



Racial/ethnic disparities in depression prevalence among the elderly based on DSM-IV and a Single-Item Screen

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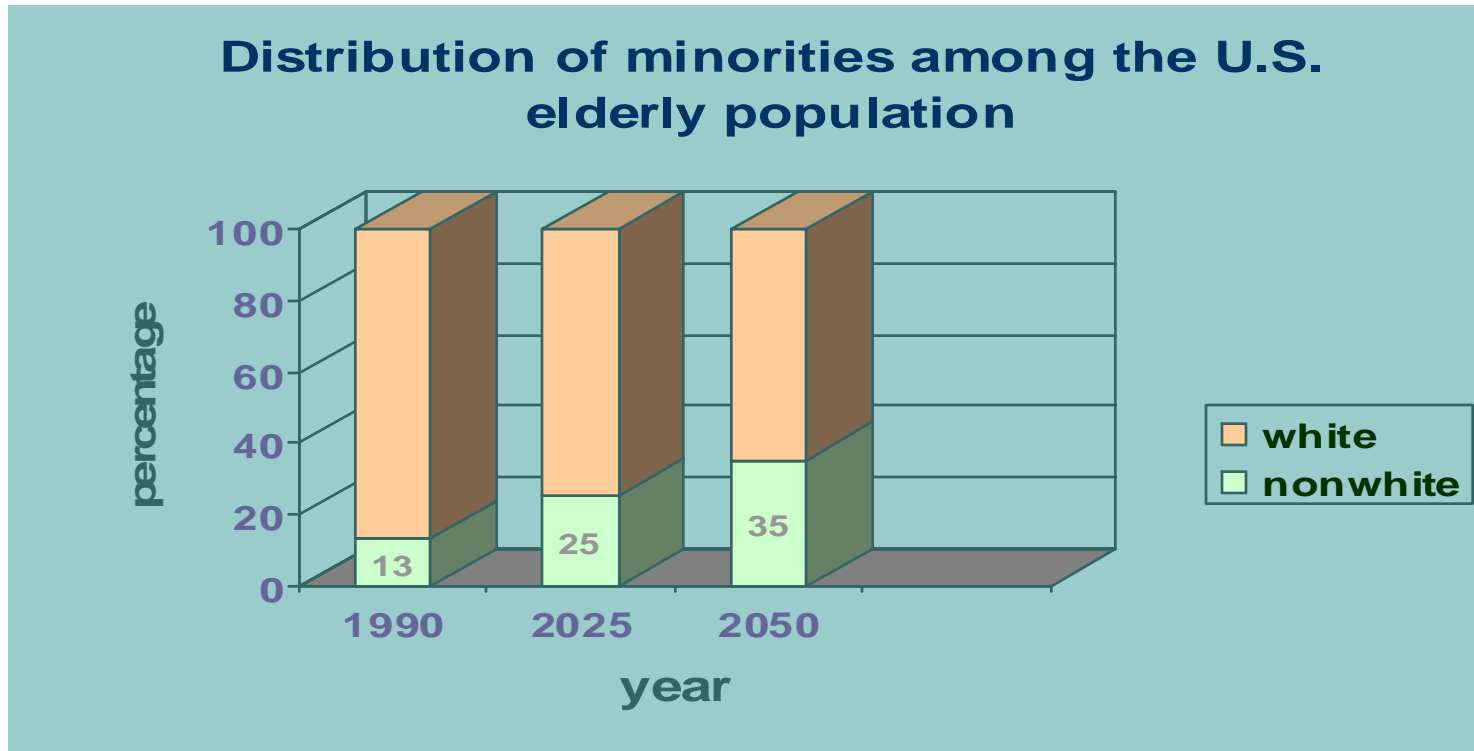


Background (I)

- Depression is a major public health problem among the elderly.
 - High prevalence
 - Morbidity, mortality and quality of life
 - Socioeconomic burden
- Aging society in the US.
 - Percentage of elderly in total American population: 12.5% (1994) vs. 20% (2050)



Minorities among the elderly





Background (II)

- Racial/ethnic disparities in depression prevalence
 - Racial/ethnic diversity among the elderly ↑
 - Percentage of minorities increases
 - Aged 60 and over at the time of arrival.
 - Exposure to risk factors of depression among minorities ↑
 - Low socioeconomic status
 - Morbidity
 - Culture shock



Background (III)

□ Inconsistent evidence

- African Americans report more depressive symptoms than whites (e.g. Blazer, Landeman, Hays et al., 1998; Jackson, 1997; Myers, Lesser, Rodriguez et al., 2002; Mojtabai, 2004).
- There are no racial differences in reported symptoms (e.g. Gallo, Cooper-Patrick, & Lesikar, 1998; Husaini, Castor, Linn et al., 1990).
- Hispanics had similar prevalence of major depression, compared to Whites (e.g. Dunlop et al, 2003; Riolo et al, 2005).
- African Americans had lower prevalence of major depression, compared to Whites



Knowledge gap

- Few studies have been done among the elderly using a nationally representative sample.
- Are results comparable using different measures for depression?



Objective

- To compare depression prevalence across racial/ethnic groups among the elderly
 - To compare results based on different measures



Study Method (I)

○ Research Design

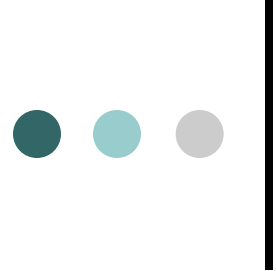
- Observational cross-sectional study

○ Data Source

- National Epidemiological Survey on Alcohol and Related Conditions (NESARC) (2001-2002)

○ Study Sample

- Inclusion criteria: 65+, community-dwelling



Study Method (II) – Measurement

- Dependent variable: Depression
 - DSM-IV diagnosis in the past 12 months
 - Single-Item Screen
 - How much of the time during the past 4 weeks have you felt downhearted and depressed? all of the time, most of the time, some of the time, a little of the time, or none of the time?



Study Method (III) – Measurement (Cont.)

- Independent Variable:
 - Race/ethnicity
 - Non-Hispanic white
 - Non-Hispanic black
 - Hispanic
 - Other



Study Method (IV) – Measurement (Cont.)

○ Control Variables:

- Demographic characteristics:
 - age, gender, marital status, living arrangement, # of children, psychosocial events, family history, born in US
- Socioeconomic characteristics:
 - Annual household income, education, health insurance, rural/urban status
- Health status:
 - self-reported health, chronic conditions



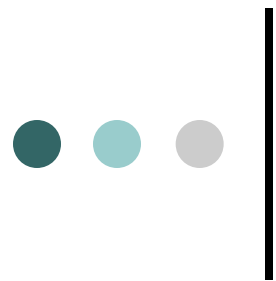
Analytical Approach

- Bivariate analysis
- Logistic regression model
- Sampling weights were used



Study population

- 8,205 participants in the analysis (N=33,764,930)
- 83.3% non-Hispanic white (n = 5,776)
8.0% non-Hispanic blacks (n = 1,363)
5.5% Hispanics (n = 895)
3.3% Other (n= 171)
- Mean age = 74.7 years
- 57.9% female

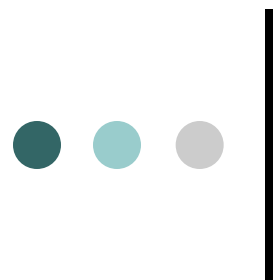


Results (I) - bivariate analysis

- Proportion of people with depression

Race/ethnicity	DSM-IV	Single-Item Screen
non-Hispanic white	3.46	6.80
non-Hispanic black	4.80* (OR = 1.41)	9.51*** (OR = 1.44)
Hispanic	5.25** (OR = 1.55)	11.45*** (OR = 1.77)

Notes: non-Hispanic white as reference group, *significant at .10 level; **significant at .05 level; ***significant at .01 level.



Results (II) – Logistic model

- After controlling for confounders, no significant differences in depression prevalence between minorities and non-Hispanic white were found.

Race/ethnicity	DSM-IV		Single-Item Screen	
	OR	95% CI	OR	95% CI
non-Hispanic white	1.00		1.00	
non-Hispanic black	1.14	(0.72, 1.80)	0.89	(0.67, 1.20)
Hispanic	1.20	(0.71, 2.01)	0.89	(0.63, 1.27)



Conclusions

- Minorities have *higher* prevalence of major depression and depressed mood compared with non-Hispanic whites among the elderly.
- After controlling for demographic, socioeconomic characteristics and health status, *no* significant difference in depression prevalence was found across racial/ethnic groups.
- The results are consistent for DSM-IV diagnosis and the Single-Item Screen.



Policy implications

- Monitoring racial/ethnic disparities in depression prevalence in large national survey
- Evaluating effectiveness and efficiency of U.S. health care system in eliminating racial/ethnic disparities in depression prevalence



Limitations

- Self-reported symptoms—recall bias.
- Acculturation of questions?
- Heterogeneity within minority subgroups (non-Hispanic black, Hispanic).



Questions?

