

Vermont Mental Health Performance Indicator Project

Agency of Human Services, Department of Health, Division of Mental Health
108 Cherry Street, Burlington, Vermont 05401

TO: Vermont Mental Health Performance Indicator Project
Advisory Group and Interested Parties

FROM: John Pandiani and Jason Roberts

DATE: July 13, 2007

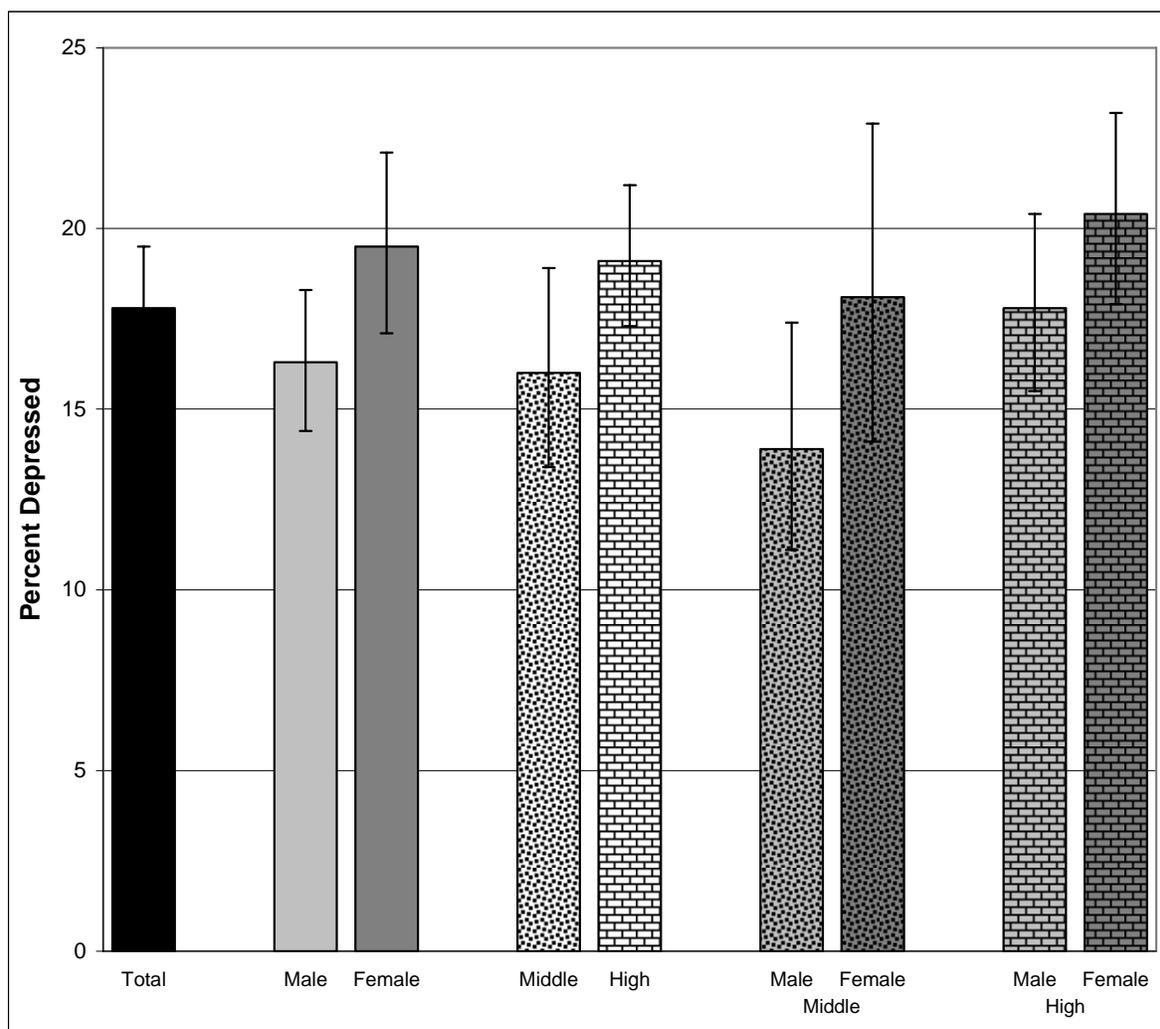
RE: Prevalence of Depression among Vermont Youth: 2006

During the winter of 2006, the Vermont Department of Health, with cooperation from the Vermont Department of Education, conducted the 2006 VT Youth Health Survey (YHS) in randomly selected Vermont middle schools (grades 6-8) and high schools (grades 9-12). This survey included two questions related to depression: "In the past 2 weeks, how often have you been bothered by little interest or pleasure in doing things?" and "In the past 2 weeks, how often have you been bothered by feeling down, depressed or hopeless?" This week's PIP report provides information on the proportion of these young people reported they had experienced either feeling during more than half of the days in the past two weeks. This report, requested by Alice Maynard of the Department of Mental Health Child Adolescent and Family Unit is a compliment to the report on the prevalence of depression among Vermont adults that was distributed on May 25, 2007. (<http://healthvermont.gov/mh/docs/pips/2007/Pip052507.pdf>)

As you will see, almost 18% of Vermont Middle and High School students reported being bothered "little interest or pleasure in doing things" or "feeling down" at least half of the days during the previous two weeks. These feeling were more common among high school students than among Middle School students (19% vs. 16% respectively), and were more common among female than male students in both age groups (18% vs. 14% in middle school and 20% vs. 18% in high school).

We look forward to your interpretation of these findings and your suggestions for further analysis of these data. Please forward your comments and suggestions to pip@vdh.state.vt.us or 802.863.7249.

Prevalence of Depression among Vermont Youth: 2006



	<u>Depressed</u>	<u>95% CI</u>
Total	18%	16-20%
Gender		
Male	16%	14-18%
Female	20%	17-22%
School		
Middle	16%	13-19%
High	19%	17-21%
Middle School		
Male	14%	11-17%
Female	18%	14-23%
High School		
Male	18%	16-20%
Female	20%	18-23%

This summary is based on the 2006 VT Youth Health Survey (YHS) of randomly selected middle and high schools. Depression is indicated by student reports that they were "bothered by little interest or pleasure in doing things" or "feeling down depressed or hopeless" during at least half of the days of the previous two weeks.