Demographics and Socioeconomic Characteristics

There appears to be an association between mental disorders, such as major depression, and socioeconomic characteristics. Studies have shown that persons with a low socioeconomic status, such as low education and low income, have a higher chance of being depressed.

Sex and Age

Overall, more Utah adult females had major depression compared to Utah males (5.1% and 3.1%, respectively). Females aged 25 to 34 years and 35 to 44 years had a statistically higher rate of major depression compared to males. The apparent differences between sexes for the other age groups were not statistically significant.

Race

Black and Pacific Islander Utahns (0.8% and 2.1%, respectively) had a statistically lower percentage of major depression compared to all Utahns (4.1%).
Ethnicity

There were no statistically significant differences in rates of major depression across ethnicity.

Marital Status

Married persons (2.6%) had a lower rate of major depression compared to all other marital categories (4.9%–23.8%). Separated persons (23.8%) had the highest rate of major depression followed by divorced persons (12.4%); these rates were statistically higher than the rates for married persons.

Employment Status

The highest rate of major depression was for unemployed persons (21.1%) while the lowest rate was among retired persons (1.3%). Employed persons (2.8%) had a statistically lower rate of major depression compared to the overall state rate of 4.1%.
**Education Level**

Persons with less than a high school diploma (10.1%) and persons with a high school diploma or a GED certificate (6.3%) had statistically higher rates of major depression compared to the overall state rate of 4.1%. Persons with at least a college degree (1.8%) had a statistically lower rate of major depression compared to the overall state rate.

* Highest level of educational attainment.

**Income**

Persons with annual household incomes less than $10,000 (19.9%), between $10,000–$19,999 (9.2%), and between $20,000–$34,999 (6.1%) all had significantly higher major depression rates compared to the overall state rate of 4.1%. Though there were no statistically significant differences between the major depression rates for the groups with annual household incomes between $10,000–$19,999 and $20,000–$34,999, both these groups had significantly lower rates compared to the group with household incomes less than $10,000 annually. Persons with annual household incomes of $50,000 or more (2.4%) had a statistically lower rate of major depression compared to all groups except for those with household incomes between $35,000–$49,999.