

Depression More Than Triples in the US Over the Last 10 Years

Among people receiving treatment for depression in the US, the percentage of those on antidepressant medication has risen dramatically, while fewer are opting for time on the couch in psychotherapy.

The number of Americans treated for depression soared from 1.7 million to 6.3 million between 1987 and 1997, and the proportion of those receiving antidepressants doubled.

The researchers attributed the sharp increases to the emergence of aggressively marketed new drugs like Prozac, the rise in managed care and an **easing of the stigma attached to the disease.**

The study found that the share of patients who used antidepressant medication climbed from 37% to nearly 75%. At the same time, the **proportion who received psychotherapy declined from 71% to 60%.**

The publicizing of newer antidepressants that have fewer side effects - such as Prozac, which was introduced in late 1987 - has helped make patients more willing to seek treatment, the researchers said. This publicity has included pharmaceutical industry efforts to market the drugs directly to consumers and public-awareness campaigns about depression.

The rise in managed care also has contributed to the increase in use of medication, which may be less costly and time-consuming than psychotherapy, the researchers said.

Managed care also has placed more emphasis on primary-care physicians, who may be more likely to prescribe medication than to refer patients to specialists for psychotherapy, said Ronald Kessler, a professor of health care policy at Harvard University who was not involved in the study.

Kessler said evidence shows that combining medication with psychotherapy is the most effective treatment for depression. While many of the patients studied received both, some clearly did not, and Kessler said the findings do not indicate whether patients received adequate treatment.

In the US, experts estimate that during any given year, between 5% and 10% of the population experiences major depression, according to the report.

And more people are being treated for depression than ever before, the study finds, suggesting that the stigma associated with depression may be declining.

The last decade also saw a huge increase in the advertising of these newer medications, the researchers point out, as well as a considerable amount of media coverage of depression.

JAMA January 9, 2002;287:203-209

DR. MERCOLA'S COMMENT:

Depression is one of the most devastating and common diseases on the planet. It exacts a toll far more significant in pain and suffering than just about any other disease.

The numbers are quite compelling. Treating depression with drugs is becoming quite common. The number of people treated over the ten year period increased by over 300%.

By now over 8 million people are using antidepressants.

I used to be one of those drug prescribing doctors and in the late 80s I had put several thousand patients on these drugs.

They seemed to work well for many. However in not one single case did they solve the underlying foundation reason as to why the person was depressed.

Last year I learned how to use [EFT](#) to treat depression and it is very rare where I need to use antidepressants for any patient. I believe I can count the number of prescriptions I have written for them on one hand since I started using EFT.

If you are struggling with depression, one of the best things you could do would be to find a qualified EFT practitioner at www.emofree.com and once you are feeling better start following my eating plan. EFT can also be used for any [food addiction problems](#) such as sugar or bread.

Alternatively you could consider purchasing the [videos](#) of a workshop that I recently did on EFT as that will provide you with a basic foundation in EFT. The videos are risk free. They have a full one year guarantee refund. If you are not absolutely satisfied that the techniques you learn from viewing the tape are not worth you can return the videos for a full refund.

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