

Spotlight: Online Depression Screening

Screening improves the chances of getting treatment. Primary care physicians providing usual care miss 30% to 50% of depressed patients and likely fail to recognize many common mental health disorders. However, when results from a positive screening are included in the chart, doctors were over 3 times more likely to recognize the symptoms of mental illness and to plan to follow-up with people about their mental health concerns.⁷⁻⁹

MHA provides individuals with free, anonymous, and confidential screening tools that allow people to explore their mental health concerns and bring results to a provider through our MHA Screening program (at www.mhascreening.org). The site hosts scientifically validated screening tools commonly used by mental health and primary health practitioners. MHA Screening started with just four screens: depression, anxiety, bipolar, and PTSD. Over time we added screens for substance and alcohol use, youth and parents, and psychosis. In 2017, we launched Spanish language screens for depression and anxiety and an eating disorder screen.

As part of our program, we asked users to share voluntary demographic data. The analysis of screening results has assisted in the development of public education campaigns, needs assessments, and program development to better meet the needs of individuals, families and communities seeking supports online.

The screening most often taken by users online has been the depression screen (the Patient Health Questionnaire-9 or PHQ-9). Today, an average of 2,700 individuals come online to take a screen per day, and about 50 percent of those screens are depression screens. The following information includes analysis of our state level data from our depression screens from May 2014 through December 2016) and demographic data analysis from 2016.

The PHQ-9 asks the questions below. For each question, individuals check among the following options: Not at all, Several Days, More than half the days, and Nearly Every day.

Patient Health Questionnaire (PHQ-9)

Over the last 2 weeks, how often have you been bothered by any of the following problems?

1. Little interest or pleasure in doing things.
2. Feeling down, depressed, or hopeless.
3. Trouble falling or staying asleep, or sleeping too much.
4. Feeling tired or having little energy.
5. Poor appetite or overeating.

⁷ Christensen, K. S., Toft, T., Frostholm, L., Ørnbøl, E., Fink, P., & Olesen, F. (2005). Screening for common mental disorders: who will benefit? Results from a randomised clinical trial. *Family practice*, 22(4), 428-434.

⁸ Pignone, M. P., Gaynes, B. N., Rushton, J. L., Burchell, C. M., Orleans, C. T., Mulrow, C. D., & Lohr, K. N. (2002). Screening for depression in adults: a summary of the evidence for the US Preventive Services Task Force. *Annals of internal medicine*, 136(10), 765-776.

⁹ O'Connor, E. A., Whitlock, E. P., Beil, T. L., & Gaynes, B. N. (2009). Screening for depression in adult patients in primary care settings: a systematic evidence review. *Annals of Internal Medicine*, 151(11), 793-803.

6. Feeling bad about yourself - or that you are a failure or have let yourself or your family down.
7. Trouble concentrating on things, such as reading the newspaper or watching television.
8. Moving or speaking so slowly that other people could have noticed.
9. Thoughts that you would be better off dead, or of hurting yourself.

Score Interpretation

Score and results are measured by adding up all checked boxes on PHQ-9. For every ✓ Not at all = 0 points; Several days = 1 point; More than half the days = 2 points; and Nearly every day = 3 points.

Results are categorized based on scores.

- 1-4 = Minimal depression
- 5-9 = Mild depression
- 10-14 = Moderate depression
- 15-19 = Moderately severe depression
- 20-27 = Severe depression

To view the screening online, visit <http://www.mentalhealthamerica.net/mental-health-screen/patient-health>

State Level Data Analysis of Online Depression Screening (2014 – 2016)

The analysis in this section is from data collected between May 2014 through December 2016.

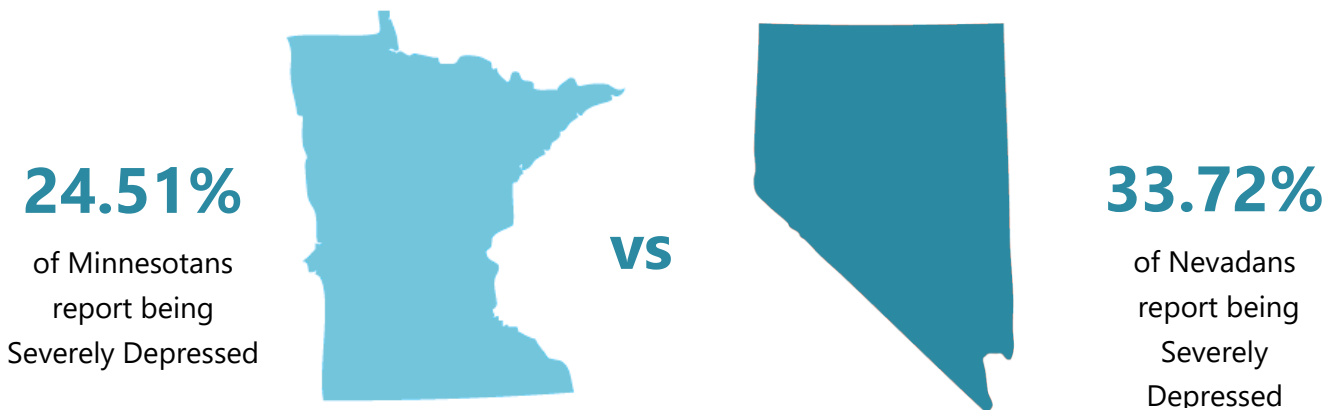
During this period, 508,393 individuals provided MHA with information about which state they lived in. The average number of screening results among the ten states with the smallest sample size is 1,523 screens. The average number of screens among our largest states is 27,511 screens. Wyoming had the fewest number of screening results with 1,052 screens, and California had the largest sample (57,891 screens).

Among states, only 15.86 percent of screeners scored Minimal and Mild Depression while 59.70 percent scored Moderately Severe and Severely Depressed.

1 in 3

One out of three screeners scored **Severely Depressed**

Minnesota (ranked 2nd after District of Columbia) had the lowest percentage of Severely Depressed screeners (24.51%). Nevada had the highest percentage of Severely Depressed screeners (33.72%)



Depression Screen Results by State (Count in Alphabetical Order)

State	Minimal Depression	Mild Depression	Moderate Depression	Moderately Severe Depression	Severe Depression	Total
Alabama	218	807	1,779	2,324	2,315	7,443
Alaska	78	265	476	575	577	1,971
Arizona	515	1,419	2,802	3,741	3,884	12,361
Arkansas	209	546	1,097	1,483	1,486	4,821
California	2,144	7,284	14,304	17,682	16,477	57,891
Colorado	392	1,380	2,448	3,135	2,859	10,214
Connecticut	203	851	1,652	1,952	1,782	6,440
Delaware	56	203	396	496	437	1,588
District of Columbia	124	326	470	404	320	1,644
Florida	935	2,957	5,980	7,853	8,000	25,725
Georgia	1,052	1,710	3,514	4,459	4,601	15,336
Hawaii	98	254	531	680	629	2,192
Idaho	82	305	670	873	924	2,854
Illinois	722	2,735	5,242	6,572	5,921	21,192
Indiana	528	1,546	3,184	4,035	4,117	13,410
Iowa	216	762	1,531	1,772	1,593	5,874
Kansas	156	623	1,221	1,557	1,526	5,083
Kentucky	176	710	1,562	2,185	2,216	6,849
Louisiana	141	523	1,224	1,645	1,575	5,108
Maine	56	223	491	638	619	2,027
Maryland	410	1,405	2,627	3,114	2,636	10,192
Massachusetts	377	1,703	3,271	3,482	2,943	11,776
Michigan	490	1,879	3,943	4,797	4,555	15,664
Minnesota	561	1,651	3,030	3,303	2,775	11,320
Mississippi	111	309	731	947	1,029	3,127
Missouri	299	1,169	2,353	2,974	2,900	9,695
Montana	57	220	402	520	489	1,688
Nebraska	291	516	897	1,026	981	3,711
Nevada	144	421	942	1,314	1,435	4,256
New Hampshire	61	284	546	662	613	2,166
New Jersey	476	1,678	3,335	4,116	3,685	13,290
New Mexico	77	291	627	799	821	2,615
New York	1,028	3,739	7,566	8,924	8,078	29,335
North Carolina	485	1,732	3,460	4,255	4,124	14,056
North Dakota	70	209	330	400	330	1,339
Ohio	623	2,366	5,201	6,651	6,374	21,215
Oklahoma	136	639	1,429	1,875	2,070	6,149
Oregon	241	880	1,772	2,174	2,099	7,166
Pennsylvania	656	2,519	5,144	6,299	5,686	20,304
Rhode Island	40	220	418	499	451	1,628
South Carolina	151	667	1,455	1,987	2,085	6,345
South Dakota	59	157	313	333	342	1,204
Tennessee	308	1,026	2,376	3,084	3,149	9,943
Texas	1,177	4,427	9,595	12,811	12,924	40,934
Utah	901	1,231	1,627	1,815	1,826	7,400
Vermont	36	165	277	306	301	1,085
Virginia	456	1,787	3,536	4,486	4,193	14,458
Washington	361	1,519	3,046	3,761	3,779	12,466

West Virginia	79	271	631	805	904	2,690
Wisconsin	374	1,316	2,501	3,109	2,801	10,101
Wyoming	44	133	271	305	299	1,052
National	18,680	61,958	124,226	154,994	148,535	508,393

Depression Screen Results by State (Percent by Rank of Severe Depression)

Rank	Depression Results	Minimal Depression	Mild Depression	Moderate Depression	Moderately Severe Depression	Severe Depression	Total
1	District of Columbia	7.54%	19.83%	28.59%	24.57%	19.46%	100.00%
2	Minnesota	4.96%	14.58%	26.77%	29.18%	24.51%	100.00%
3	North Dakota	5.23%	15.61%	24.65%	29.87%	24.65%	100.00%
4	Utah	12.18%	16.64%	21.99%	24.53%	24.68%	100.00%
5	Massachusetts	3.20%	14.46%	27.78%	29.57%	24.99%	100.00%
6	Maryland	4.02%	13.79%	25.78%	30.55%	25.86%	100.00%
7	Nebraska	7.84%	13.90%	24.17%	27.65%	26.43%	100.00%
8	Iowa	3.68%	12.97%	26.06%	30.17%	27.12%	100.00%
9	Delaware	3.53%	12.78%	24.94%	31.23%	27.52%	100.00%
10	New York	3.50%	12.75%	25.79%	30.42%	27.54%	100.00%
11	Connecticut	3.15%	13.21%	25.65%	30.31%	27.67%	100.00%
12	Rhode Island	2.46%	13.51%	25.68%	30.65%	27.70%	100.00%
13	New Jersey	3.58%	12.63%	25.09%	30.97%	27.73%	100.00%
14	Wisconsin	3.70%	13.03%	24.76%	30.78%	27.73%	100.00%
15	Vermont	3.32%	15.21%	25.53%	28.20%	27.74%	100.00%
16	Illinois	3.41%	12.91%	24.74%	31.01%	27.94%	100.00%
17	Colorado	3.84%	13.51%	23.97%	30.69%	27.99%	100.00%
18	Pennsylvania	3.23%	12.41%	25.33%	31.02%	28.00%	100.00%
19	New Hampshire	2.82%	13.11%	25.21%	30.56%	28.30%	100.00%
20	South Dakota	4.90%	13.04%	26.00%	27.66%	28.41%	100.00%
21	Wyoming	4.18%	12.64%	25.76%	28.99%	28.42%	100.00%
22	California	3.70%	12.58%	24.71%	30.54%	28.46%	100.00%
23	Hawaii	4.47%	11.59%	24.22%	31.02%	28.70%	100.00%
24	Montana	3.38%	13.03%	23.82%	30.81%	28.97%	100.00%
25	Virginia	3.15%	12.36%	24.46%	31.03%	29.00%	100.00%
26	Michigan	3.13%	12.00%	25.17%	30.62%	29.08%	100.00%
27	Alaska	3.96%	13.44%	24.15%	29.17%	29.27%	100.00%
28	Oregon	3.36%	12.28%	24.73%	30.34%	29.29%	100.00%
29	North Carolina	3.45%	12.32%	24.62%	30.27%	29.34%	100.00%
30	Missouri	3.08%	12.06%	24.27%	30.68%	29.91%	100.00%
31	Georgia	6.86%	11.15%	22.91%	29.08%	30.00%	100.00%
32	Kansas	3.07%	12.26%	24.02%	30.63%	30.02%	100.00%
33	Ohio	2.94%	11.15%	24.52%	31.35%	30.04%	100.00%
34	Washington	2.90%	12.19%	24.43%	30.17%	30.31%	100.00%
35	Maine	2.76%	11.00%	24.22%	31.48%	30.54%	100.00%
36	Indiana	3.94%	11.53%	23.74%	30.09%	30.70%	100.00%
37	Arkansas	4.34%	11.33%	22.75%	30.76%	30.82%	100.00%
38	Louisiana	2.76%	10.24%	23.96%	32.20%	30.83%	100.00%
39	Florida	3.63%	11.49%	23.25%	30.53%	31.10%	100.00%
40	Alabama	2.93%	10.84%	23.90%	31.22%	31.10%	100.00%
41	New Mexico	2.94%	11.13%	23.98%	30.55%	31.40%	100.00%
42	Arizona	4.17%	11.48%	22.67%	30.26%	31.42%	100.00%
43	Texas	2.88%	10.81%	23.44%	31.30%	31.57%	100.00%
44	Tennessee	3.10%	10.32%	23.90%	31.02%	31.67%	100.00%
45	Kentucky	2.57%	10.37%	22.81%	31.90%	32.36%	100.00%

46	Idaho	2.87%	10.69%	23.48%	30.59%	32.38%	100.00%
47	South Carolina	2.38%	10.51%	22.93%	31.32%	32.86%	100.00%
48	Mississippi	3.55%	9.88%	23.38%	30.28%	32.91%	100.00%
49	West Virginia	2.94%	10.07%	23.46%	29.93%	33.61%	100.00%
50	Oklahoma	2.21%	10.39%	23.24%	30.49%	33.66%	100.00%
51	Nevada	3.38%	9.89%	22.13%	30.87%	33.72%	100.00%
	National	3.67%	12.19%	24.44%	30.49%	29.22%	100.00%

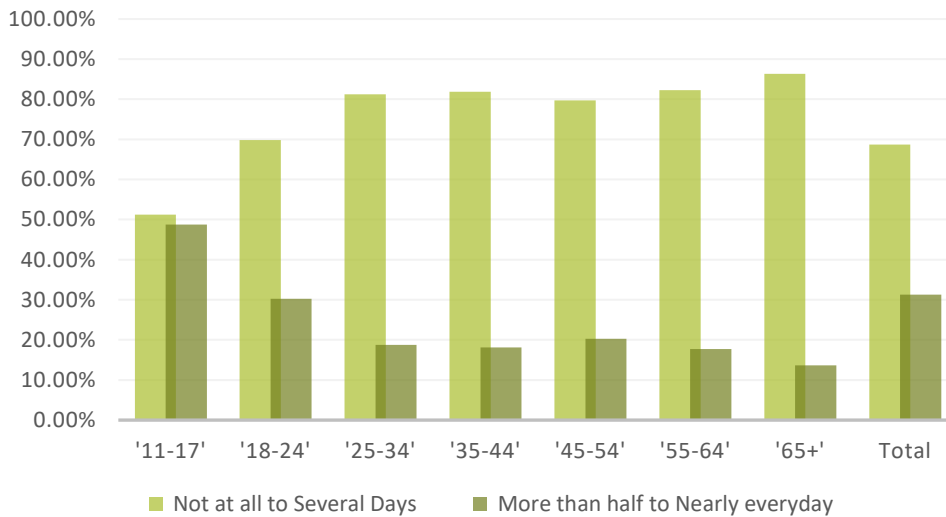
Self-Harm and Suicidal Thoughts

Question 9 of the PHQ-9 asks screeners how often they have “Thoughts that you would be better off dead, or of hurting yourself.”

Across the US, 31.73% of all screeners report significant thoughts of suicide or self-harm (having thoughts that they would be better off dead, or of hurting themselves more than half the days and nearly every day during the last 2 weeks).

48.77% of screeners age 11-17 report having significant thoughts about self-harm or suicide compared to adults over 18 (24.21%).

Age and Self Harm



48.77%

of screeners age 11-17 report significant thoughts of suicide or self-harm

North Dakota (ranked 2nd after District of Columbia) had the lowest rate of thoughts of self-harm and suicide (13.97%). Nevada had the highest rate of thoughts of self-harm and suicide (22.18%).



VS



13.97%

of North Dakotans report significant thoughts of suicide and self-harm

22.18%

of Nevadans report significant thoughts of suicide and self-

Self-Harm and Suicidal Thoughts by State (Count in Alphabetical Order)

State	Not at all	Several days	More than half the days	Nearly every day	Total
Alabama	3,403	1,635	990	1,415	7,443
Alaska	898	425	255	393	1,971
Arizona	5,521	2,748	1,783	2,309	12,361
Arkansas	2,250	1,064	646	861	4,821
California	26,239	13,169	8,132	10,351	57,891
Colorado	4,619	2,310	1,481	1,804	10,214
Connecticut	2,977	1,424	909	1,130	6,440
Delaware	717	337	235	299	1,588
District Of Columbia	977	345	150	172	1,644
Florida	11,647	5,697	3,537	4,844	25,725
Georgia	7,257	3,281	2,100	2,698	15,336
Hawaii	952	504	303	433	2,192
Idaho	1,270	616	426	542	2,854
Illinois	9,667	4,805	3,000	3,720	21,192
Indiana	6,063	2,907	1,919	2,521	13,410
Iowa	2,805	1,338	767	964	5,874
Kansas	2,248	1,109	763	963	5,083
Kentucky	3,147	1,434	970	1,298	6,849
Louisiana	2,350	1,153	712	893	5,108
Maine	872	474	303	378	2,027
Maryland	4,892	2,312	1,388	1,600	10,192
Massachusetts	5,722	2,698	1,598	1,758	11,776
Michigan	7,087	3,552	2,202	2,823	15,664
Minnesota	5,648	2,471	1,444	1,757	11,320
Mississippi	1,470	655	438	564	3,127
Missouri	4,487	2,165	1,230	1,813	9,695
Montana	763	376	258	291	1,688
Nebraska	1,851	796	464	600	3,711
Nevada	1,772	911	629	944	4,256
New Hampshire	962	492	321	391	2,166
New Jersey	6,005	3,020	1,946	2,319	13,290
New Mexico	1,148	573	404	490	2,615
New York	13,495	6,591	4,162	5,087	29,335
North Carolina	6,568	3,177	1,899	2,412	14,056
North Dakota	723	258	171	187	1,339
Ohio	9,428	4,794	3,107	3,886	21,215
Oklahoma	2,794	1,341	866	1,148	6,149
Oregon	3,368	1,644	978	1,176	7,166
Pennsylvania	9,107	4,762	2,930	3,505	20,304
Rhode Island	758	397	215	258	1,628
South Carolina	2,884	1,397	890	1,174	6,345
South Dakota	565	266	172	201	1,204
Tennessee	4,616	2,191	1,375	1,761	9,943
Texas	18,158	9,053	5,819	7,904	40,934
Utah	4,086	1,439	808	1,067	7,400
Vermont	508	248	150	179	1,085
Virginia	6,607	3,351	1,919	2,581	14,458

Washington	5,732	2,774	1,738	2,222	12,466
West Virginia	1,163	632	392	503	2,690
Wisconsin	4,756	2,210	1,374	1,761	10,101
Wyoming	514	231	121	186	1,052
National	233,516	113,552	70,789	90,536	508,393

Self-Harm and Suicidal Thoughts by State (Percent by Rank of Thoughts Nearly Every day)

State	Not at all	Several days	More than half the days	Nearly every day	Total
District Of Columbia	59.43%	20.99%	9.12%	10.46%	100.00%
North Dakota	54.00%	19.27%	12.77%	13.97%	100.00%
Utah	55.22%	19.45%	10.92%	14.42%	100.00%
Massachusetts	48.59%	22.91%	13.57%	14.93%	100.00%
Minnesota	49.89%	21.83%	12.76%	15.52%	100.00%
Maryland	48.00%	22.68%	13.62%	15.70%	100.00%
Rhode Island	46.56%	24.39%	13.21%	15.85%	100.00%
Nebraska	49.88%	21.45%	12.50%	16.17%	100.00%
Oregon	47.00%	22.94%	13.65%	16.41%	100.00%
Iowa	47.75%	22.78%	13.06%	16.41%	100.00%
Vermont	46.82%	22.86%	13.82%	16.50%	100.00%
South Dakota	46.93%	22.09%	14.29%	16.69%	100.00%
North Carolina	46.73%	22.60%	13.51%	17.16%	100.00%
Montana	45.20%	22.27%	15.28%	17.24%	100.00%
Pennsylvania	44.85%	23.45%	14.43%	17.26%	100.00%
New York	46.00%	22.47%	14.19%	17.34%	100.00%
Wisconsin	47.08%	21.88%	13.60%	17.43%	100.00%
New Jersey	45.18%	22.72%	14.64%	17.45%	100.00%
Louisiana	46.01%	22.57%	13.94%	17.48%	100.00%
Connecticut	46.23%	22.11%	14.11%	17.55%	100.00%
Illinois	45.62%	22.67%	14.16%	17.55%	100.00%
Georgia	47.32%	21.39%	13.69%	17.59%	100.00%
Colorado	45.22%	22.62%	14.50%	17.66%	100.00%
Wyoming	48.86%	21.96%	11.50%	17.68%	100.00%
Tennessee	46.42%	22.04%	13.83%	17.71%	100.00%
Washington	45.98%	22.25%	13.94%	17.82%	100.00%
Virginia	45.70%	23.18%	13.27%	17.85%	100.00%
Arkansas	46.67%	22.07%	13.40%	17.86%	100.00%
California	45.32%	22.75%	14.05%	17.88%	100.00%
Michigan	45.24%	22.68%	14.06%	18.02%	100.00%
Mississippi	47.01%	20.95%	14.01%	18.04%	100.00%
New Hampshire	44.41%	22.71%	14.82%	18.05%	100.00%
Ohio	44.44%	22.60%	14.65%	18.32%	100.00%
South Carolina	45.45%	22.02%	14.03%	18.50%	100.00%
Maine	43.02%	23.38%	14.95%	18.65%	100.00%
Oklahoma	45.44%	21.81%	14.08%	18.67%	100.00%
Arizona	44.66%	22.23%	14.42%	18.68%	100.00%
West Virginia	43.23%	23.49%	14.57%	18.70%	100.00%
Missouri	46.28%	22.33%	12.69%	18.70%	100.00%
New Mexico	43.90%	21.91%	15.45%	18.74%	100.00%
Indiana	45.21%	21.68%	14.31%	18.80%	100.00%
Delaware	45.15%	21.22%	14.80%	18.83%	100.00%

Florida	45.28%	22.15%	13.75%	18.83%	100.00%
Kansas	44.23%	21.82%	15.01%	18.95%	100.00%
Kentucky	45.95%	20.94%	14.16%	18.95%	100.00%
Idaho	44.50%	21.58%	14.93%	18.99%	100.00%
Alabama	45.72%	21.97%	13.30%	19.01%	100.00%
Texas	44.36%	22.12%	14.22%	19.31%	100.00%
Hawaii	43.43%	22.99%	13.82%	19.75%	100.00%
Alaska	45.56%	21.56%	12.94%	19.94%	100.00%
Nevada	41.64%	21.41%	14.78%	22.18%	100.00%
National	45.93%	22.34%	13.92%	17.81%	100.00%

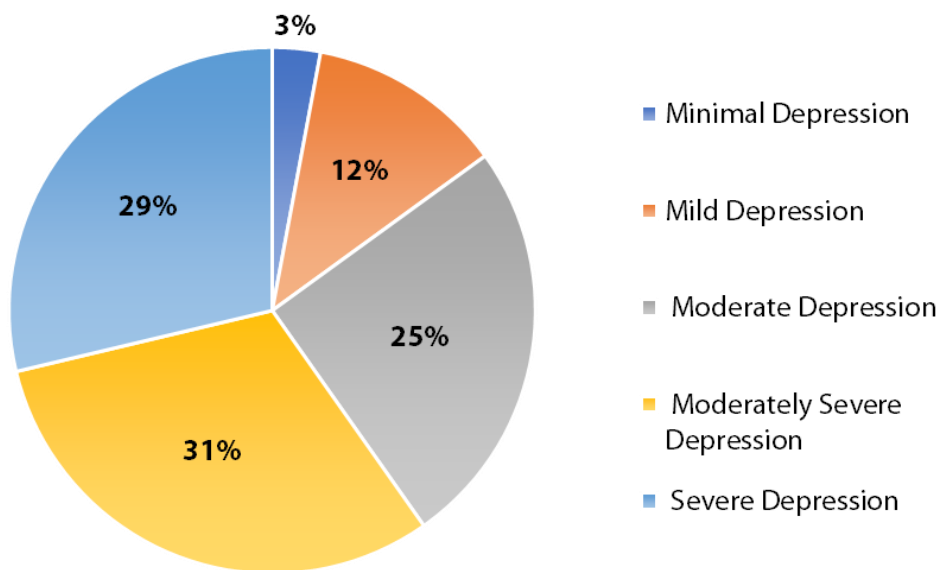
Demographics Data Analysis (2016)

In 2016, 1,036,543 individuals visited MHA’s website to take a screening test. This section breaks down the results from the Depression screenings by demographics. Over 43 million, or 18.5%, people will experience a mental health condition every year. Within this larger population, variation exists among sub-populations. Using an intersectional framework allows for an in-depth analysis of mental health trends. The intersection of sex, age, race, income, and sexual orientation is a factor that should be considered when assessing prevalence rates, and identifying potential barriers to treatment.

General Demographics

Sixty percent of individuals who completed the Depression screening screened for Moderately Severe Depression or Severe Depression.

Depression Results



Even among those who score with Moderately Severe and Severe Depression,

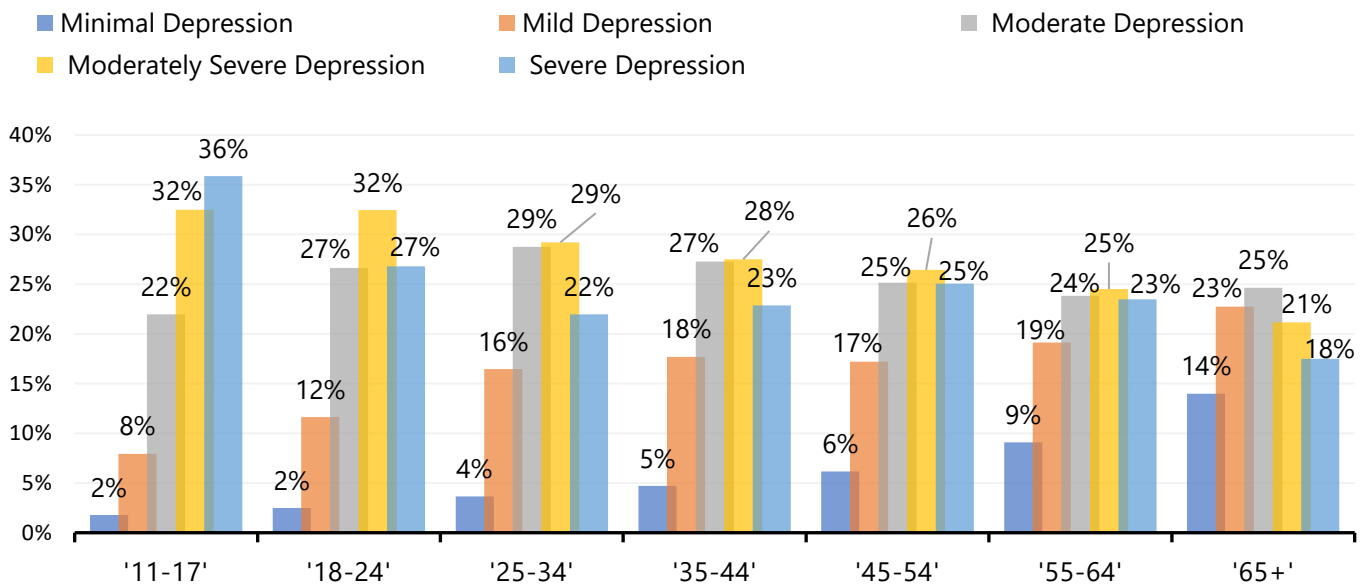
70%

report they had never been diagnosed by a provider.

Are you currently, or have you ever been, diagnosed with a mental health condition by a professional?	Moderately Severe Depression	Severe Depression	Total
No	73.97%	65.83%	70.02%
Yes	26.03%	34.17%	29.98%
Total	100.00%	100.00%	100.00%

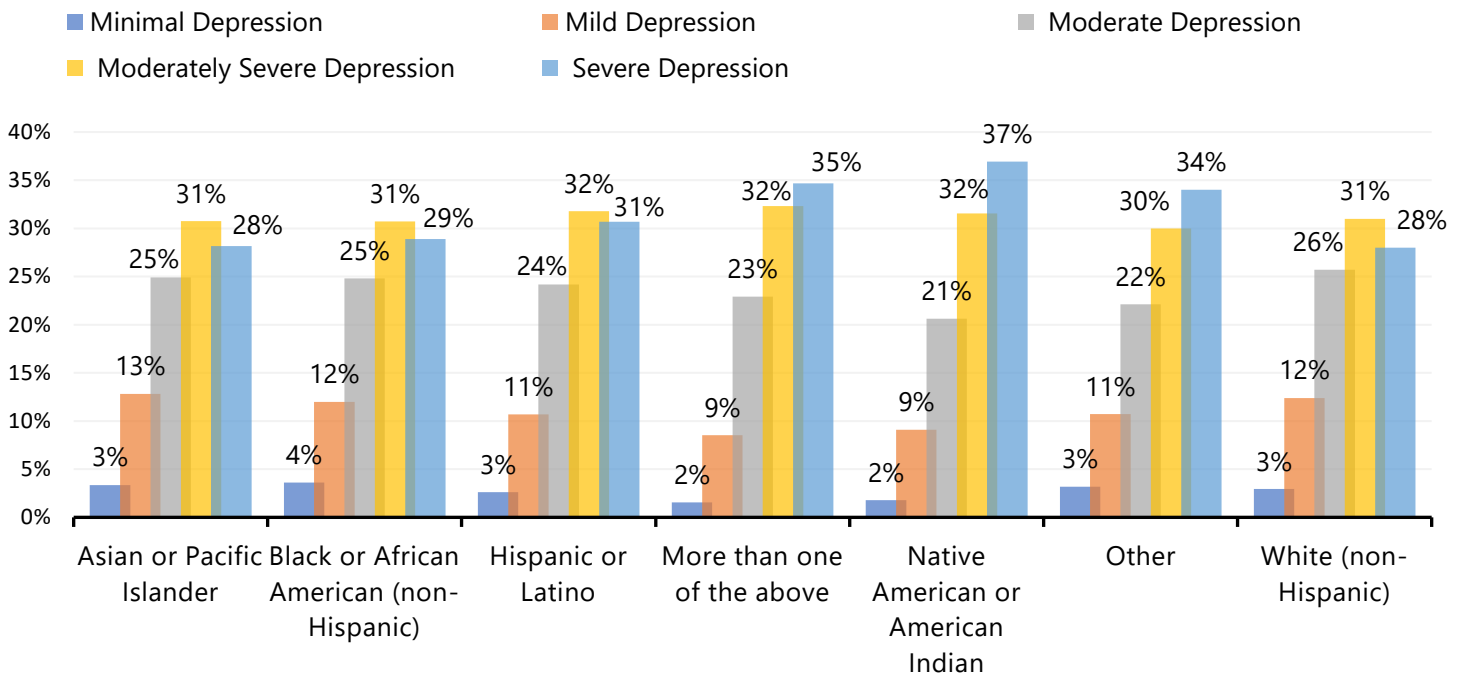
Sixty-eight percent of screeners ages 11-17 screened Moderately Severe Depression or Severe Depression. More than 50% of screeners ages 18-24 screened Moderately Severe Depression or Severe Depression.

Depression Results by Age



Native Americans had the highest rates of Severe Depression results. Across all races/ethnic groups most screeners scored with Moderately Severe Depression or Severe Depression.

Depression Results by Race/Ethnicity



Forty-one percent of those who identified as LGBTQ scored Severely Depressed, higher than any other special population. Sixty-three percent of those who identified as a student and caregivers and more than 50% of new or expecting mothers and veteran or active duty members had results indicating significant depression.

Sex, Age, Race, and Income

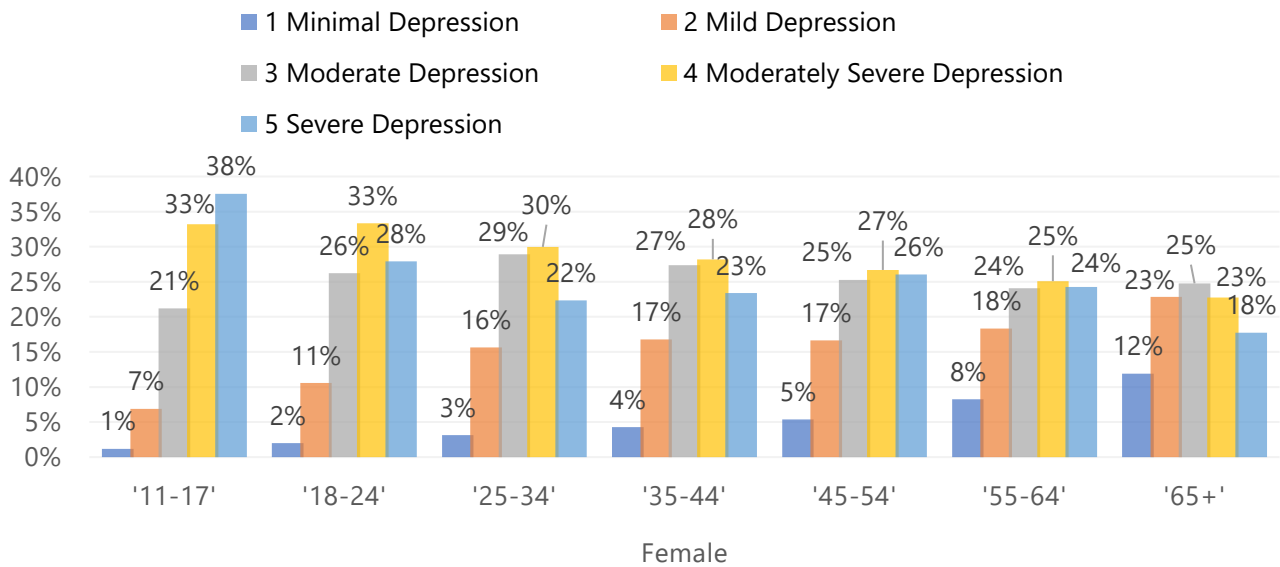
Female screeners score higher on depression results as compared to males. Two-thirds (62%) of female respondents screened with Moderately Severe Depression (32%) or Severe Depression (30%). Fifty-three of male respondents screened with Moderately Severe Depression (29%) or Severe Depression (24%).

Depression Results	Female	Male	Total
Minimal Depression	6104	4559	10663
Mild Depression	28920	14635	43555
Moderate Depression	66179	24935	91114
Moderately Severe Depression	85738	26469	112207
Severe Depression	81397	22358	103755
Total	268338	92956	361294

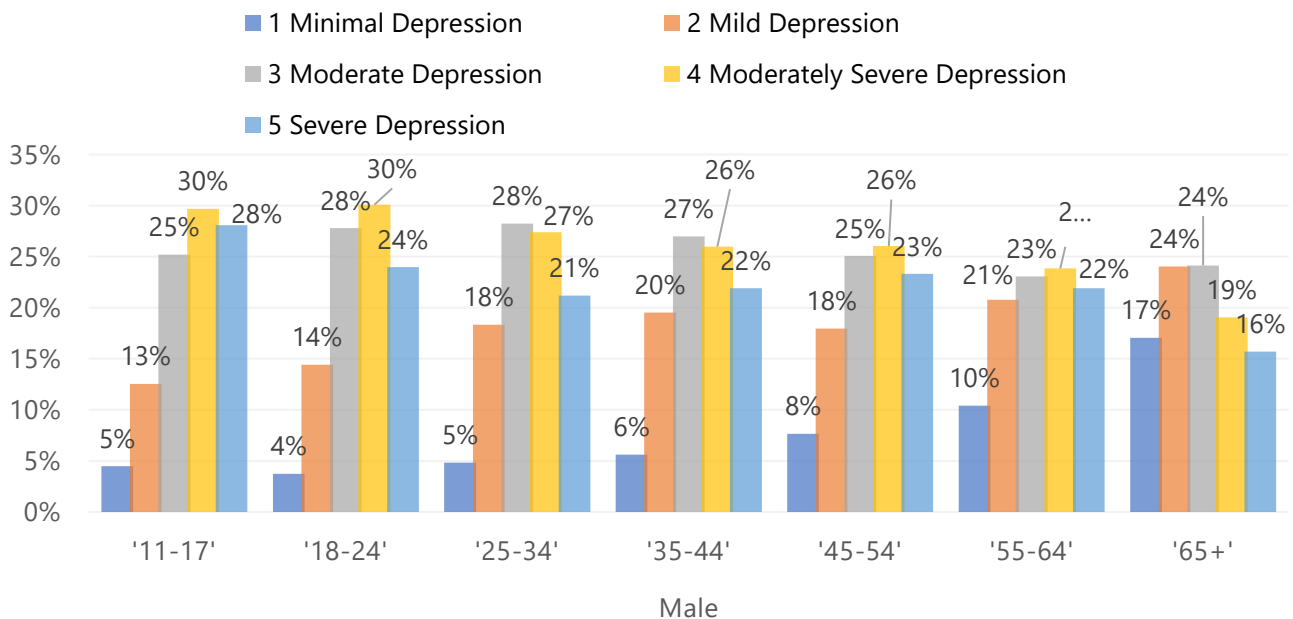
Depression Results	Female	Male
Minimal Depression	2.27%	4.90%
Mild Depression	10.78%	15.74%
Moderate Depression	24.66%	26.82%
Moderately Severe Depression	31.95%	28.47%
Severe Depression	30.33%	24.05%
Total	100.00%	100.00%

Young female screeners score with highest severity of depression as compared to any other age group and as compared to males.

Depression among Females by Age



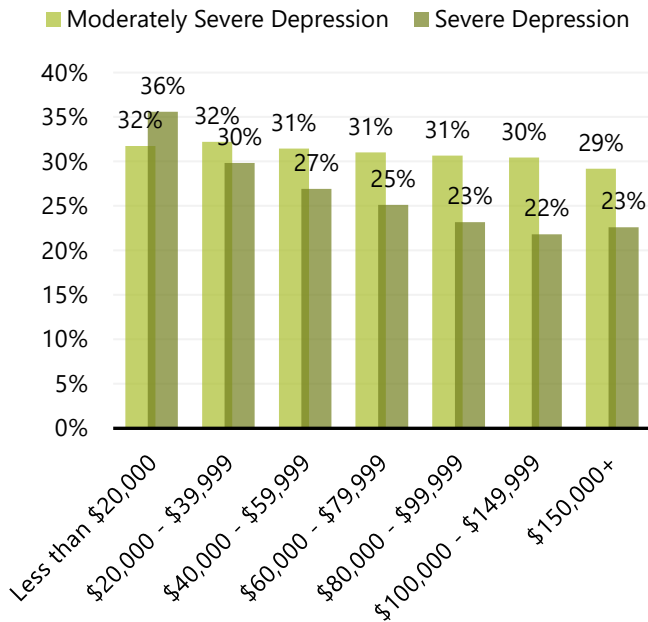
Depression among Males by Age



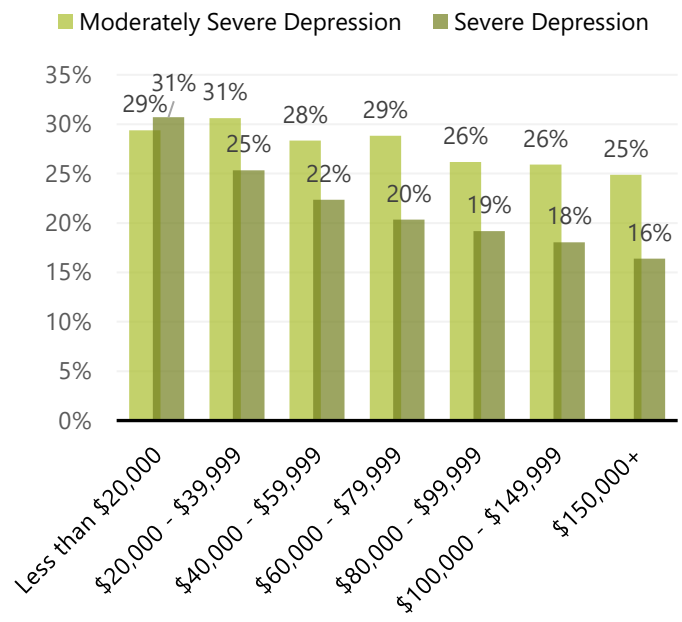
Females and males reporting household income of less than \$20,000 a year scored highest rates of Severe Depression. Older screeners were most likely to screen with Moderately Severe Depression.

Annual Household Income	Minimal Depression	Mild Depression	Moderate Depression	Moderately Severe Depression	Severe Depression	Grand Total
Female						
Less than \$20,000	2%	9%	22%	32%	36%	100%
\$20,000 - \$39,999	2%	11%	25%	32%	30%	100%
\$40,000 - \$59,999	3%	13%	26%	31%	27%	100%
\$60,000 - \$79,999	3%	13%	27%	31%	25%	100%
\$80,000 - \$99,999	4%	15%	28%	31%	23%	100%
\$100,000 - \$149,999	4%	16%	28%	30%	22%	100%
\$150,000+	4%	16%	28%	29%	23%	100%
Female Total	3%	12%	25%	31%	29%	100%
Male						
Less than \$20,000	4%	12%	24%	29%	31%	100%
\$20,000 - \$39,999	4%	14%	26%	31%	25%	100%
\$40,000 - \$59,999	5%	17%	27%	28%	22%	100%
\$60,000 - \$79,999	5%	17%	28%	29%	20%	100%
\$80,000 - \$99,999	6%	18%	30%	26%	19%	100%
\$100,000 - \$149,999	7%	20%	29%	26%	18%	100%
\$150,000+	8%	22%	29%	25%	16%	100%
Male Total	5%	16%	27%	28%	23%	100%
Grand Total	3.48%	13.25%	25.88%	30.41%	26.98%	100.00%

Depression Results among Females by Income

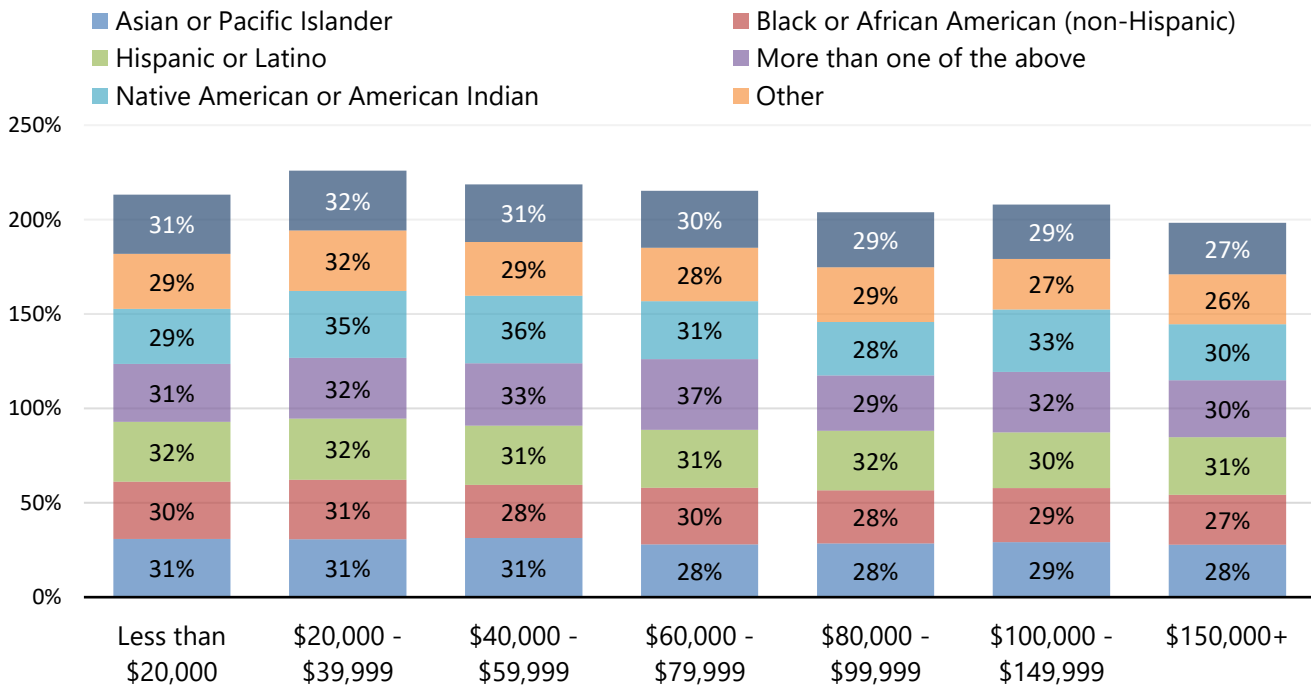


Depression Results among Males by Income

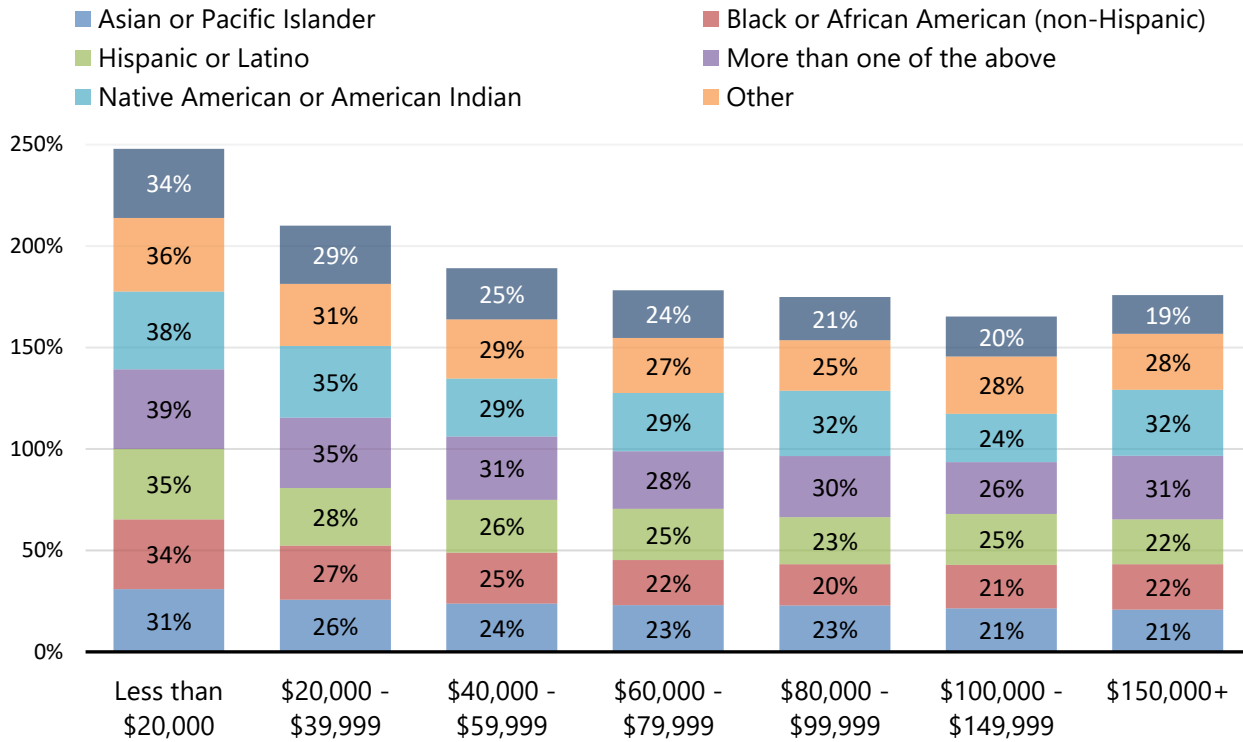


Across all races/ethnic groups, respondents earning less than \$20,000 were most likely to screen Severe Depression. There was a greater percentage difference between individuals that screened for Severe Depression, and earned less than \$20,000, compared to those who earned more than \$150,000.

Moderate Depression among Race/Ethnicity by Income



Severe Depression among Race/Ethnicity by Income



Summary of Depression Results by Demographics

Our youth is at great risk. Sixty-two percent of Female youth scored Moderately Severe Depression or Severe Depression. This was the case for 52% of Male youth. The 2018 State of Mental in America Report, continues to show a negligent response to youth who require treatment for Severe Depression. On average, it takes 10 years between the onset of symptoms and when individuals receive treatment. Given that this population is more likely to engage in risky behavior, it is important that mental health services and treatments be made available and accessible. A timely response to the mental health needs of youth, can prevent them from entering adulthood in crisis.

Outreach and awareness is critical among members of special populations. The highest proportion of Moderately Severe Depression and Severe Depression results were among LGBTQ and students. Caregivers, new or expecting moms, and veterans or active duty members were also shown to have been at high risk. Mental health services or resources that are tailored to the specific needs of these populations are necessary given the continuing demand.

Those with a greater need for treatment, cannot afford it. Depressive symptoms are common among individuals who are afflicted with chronic financial stress. The highest percentage of men and women who scored

severely depression earned a household income of less than \$20,000.

Across all racial and ethnic groups, earning an income of less than \$20,000 meant a higher risk of screening severely depressed. The percentage difference between those earning less than \$20,000 and those earning \$150,000 was significantly greater in Severe Depression screen results.

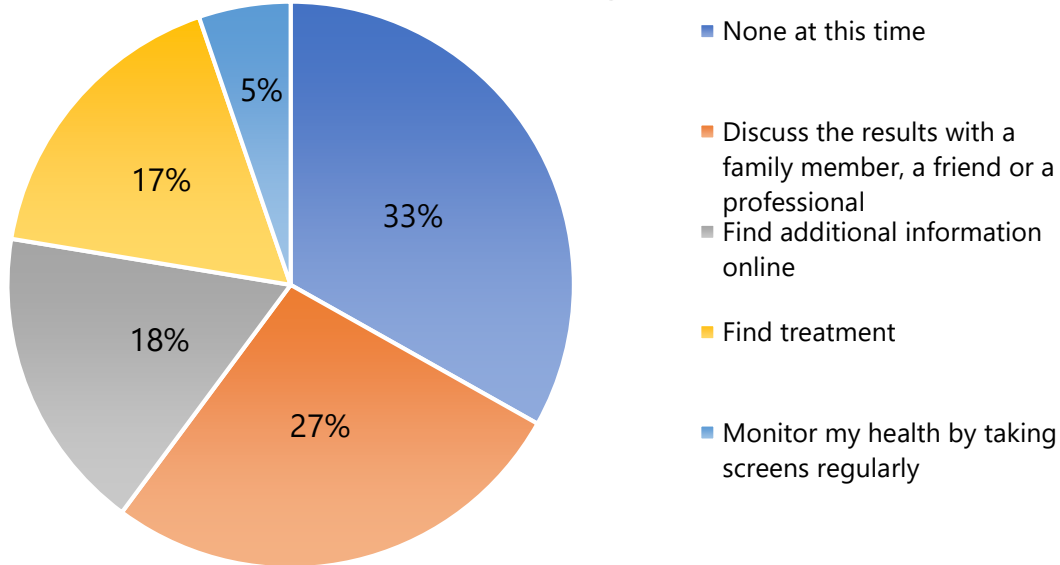
Screening by Demographics (2016): Next Steps

Individuals who completed the MHA Depression Screening test, had the option to provide additional information on any next steps that they would be taking after receiving their results. Screeners could choose one or more of the following:

- **Discuss the results with a family member, a friend or a professional**
- **Find additional information online**
- **Find treatment**
- **Monitor my health by taking screens regularly**
- **None at this time**

Although most screeners report that they would take NO action following their results, even among screeners who score with Severe Depression, another third report that they will discuss the results with a family member, a friend or a professional.

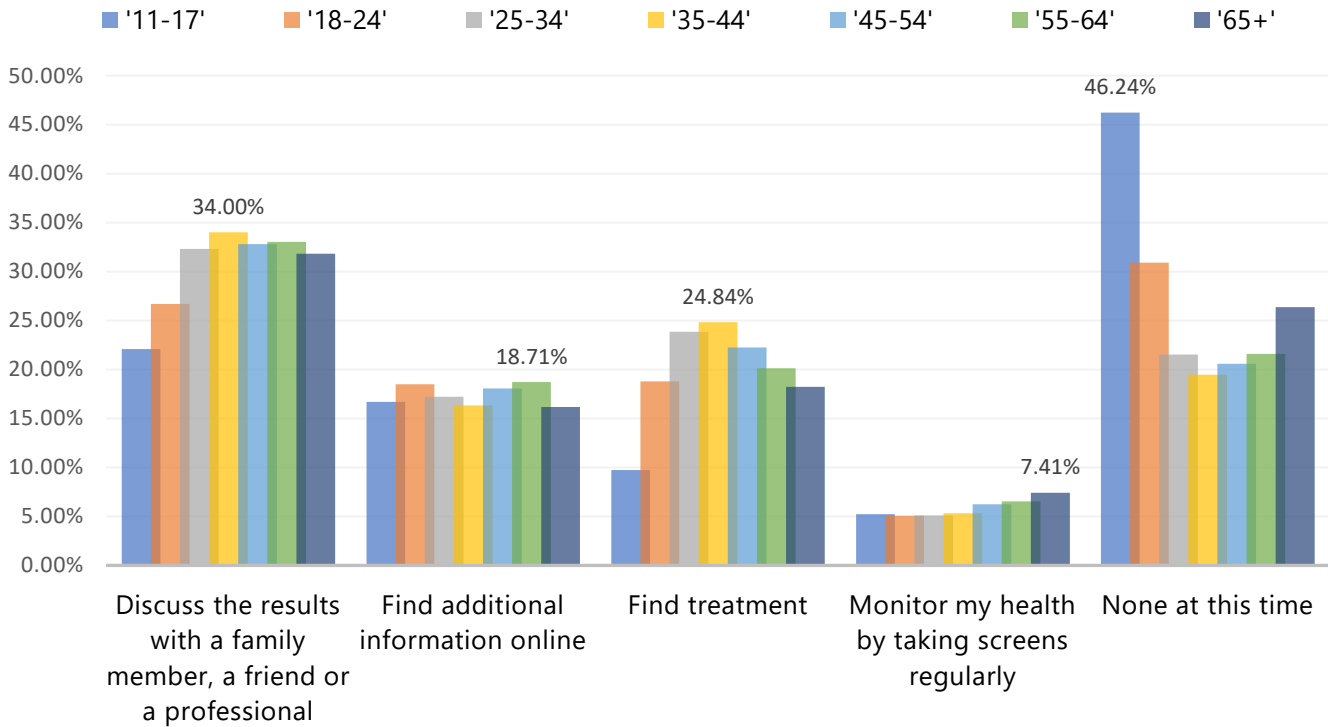
What next steps do you plan to take after screening?



Annual Household Income	Minimal Depression	Mild Depression	Moderate Depression	Moderately Severe Depression	Severe Depression
Discuss the results with a family member, a friend or a professional	28.70%	30.93%	28.97%	27.18%	23.60%
Find additional information online	12.75%	18.67%	19.73%	17.85%	15.07%
Find treatment	6.26%	11.08%	14.50%	18.02%	21.60%
Monitor my health by taking screens regularly	7.27%	6.67%	5.38%	4.87%	4.84%
None at this time	45.02%	32.65%	31.42%	32.09%	34.90%
Grand Total	100.00%	100.00%	100.00%	100.00%	100.00%

Screeners ages 11-17 were most likely to report that they would take no action. Screeners aged 35-44 were more likely to find treatment or discuss the results with someone. Screeners aged 55-64 were most likely to want to conduct additional research online and those 65+ were most likely to monitor their health.

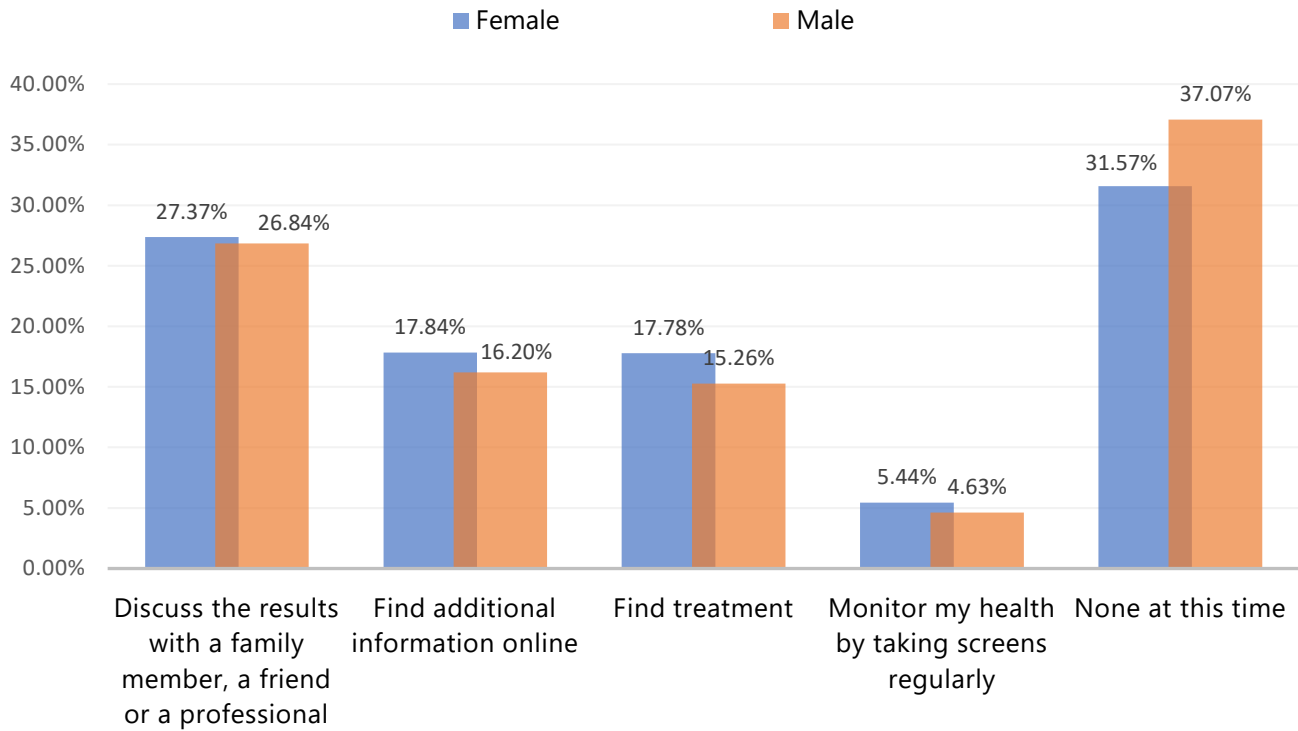
Next Steps by Age



What next steps do you plan to take after screening?	'11-17'	'18-24'	'25-34'	'35-44'	'45-54'	'55-64'	'65+'
Discuss the results with a family member, a friend or a professional	22.09%	26.71%	32.30%	34.00%	32.80%	33.03%	31.83%
Find additional information online	16.71%	18.50%	17.22%	16.33%	18.08%	18.71%	16.17%
Find treatment	9.74%	18.79%	23.85%	24.84%	22.26%	20.13%	18.23%
Monitor my health by taking screens regularly	5.22%	5.08%	5.11%	5.34%	6.25%	6.55%	7.41%
None at this time	46.24%	30.92%	21.52%	19.49%	20.60%	21.59%	26.35%
Total	100.00%	100.00%	100.00%	100.00%	100.00%	100.00%	100.00%

Males were more likely than females to report that they would do nothing after screening.

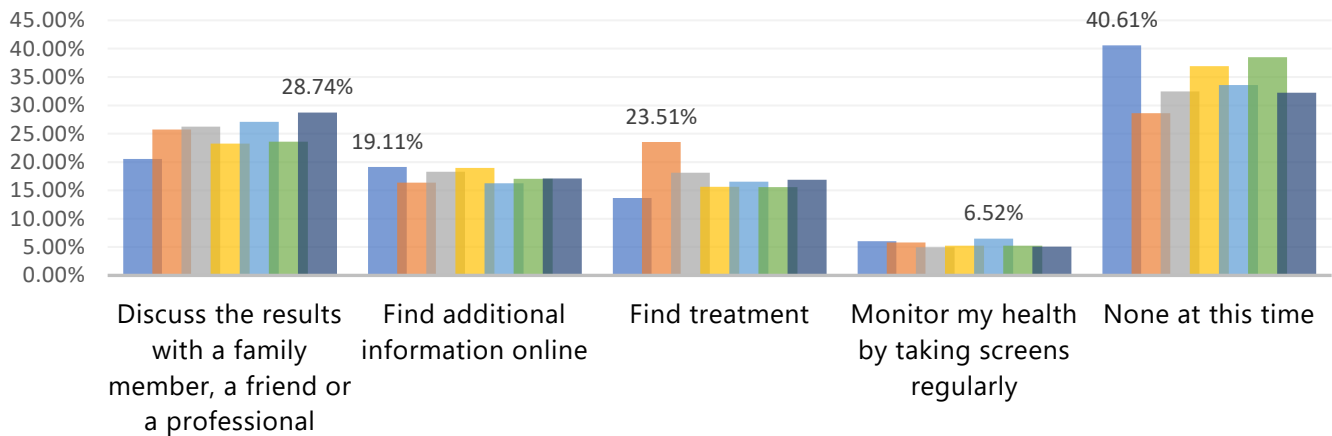
Next Steps by Sex



What next steps do you plan to take after screening?	Female	Male
Discuss the results with a family member, a friend or a professional	27.37%	26.84%
Find additional information online	17.84%	16.20%
Find treatment	17.78%	15.26%
Monitor my health by taking screens regularly	5.44%	4.63%
None at this time	31.57%	37.07%
Total	100.00%	100.00%

White screeners were most likely to discuss results. Asian screeners were most likely to say they would find information online or do nothing. Black screeners were mostly to say they would find treatment. Native American screeners were most likely to monitor their health.

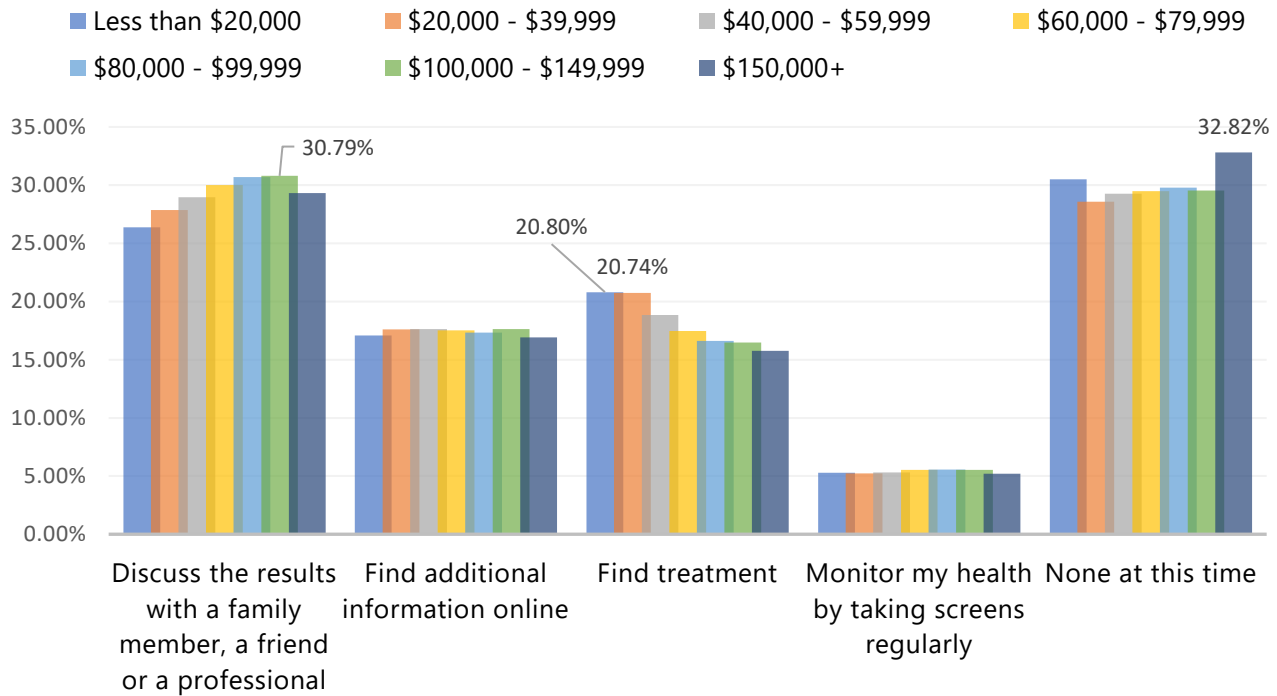
Next Steps by Race/Ethnicity



What next steps do you plan to take after screening?	Asian or Pacific Islander	Black or African American (non-Hispanic)	Hispanic Latino	More than one of the above	Native American or American Indian	Other	White (non-Hispanic)	Total
Discuss the results with a family member, a friend or a professional	20.57%	25.72%	26.23%	23.26%	27.11%	23.60%	28.74%	27.09%
Find additional information online	19.11%	16.34%	18.29%	18.96%	16.27%	17.04%	17.09%	17.43%
Find treatment	13.67%	23.51%	18.11%	15.61%	16.53%	15.59%	16.85%	17.15%
Monitor my health by taking screens regularly	6.04%	5.84%	4.94%	5.25%	6.52%	5.25%	5.09%	5.23%
None at this time	40.61%	28.59%	32.44%	36.92%	33.58%	38.51%	32.24%	33.09%
Total	100.00%	100.00%	100.00%	100.00%	100.00%	100.00%	100.00%	100.00%

Individuals making \$100,000 – \$149,000 annual income reported most likely to discuss results with someone. Individuals making more than \$150,000 annual income are most likely to do nothing. Individuals making less than \$40,000 annual income are most likely to want to find treatment.

Next Steps by Income



What next steps do you plan to take after screening?	Less than \$20,000	\$20,000 - \$39,999	\$40,000 - \$59,999	\$60,000 - \$79,999	\$80,000 - \$99,999	\$100,000 - \$149,999	\$150,000+	Total
Discuss the results with a family member, a friend or a professional	26.37%	27.87%	28.96%	30.01%	30.69%	30.79%	29.32%	28.51%
Find additional information online	17.07%	17.59%	17.63%	17.51%	17.34%	17.64%	16.92%	17.39%
Find treatment	20.80%	20.74%	18.84%	17.47%	16.61%	16.49%	15.75%	18.96%
Monitor my health by taking screens regularly	5.27%	5.22%	5.32%	5.53%	5.56%	5.54%	5.20%	5.34%
None at this time	30.49%	28.58%	29.25%	29.48%	29.80%	29.54%	32.82%	29.80%
Total	100.00%	100.00%	100.00%	100.00%	100.00%	100.00%	100.00%	100.00%

Summary of Next Steps

Ambivalence, getting started, and online supports. One out of 3 screeners report that they do not plan to take any action after screening. A lack of action could mean that individuals who are turning to the internet for screening feel ambivalent about tackling the mental health problems they currently experience. Another third of screeners state that they plan to talk to someone. Only 17 percent report that they plan to seek treatment. Available online supports including accurate information can help keep individuals informed and possibly move people towards treatment options if and when the time is right.

Young screeners (11-17) were least likely to seek treatment, and most likely to take no action. This is a particularly vulnerable population that often must rely on the actions of adults to address mental health concerns. This may explain the increase in youth ages 18-24 who were more likely discuss their results with someone and seek treatment. Online resources and screenings, creates a space where youth (11-17) can feel safe in taking the first towards identifying potential risks.

Low income screeners want to act. Low-income screeners showed a great interest for taking next steps. For this group, socio-economic barriers may prevent them from acquiring mental health services. Online resources and tools can bridge this gap, providing options for addressing their mental health concerns.

Online resources and screenings complement face to face treatment. Individuals experiencing mental health problems should be able to access mental health services. Despite increasing rates of Major Depression among youth there has not been a corresponding rise in treatment.

Overall, individuals that took the depression screening in 2016 had some mental health concern, with the majority screening at high risk for Moderately Severe Depression and Severe Depression. Increasing mental health coverage can increase the number of individuals that are diagnosed and, if necessary, treated before they encounter extreme consequences (including self-harm, substance abuse, incarceration, etc.). In addition to expanding Medicaid, the largest payer for mental health services, providers must negotiate higher reimbursement rates for services, incentivizing more mental health professionals to take private and/or public insurance. Lastly, investment in preventive services, as well as recovery services (e.g. peer services, supportive employment, and supportive housing), would provide support and opportunity for individuals with mental health conditions.