this group. <sup>(7)</sup>

(1) 2015 National Survey on Drug Use and Health (HHS Publication No. SMA 16-4984, NSDUH Series H-51)

(2) Twelve-month and lifetime prevalence and lifetime morbid risk of anxiety and mood disorders in the United States. *Int. J. Methods Psychiatr. Res.*, 21: 169-184. doi: 10.1002/mpr.1359

(3) "Cross-national Epidemiology of DSM-IV Major Depressive Episode." *BMC Medicine*. BioMed Central, 26 July 2011. Web. 18 Apr. 2017

(4) Mania with and without depression in a community sample of U.S. adolescents. *Archives of General Psychiatry*, May, 2012

(5) Prevalence, severity, and comorbidity of twelve-month DSM-IV disorders in the National Comorbidity Survey Replication (NCS-R). *Archives of General Psychiatry*, 2005 Jun;62(6):617-27

(6) The World Health Organization. *The World Health Report 2004: Changing History*

(7) HCUP Facts and Figures: Statistics on Hospital-based Care in the United States, 2009. Rockville, MD: Agency for Healthcare Research and Quality, 2011

(8) Risk assessment and psychosocial interventions for suicidal patients. Chesin M, Stanley B., *Bipolar Disorder*. 2013 Jun 20. doi: 10.1111/bdi.12092



Depression and Bipolar Support Alliance

Depression and bipolar disorder are serious, potentially life-threatening, mental health conditions, but with proper treatment, people living with mood disorders can improve their health and wellbeing—and live the lives they desire.

[Learn more at DBSAAlliance.org](http://DBSAAlliance.org)