

Mental Health in the U.S.: Implications for Health Care Policy

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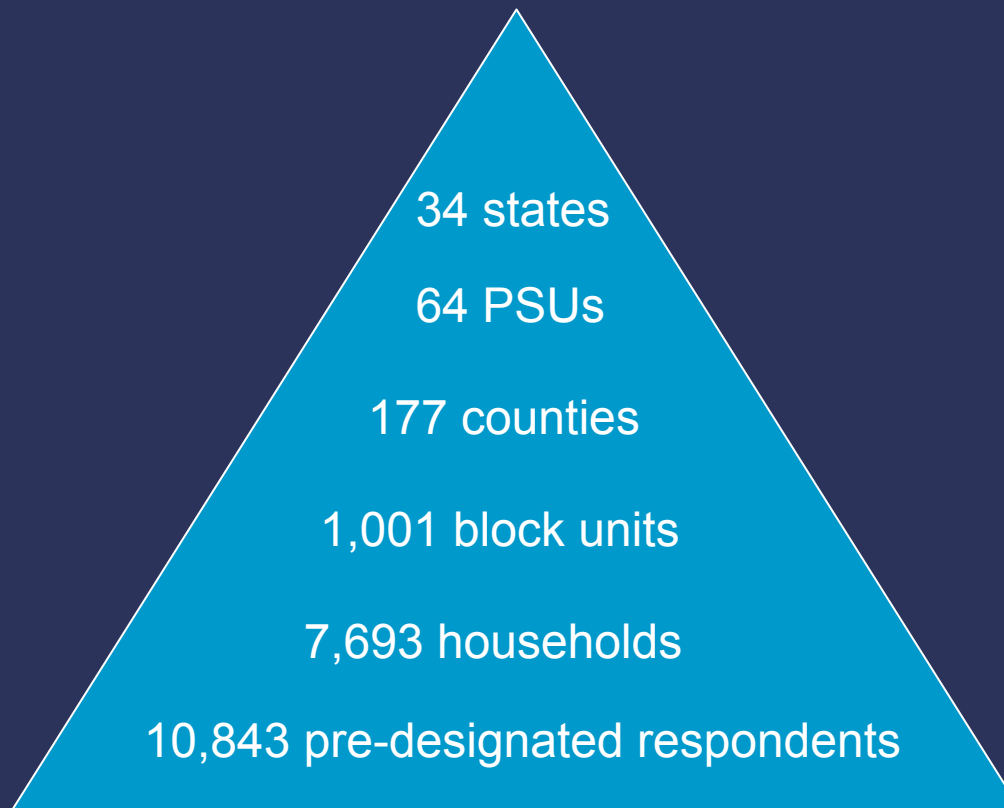
The Diagnostic Instruments

- Version 3.0 of the WHO Composite International Diagnostic Interview (CIDI)
- Structured Clinical Interview for DSM-IV (SCID) used for validation

The Survey Design

- Nationally representative household sample
- English speaking adults (18+)
- Collected from February 2001 – April 2003
- Continental US (i.e. excluding Alaska and Hawaii)
- Multistage cluster area probability sampling design

Sampling Design



The Sample Disposition

▪ 9,282 Completed Interviews	
	<u>%</u>
▪ Completed Interview	70.9
▪ Refusal	7.9
▪ Reluctant ¹	17.7
▪ Circumstantial ²	2.0
▪ No Contact	2.0

¹ Too busy at time of contact (e.g. unable to schedule but did not refuse)

² Unreachable at the time of study (e.g. overseas work assignment, or medical condition that prevented interview).

The Fieldwork

- Over 300 national, NCS-R certified interviewers from the Survey Research Center (SRC) University of Michigan
- 18 SRC experienced regional supervisors
- Face to face interviews
- Laptop computer-assisted personal interview (CAPI)
- Minimum interview length 90 minutes
- Average interview length 2 ½ hours
- Maximum interview length 6 hours
- Multiple sessions for long interviews

NCS-R Respondents at a Glance

Total	9,282 respondents	
Age	18-29	22.7%
	30-44	31.7%
	45-59	24.6%
	60+	21.0%
Sex	Male	44.6%
	Female	55.4%

Lifetime Prevalence of DSM-IV/CIDI Disorders

	<u>%</u>
Anxiety	28.8
Mood	20.8
Impulse-control	24.8
Substance	14.6
Any disorder	46.4
Two or more disorders	27.7
Three or more disorders	17.3

Lifetime Prevalence of DSM-IV/CIDI Anxiety Disorders

	<u>%</u>
Panic	4.7
Agoraphobia w/o panic	1.4
Specific phobia	12.5
Social phobia	12.1
GAD	5.7
PTSD	6.8
OCD	1.6
Separation anxiety	5.2

Lifetime Prevalence of DSM-IV/CIDI Mood Disorders

	<u>%</u>
Major depressive disorder	16.6
Dysthymia	2.5
Bipolar I-II disorder	3.9

Lifetime Prevalence of DSM-IV/CIDI Impulse-Control Disorders

	<u>%</u>
ODD	8.5
Conduct	9.5
ADHD	8.1
IED	5.2

Lifetime Prevalence of DSM-IV/CIDI Substance Use Disorders

	<u>%</u>
Alcohol abuse	13.2
Alcohol dependence	5.4
Drug abuse	7.9
Drug dependence	3.0

Lifetime Prevalence of DSM-IV/CIDI Disorders by Age

	Total	18-29	30-44	45-59	>60
	<u>%</u>	<u>%</u>	<u>%</u>	<u>%</u>	<u>%</u>
Any disorder	46.4	52.4	55.0	46.5	26.1
Two or more	27.7	33.9	34.0	27.0	11.6
Three or more	17.3	22.3	22.5	15.9	5.3

Ages at Selected Percentiles on the Standardized Age-of-Onset Distributions of DSM-IV/CIDI Disorders

	Percentile		
	<u>25th</u>	<u>50th</u>	<u>75th</u>
Any anxiety	6	11	21
Any mood	18	30	43
Any impulse-control	7	11	15
Any substance use	18	20	27
Any disorder	7	14	24

Twelve-Month Prevalence and Severity of DSM-IV/CIDI Disorders

	Total	% of Total		
		Serious	Moderate	Mild
	%	%	%	%
Anxiety	18.1	22.8	33.7	43.5
Mood	9.5	45.0	40.0	15.0
Impulse-control	8.9	32.9	52.4	14.7
Substance	3.8	29.6	37.1	33.4
Any disorder	26.2	22.3	37.3	40.4

Twelve-Month Prevalence and Severity of Pure and Comorbid DSM-IV/CIDI Disorders

	Total	% of Total		
		Serious	Moderate	Mild
	<u>%</u>	<u>%</u>	<u>%</u>	<u>%</u>
One disorder	14.4	9.6	31.2	59.2
Two or more	5.8	25.5	46.4	28.2
Three or more	6.0	49.9	43.1	7.0

Twelve-month Prevalence of DSM-IV/ CIDI Anxiety Disorders

	<u>%</u>
Panic	2.7
Agoraphobia w/o panic	0.8
Specific phobia	8.7
Social phobia	6.8
GAD	3.1
PTSD	3.5
OCD	1.0
Separation anxiety	0.9
Any anxiety	18.1

Twelve-month Prevalence of DSM-IV/CIDI Mood Disorders

	<u>%</u>
Major depressive disorder	6.7
Dysthymia	1.5
Bipolar I-II disorder	2.6
Any mood disorder	9.5

Twelve-month Prevalence of DSM-IV/CIDI Impulse-Control Disorders

	<u>%</u>
ODD	1.0
Conduct	1.0
ADHD	4.1
IED	2.6
Any impulse-control disorder	8.9

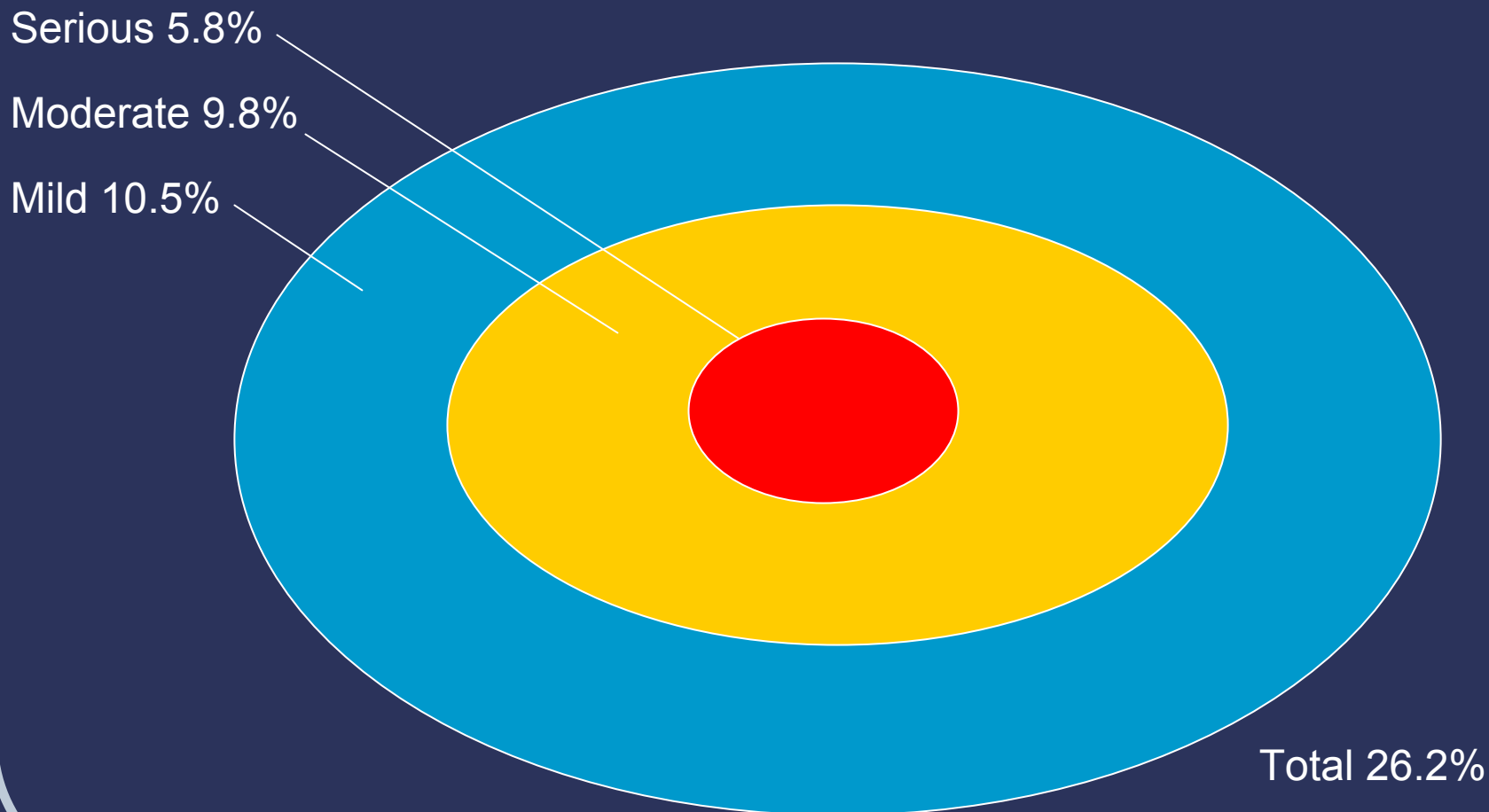
Twelve-month Prevalence of DSM-IV/CIDI Substance Use Disorders

	<u>%</u>
Alcohol abuse	3.1
Alcohol dependence	1.3
Drug abuse	1.4
Drug dependence	0.4
Any substance disorder	3.8

Twelve Month Prevalence and Severity of Any DSM-IV/CIDI Mental Disorder

	<u>%</u>
▪ Serious Disorder	5.8
▪ Moderate Disorder	9.8
▪ Mild Disorder	10.5
Total	26.2

Twelve Month Prevalence and Severity of Any Mental Disorder



Proportional Treatment Contact (TC) in the Year of Disorder Onset and Median Duration of Delay (DD) for Illustrative Disorders

	Treatment Contact (%)	Median Delay (years)
Anxiety Disorders		
Panic	33.6	10
GAD	33.3	9
Mood Disorders		
MDE	37.4	8
Bipolar I and II	39.1	6
Impulse-Control Disorders		
ADHD	7.0	13
IED	6.8	13
Substance Disorders		
Alcohol dependence	20.7	6
Drug dependence	26.5	5

Socio-demographic Predictors (odds-ratios) of Lifetime Treatment Contact for Illustrative Disorders

	<u>PD</u>	<u>MDE</u>	<u>AA</u>
Cohort (age at interview)			
18-29	3.3*	5.0*	2.8*
30-44	1.9*	2.3*	2.2*
45-59	1.2	1.7*	1.6*
≥60	1.0	1.0	1.0
Age at onset			
0-12	0.0*	0.0*	0.4*
13-19	0.1*	0.1*	0.3*
20-29	0.3*	0.2*	0.5*
≥30	1.0	1.0	1.0

PD: Panic Disorder, MDE: Major Depressive Episode, AA: Alcohol Abuse;

* Significant at the .05 level, 2-sided test; Wang, et al. Arch Gen Psych, Vol 63, June 2005

Prevalence of 12-Month Mental Health Service Use by 12-Month DSM-IV/CIDI Disorder

	MHS	GM	HS	CAM	Any
	<u>%</u>	<u>%</u>	<u>%</u>	<u>%</u>	<u>%</u>
Any disorder	21.7	22.8	8.1	6.8	41.1
No disorder	4.4	4.7	1.8	1.4	10.1
Total sample	8.8	9.3	3.4	2.8	17.9

MHS: Mental Health Specialist, GM: General Medical,
HS: Human Services, CAM: Complementary or alternative medicine.

Prevalence of 12-Month Mental Health Service Use by 12-Month DSM-IV/CIDI Disorder

	MHS	GM	HS	CAM	Any
	<u>%</u>	<u>%</u>	<u>%</u>	<u>%</u>	<u>%</u>
Any anxiety	21.7	24.3	8.2	7.3	42.2
Any mood	32.9	32.8	11.0	9.8	56.4
IED	13.9	12.6	7.6	3.7	29.6
Any substance	26.2	18.1	7.8	7.2	38.1

MHS: Mental Health Specialist, GM: General Medical,
HS: Human Services, CAM: Complementary or alternative medicine.

Patients Who Received at Least Minimally Adequate Treatment in Service Sectors

	<u>%</u>
Psychiatrist	44.5
Other MH Specialty	46.5
General Medical	12.7
Any Service Use	32.7

Operational Definition of Minimally Adequate Treatment Based on Evidence Based Guidelines

I. Pharmacotherapy

- Medication appropriate for diagnosis
- ≥ 30 -days duration
- ≥ 4 visits to any type of physician

II. Psychotherapy

- ≥ 8 visits to a health care or human services professional
- Average visit duration ≥ 30 minutes

For more information

www.hcp.med.harvard.edu/ncs