Major Depressive Episodes (MDE) Among Youth, 2022

Data from the National Survey on Drug Use and Health provide insight on depression among youth ages 12–17.

In 2022, 1 in 5 youth ages 12–17 experienced an MDE in the last year.

About 1 in 7 youth ages 12–17 had an MDE with severe impairment in the past year.

More than 8 in 10 youth who experienced an MDE in the past year perceived the pandemic as having a negative impact on their emotional or mental health.

Notes:
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These data are based on a self-report survey administered to a nationally representative sample of youth age 12 and older. Youth were classified as experiencing a Major Depressive Episode (MDE) if (1) they had at least one period of 2 weeks or longer in the past year when, for most of the day nearly every day, they felt depressed or lost interest or pleasure in daily activities; and (2) they also had problems with sleeping, eating, energy, concentration, self-worth, or having recurrent thoughts of death or recurrent suicidal ideation. Youth were determined to have an MDE with severe impairment if their depression caused severe problems with their ability to do chores at home, do well at work or school, get along with their family, or have a social life.

Data source: Adapted from Substance Abuse and Mental Health Services Administration. 2023. Results from the 2022 National Survey on Drug Use and Health: Detailed Tables.