

Recognizing depression in African American men

DiAnne Bradford, Ph.D.
Professor of Clinical Psychiatry
Director, Minority Mental Health
Research Program

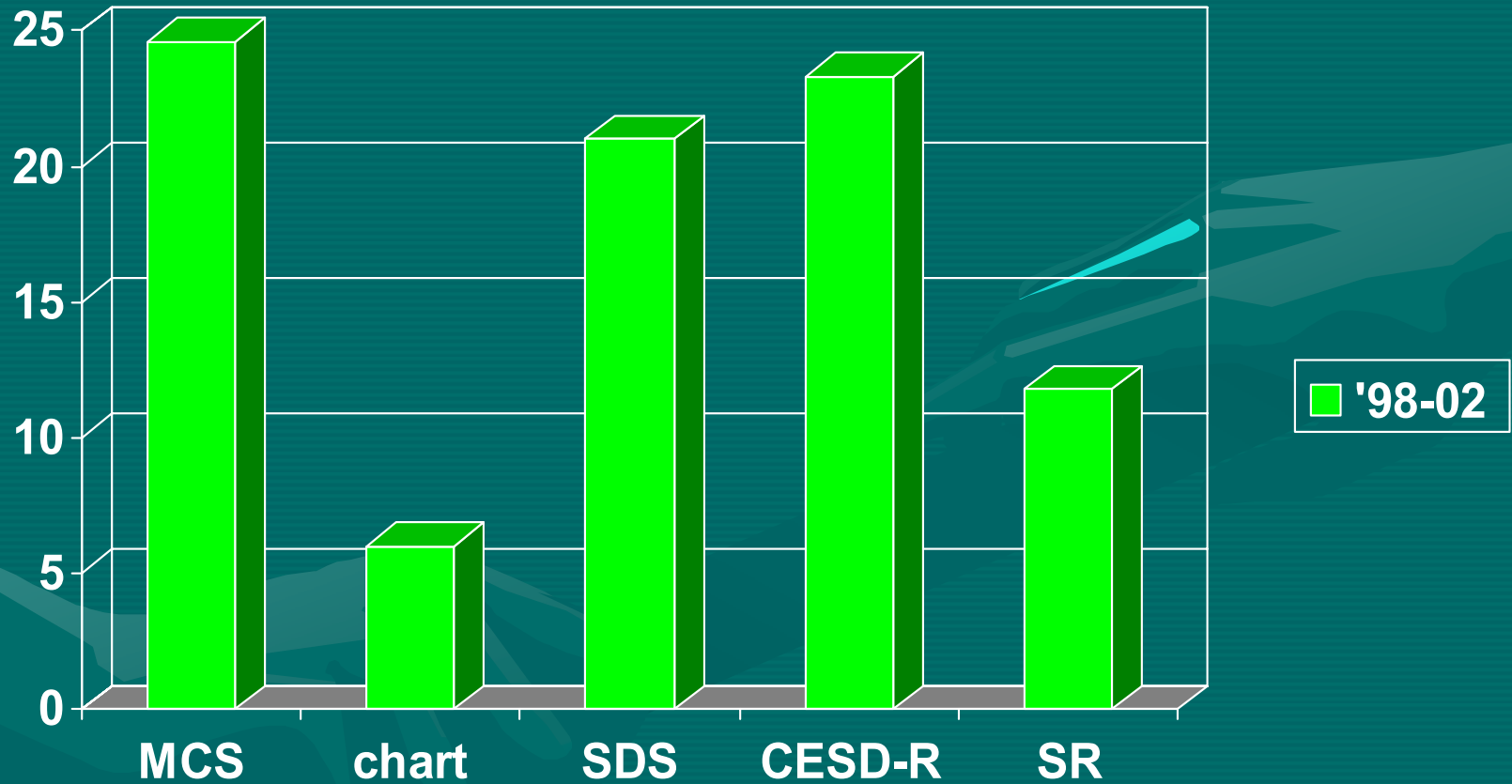
Disparities in Depression

- African Americans are *less likely* to be diagnosed with depression
- Once diagnosed, African Americans are less likely to receive antidepressant treatment
- African Americans are more likely to receive cheaper TCAs than SSRIs
- Disparities persist throughout childhood, adolescence and adulthood

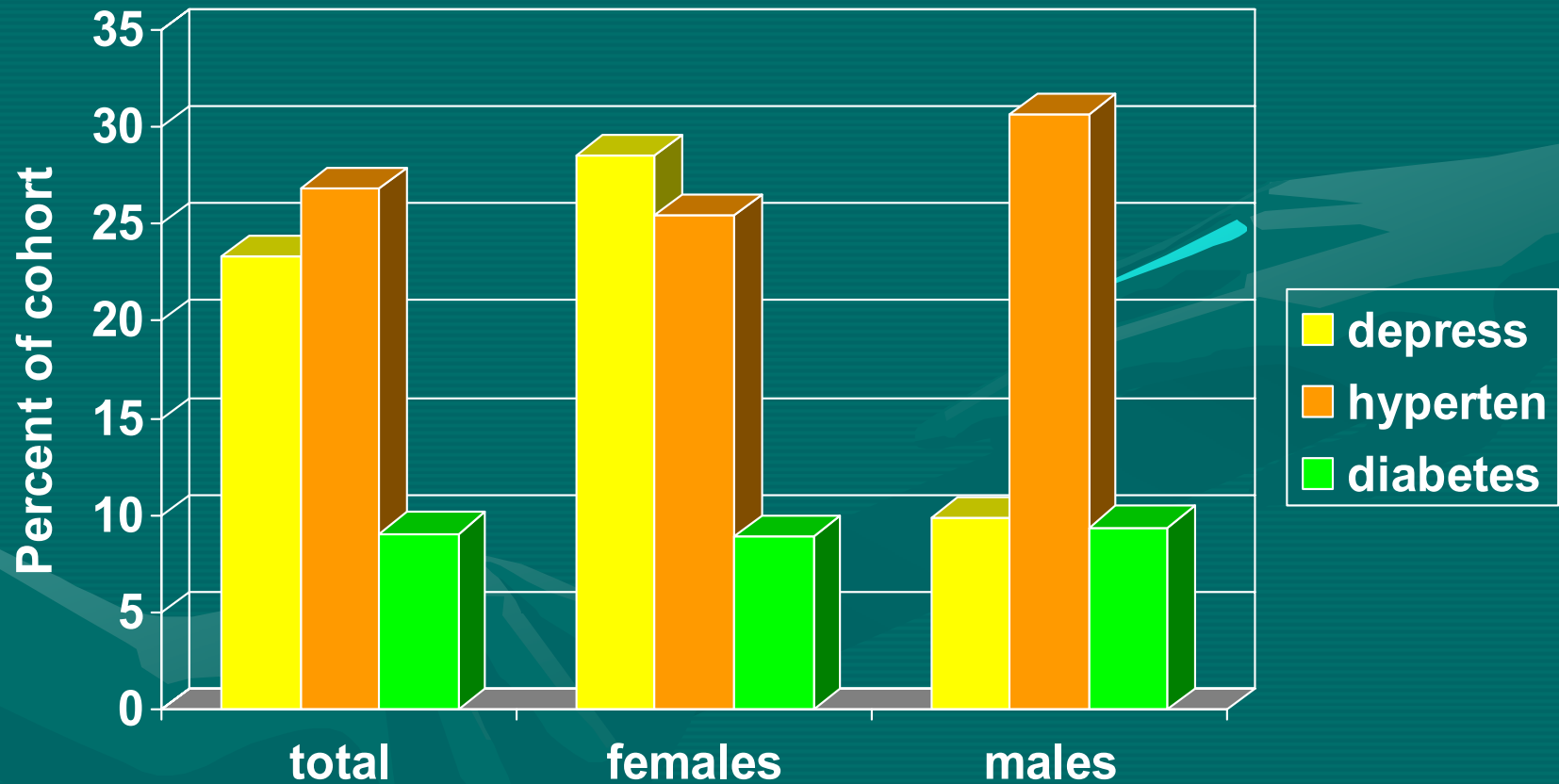
Hypotheses:

- AA report the same symptoms, but clinician bias (racial or cultural) contributes to missed diagnosis
- AA report different symptoms
- Other facts (e.g., SES) account for missed diagnoses and lack of adequate treatment

DEPRESSION ASSESSMENT METHOD



Frequency of depression*, HTN and diabetes in PC African Americans

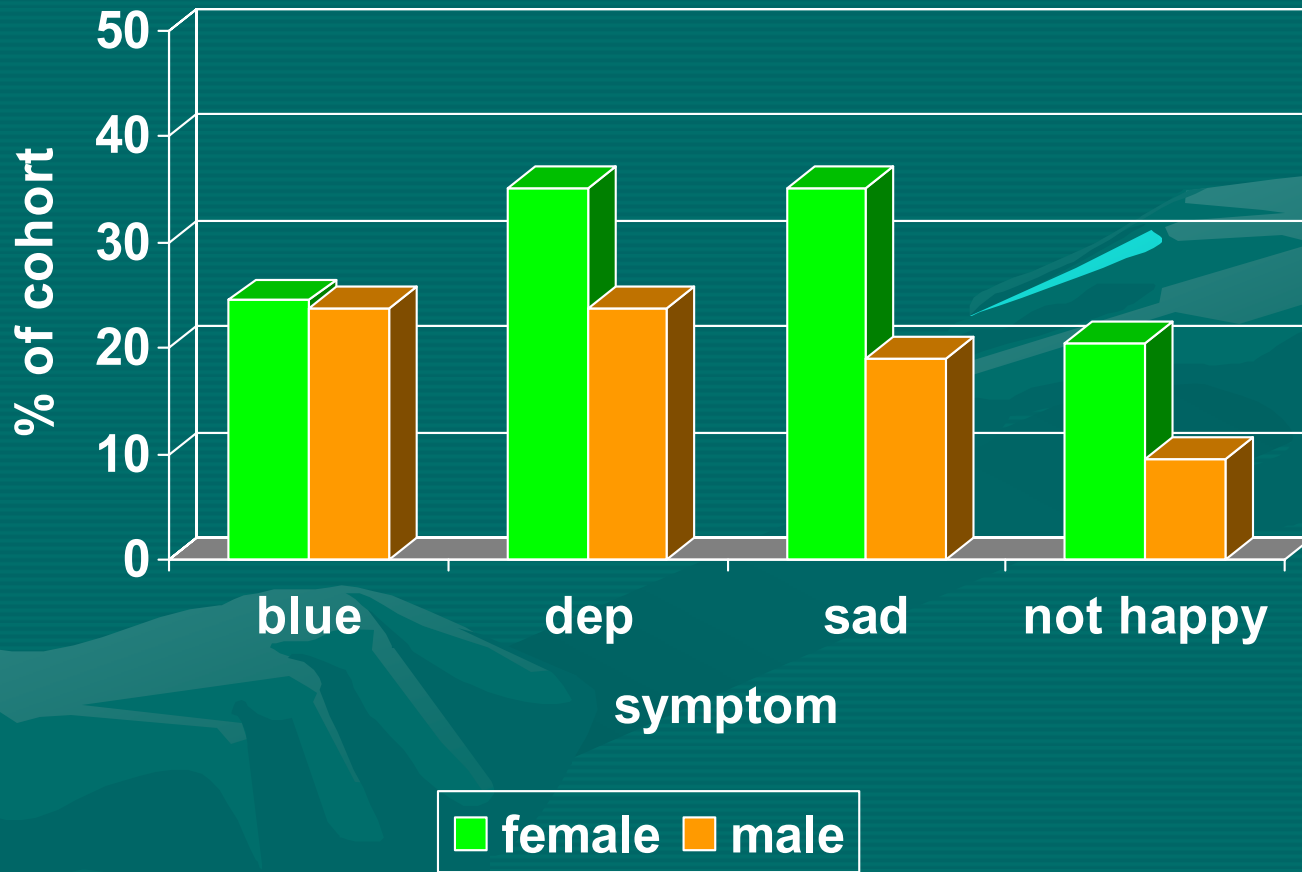


* CES-D-R \geq 16

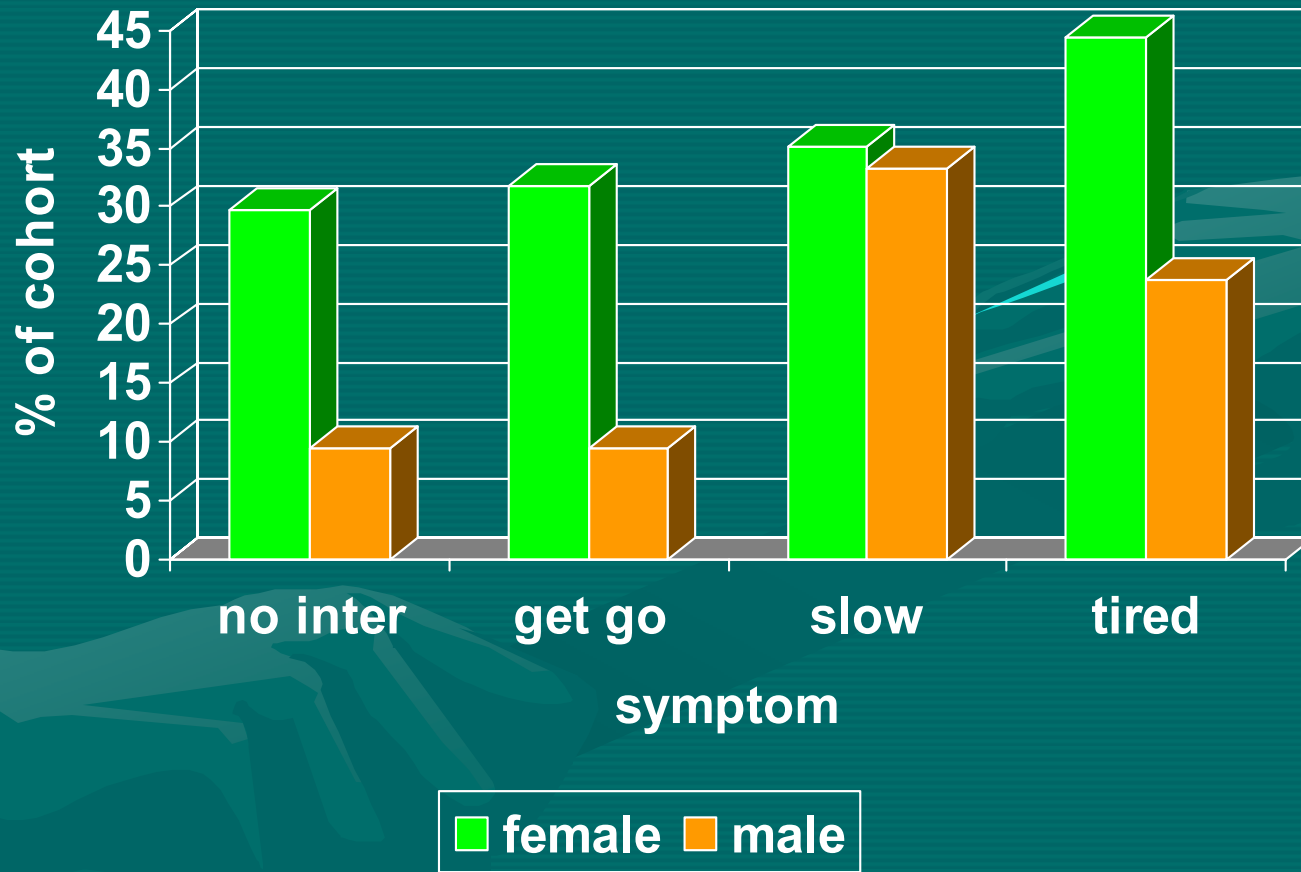
- Do African Americans report the same or different symptoms of depression ?

It has been claimed that Whites report more “typical” symptoms (e.g., depressed mood), while African Americans report more somatic symptoms of depression

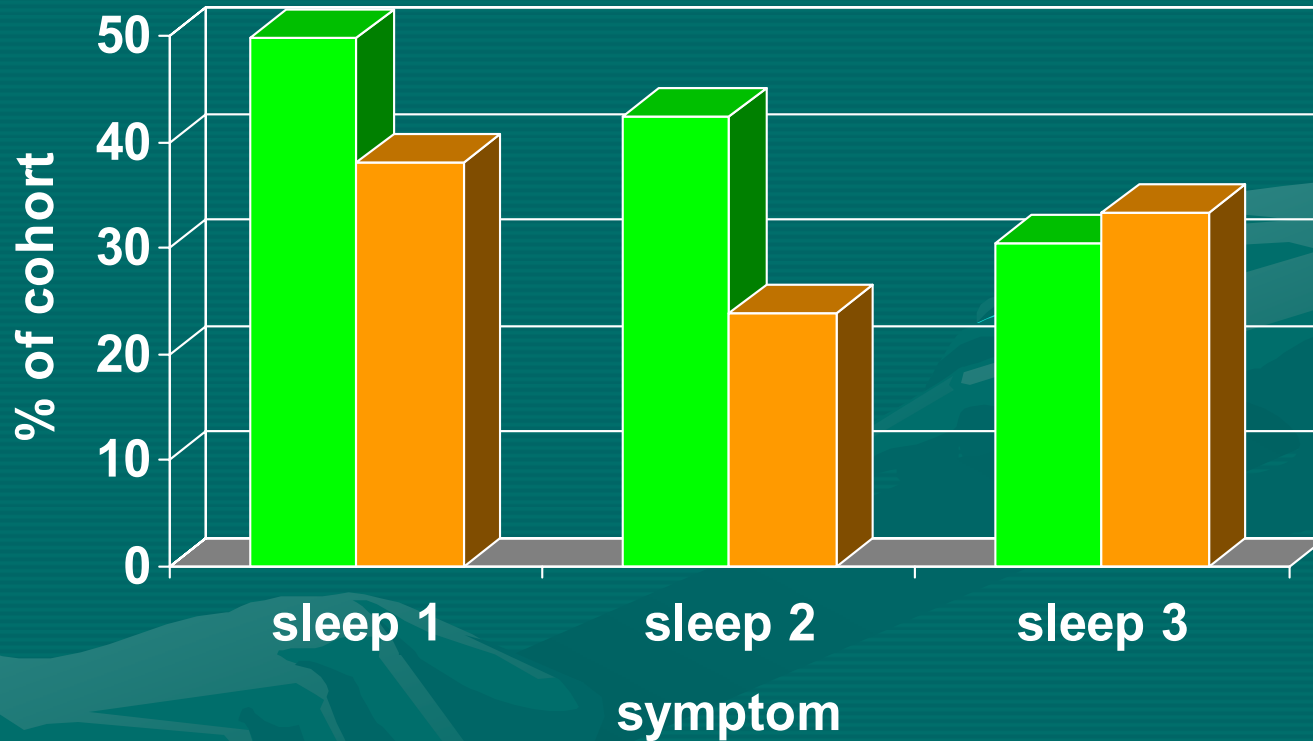
“Typical Symptoms”: Depressed cohort



Anhedonia (loss of pleasure)/Lassitude (inertia): Depressed cohort



Somatic symptoms: depressed cohort



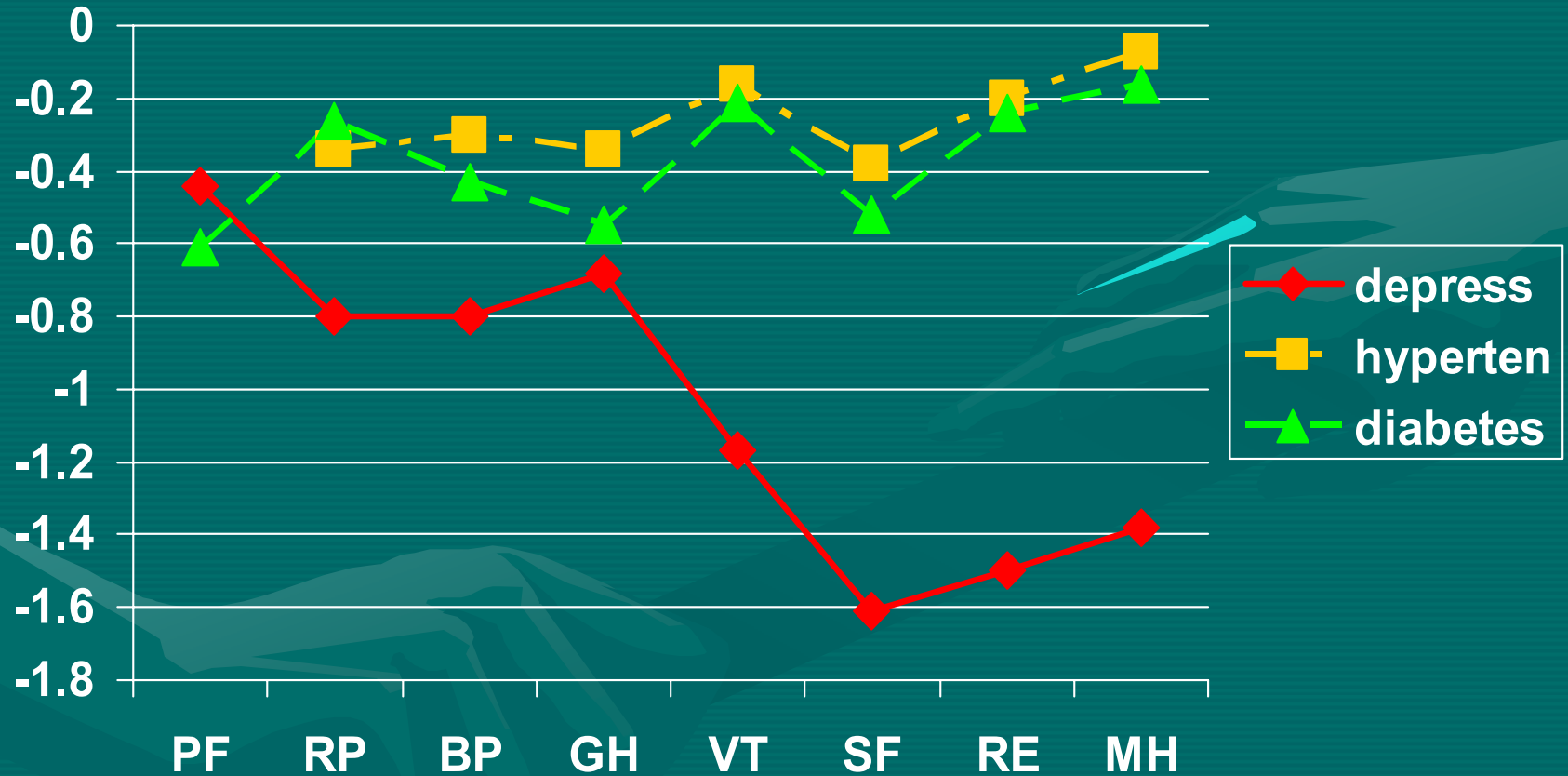
■ female ■ male

Sleep 1 = restless sleep

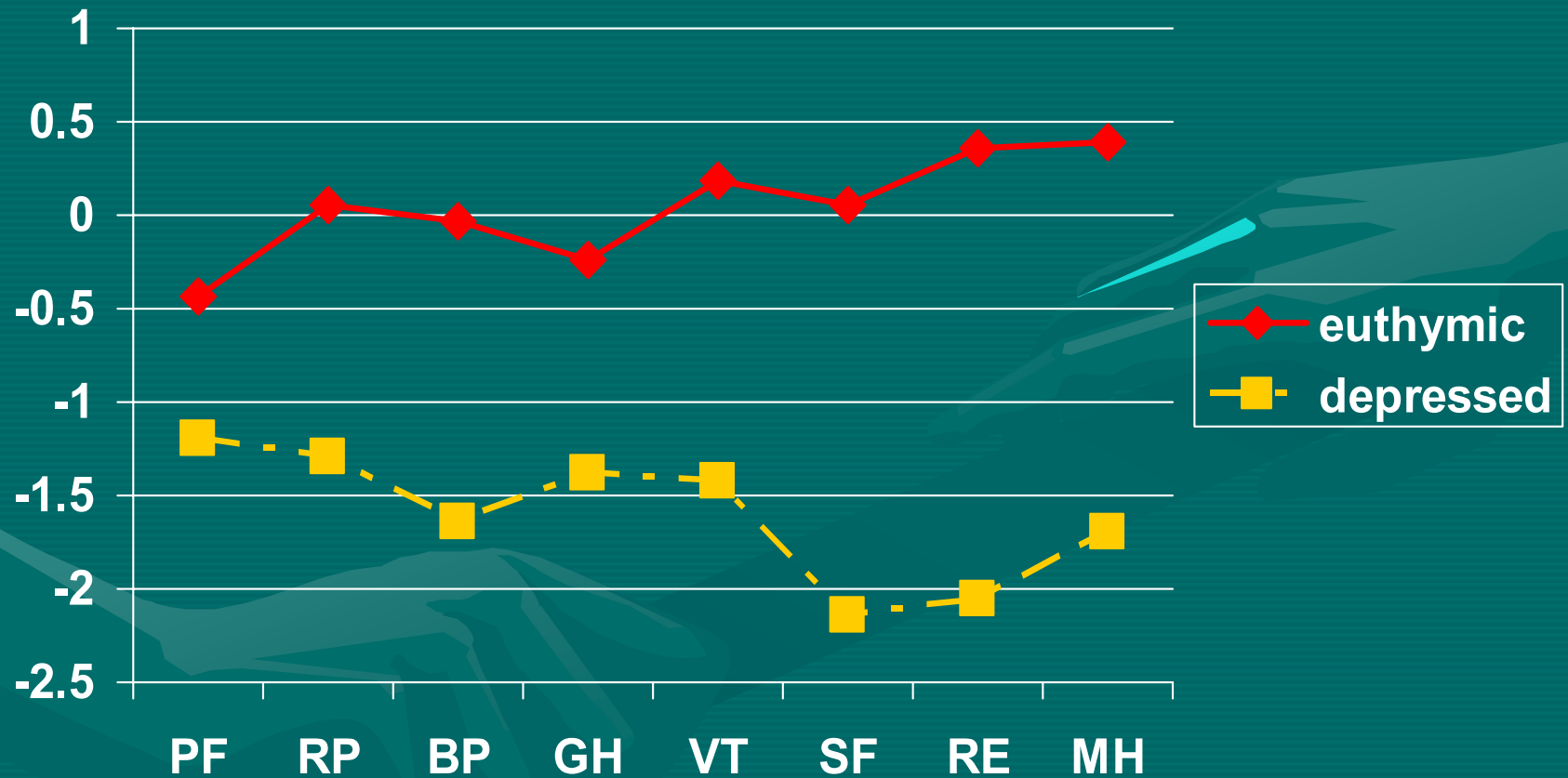
Sleep 2 = getting to sleep

Sleep 3 = slept more

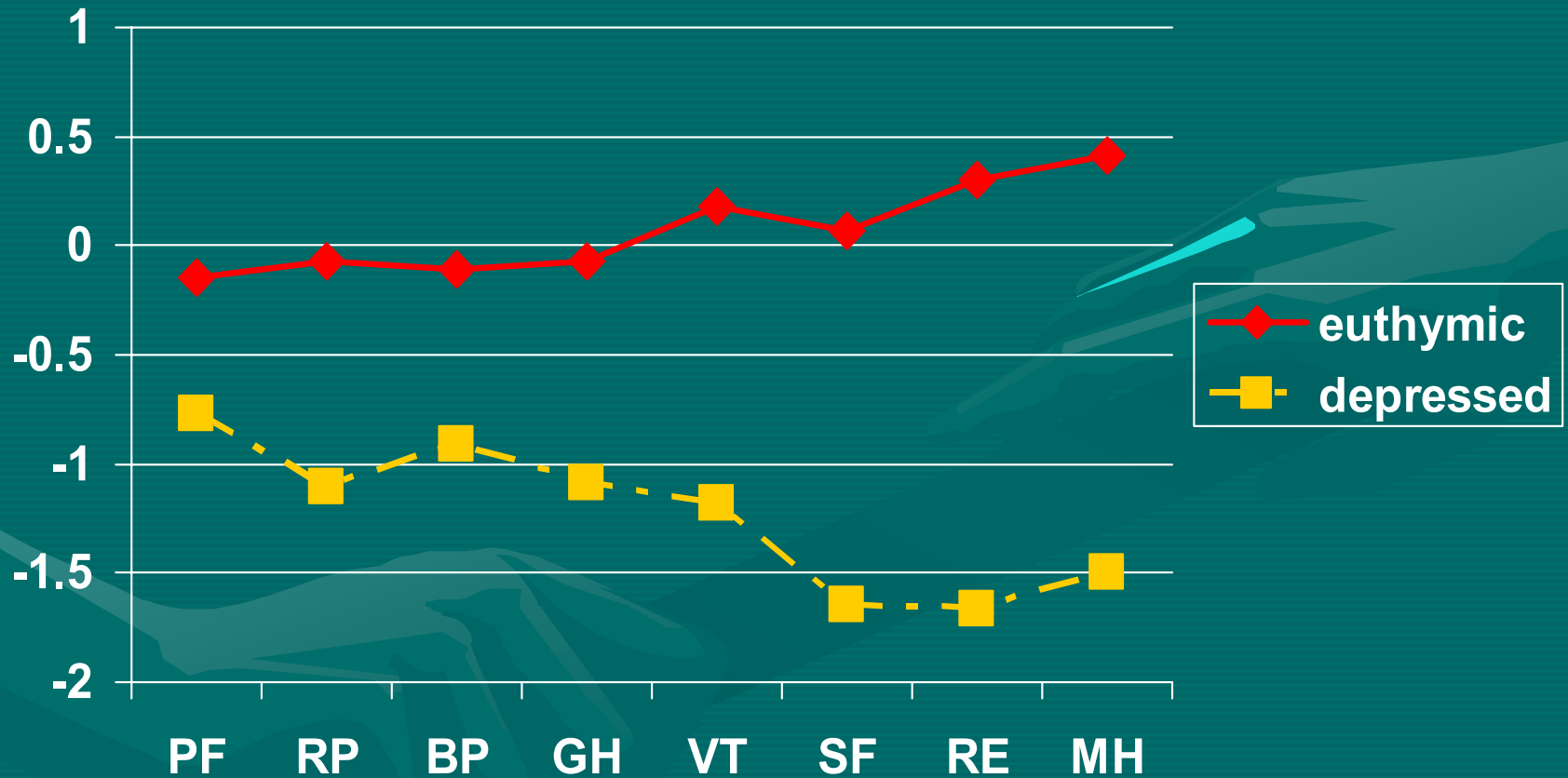
SF-36 domains: depression, hypertension and diabetes



SF-36 domains: diabetes depressed and non-depressed cohorts



SF-36 domains: hypertensive depressed and non-depressed cohorts



Tentative conclusions

- AA women report more “typical symptoms of depression than men & may be related to level of education
- AA women report more anhedonia (loss of pleasure) & lassitude (no get up and go) than AA men
- Both AA women and men report significant symptoms of sleep disturbances
- Even after depression is recognized, most African Americans refuse treatment

What are we *not* asking?

- What are the key depression symptoms for African American men?
- Pain symptoms
 - Headaches, back aches, stiff neck, achy shoulders
 - GI disturbances
- Feeling hopeless, helpless
- Anger, irritation

PHQ-9+

1. Little interest or pleasure
2. Sleep disturbances
3. Feeling down, depressed, **hopeless**, **helpless**
4. Feeling tired/little energy
5. Poor appetite/over-eating
6. **Feeling bad about yourself/failure/let family down**
7. Trouble concentrating
8. **Moving speaking slowly/fidgety or restless**
9. Thoughts you'd be better off dead
10. **Trouble w/headaches, stiff neck, achy shoulders; feeling bloated, sick to stomach**

Addressing depression

- Even after clients recognized they had depression, most refused treatment
 - Pregnant women are *more* likely to agree to antidepressants – risk/benefits
 - Introduce antidepressant treatment to African-American men as auxiliary treatment for medical treatment, e.g., hypertension, diabetes
 - Reducing stigma via African American male “role models” in media, local (100 Black Men), national
 - Culturally competent videos in waiting rooms

Contributors

Acknowledgement & Thanks

- Lonnie E. Fuller, Sr. MD. Family Medicine
- Charlie Lollis Harris, Ph.D. Family Medicine & Psychiatry
- Shakoora Omanuwa, MD. Family Medicine
- Claudette Mitchell, RN, MSc. Family Medicine (NCPC, Org of 100 Black Men)