

United States

Lynn F. Bufka, PhD, ABPP

 @DrBufka

Associate Chief, Practice Transformation
American Psychological Association

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Prevalence

Annually

- Between 7-8.4% of US adults live with major depressive disorder (MDD)
- 17% of adolescents aged 12-17 had at least one major depressive episode

Higher rates in females, those aged 18–25, and with two or more races

Treatment

66%
adults
received care

41.6%
adolescents
received care

Delivery of care

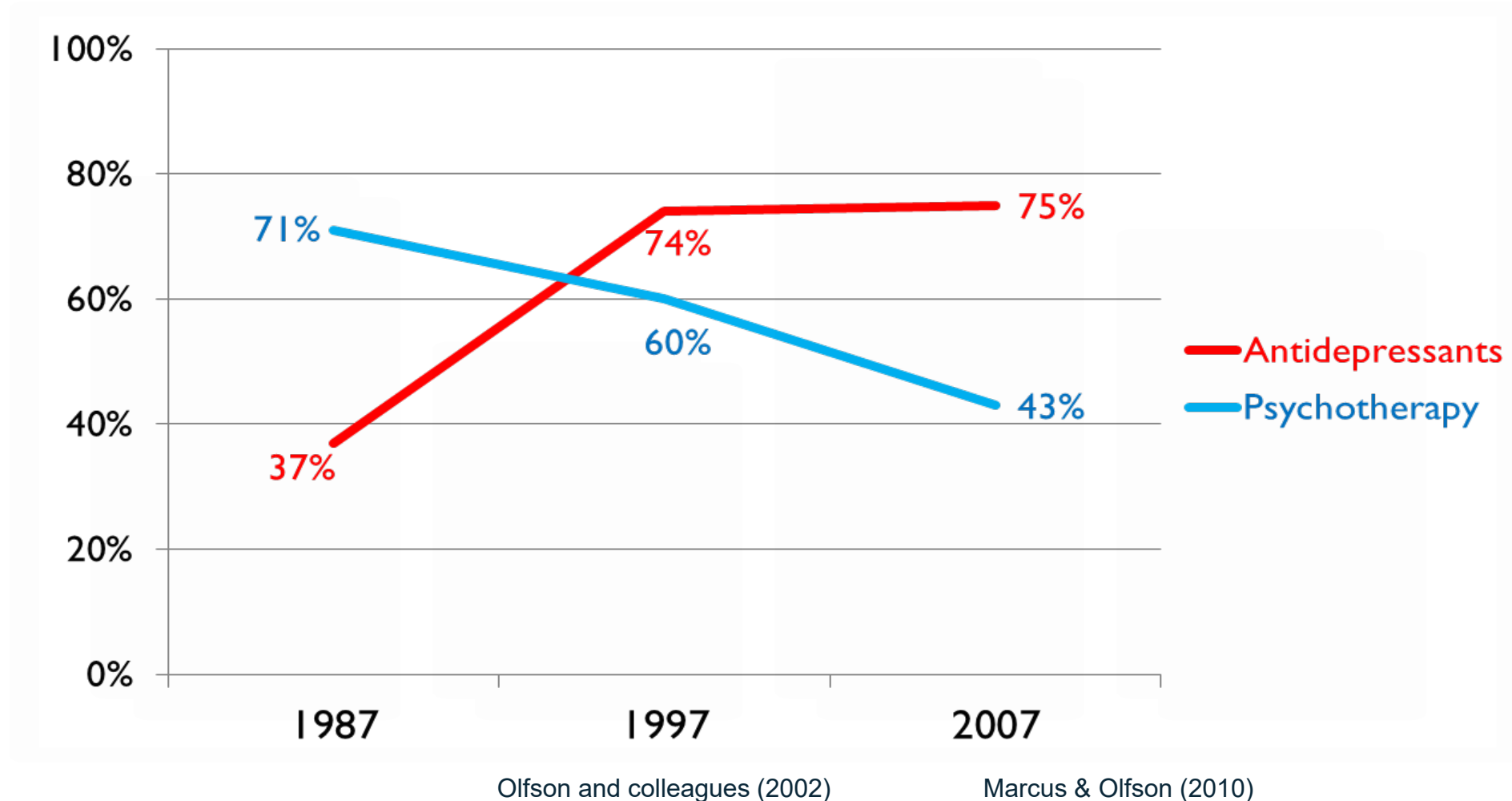
Majority
treatment in
primary care

Park & Zarate (2019)

90% of
prescriptions
written by primary
care providers

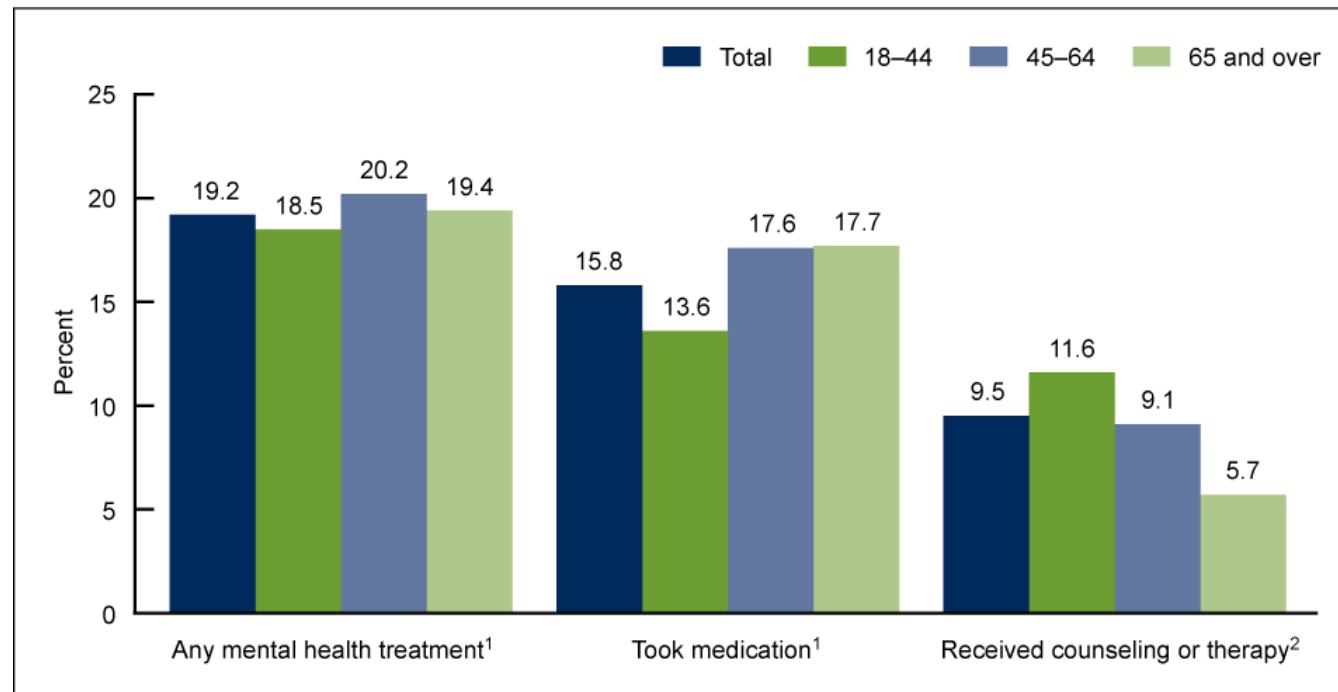
Ormel and colleagues (2022)

National trends in outpatient treatment of depression



Type of treatment: 2019

Figure 1. Percentage of adults aged 18 and over who had received any mental health treatment, taken medication for their mental health, or received counseling or therapy from a mental health professional in the past 12 months, by age group: United States, 2019



¹Significant quadratic trend by age group ($p < 0.05$).

²Significant linear trend by age group ($p < 0.05$).

NOTES: Adults were considered to have received any mental health treatment if they reported having taken medication for their mental health, received counseling or therapy from a mental health professional, or both in the past 12 months. Adults were asked separately if they took prescription medication for feelings of anxiety, for depression, or to help with any other emotions or with their concentration, behavior, or mental health. Adults who responded positively to any of these three questions were considered to have taken medication for their mental health in the past 12 months. Estimates are based on household interviews of a sample of the U.S. civilian noninstitutionalized population. Access data table for Figure 1 at: <https://www.cdc.gov/nchs/data/databriefs/db380-tables-508.pdf#1>.

SOURCE: National Center for Health Statistics, National Health Interview Survey, 2019.

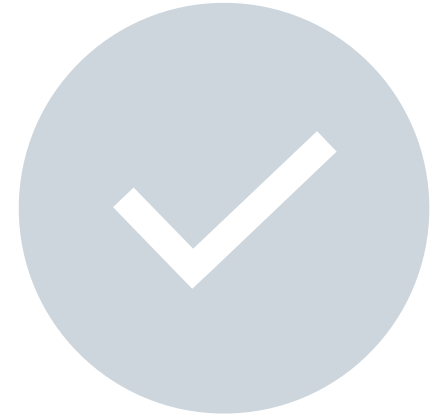
What's working



REDUCTION IN STIGMA



MORE INFO
ABOUT QUALITY CARE



CLINICAL PRACTICE
GUIDELINES = LOTS OF
EFFECTIVE CARE OPTIONS

What's *not* working

Not enough providers

Providers not where they are needed

Care not integrated

Treatments are less effective in 'real world'
than in research studies

What's needed

Prevention and early intervention

Getting the right dose of care to people when they need it

Integrating care

Stepped care

Care/research addressing important patient outcomes



AMERICAN
PSYCHOLOGICAL
ASSOCIATION

Let's Connect

Lynn F. Bufka, PhD, ABPP
Associate Chief, Practice Transformation
American Psychological Association
optq@apa.org



@DrBufka