

Connecticut's Analysis of 2006 BRFSS PHQ-8 Data



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PHQ-8 Module Questions

- Over the last two weeks...
 - 1) How many days have you had little interest or pleasure in doing things?
 - 2) How many days have you felt down, depressed or hopeless?
 - 3) How many days have you had trouble falling asleep or staying asleep or sleeping too much?
 - 4) How many days have you felt tired or had little energy?
 - 5) How many days have you had a poor appetite or ate too much?
 - 6) How many days have you felt bad about yourself or that you were a failure or had let yourself or your family down?
 - 7) How many days have you had trouble concentrating on things, such as reading the newspaper or watching the TV?
 - 8) How many days have you moved or spoken so slowly that other people could have noticed? Or the opposite – being so fidgety or restless that you were moving around a lot more than usual?
- Has a doctor or other healthcare provider EVER told you that you had an anxiety disorder?
- Has a doctor or other healthcare provider EVER told you that you have a depressive disorder?

Algorithm for Calculating Current Depression

- Algorithm developed by Dr. Amy Fan of the Centers for Disease Control.
- PHQ-8 Questions 1-8 are each scored as follows based on the number of days reported by the respondent:
 - 0-1 day = 0 points
 - 2-6 days = 1 point
 - 7-11 days = 2 points
 - 12-14 days = 3 points
- A total score of 10 or higher across Questions 1-8 indicates Current Depression.

Prevalence of Current Depression, Lifetime Depression, and Lifetime Anxiety

Total BRFSS Surveys Answered: 8,501

	Current Depression		Lifetime Depression		Lifetime Anxiety	
	Percent	S.E.	Percent	S.E.	Percent	S.E.
Count						
Respondents Answering All 8 Current Depression Questions	4,109					
Respondents with Current Depression	274					
Respondents Answering Lifetime Depression Question	4,446					
Respondents with Lifetime Depression	686					
Respondents Answering Lifetime Anxiety Question	4,451					
Respondents with Lifetime Anxiety	483					
Total	5.75	0.47	14.03	0.69	10.05	0.61
Counts by Gender						
Male	7.49	0.71	16.97	0.96	12.40	0.85
Female	3.89	0.60	10.88	0.96	7.55	0.88
Counts by Race/Ethnicity						
White Non-Hispanic	4.96	0.47	14.08	0.73	10.02	0.66
Black Non-Hispanic	11.30	2.77	11.82	3.24	9.03	3.06
Other Non-Hispanic	10.37	3.66	9.35	2.82	8.50	2.97
Hispanic	8.85	2.14	17.56	3.38	12.52	2.74
Other	6.75	5.07	10.53	4.44	3.84	1.73
Counts by Age Range						
18-24	7.42	2.05	15.30	2.99	9.32	2.39
25-34	5.45	1.35	11.41	1.77	10.79	1.89
35-44	7.34	1.12	14.34	1.46	10.88	1.30
45-54	5.63	0.82	17.59	1.55	11.53	1.36
55-64	5.96	0.98	16.42	1.53	10.32	1.31
65 and Older	2.85	0.70	9.24	1.04	6.94	0.87
Counts by Education Level						
Did Not Finish High School	10.89	2.33	16.76	3.14	10.93	2.05
Finished High School	8.25	1.23	14.74	1.49	12.93	1.49
Some College or Higher	4.40	0.48	13.54	0.79	8.92	0.68
Other	5.89	6.16	0.00	0.00	0.00	0.00
Counts by Employment Status						
Currently Employed	4.19	0.53	12.73	0.82	8.18	0.74
Currently Unemployed	21.29	4.29	25.24	4.50	19.95	4.40
Retired	3.01	0.76	9.31	1.09	7.23	0.93
Unable to Work	30.19	4.48	44.52	5.07	43.96	5.05
Homemaker/Student	6.73	1.51	16.08	2.50	11.82	1.98
Other	0.00	0.00	2.44	2.55	20.81	16.07
Counts by Marital Status						
Currently Married	3.93	0.51	11.61	0.81	8.90	0.77
Previously Married	9.65	1.26	19.55	1.51	12.58	1.29
Never Married	8.19	1.26	16.78	1.77	11.42	1.46
Other	1.66	1.69	10.17	6.97	9.59	6.18
Counts by Health Plan Coverage						
Yes	5.20	0.47	13.92	0.71	10.26	0.65
No	11.21	2.09	15.27	2.52	8.05	1.74
Other	3.70	4.51	0.00	0.00	23.52	22.46

Depression/Anxiety Adjusted Prevalence Odds Ratios

	Current Depression		Lifetime Depression		Lifetime Anxiety	
	APOR	95% CI	APOR	95% CI	APOR	95% CI
Counts by Gender						
Female	1.00		1.00		1.00	
Male	0.47	(0.30, 0.75)	0.58	(0.44, 0.77)	0.58	(0.41, 0.82)
Counts by Race/Ethnicity						
White Non-Hispanic	1.00		1.00		1.00	
Black Non-Hispanic	1.27	(0.53, 3.02)	0.46	(0.22, 0.94)	0.42	(0.19, 0.95)
Hispanic	1.04	(0.46, 2.36)	1.14	(0.63, 2.07)	0.83	(0.44, 1.57)
Other Non-Hispanic	1.98	(0.84, 4.69)	0.43	(0.20, 0.94)	0.62	(0.28, 1.40)
Counts by Age Range						
18-24	2.62	(0.84, 8.16)	1.53	(0.74, 3.18)	1.68	(0.68, 4.15)
25-34	2.69	(1.04, 6.98)	1.49	(0.83, 2.67)	2.30	(1.18, 4.49)
35-44	4.93	(2.25, 10.81)	2.09	(1.25, 3.49)	2.39	(1.37, 4.16)
45-54	2.54	(1.17, 5.51)	2.60	(1.60, 4.23)	2.27	(1.32, 3.89)
55-64	2.61	(1.29, 5.27)	2.17	(1.39, 3.39)	1.68	(1.04, 2.71)
65 and Older	1.00		1.00		1.00	
Counts by Marital Status						
Currently Married	1.00		1.00		1.00	
Previously Married	1.68	(1.00, 2.82)	1.70	(1.27, 2.28)	1.26	(0.88, 1.81)
Never Married	1.74	(1.04, 2.92)	1.62	(1.15, 2.29)	1.18	(0.77, 1.81)
Counts by Health Plan Coverage						
Yes	1.00		1.00		1.00	
No	0.59	(0.34, 1.03)	0.99	(0.60, 1.64)	1.49	(0.85, 2.61)
Counts by Education Level						
Did Not Complete H.S.	1.56	(0.69, 3.51)	0.97	(0.51, 1.86)	0.86	(0.49, 1.51)
Completed High School	1.46	(0.87, 2.44)	0.96	(0.69, 1.32)	1.26	(0.87, 1.83)
Some College or Higher	1.00		1.00		1.00	
Counts by Employment Status						
Currently Employed	1.00		1.00		1.00	
Currently Unemployed	4.07	(1.99, 8.29)	2.16	(1.24, 3.77)	2.81	(1.45, 5.45)
Retired	1.26	(0.64, 2.48)	0.93	(0.60, 1.45)	1.29	(0.79, 2.09)
Unable to Work	4.47	(2.26, 8.82)	3.55	(2.05, 1.64)	5.95	(3.49, 10.14)
Homemaker/Student	1.60	(0.83, 3.11)	1.44	(0.93, 2.23)	1.55	(0.95, 2.54)
Counts by Smoking Status						
Never Smoked	1.00		1.00		1.00	
Current Smoker	3.47	(1.98, 6.10)	1.86	(1.29, 2.66)	1.92	(1.30, 2.83)
Former Smoker	2.50	(1.51, 4.15)	1.47	(1.10, 1.96)	1.02	(0.70, 1.48)
Counts by Heavy Drinking Status						
No	1.00		1.00		1.00	
Yes	0.88	(0.43, 1.78)	0.92	(0.56, 1.51)	1.53	(0.83, 2.80)
Counts by Physical Inactivity						
No	1.00		1.00		1.00	
Yes	1.05	(0.68, 1.61)	1.05	(0.78, 1.42)	1.38	(0.98, 1.96)
Counts by Obesity						
No	1.00		1.00		1.00	
Yes	1.25	(0.82, 1.92)	1.23	(0.90, 1.67)	1.13	(0.76, 1.67)
Counts by Stroke						
No	1.00		1.00		1.00	
Yes	1.31	(0.52, 3.33)	1.38	(0.67, 2.85)	0.88	(0.33, 2.39)
Counts by Diabetes						
No	1.00		1.00		1.00	
Yes	1.15	(0.62, 2.02)	0.98	(0.64, 1.49)	1.22	(0.70, 2.14)
Counts by Asthma						
No	1.00		1.00		1.00	
Yes	3.37	(2.00, 5.68)	2.24	(1.61, 3.12)	2.46	(1.68, 3.61)
Counts by Chronic Heart Disease						
No	1.00		1.00		1.00	
Yes	2.11	(1.15, 3.90)	1.35	(0.82, 2.23)	1.40	(0.86, 2.27)