



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** /ˌɛpɪˌdiːmiˈɒlədʒɪst/ (noun): A specialist in the study of how diseases affect the health and illness of populations.
2. **Exacerbated** /ɪgˈzæsərˌbeɪtɪd/ (verb): Made a problem or negative situation worse.
3. **Therapeutic** /ˌθɛrəˈpiuːtɪk/ (adjective): Having healing properties or providing healing treatment.
4. **Demographics** /ˌdɛməˈɡræfɪks/ (noun): Statistical data relating to the population and particular groups within it.
5. **Adolescents** /ˌæd.əˈles.ənt/ (noun): Young people in the transitional stage of development between childhood and adulthood.
6. **Medication** /ˌmɛdɪˈkeɪʃən/ (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

CATEGORY

1. Health - LEVEL4

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