

Anxiety and Depression in Connecticut Adults

Results from the 2006 Connecticut BRFSS



CONNECTICUT DEPARTMENT OF
PUBLIC HEALTH

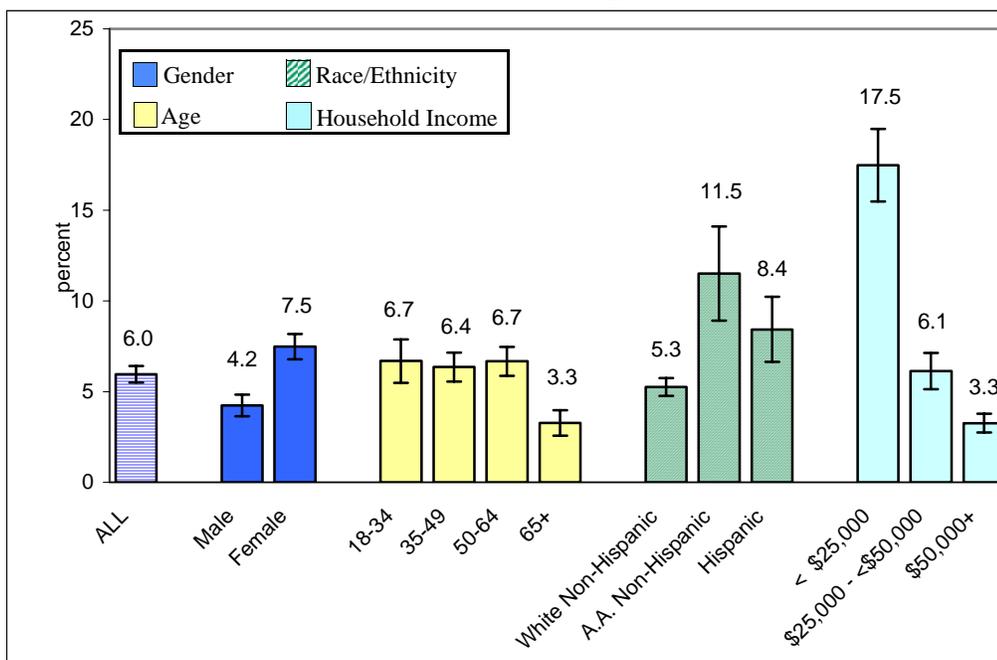
The Behavioral Risk Factor Surveillance System (BRFSS) is a CDC sponsored telephone survey of Connecticut adults age 18 and over. During 2006, the Anxiety and Depression Module was included as part of the Connecticut Department of Public Health BRFSS questionnaire. In collaboration with the Connecticut Department of Mental Health and Addiction Services, the module was asked of 4,498 adult respondents age 18 and older from January to December 2006. The ten questions in the module are used to estimate the prevalence of depression using a point scale depending on the response. Eight items in the interview asked respondents about their emotional state during the past 14 days, and two items asked if a doctor had ever told the respondent that they had a depressive or anxiety disorder. A copy of the 2006 BRFSS is available at the CDC web site www.cdc.gov/brfss or the DPH web site www.ct.gov/dph keyword BRFSS.

Approximately 150,000 Connecticut adults, or 6.0 percent, are estimated to be experiencing symptoms of current depression.

For this analysis, current depression is defined as the combination of moderate, moderate severe, and severe depression. Approximately 150,000 Connecticut adults, or 6.0 percent, are estimated to be experiencing symptoms of current depression. Thirty-seven other states also asked these questions and among the total of these states, 8.0 percent of the adults indicate symptoms of current depression.

The responses to the questions in the Anxiety and Depression Module were then converted to categories indicating mild depression, moderate depression, moderately severe depression and severe depression.

Connecticut Adults with Current Depression, BRFSS 2006

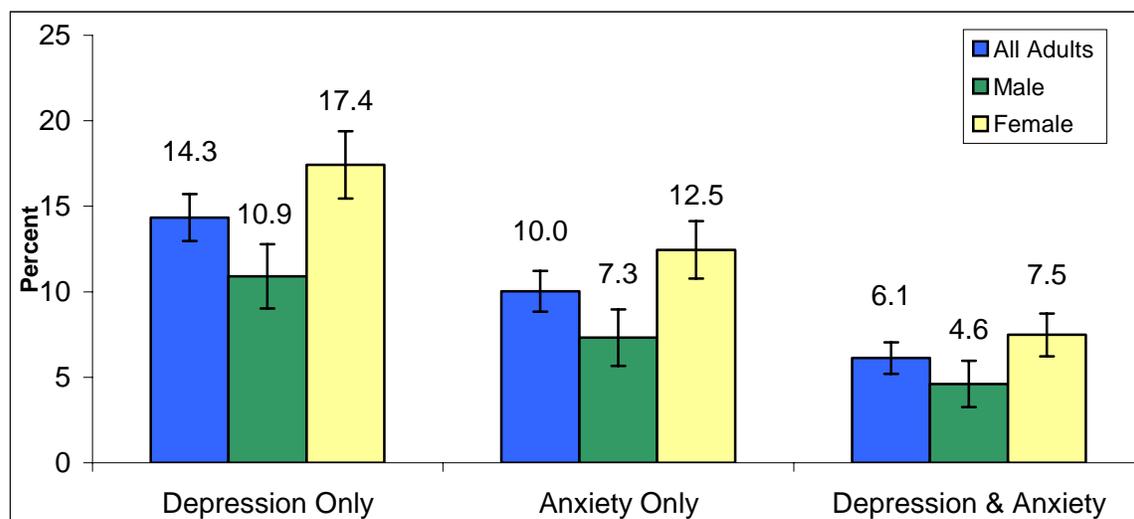


These results reveal that almost 370,000 or 14.7 percent of Connecticut adults indicate symptoms of mild depression, approximately 100,000 or 4.0 percent indicate moderate depression, approximately 37,000 adults or 1.5 percent indicate moderately severe depression, and approximately 13,000 or 0.5 percent indicate severe depression.

Summary results from the Anxiety and Depression Module

Two questions asked if a health care provider had ever diagnosed the respondent with a depressive disorder or an anxiety disorder. A depressive disorder diagnosis had been received by 14.3 percent of respondents, and an anxiety disorder diagnosis had been received by 10.0 percent of respondents.

Diagnosis of Depression and Anxiety Disorders by Gender in CT, BRFSS 2006



BRFSS Background

The BRFSS is the largest continuously conducted telephone survey in the world. The CDC developed a standard core questionnaire for states to use to provide data that could be compared across states. BRFSS relies on a sample of the population. The sampling method used assures comparability of data across states and over time. Civilian non-institutionalized population ages 18 years and older are randomly selected. They remain completely anonymous. Nationally, 355,710 interviews were completed in 2006. The data from this survey enables the CDC, state health departments, and other health and education agencies to monitor risk behaviors related to chronic diseases, injuries and death.

Nationwide, survey items remain relatively constant from year to year. In contrast, state-specific questions can be changed quickly to track immediate health concerns. CT has used the BRFSS to track the progress of Healthy People 2000 and Healthy Connecticut 2000 Objectives, help identify 25 priorities for improving the quality and length of life for Connecticut residents and describe the prevalence of cancer risk factors among the Connecticut population, including identifying population groups and age groups at increased risk based on their behaviors.

CT Department of Public Health
Keeping Connecticut Healthy

J. Robert Galvin, M.D., M.P.H., M.B.A.
Commissioner

Contact Us:
Health Information Systems and Reporting Section
860-509-7662
www.ct.gov/dph