Racial Disparities in Depression, Anxiety and Schizophrenia

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Disclosures

• Dr. Primm has no disclosures to report.
Anxiety Disorder, Major Depression, and Schizophrenia
- Description
- DSM-5 changes
- Epidemiology

Racial and Ethnic Distribution of Mental Disorders

Ethnic and racial mental health disparities
- Examples
- Context
- ACA and other initiatives to support equitable mental health care and improved outcomes
Anxiety Disorders

- Excessive fear and anxiety and related disturbances of behavior*

- DSM-5 anxiety disorders include: generalized anxiety disorder (GAD), panic disorder, and phobias (OCD and PTSD are in separate categories)*

- GAD and panic disorder each affect approximately 3% of adults each year, phobias affect 7% of adults.**

- Treatments are benzodiazepines, SSRIs, SNRIs, tricyclics, beta blockers, psychotherapy**

Schizophrenia

- Positive symptoms (delusions, hallucinations, disorganized thought and behavior) and negative symptoms (apathy, lack of motivation)*

- Affects approximately 1% of the population

- Treatment with antipsychotic medications, 1\textsuperscript{st} and 2\textsuperscript{nd} generation, rehabilitation and psychosocial interventions

Major Depression

- Symptoms include change in mood, self-attitude and vital sense (sleep, appetite, energy level)
- Affects 15 million adults each year (5-8% of the population experience at least one episode)**
- DSM-5 related disorders newly termed are persistent depressive disorder (dysthymic disorder), disruptive mood dysregulation disorder, premenstrual dysphoric disorder*
- Treatment includes antidepressants, adjunctive atypical antipsychotics, electroconvulsive therapy, light therapy, psychotherapy, brain stimulation techniques**

Percentage of Any Mental Illness in the Past Year Among Adults Aged 18 or Older by Race or Ethnicity: 2013

Asians: 12.3%
Native Hawaiians/Pacific Islanders: 14.4%
Hispanics: 16.9%
blacks: 16.9%
whites: 19.3%
American Indian or Alaska Natives: 26%
Two or More Races: 28.1%

National Survey on Drug Use and Health, 2013
Percentage of Adults Aged 18 or Older Using Mental Health Services in the Past Year by Race or Ethnicity: 2013

- Asians: 6.4%
- Native Hawaiians/Pacific Islanders: 4.2%
- Hispanics: 8.7%
- Blacks: 8.9%
- Whites: 17.6%
- American Indian or Alaska Natives: 15.7%
- Two or More Races: 20.2%

National Survey on Drug Use and Health, 2013
Barriers and Mediators to Access to Equitable Health Care for Diverse Racial and Ethnic Groups

Barriers
- Personal/Family
  - Language/literacy
  - Attitudes, beliefs
  - Preferences
  - Involvement in care
  - Health behavior
  - Education/income
- Structural
  - Availability
  - Appointments
  - How organized
  - Transportation
- Financial
  - Insurance coverage
  - Reimbursement levels
  - Public support

Use of Services
- Visits
  - Primary care
  - Specialty
  - Emergency
- Procedures
  - Preventive
  - Diagnostic
  - Therapeutic

Mediators
- Quality of providers
  - Cultural competence
  - Communication skills
  - Medical knowledge
  - Technical skills
  - Racial bias/stereotyping
  - Appropriateness of care
  - Efficacy of treatment
  - Adherence to treatment

Outcomes
- Health Status
  - Mortality
  - Morbidity
  - Well-being
  - Functioning
- Equity of Services
  - Consumer Views of Care
    - Experiences
    - Satisfaction
    - Effective partnership

Do Differences in Treatment Preferences Explain Disparities?

• Differences in treatment preferences do not fully explain the large persistent racial disparities in mental health care according to a study drawn from the National Comorbidity Survey Replication

Hunt J, et al, 2013, *Journal of Nervous & Mental Disease*
Use of Services

- Primary care
- Prevention and screening
Disparities in Mental Health Care

- Racial-ethnic minority groups received less outpatient mental health care from physicians for most disorders
- Blacks received more treatment than whites for psychotic disorders
- Differences in visits to psychiatrists were larger than visits to other physicians
- Differences were less pronounced among older adults

(Manseau and Case, 2014)
Disparities in Depression Screening and Care

- Blacks and Asians less likely and Latinos more likely to be screened for depression than Whites
- Blacks, Asians, and Latino males less likely than White males to receive any mental health care
- Targeting specific groups in specific stages of care would be more effective than a blanket approach to disparities reduction

Hahm HC, et al 2015 *Psychiatric Services*
Presenting Symptoms of Depression

- **African Americans**
  - Somatic complaints, insomnia or hypersomnia, appetite changes

- **Whites**
  - Cognitive disturbance, anxiety, core depressive feelings

Bailey et al, 2009
Mental Health Disparities in Older African Americans

- Rates of depression among adults over 50:
  - Whites 6.8%, African Americans 9%, Hispanics 11.4%
  - Subthreshold depression more common in older African Americans)

- Compared to Whites, older African Americans less likely to express suicidal ideation or sadness, more likely to have influence of religious beliefs

- African American less likely to receive appropriate treatment

- Disparities more likely the result of barriers related to access to care than stigma and attitudinal barriers

Vinson L, et al, 2013 Clinical Gerontologist
Mental Health Disparities in Older African Americans

- Lifetime anxiety prevalence rate among adults 50 and over:
  - African Americans 11%, Whites 12.6%, Hispanics 14.5%
- Older African Americans more likely to present physical symptoms than Whites
- More positive affect than Whites, so more difficult to identify the disorder
- Particular lack of research involving older African Americans

Vinson L, et al, 2013 Clinical Gerontologist
Disparities in Treatment of Depression and Anxiety

• In visits to primary care for anxiety and depression:
  • Blacks and Hispanics are less likely to receive antidepressants of any care compared to Whites
  • Hispanics also less likely to receive counseling

• In visits to psychiatrists:
  • Blacks less likely to receive antidepressants compared to Whites

Lagomasino et al, 2013 *Psychiatric Services*
Mental Illness and Perceptions of Racial Discrimination

- Experiencing racial discrimination was associated with significantly higher odds of generalized anxiety disorder among African Americans
  
  \[\text{Soto et al, 2011}\]

- Regardless of SES, age and gender among African Americans, Hispanics and Asian Americans, perceived racial discrimination was associated with lifetime prevalence of:
  
  - Major depressive disorder
  - Post-traumatic Stress Disorder
  - Substance Use Disorders

  \[\text{Chou et al, 2012}\]
African Americans and Schizophrenia

- African Americans receive higher rates of diagnoses of schizophrenia and lower rates of depression diagnoses than Whites.
- Higher rates of psychosis and similar rates of mood symptoms compared to Whites.
- Clinicians overvalue psychotic symptoms.
- Discrimination and healthy paranoia may contribute to misinterpretation of symptoms.

Gara et al, 2012
THANK YOU