RESULTS (continued)

Depression Prevalence, Diagnosis, and Symptoms

- Across the four race/ethnicity groups, 5.8 million (25.0%) people self-reported reported experiencing depression within the past 12 months. However, prevalence varied significantly (p<0.05) across race/ethnicity groups (White=5.2%, Black=4.6%, Hispanic=5.1%, Asian=4.8%).
- Among those who report experiencing depression, whites were most likely to be diagnosed (76.0%) compared with 67.4% of blacks, 62.7% of Hispanics, and only 47.4% of Asians, who were least likely to be diagnosed (p<0.05).
- Among those who did not self-report experiencing depression, 11.5% of whites, 12.5% of blacks, 13.0% of Hispanics, and 12.7% of Asians experienced one depression symptom and 10.1% of whites, 11.5% of blacks, 12.9% of Hispanics, and 11.2% of Asians experienced both depression symptoms (p<0.05).

DISCUSSION and CONCLUSION

- Mental health conditions are widely prevalent, but under-treated in the US. More importantly, this is an area where important social/economic disparities exist for many reasons, including cultural stigmas.
- Findings of this analysis indicate that patients do not associate symptoms they are experiencing with depression. Patients appear to more readily identify with individual symptoms of depression than to self-diagnose depression as a condition.
- While recommendations have been made at the policy level to increase access to care and treatment for minorities, steps need to be taken to increase patient and physician awareness of the importance of discussing symptoms.
- Patient education campaigns, as well as medical provider training programs aimed at discussing both conditions as well as specific symptoms with patients in more culturally relevant terms could increase the role of diagnosis as well as lead to more timely and appropriate treatment and care of minority patients.

REFERENCES