

WHAT IS DEPRESSION?

Depression is a serious mood disorder, shown by the symptoms of major depressive disorder: primarily depressed mood for 2 weeks or more, and/or a loss of interest or pleasure in everyday activities. This is also often accompanied by other symptoms such as feelings of emptiness, hopelessness, sleeping too little or too much, anxiety, worthlessness, guilt and/or irritability, changes in appetite, difficulty concentrating, remembering details or making decisions, and thoughts of or attempts at suicide. (Diagnostic and Statistical Manual of Mental Disorders-5, 2013)

More than 1 out of 20 Americans 12 years of age and older reported current depression (moderate or severe depressive symptoms in the past 2 weeks) in 2009-2012. (Centers for Disease Control and Prevention, 2016) 2014 NIMH statistics show the following numbers for teens that had at least one major depressive episode in the previous 12 months: 11.5% Hispanic, 12.0% White, 9.1% Black, 10.4% Asian, 6.9% American Indian/Alaska Native, 12.5% were of 2 or more nationalities.

The economic burden of depression, including workplace costs, direct costs and suicide-related costs, was estimated to be \$210.5 billion in 2010 (Greenberg et al., 2015).

WHAT IS STRESS?

Stress can be defined as the brain's response to any demand, real or imagined, positive or negative. Routine stress includes the pressures of work, family, and other daily responsibilities. Stress can be brought about by a sudden negative change, such as losing a job, divorce, or illness. 51% of women and 32% of men say they have lain awake at night in the past month due to stress. (Stress in America: Paying with Our Health, 2015) .

Despite men reporting lower stress levels and being less likely to report symptoms of stress, men are more likely than women to say they never engage in an activity to help relieve or manage their stress (22% of men vs. 18% of women) (Stress in America: Paying with Our Health, 2015). Poor coping with stress can lead to relational problems, substance use disorders, worsening mood and even depression.

Traumatic stress includes, experience in an event like a major accident, war, sexual assault, or a natural disaster where one may be seriously hurt or in danger of being killed. (National Institute of Mental Health, 2014). While most individuals will recover from traumatic stress, some will develop depression or post-traumatic stress disorder.

WHAT IS ANXIETY?

Occasional anxiety is a normal part of life, but anxiety disorders involve more than temporary worry or fear. For a person with an anxiety disorder, the anxiety does not go away and can get worse over time. The feelings can interfere with daily activities such as job performance, school work, and relationships. (National Institute of Mental Health, 2014). Women are 60% more likely than men to experience an anxiety disorder over their lifetime (National Institute of Mental Health, 2014).

Non-Hispanic blacks are 20% less likely, and Hispanics are 30% less likely, than non-Hispanic whites to experience an anxiety disorder during their lifetime (National Institute of Mental Health, 2014).



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Morehouse School of Medicine Prevention Research Center, 720 Westview Drive, SW Atlanta, GA 30310 | Phone: 404-752-1022 Fax: 404-765-9771 | prcinfo@msm.edu | www.msm.edu/prc. The Morehouse School of Medicine Prevention Research Center is a member of the Prevention Research Centers Program, supported by the Centers for Disease Control and Prevention, under cooperative agreement # 5U48DP005042-02. This product is supported by the CDC REACH HI grant # 5NU58DP005945-02. The contents and information provided are solely the responsibility of the participants and do not necessarily represent the official views of CDC or the U.S. Department of Health and Human Services.

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