

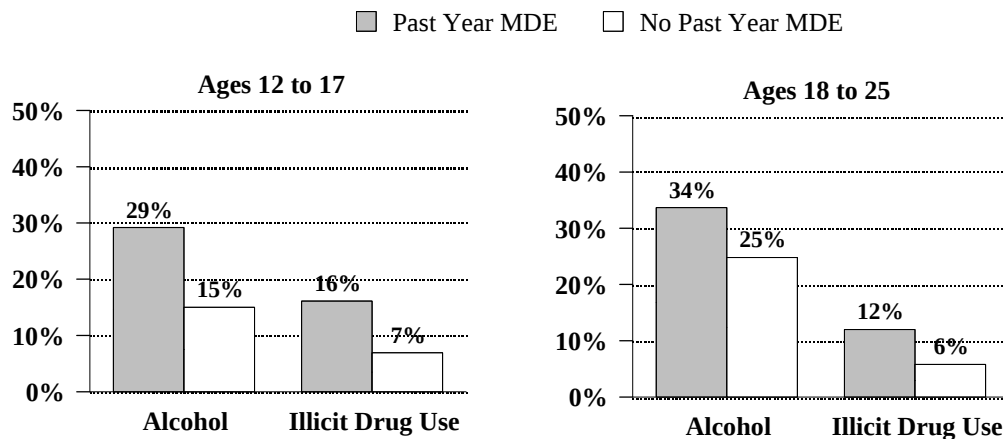
A Weekly FAX from the Center for Substance Abuse Research

University of Maryland, College Park

Youths and Young Adults Experiencing a Major Depressive Episode in the Past Year More Likely to Initiate Alcohol and Other Drug Use

Youths and young adults who experienced a major depressive episode (MDE) in the past year are more likely to have also used alcohol or illicit drugs for the first time in the past year, according to a recent analysis of data from the National Survey on Drug Use and Health (NSDUH). Among youths ages 12 to 17 who had not previously used alcohol, those who had experienced a past year MDE were nearly twice as likely to have used alcohol for the first time in the past year as those who did not experience a MDE (29% vs. 14%). Likewise, youths who experienced a MDE in the past year were more than twice as likely to initiate illicit drug use (16% vs. 7%). A similar relationship was found for young adults (see figure below). Health care and social service providers should consider the increased risk of recent alcohol and illicit drug initiation when providing services to persons with MDEs.

Percentage of 12 to 17 and 18 to 25 Year-Olds Reporting Past Year Alcohol or Illicit Drug Use Initiation, by Past Year Major Depressive Disorder (MDE)



NOTES: A major depressive episode is defined using DSM-IV diagnostic criteria, which specifies a period of 2 weeks or longer during which there is either depressed mood or loss of interest or pleasure and at least four other symptoms that reflect a change in functioning, such as problems with sleep, eating, energy, concentration, and self-image. Data for 12 to 17 year olds are from the 2005 NSDUH. Data for 18 to 25 year olds are combined data from the 2005 and 2006 NSDUH.

SOURCES: Adapted by CESAR from Substance Abuse and Mental Health Services Administration (SAMHSA), "Depression and the Initiation of Alcohol and Other Drug Use among Youths Aged 12 to 17," *The NSDUH Report*, May 3, 2007 (<http://www.oas.samhsa.gov/2k7/newUsers/depression.cfm>); and SAMHSA, "Depression and the Initiation of Cigarette, Alcohol, and Other Drug Use among Young Adults," *The NSDUH Report*, November 15, 2007 (<http://www.oas.samhsa.gov/2k7/newUserDepression/newUserDepression.cfm>).

Find Listings and Directions to Maryland Treatment and Other Community Resources

The interactive Maryland Community Services Locator (MDCSL) website (www.mdcsll.org) allows users to quickly find detailed resource listings for a variety of Maryland community resources, including substance abuse treatment and housing services. As this website is a beta version that is currently under development, we welcome your comments and suggestions (mdcsll@cesar.umd.edu).

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