



Rising Depression in US: Uneven Treatment Rates Revealed

Description

According to a fresh report from the US Centers for Disease Control and Prevention, depression is on the rise among both adults and adolescents in the United States, yet most aren't seeking therapeutic support. Recent findings reveal that more than one in eight Americans aged 12 and older have experienced depression, with rates nearly doubling from 7.3% in 2015-16 to over 13% in 2021-23.

This information stems from a federal survey conducted between August 2021 and August 2023, where participants disclosed symptoms associated with depression over the previous two weeks. Modifications in the survey, prompted by the Covid-19 pandemic, might have impacted tracking accuracy, noted Dr. Renee Goodwin, a psychiatric epidemiologist from Columbia University.

The fact remains, however, that the pandemic has undeniably exacerbated mental health issues across the nation. A 2022 CNN survey highlighted that a whopping 90% of adults believe the US faces a mental health crisis.

Gender differences emerged, with 16% of women and 10% of men reporting depression during 2021-23. Notably, over a quarter of adolescent girls showed signs of depression, a stark contrast to other demographics. Dr. Jill Emanuele from the Child Mind Institute mentioned that traditionally, girls are more vocal about their struggles than boys, who are catching up slowly.

Data indicates that women are more likely than men to seek therapy, with 43% compared to 33%. Furthermore, women are also more inclined to use medication for depression. In 2023, 11.4% of US adults used antidepressants, breaking down into over 15% of women and 7.4% of men. While prescription rates for mental health stagnated post-pandemic, antidepressants, particularly SSRIs, remain a common treatment, with a steady prescribing rate observed over recent years.

Vocabulary List:

1. **Epidemiologist** /,ɛpɪ,dɪ:mi'blɒdʒɪst/ (noun): A specialist in the study of how diseases affect the health and illness of populations.
2. **Exacerbated** /ɪg'zæsəɪ,betɪd/ (verb): Made a problem or negative situation worse.
3. **Therapeutic** /,θɛrə'pjʊ:tɪk/ (adjective): Having healing properties or providing healing treatment.
4. **Demographics** /,dɛmə'græfɪks/ (noun): Statistical data relating to the population and particular groups within it.
5. **Adolescents** /,æd.ə'les.ənt/ (noun): Young people in the transitional stage of development between childhood and adulthood.
6. **Medication** /,mɛdɪ'keɪʃən/ (noun): A substance used for medical treatment especially a medicine or drug.



Comprehension Questions

Multiple Choice

1. What percentage of Americans aged 12 and older have experienced depression according to recent findings?

- Option: 7.3%
- Option: 13%
- Option: 16%
- Option: 23%

2. During what period was the federal survey on depression conducted in the US?

- Option: 2010-2012
- Option: 2015-2016
- Option: 2021-2023
- Option: 2019-2020

3. What percentage of women and men reported depression during 2021-23?

- Option: 15% of women and 7% of men
- Option: 12% of women and 10% of men
- Option: 16% of women and 10% of men
- Option: 20% of women and 15% of men

4. What percentage of US adults used antidepressants in 2023?

- Option: 9.8%
- Option: 11.4%
- Option: 15%
- Option: 7.4%

5. Which group showed a stark contrast in depression rates according to the text?

- Option: Men and women
- Option: Adolescent girls and boys
- Option: Older adults and adolescents
- Option: Teenagers and young adults

6. Who mentioned that traditionally girls are more vocal about their struggles than boys?



- Option: Dr. Renee Goodwin
- Option: Dr. Jill Emanuele
- Option: CNN survey
- Option: Dr. Goodwin and Dr. Emanuele

True-False

7. Most Americans seek therapeutic support for depression according to the US study.
8. The pandemic has had no impact on mental health issues in the US according to a 2022 CNN survey.
9. More men than women used antidepressants in 2023.
10. Over 25% of women reported signs of depression in 2021-23.
11. Dr. Renee Goodwin is a psychiatric epidemiologist from Harvard University.
12. Prescription rates for mental health decreased post-pandemic.

Gap-Fill

13. According to the text, rates of depression nearly doubled from 7.3% in 2015-16 to over _____ % in 2021-23.
14. Dr. Jill Emanuele mentioned that girls are more vocal about their struggles than boys, who are catching up _____.
15. In 2023, over 15% of women and 7.4% of men used _____ for depression.
16. According to the text, a 2022 CNN survey highlighted that a whopping 90% of adults believe the US faces a _____ crisis.
17. Women are more likely than men to seek _____ for depression, with 43% compared to 33%.



18. According to the US Centers for Disease Control and Prevention, depression is on the rise among both _____ and adolescents in the United States.

Answer

Multiple Choice: 1. 13% 2. 2021-2023 3. 16% of women and 10% of men 4. 11.4% 5. Adolescent girls and boys 6. Dr. Jill Emanuele

True-False: 7. False 8. False 9. False 10. True 11. False 12. False

Gap-Fill: 13. 13 14. slowly 15. antidepressants 16. mental health 17. therapy 18. adults

Vocabulary quizzes

Multiple Choice (Select the Correct answer for each question.)

1. Which body system is primarily responsible for the circulation of blood throughout the body?

Option: Digestive system

Option: Respiratory system

Option: Cardiovascular system

Option: Nervous system

2. Which eye condition is characterized by optic nerve damage often associated with increased intraocular pressure?

Option: Cataracts

Option: Myopia

Option: Glaucoma

Option: Astigmatism

3. What term is used to describe a disease that is regularly found and maintained at a certain level in a specific geographic area?

Option: Epidemic

Option: Endemic

Option: Pandemic

Option: Seasonal

4. Which type of treatment is intended to heal or relieve symptoms of a disease?

Option: Preventive

Option: Therapeutic

Option: Diagnostic



Option: Holistic

5. What term refers to biological processes that follow a daily cycle often influenced by light and darkness?

Option: Circadian

Option: Nocturnal

Option: Diurnal

Option: Biannual

6. What is the body's ability to resist or defend against a specific disease or infection?

Option: Resistance

Option: Adaptability

Option: Immunity

Option: Vulnerability

7. Which term describes a sudden and significant increase in something such as cases of a particular disease?

Option: Declined

Option: Stabilized

Option: Fluctuated

Option: Surged

8. Which term refers to individuals in the stage of development between childhood and adulthood?

Option: Infants

Option: Teenagers

Option: Adolescents

Option: Elderly

9. What term is used for drugs or other substances used to treat cure or prevent diseases or medical conditions?

Option: Prescription

Option: Medication

Option: Supplement

Option: Placebo

10. Which term refers to statistical data relating to the population and particular groups within it?

Option: Geography

Option: Demographics

Option: History

Option: Economics

Gap-Fill (Fill in the blanks with the correct word from the vocabulary list.)



11. The researchers _____ a new gene associated with the rare disorder.
12. The patient underwent surgery and _____ recovered from the illness.
13. The doctor prescribed medication to help _____ the patient's pain.
14. The scientist will _____ a theory to explain the unusual results.
15. The heavy traffic _____ the progress of the emergency vehicles.
16. The disease is believed to be _____ inherited from parents.
17. The company takes a _____ approach to prevent accidents in the workplace.
18. Regular exercise can help boost the _____.
19. The medication may cause _____ side effects in some patients.
20. The lack of funding _____ the progress of the research project.

Matching Sentences (Match each definition to the correct word from the vocabulary list.)



21. This condition leads to the gradual deterioration of organs or tissues over time.
22. The study patterns causes and effects of health and disease conditions in defined populations.
23. The project came under intense from various regulatory bodies.
24. The new policy has a wide range of stakeholders.
25. The government introduced new to control pollution levels in urban areas.
26. The unexpected results of the study could completely existing theories.
27. The field of deals with the properties of light and vision.
28. The storm was by strong winds and heavy rain.
29. data can help businesses target specific consumer groups more effectively.
30. The teacher kept the importance of thorough research in the academic field.

Answer

Multiple Choice: 1. Cardiovascular system 2. Glaucoma 3. Endemic 4. Therapeutic 5. Circadian 6. Immunity 7. Surged 8. Adolescents 9. Medication 10. Demographics

Gap-Fill: 11. identified 12. subsequently 13. alleviate 14. postulate 15. impeded 16. genetically 17. proactive 18. immune system 19. adverse 20. hindered

Matching sentence: 1. degenerative 2. epidemiologist 3. scrutiny 4. impacted 5. regulation 6. upend 7. optics 8. preceded 9. Demographics 10. emphasizing

CATEGORY

1. Health - LEVEL4

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