



U.S. Department of Health
and Human Services
Administration for Children
and Families
Office of Family Assistance

NRFC Quick Statistics



www.fatherhood.gov

Fathers and Depression

Percentage of Major Depressive (MDD) Disorder by Gender

Gender	Percentage of <u>Individuals</u> with MDD	
	National Comorbidity Survey-Baseline 1990-1992	National Comorbidity Survey-Replication 2001-2003
Men	6.1%	4.8%
Women	11.0%	8.5%

Source: Child Trends' analyses of the National Comorbidity Survey-Baseline 1990-1992 and the National Comorbidity Survey-Replication 2001-2003

- Men consistently report lower rates of depression than women. For example, in the National Comorbidity Survey – Replication 2001-2003, 8.5 percent of women reported major depressive disorder as compared to only 4.8 percent of men.

Percentage of Major Depressive (MDD) Disorder by Poverty Status

Poverty Level	Percentage of <u>Men</u> with MDD	Percentage of <u>Fathers of Newborns</u> with MDD
	National Comorbidity Survey Baseline 1990-1992	Fragile Families and Child Well-being Study 1998-2000
Below poverty line (100%)	9.1%	7.6%
Above poverty line	5.8%	5%

Source: Child Trends' analyses of the National Comorbidity Survey Baseline, the National Comorbidity Survey Replication, and the Fragile Families and Child Well-being Study, 12-Month Father Surveys (Bronte-Tinkew et al., 2007)

- Major depression tends to be more frequent among those living below the poverty line among men surveyed in the National Comorbidity Study- Baseline (9.1 percent of men living below the poverty line as compared with 5.8 percent of men living above the poverty line).
- Among fathers surveyed in the Fragile Families and Child Well-being Study, those living below the poverty line were more likely to have major depressive disorder (7.6 percent) when compared to those living above the poverty line (5 percent).

Percentage of Major Depressive (MDD) Disorder by Marital Status

Marital Status	Percentage of Men with MDD		Percentage of Fathers of Newborns with MDD
	National Comorbidity Survey Baseline 1990-1992	National Comorbidity Survey-Replication 2001-2003	Fragile Families and Child Well-being Study 1998-2000
Separated / Divorced	11.8%	7.3%	6.5%
Married / Cohabiting	5.1%	3.3%	2.7% (Married) .6% (Cohabiting)
Never married	7.0%	6.9%	1.6%

Source: Child Trends' analyses of the National Comorbidity Survey Baseline, the National Comorbidity Survey Replication, and the Fragile Families and Child Well-being Study, 12-Month Father Surveys (Bronte-Tinkew et al., 2007)

- Depression is higher in individuals who are divorced or separated. There is a lower reported prevalence of depression among men, as well as among fathers, who are married, compared with men who are not married.

Percentage of Major Depressive (MDD) Disorder by Marital Status

Substance Use	Percentage of Men with MDD		Substance Use	Percentage of Fathers of Newborns with MDD
	National Comorbidity Survey-Baseline 1990-1992	National Comorbidity Survey-Replication 2001-2003		Fragile Families and Child Well-being Study 1998-2000
Drug Abuse	8.8%	12.1%	Used marijuana	17.1%
No drug abuse	6.1%	4.6%	Did not use marijuana	6.0%
Alcohol abuse	5.2%	11.8%	Used alcohol	15.1%
No alcohol abuse	6.2%	4.4%	Did not use alcohol	5.5%

Source: Child Trends' analyses of the National Comorbidity Survey Baseline, the National Comorbidity Survey Replication, and the Fragile Families and Child Well-being Study, 12-Month Father Surveys (Bronte-Tinkew et al., 2007)

- Substance use disorders also commonly co-occur with depression in men. Men and fathers who used drugs and alcohol have a higher percentage of major depression than those who do not use drugs or alcohol.

Percent of Depressed Mothers and Fathers Shortly After Birth for Children Born in 2001

Neither Parent is Depressed	Mother Only Depressed	Father Only Depressed	Both Parents Depressed
78.2%	11.5%	7.4%	2.9%

James F. Paulson, Sarah Dauber, and Jenn A. Leiferman. Individual and Combined Effects of Postpartum Depression in Mothers and Fathers on Parenting Behavior. *Pediatrics*, Aug 2006; 118: 659 - 668.

Note: Data from the 9-month-old wave of data from the Early Childhood Longitudinal Study

- More mothers than fathers suffer postpartum depression.
- For children born in 2001, 11.5 percent of couples reported that only the mother suffered postpartum depression while 7.4 percent reported that only the father suffered postpartum depression.
- Only 2.9 percent of couples who gave birth in 2001 reported that both mother and father suffered postpartum depression.