

# CULTURAL CONNECTIONS TO DEPRESSION



# Depression 101

- **Major depressive disorder (major depression)**
- **Psychotic depression**
- **Postpartum depression (postnatal depression)**
- **SAD (seasonal affective disorder)**
- **Bipolar disorder (manic-depressive illness)**

# Causes of Depression

- Genetics (genotype/phenotype)
- Environment
- Hormones
- Biology- serotonin, dopamine, norepinephrine

# Depression Effects

- Costly and debilitating to sufferers.
- Adversely affects the course and outcome of common chronic conditions
- Increased work absenteeism, short-term disability, and decreased productivity

# Who Tends to be Most Depressed?

- persons 45-64 years of age
- women
- persons with less than a high school education
- those previously married
- individuals unable to work or unemployed
- persons without health insurance coverage
- blacks, Hispanics, non-Hispanic persons of other races or multiple races

# Brief Statistics

- 1 in 10 U.S. Adults Report Depression
- Major depressive disorder is a chronic disorder for most blacks.
- Blacks with depression reported higher levels of functional impairment than whites.

# Causes of Depression in Blacks



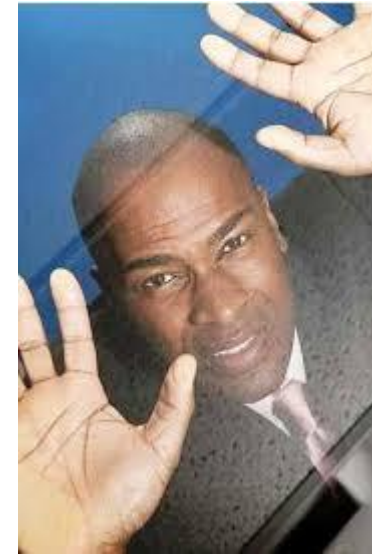
# Discrimination

- African-American men who believe they should respond to stress with stoicism and emotional control experience more depression symptoms. , [Taking It Like a Man: Masculine Role Norms as Moderators of the Racial Discrimination–Depressive Symptoms Association Among African-American Men,](#) published online in the American Journal of Public Health March 8, 2012
- 79% of people who have been diagnosed with depression also stated they were discriminated against. The Lancet, October 2012



# The Glass Ceiling Effect

- Frustration of reaching only certain level
- Isolation
- Kept to different standard



# Poverty

- In 2010, 27.4 percent of blacks and 26.6 percent of Hispanics were poor, compared to 9.9 percent of non-Hispanic whites and 12.1 percent of Asians.

National Poverty Center

- Humiliation from subsidies
- Poor living environment
- Frustrated because cannot pursue goals
- Crime
- Parents in jail
- Failing foster care system



# Single Parenting

- In the African American community, [72 percent of Black children are raised in a single parent household.](#) (Organization for Economic Cooperation and Development, 2011)
- Must do the job of two parents
- Not enough emotional support-companionship
- Not enough dads, gives us enraged boys and vulnerable girls



# Gun Violence and PTSD

- July 2013, CDC, Nearly four times as many young murder victims in the United States were killed by firearms than by other methods such as stabbing, strangling or poisoning, in the past 30 years.



# Body Image

- African American women have the highest rates of being overweight or obese compared to other groups in the U.S. About four out of five African American women are overweight or obese. (Office of Minority Health)
- Skin color
- Hair texture
- Self esteem
- Eating disorders



# Incest

- Less likely to report
- Self esteem
- Arrested development
- PTSD
- Drug Abuse
- Dissociative Disorders
- Schizoaffective
- Borderline personality



# LGBT

- 3 times the suicide rate for youth
- Black community still in closet
- Unsafe sex
- Drug abuse



# Diet

- Comfort food –serotonin high and dependence
- Less food choices
- Obesity- physical complications
- Less mobility





# Stigma

- Therapy is a white thing
- I don't need to see a therapist  
I'm not crazy
- Perceived as weakness
- Church or house of worship



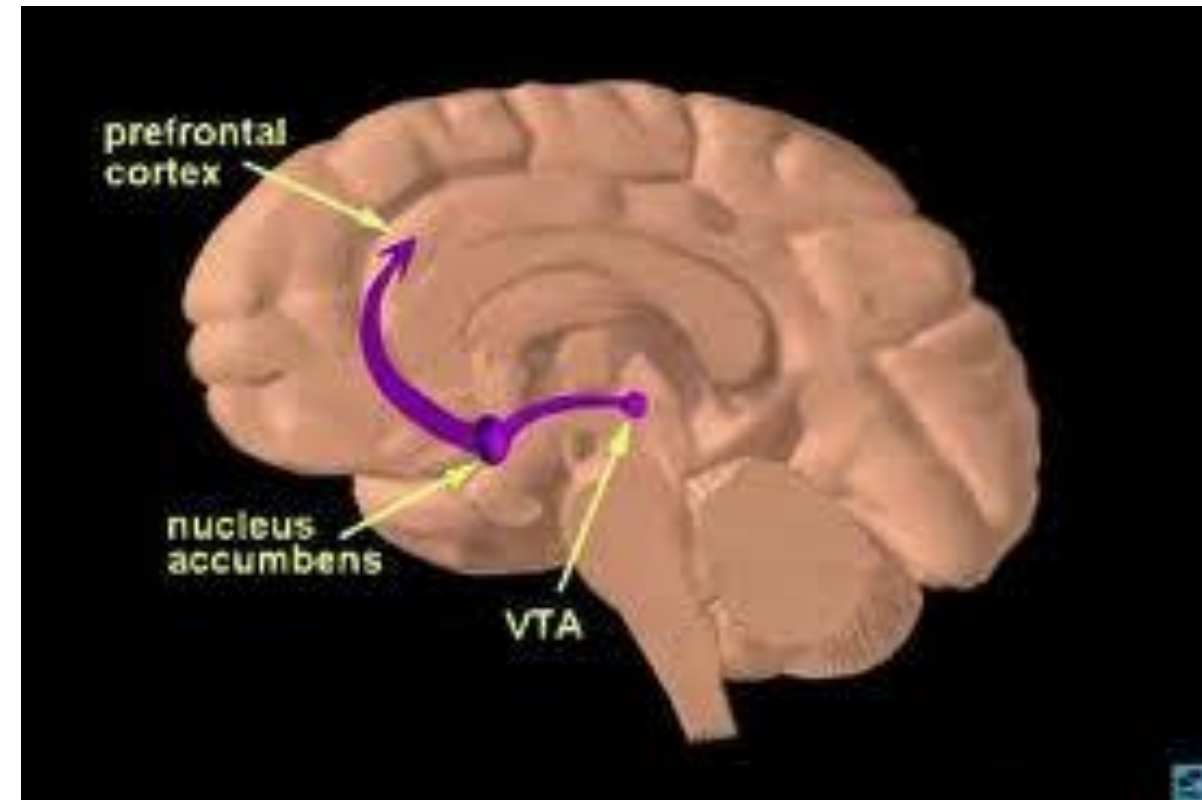
# Lack of Insurance

- Lack of health care
- Under diagnosis of depression especially in black women



# Drugs and Alcohol

- Rates higher for lower SES groups
- #1 illicit drug for teenagers (contributes to suicide)
- Changes brain chemistry



# Good News

- Churches and counseling
- Elders
- Oprah, Iyanla, I Dream of Nene (breaking down stigma)
- Teaching of Cultural Competence and Cultural Sensitivity
- Single father programs
- Health and nutrition conscious
- Changing media images and focus
- Osteopathic Care
- Affordable Care Act