

OKLAHOMA YOUTH RISK BEHAVIOR SURVEY 2007

Depression and Suicide

Adolescent depression is not just bad moods or occasional melancholy. Depression can destroy the very essence of an adolescent's personality, causing an overwhelming sense of sadness, despair or anger. While very treatable, most adolescents suffering from depression do not receive even the most minimal level of treatment.¹ Untreated adolescent depression is not only associated with suicide, but with many other negative outcomes including: leaving school, pregnancy, and substance abuse.² Furthermore, adolescents who are depressed are twice as likely to suffer from depression as adults, and five times more likely to make a first suicide attempt as adults than adolescents who do not suffer from depression.³

Among adolescents aged 15-19, suicide is the third leading cause of death in the United States.⁴ Even though suicide accounted for 1.3% of all deaths, among 15-24 year olds it constituted 12.3% of all deaths.⁵ In 2005, there were approximately 12 adolescent suicides a day. It is estimated for every completed suicide by a youth, 100 to 200 attempts are made. Although there is variation in the rates by geographic location, in an average high school classroom, one boy and two girls have attempted suicide in the previous 12 months.

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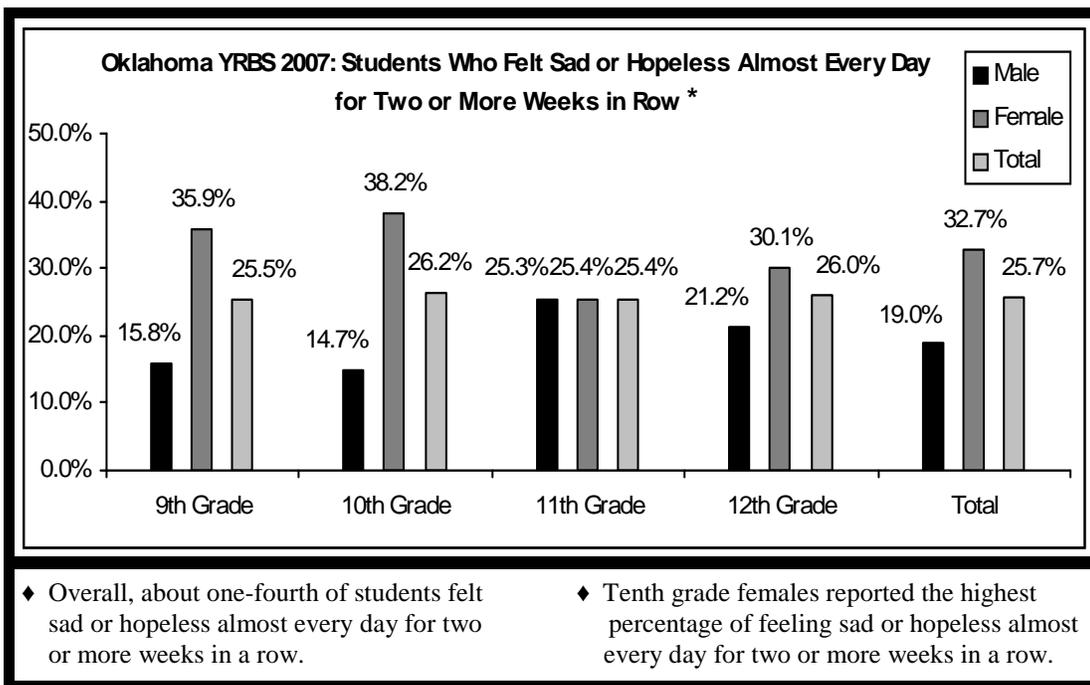
2007 YRBS Findings:

The percentage of students who felt sad and hopeless almost every day for two weeks or more in a row was down in 2007 compared to 2003 and 2005.

Girls reported a higher percentage of attempting suicide than boys.

Ninth graders reported the highest percentage of attempting suicide than any other grade.

The percentage of students who reported attempting suicide in 2007 was down from 2005 and 2003.



*That some usual activities were stopped during the past 12 months

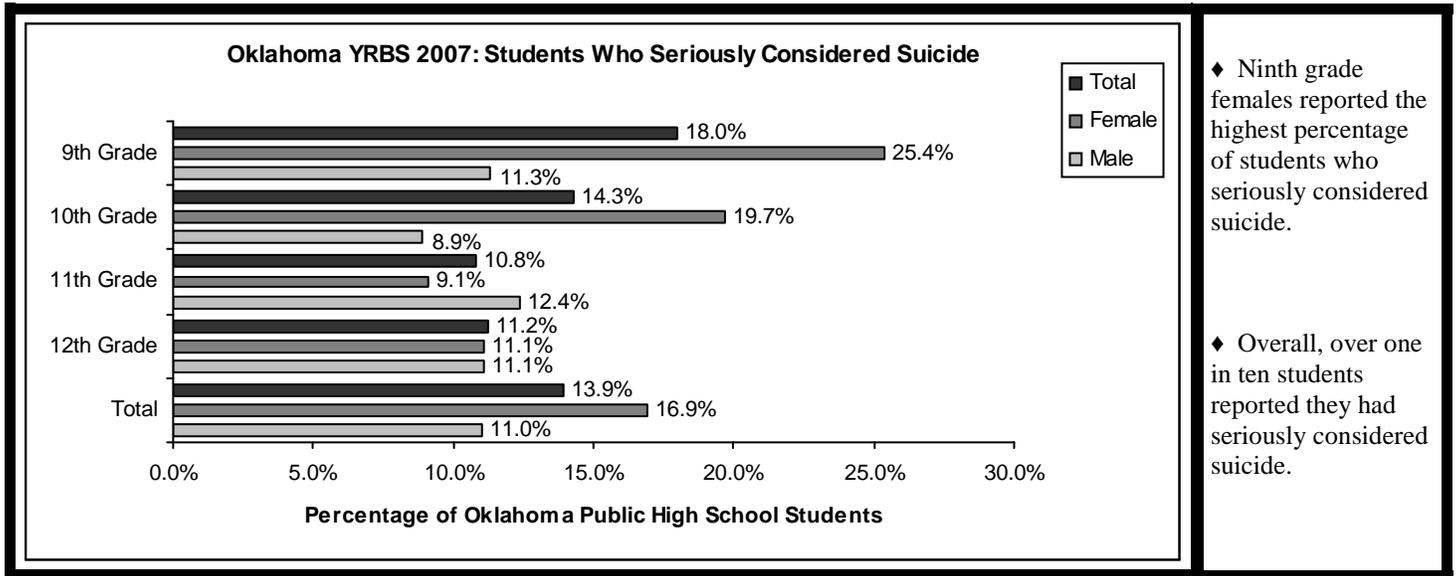


The Youth Risk Behavior Survey (YRBS) was developed by the Division of Adolescent and School Health (DASH), National Center for Chronic Disease Prevention and Health Promotion, Centers for Disease Control and Prevention (CDC). The YRBS is administered to students in grades 9-12 who attend Oklahoma public high schools. The survey is administered every odd year. It serves to monitor risk behaviors among adolescents that are the leading contributors of mortality, morbidity, and social problems among youth and adults. The behaviors covered in the YRBS fall into six categories: intentional and unintentional injury, tobacco use, alcohol and other drug use, sexual behaviors, dietary behaviors and physical activity. All data are self-reported. Data in this report were provided by the CDC. The data in this report are statistically weighted to represent all Oklahoma public high school students. The results presented reflect observed rates and do not necessarily represent statistically significant differences.

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Continued



Summary Table

SURVEY QUESTION	National % 2007	OK % 2007	GENDER %		GRADE %				Trends %		
			M	F	9	10	11	12	2003	2005	2007
Students who felt sad or hopeless almost every day for two weeks or more in a row that they stopped doing some usual activities during the past 12 months.	28.5	25.7	19.0	32.7	25.5	26.2	25.4	26.0	27.1	27.9	25.7
Students who seriously considered attempting suicide during the past 12 months.	14.5	13.9	11.0	16.9	18.0	14.3	10.8	11.2	15.4	15.4	13.9
Students who made a plan about how they would attempt suicide during the past 12 months.	11.3	10.9	8.7	13.0	14.1	10.5	9.3	8.9	13.3	12.4	10.9
Students who actually attempted suicide one or more times during the past 12 months.	6.9	5.9	4.6	7.0	7.9	6.5	4.6	3.6	7.0	7.9	5.9
Students who made a suicide attempt during the past 12 months that resulted in an injury, poisoning, or overdose that had to be treated by a doctor or a nurse.	2.0	2.1	1.6	2.5	2.5	1.6	2.5	1.2	2.4	1.8	2.1

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2. Asarnow, J.R., Duan, L.H., LaBorde, A.P, et al. (2005). Effectiveness of quality improvement intervention for adolescent depression in primary care clinics: a randomized controlled trial. *JAMA*, 293, 311-319
3. Weissman, M.M., Wolk, S. Goldstein, R.B., et al. (1999). Depressed adolescents grown up. *JAMA*, 281, 1707-1713
4. Centers for Disease Control and Prevention. Healthy Youth YRBSS Youth Online: Questionnaires and Item Rationales. Retrieved electronically January 29, 2009 from: <http://www.cdc.gov/HealthyYouth/yrbss/pdf/questionnaire/2009ItemRationale.txt>
5. American Association of Suicidology. Youth Suicide Fact Sheet. Retrieved electronically January 29, 2009 from: <http://suicidology.org/web/guest/stats-and-tools/fact-sheets>