MOOD DISORDER

Major depression is one of the most common mental disorders in the United States for both adults and adolescents.

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. (1)

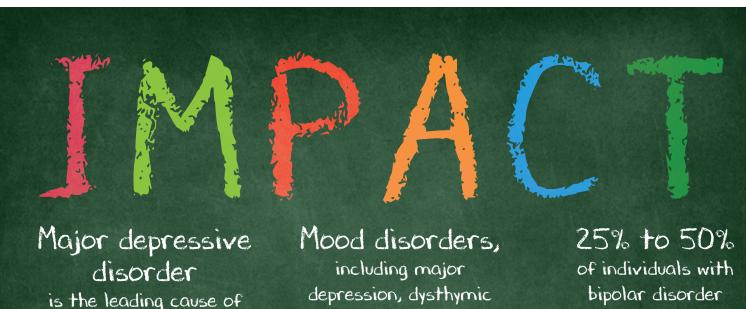
In 2015, an estimated **3 million** or 12.5% of U.S. adolescents aged 12 to 17 in the United States had at least one major depressive episode in the past year. (1)

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

Women are twice as likely to experience depression. (3)

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

1-2% of adults have more severe bipolar disorder and an additional 2% have less severe bipolar disorder. (2) (5)



disorder
is the leading cause of
disability in the United
States for
ages 15-44. (6)

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. (6)

of individuals with bipolar disorder attempt suicide at least once during their lifetime; and suicide is a leading cause of death in this group. (7)

- (1) 2015 National Survey on Drug Use and Health (HHS Publication No. SMA 16-4984, NSDUH Series $_{\rm H\text{-}51}$
- (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 DBSAlliance.org