

# Facts about Depression

- Depression affects more than 19 million American adults aged 18 and over each year, representing nearly 10 percent of American adults.
- More American adults suffer from depression than coronary heart disease (7 million), cancer (6 million) and AIDS (200,000) combined.
- About 15 percent of the population develops clinical depression at some time in their life. Depression will affect one in 10 men and one in four women.
- Symptoms of depression include: *sadness or “down” mood; loss of interest or pleasure in usual activities; poor appetite or overeating; trouble falling or staying asleep or sleeping too much; feeling tired or having little energy; feelings of worthlessness, self-reproach or guilt; trouble concentrating; moving or speaking very slowly, or the opposite, being fidgety or restless; thoughts of being better off dead or of hurting oneself in some way.*
- Depression is among the most treatable of psychiatric illnesses. Current treatment includes medication, psychotherapy or some combination of the two.
- Fewer than half of all Americans consider depression to be a health problem and more than two in five believe it is a sign of personal weakness.
- Over 60 percent of people who die by suicide are estimated to suffer from major depression, with no other psychiatric or physical illness. Thirty percent have alcoholism, and half of those with alcoholism have depression as well.
- Certain intense emotional or affective states may suggest a suicide crisis in individuals who suffer from depression. These include intense desperation, hopelessness, rage, abandonment, self-hatred or anxiety.
- Almost two million Americans currently suffer from bipolar disorder (manic depressive illness), in which episodes of depression alternate or co-exist with periods of mania. This mood disorder carries a high risk of suicide.
- Approximately 20 percent of all patients with bipolar disorder have their first episode during adolescence.