

## 2008 Mental Health Statistics

### *Mental Health Disorders*

- Mental health disorders account for four of the top 10 causes of disability in established market economies, such as the US, worldwide, and include: major depression (also called clinical depression), manic depression (also called bipolar disorder), schizophrenia, and obsessive-compulsive disorder.
- An estimated 22.1% of Americans ages 18 and older - about one in five (or over 44 million) adults - suffer from a diagnosable mental disorder in a given year.
- Many people suffer from more than one mental disorder at a given time. In particular, depressive illnesses tend to co-occur with substance abuse and anxiety disorders.
- Approximately 18.8 million American adults - or 9.5% - ages 18 and over, will suffer from a depressive illness (major depression, bipolar disorder, or dysthymia) each year.
  - Women are nearly twice as likely to suffer from major depression than men. However, men and women are equally likely to develop bipolar disorder.
  - While major depression can develop at any age, the average age at onset is the mid-20s.
  - With bipolar disorder, which affects approximately 2.3 million American adults - or about 1.2 percent of Americans age 18 and older in a given year - the average age at onset for a first manic episode is during the early 20s.

### *Suicide*

- More than 90% of people who commit suicide have a diagnosable mental disorder - most commonly a depressive disorder or a substance abuse disorder.
  - Four times as many men than women commit suicide. However, women attempt suicide two to three times more often than men.
  - The highest suicide rates in the US are found in Caucasian men over age 85. However, suicide is also one of the leading causes of death in adolescents and adults ages 15 to 24.

### *Schizophrenia*

- Approximately 2.2 million American adults are affected by schizophrenia each year.
  - In most cases, schizophrenia first appears in men during their late teens or early 20s. In women, schizophrenia often first appears during their 20s or early 30s.

# What You Need to Know...



## ***Anxiety Disorders***

- Approximately 19.1 million American adults ages 18 to 54 - or about 13.3% of people in this age group - in a given year, have an anxiety disorder. Anxiety disorders include: panic disorder, obsessive-compulsive disorder (OCD), post-traumatic stress disorder (PTSD), generalized anxiety disorder (GAD), and phobias (social phobia, agoraphobia, and specific phobia).
  - Panic disorder typically develops in late adolescence or early adulthood.
  - The first symptoms of OCD often begin during childhood or adolescence.
  - About 30% of Vietnam veterans experienced PTSD at some point after the war.
  - GAD can begin at any time, though the risk is highest between childhood and middle age.
  - Individuals with OCD frequently can have problems with substance abuse or depressive or eating disorders.
  - Social phobia typically begins in childhood or adolescence.

## ***Eating Disorders***

- In their lifetime, an estimated 0.5% to 3.7% of females suffer from anorexia and an estimated 1.1% to 4.2% suffer from bulimia. Females are much more likely than males to develop an eating disorder.

## ***Attention-Deficit/Hyperactivity Disorder***

- Attention-deficit/hyperactivity disorder (ADHD) is one of the most common mental disorders in children and adolescents. It affects an estimated 4.1% of youths ages 9 to 17 in a six-month period.

Source: National Institute of Mental Health Disorders (NIMH)

Detailed information about each disorder is available. Call MHA at 414-276-3122, or visit the Information/Fact Sheets section of our web site at <http://www.mhawisconsin.org/Content/factsheets.asp>

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