Treating Children, Adolescents and Teens with Anxiety and Depression

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Disclosure

None

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Prevalence of Anxiety

National Co-morbidity Study-Adolescent (NCS-A)

- Specific Phobia 19.3%
- Social Anxiety 9.1%
- Separation Anxiety 7.6%
- PTSD 5.0%
- Panic Disorder 2.3%
- Generalized Anxiety 2.2%
- Any Anxiety Disorder 31.9%
Prevalence of Depression

- Major Depression or Dysthymia 11.7%
- Bipolar I or II 2.9%
- Any Mood Disorder 14.3%
Cumulative lifetime prevalence of major classes of DSM-IV diagnoses

N=10,123; Merikangas et al., 2010
Family Studies

Children of depressed mothers
N = 88 mothers  N = 145 children

- 21% any affective disorder (lifetime)
  - 15% major depression
- 24% any anxiety disorder
  - 10% separation anxiety
  - 6% generalized anxiety/overanxious
  - 4% social anxiety
- 23% any behavioral disorder

Batten et al., 2012 JAACP
Co-morbid Anxiety and Depression

- More severe
- Early onset
- Greater number of depressive episodes
- Higher prevalence of suicide attempts

Goes et al., 2012 Psychological Medicine
MDD and Bipolar Families

- Odds of having a relative with an anxiety disorder 1.8 times greater if MDD proband has anxiety disorder
- Odds of having a relative with an anxiety disorder 1.7 times greater if bipolar proband has anxiety disorder
- In both families, panic disorder and OCD familial, not social phobia
- In MDD specific phobia familial, not in bipolar
Significance of Anxiety Disorders in Childhood

- Highly prevalent (10% to 20% of youth)
- Significantly impairs social, academic, family and independent function
- Highly co-morbid in childhood with each other; in adolescence with mood and substance abuse disorders
- Commonly persists into adulthood
- Anxiety in childhood confers 23-fold increased odds of long-term treatment as adult
Economic Impact

- Total annual cost of anxiety in US
  $42.3 to $46.6 billion

- Total annual cost of depression in US
  $44 to $53 billion

- More than 75% of anxiety costs due to
  Morbidity
  Mortality
  Lost productivity (sick leave, cutback days)
  Direct psychiatric treatment
  Unnecessary treatment costs
Economic Impact

- Anxiety comprises
  > 30% of total mental health expenditures
  53% of drug expenditures
Societal Costs

- Long term opportunity costs
- Opportunity costs alone exceed $2,000 per year per patient.....

Or roughly $100 billion per year for the total US population