

DEPRESSIVE DISORDERS AND TREATMENT

Montana BRFSS, 2012

In 2012, one in five adults reported ever being diagnosed with a depressive disorder, 3.8% of adults reported serious psychological distress (SPD), as measured by the Kessler K-6 algorithm (see Appendix C for further information), and 12.3% of adults reported taking medicine or receiving treatment for their mental health condition or emotional problem.

Sociodemographic Trends

- ◆ Women reported ever being diagnosed with a depressive disorder and taking medicine or receiving treatment more often than men.
- ◆ The prevalence of ever being diagnosed with a depressive disorder and SPD decreased with increasing education.
- ◆ The prevalence of ever being diagnosed with a depressive disorder, SPD, and taking medicine or receiving treatment decreased with increasing household income levels.
- ◆ American Indians/Alaska Natives reported ever being diagnosed with a depressive disorder more often than White, non-Hispanic adults. American Indians/Alaska Natives and Hispanics or other race/ethnic groups reported SPD more often than White, non-Hispanic adults.
- ◆ The prevalence of ever being diagnosed with a depressive disorder, SPD, and taking medicine or receiving treatment was significantly higher among adults with a disability than adults without a disability.
- ◆ Adults in the North Central health planning region reported SPD more often than adults in the Southwest health planning region.

Figure 22. Depressive Disorders by Race/Ethnicity, Montana BRFSS, 2012

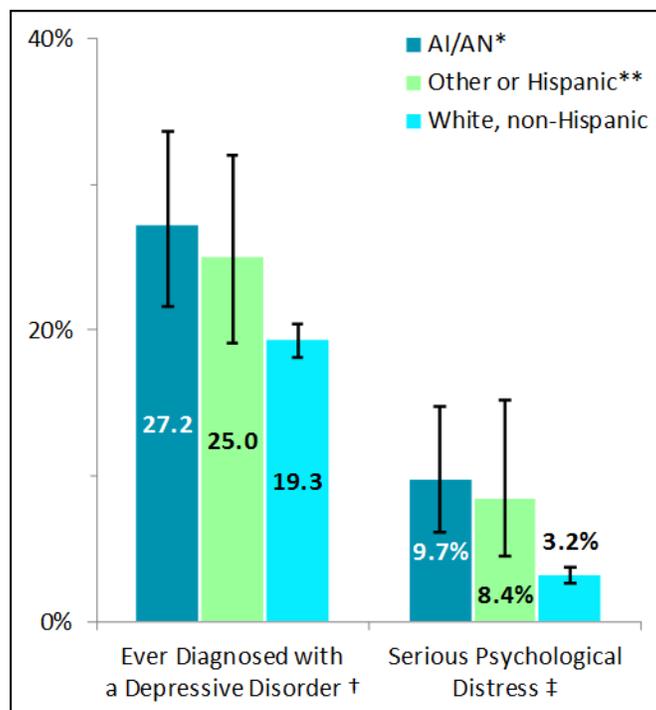


Table 22: Depressive Disorders and Treatment, Montana Adults, 2012

	Ever Diagnosed with a Depressive Disorder †				Serious Psychological Distress ‡				Taking Medicine or Receiving Treatment §			
	Wt. %	LL	UL	UnWt. N	Wt. %	LL	UL	UnWt. N	Wt. %	LL	UL	UnWt. N
All Adults:	20.0	18.9	21.2	1,713	3.8	3.3	4.5	288	12.3	11.4	13.2	1,069
Sex:												
Male	16.0	14.5	17.6	589	3.8	2.9	4.8	112	8.4	7.4	9.7	318
Female	24.0	22.4	25.7	1,124	3.9	3.2	4.7	176	16.1	14.7	17.5	751
Age:												
18 - 24	19.0	15.0	23.8	80	3.5	1.8	6.6	12	8.7	6.1	12.2	35
25 - 34	20.4	17.5	23.7	192	4.3	2.9	6.3	36	10.6	8.4	13.3	101
35 - 44	22.8	19.7	26.3	213	4.0	2.5	6.2	29	15.0	12.4	18.0	134
45 - 54	22.7	20.2	25.5	357	5.6	4.2	7.4	91	14.9	12.7	17.4	229
55 - 64	21.9	19.7	24.3	444	3.6	2.7	4.8	71	14.5	12.6	16.5	293
65+	14.5	12.9	16.3	422	2.3	1.5	3.3	48	9.7	8.4	11.3	276
Education:												
<High School	27.5	22.9	32.7	159	11.5	8.1	16.2	55	13.8	10.5	17.9	85
High School	20.2	18.3	22.4	551	4.3	3.4	5.6	111	11.9	10.3	13.5	324
Some College	20.9	18.9	23.0	524	2.8	2.0	3.8	69	13.3	11.6	15.1	337
College Degree +	15.9	14.3	17.7	478	1.9	1.4	2.7	53	11.0	9.7	12.6	319
Income:												
<\$15,000	35.5	31.5	39.6	380	9.3	7.1	12.1	99	21.9	18.6	25.6	242
\$15,000 - \$24,999	23.8	21.0	26.8	378	6.8	5.1	9.1	87	14.3	12.1	16.8	225
\$25,000 - \$49,999	20.4	18.3	22.8	430	3.0	2.1	4.4	47	12.7	11.0	14.7	272
\$50,000 - \$74,999	15.4	12.9	18.2	190	1.6	0.9	2.9	16	10.3	8.2	12.7	122
\$75,000 +	13.6	11.6	15.9	206	0.9	0.4	2.1	12	8.9	7.2	11.0	138
Race/Ethnicity:												
White, non-Hispanic	19.3	18.1	20.4	1,446	3.2	2.7	3.8	218	12.3	11.4	13.3	906
AI/AN*	27.2	21.6	33.6	154	9.7	6.2	14.8	45	12.0	8.6	16.7	91
Other or Hispanic**	25.0	19.1	32.0	93	8.4	4.5	15.2	22	11.4	8.0	16.0	60
Disability:												
Disability	38.4	35.8	41.1	875	11.1	9.3	13.2	219	24.9	22.6	27.4	573
No Disability	13.8	12.7	15.0	815	1.3	1.0	1.8	66	8.1	7.2	9.0	489
Region:												
1- Eastern MT	16.6	13.7	19.8	165	3.0	1.7	5.0	24	10.6	8.3	13.4	104
2- N Central MT	20.5	18.0	23.3	392	6.4	4.7	8.6	88	13.4	11.3	15.8	261
3- S Central MT	20.8	18.2	23.8	257	3.4	2.1	5.3	31	12.8	10.7	15.3	159
4- Southwest MT	18.1	16.0	20.5	282	2.8	2.0	4.1	37	10.7	9.1	12.6	170
5- Northwest MT	21.8	19.7	24.0	595	3.7	2.9	4.9	103	13.1	11.5	14.9	360

† Ever told that you have a depressive disorder, including depression, major depression, dysthymia, or minor depression? Total Sample Size: 8,638, Weighted Prevalence Estimate: 155,600.

‡ Based on Kessler K-6 scoring (see Appendix C). Total Sample Size: 8,097, Weighted Prevalence Estimate: 27,800.

§ Are you now taking medicine or receiving treatment from a doctor or other health professional for any type of mental health condition or emotional problem? Total Sample Size: 8,227, Weighted Prevalence Estimate: 90,500.

* American Indian or Alaska Native only.

** All other non-White (including multi-racial or Hispanic).