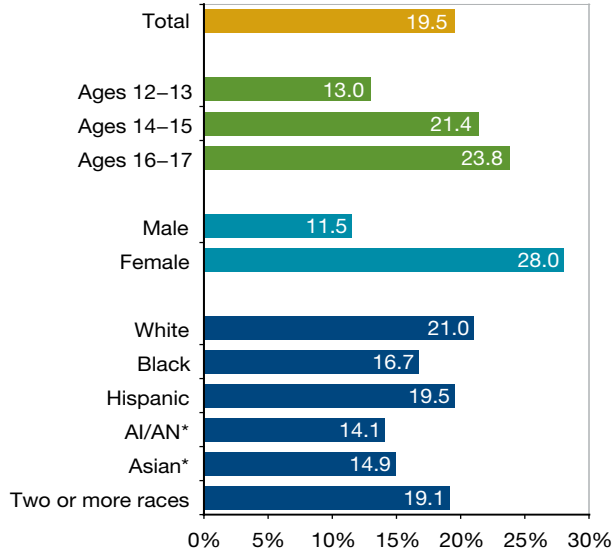


Major Depressive Episodes (MDE) Among Youth, 2022

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

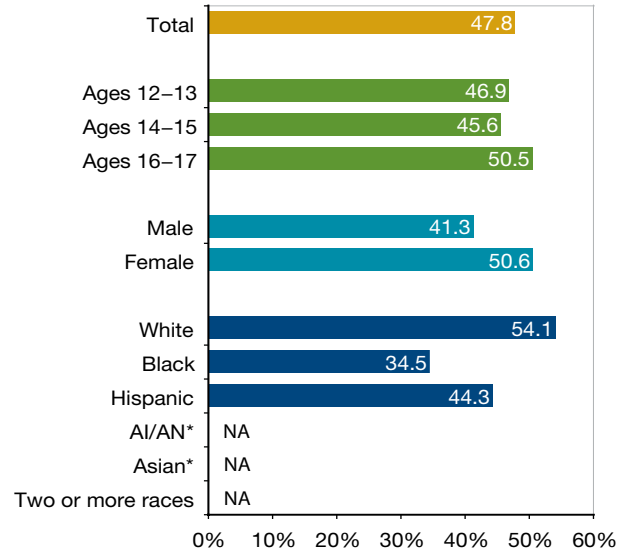
In 2022, 1 in 5 youth ages 12–17 experienced an MDE in the last year

Percent of youth ages 12–17 who had an MDE episode in the past year, 2022



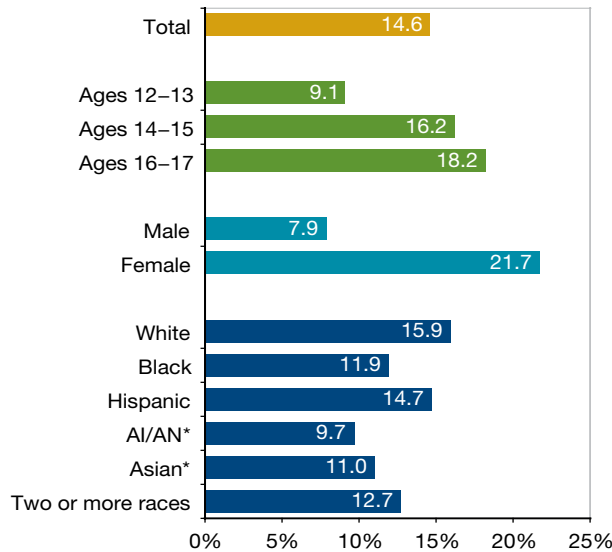
Among youth who had experienced an MDE in the past year, nearly half received treatment for depression

Percent of youth ages 12–17 who had an MDE in the past year that received treatment, 2022



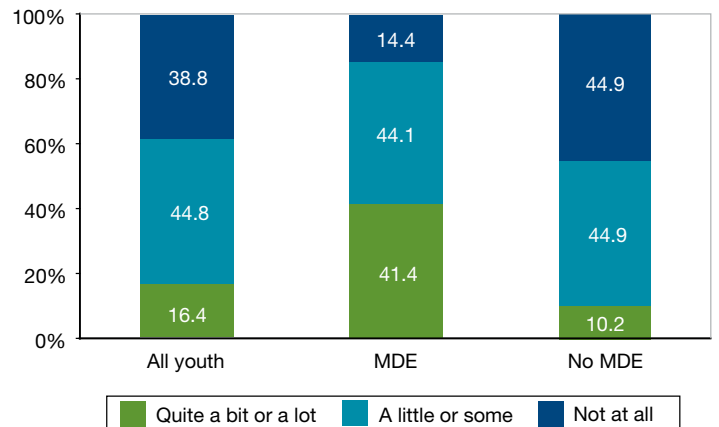
About 1 in 7 youth ages 12–17 had an MDE with severe impairment in the past year

Percent of youth ages 12–17 who had an MDE with severe impairment in the past year, 2022



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

Perceived negative effect of the COVID–19 pandemic on the emotional or mental health of youth ages 12–17, 2022



Note: Detail may not total 100% because of rounding.

*AI/AN: American Indian or Alaska Native. Asian: Excludes Native Hawaiian and Other Pacific Islanders. Race groups exclude persons of Hispanic ethnicity. NA: Too few respondents to develop an accurate estimate.

Notes: This publication was prepared by Marly Zeigler and Charles Puzanchera, National Center for Juvenile Justice, under cooperative agreement #2019-JX-FX-K001 awarded by the National Institute of Justice with funding support from OJJDP. June 2024.

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.*