Prevalence of diagnosed and undiagnosed depression among U.S. adults with HIV
Linda Beer; Linda J. Koenig; Yunfeng Tie; Xin Yuan; Jennifer Fagan; Kate Buchacz; John Weiser

BACKGROUND
- People with HIV are disproportionately affected by depression. Effectively diagnosing and treating depression could improve quality of life (QoL) and HIV outcomes.
- We used data from CDC’s Medical Monitoring Project (MMP) to report nationally representative estimates of depression among U.S. adults with HIV (PWH).

METHODS
- The MMP is a national surveillance system that uses a probability sample to produce annual, cross-sectional estimates of behavioral and clinical characteristics of PWH.
- During 6/2021–5/2022, MMP collected data from 3,928 PWH
  - Current symptoms consistent with a diagnosis of Major Depression, Dysthymia, Depressive Disorder NOS based on the Patient Health Questionnaire (PHQ-8)
  - Depression diagnoses (Major Depression, Depression, Depressed Mood, Dysthymia, Bipolar Disorder, Depressive Disorder NOS) during the past 2 years from medical records

• We report weighted percentages and assessed statistical significance using prevalence ratios (PRs) with predicted marginal means to determine associations with respect to symptoms and diagnoses

LIMITATIONS
- Biases inherent to self-reported data
- Inability to assess temporality with respect to symptoms and diagnoses
- PHQ-8 scoring is consistent with depression diagnostic criteria, but not equivalent and further diagnostic comparison is recommended

CONCLUSIONS
- One-third of PWH experienced depression; of whom nearly half were undiagnosed or still experiencing considerable symptoms.
- Expanding universal screening and high-quality treatment for depression would improve QoL and HIV outcomes.

Notes: ART, antiretroviral therapy; svcs, services; all variables self-reported and measured over the past 12 months except where otherwise indicated; ART dose adherent, took all ART doses past 30 days; sustained viral suppression, all viral loads undetectable or <200 copies/mL; unmet need for mental health services, needed but did not receive mental health service among those with any need; disability, includes physical, mental, and emotional disabilities; housing insecure/homeless, experiencing unstable housing (i.e., moving in with others due to financial issues, moving 2 or more times, or being evicted) or homelessness (living on the street, in a shelter, in a single-room-occupancy hotel, or in a car); food insecurity, went without food due to lack of money; discrimination in HIV care, experienced at least 1 of 8 discriminatory experiences (e.g., treated with less respect, received poorer services than others) when receiving HIV care; * Among those with any depression (by symptoms or diagnosis)

Contact: Linda Beer; LBeer@cdc.gov