

Data Brief 379. Symptoms of Depression Among Adults: United States, 2019

Data table for Figure 1. Percent distribution of severity of depression symptoms in the past 2 weeks among adults aged 18 and over: United States, 2019

Severity of symptoms	Percent (95% confidence interval)	Standard error
None-minimal	81.5 (80.9–82.1)	0.31
Mild	11.5 (11.1–12.0)	0.23
Moderate	4.2 (3.9–4.5)	0.15
Severe	2.8 (2.6–3.0)	0.12

NOTES: Confidence intervals were calculated using the Korn–Graubard method for complex surveys. Severity of depression symptoms was based on the eight-item Patient Health Questionnaire depression scale (PHQ-8), and summarized into none-minimal (values 0–4), mild (values 5–9), moderate (values 10–14), and severe (values 15–24). Estimates are based on household interviews of a sample of the civilian noninstitutionalized U.S. population.

SOURCE: National Center for Health Statistics, National Health Interview Survey, 2019.

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Data table for Figure 2. Percentage of adults aged 18 and over with symptoms of depression in the past 2 weeks, by symptom severity and age group: United States, 2019

Severity of depression symptoms and age group	Percent (95% confidence interval)	Standard error
Any severity		
18–29	21.0 (19.4–22.6)	0.79
30–44	16.8 (15.8–17.9)	0.53
45–64	18.4 (17.4–19.3)	0.48
65 and over	18.4 (17.4–19.5)	0.53
Mild		
18–29	13.9 (12.6–15.2)	0.65
30–44	10.3 (9.6–11.1)	0.40
45–64	10.7 (10.0–11.5)	0.37
65 and over	12.0 (11.2–12.8)	0.42
Moderate		
18–29	4.4 (3.7–5.2)	0.38
30–44	3.8 (3.3–4.4)	0.27
45–64	4.5 (4.0–5.1)	0.26
65 and over	3.8 (3.3–4.4)	0.27
Severe		
18–29	2.7 (2.2–3.2)	0.27
30–44	2.7 (2.2–3.2)	0.23
45–64	3.1 (2.7–3.5)	0.20
65 and over	2.6 (2.2–3.1)	0.23

NOTES: Confidence intervals were calculated using the Korn–Graubard method for complex surveys. Severity of depression symptoms was based on the eight-item Patient Health Questionnaire depression scale (PHQ–8), and summarized into none-minimal (values 0–4), mild (values 5–9), moderate (values 10–14), and severe (values 15–24). Those categorized as having no or minimal symptoms of depression are not shown. Any severity includes those categorized as having either mild, moderate, or severe symptoms of depression in the past 2 weeks. Estimates are based on household interviews of a sample of the civilian noninstitutionalized U.S. population.

SOURCE: National Center for Health Statistics, National Health Interview Survey, 2019.

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Data table for Figure 3. Percentage of adults aged 18 and over with symptoms of depression in the past 2 weeks, by symptom severity and sex: United States, 2019

Severity of depression symptoms and sex	Percent (95% confidence interval)	Standard error
Any severity		
Men	15.0 (14.3–15.8)	0.39
Women	21.8 (21.0–22.6)	0.43
Mild		
Men	9.6 (9.0–10.2)	0.31
Women	13.4 (12.8–14.1)	0.33
Moderate		
Men	3.4 (3.0–3.8)	0.20
Women	4.9 (4.5–5.4)	0.21
Severe		
Men	2.1 (1.8–2.4)	0.14
Women	3.5 (3.1–3.8)	0.18

NOTES: Confidence intervals were calculated using the Korn–Graubard method for complex surveys. Severity of depression symptoms was based on the eight-item Patient Health Questionnaire depression scale (PHQ–8), and summarized into none-minimal (values 0–4), mild (values 5–9), moderate (values 10–14), and severe (values 15–24). Those categorized as having no or minimal symptoms of depression are not shown. Any severity includes those categorized as having either mild, moderate, or severe symptoms of depression in the past 2 weeks. Estimates are based on household interviews of a sample of the civilian noninstitutionalized U.S. population.

SOURCE: National Center for Health Statistics, National Health Interview Survey, 2019.

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Data table for Figure 4. Percentage of adults aged 18 and over with symptoms of depression in the past 2 weeks, by symptom severity and race and Hispanic origin: United States, 2019

Severity of depression symptoms and race and Hispanic origin	Percent (95% confidence interval)	Standard error
Any severity		
Hispanic	16.9 (15.4–18.4)	0.74
Non-Hispanic white	19.3 (18.5–20.0)	0.38
Non-Hispanic black	19.3 (17.7–21.0)	0.84
Non-Hispanic Asian	10.2 (8.2–12.5)	1.08
Mild		
Hispanic	10.2 (9.1–11.4)	0.59
Non-Hispanic white	12.0 (11.4–12.6)	0.29
Non-Hispanic black	12.2 (10.9–13.7)	0.70
Non-Hispanic Asian	7.9 (6.1–10.0)	0.98
Moderate		
Hispanic	4.0 (3.3–4.8)	0.38
Non-Hispanic white	4.4 (4.1–4.8)	0.18
Non-Hispanic black	4.6 (3.7–5.5)	0.45
Non-Hispanic Asian	1.2 (0.7–1.8)	0.27
Severe		
Hispanic	2.7 (2.1–3.3)	0.31
Non-Hispanic white	2.9 (2.6–3.2)	0.14
Non-Hispanic black	2.5 (1.9–3.3)	0.33
Non-Hispanic Asian	1.2 (0.6–2.0)	0.33

NOTES: Confidence intervals were calculated using the Korn–Graubard method for complex surveys. Severity of depression symptoms was based on the eight-item Patient Health Questionnaire depression scale (PHQ–8), and summarized into none-minimal (values 0–4), mild (values 5–9), moderate (values 10–14), and severe (values 15–24). Those categorized as having no or minimal symptoms of depression are not shown. Any severity includes those categorized as having either mild, moderate, or severe symptoms of depression in the past 2 weeks. Estimates are based on household interviews of a sample of the civilian noninstitutionalized U.S. population.

SOURCE: National Center for Health Statistics, National Health Interview Survey, 2019.