Mental health data for Iowa

Positive social skills, ages 12-17, 2007[MH1]

Percent of adolescents ages 12-17 who:	Iowa	United States
Consistently exhibit positive social skills (according to parent)	94%	93%

Positive social skills is a composite measure of four positive social skills. Positive social skills are reports by parents and include respect for teachers and neighbors; getting along well with other children; trying to understand other people's feelings; and trying to resolve conflicts with classmates, family, or friends.

Depressive symptoms among high school students (grades 9-12), 2011[MH2]

Percent of high school students who:	Iowa	United States
Felt sad or hopeless (during the 12 months before the survey)		
Total	23%	28%
Male	18%	21%
Female	28%	36%

Felt sad or hopeless almost every day for 2 or more weeks in a row so that they stopped doing some usual activities during the 12 months before the survey.

Depressive episode, ages 12-17, 2009-2010[MH3]

Percent of adolescents ages 12-17 who:	Iowa	United States
Had at least one major depressive episode (during the 12 months before the survey)	8%	8%

According to the Diagnostic and Statistical Manual of Mental Disorders Fourth Edition[MH4], a person is defined as having had major depressive episode in his or her lifetime if he or she has had at least five or more of the following nine symptoms nearly every day in the same 2-week period, where at least one of the symptoms is a depressed mood or loss of interest or pleasure in daily activities (APA, 1994): (1) depressed mood most of the day; (2) markedly diminished interest or pleasure in all or almost all activities most of the day; (3) significant weight loss when not sick or dieting, or weight gain when not pregnant or growing, or decrease or increase in appetite; (4) insomnia or hypersomnia; (5) psychomotor agitation or retardation; (6) fatigue or loss of energy; (7) feelings of worthlessness; (8) diminished ability to think or concentrate or indecisiveness; and (9) recurrent thoughts of death or suicidal ideation. Respondents who have had a major depressive episode in their lifetime are asked if, during the past 12 months, they had a period of depression lasting 2 weeks or longer while also having some of the other symptoms mentioned. Those reporting that they have are defined as having had major depressive episode in the past year.

Suicidal thoughts, attempts, and injuries among high school students (grades 9-12), 2011 [MH2]

Percent of high school students who:	Iowa	United States
Seriously considered attempting suicide (during the 12 months before the survey)		
Total	15%	16%
Male	12%	13%
Female	18%	19%
Attempted suicide one or more times (during the 12 months before the survey)		
Total	6%	8%
Male	4%	6%
Female	8%	10%
Suicide attempt resulted in an injury, poisoning, or overdose that had to be treated by a doctor or nurse (during the 12 months before the survey)		
Total	2%	2%
Male	2%	2%
Female	2%	3%

Data notes and sources

All percentages have been rounded to the nearest whole number.

N/A: data do not exist on this measure for this state.

[MH1] **Positive social skill data are from:** Child and Adolescent Health Measurement Initiative; The Data Resource Center for Child and Adolescent Health. *National Survey of Children's Health, 2007*. Portland, OR: Child and Adolescent Health Measurement Initiative; The Data Resource Center for Child and Adolescent Health. Retrieved October 10, 2012, from http://www.childhealthdata.org/browse/survey

[MH2] **High school data are from:** Centers for Disease Control and Prevention. (2012). 1991-2011 High School Youth Risk Behavior Survey data. Retrieved October 10, 2012, from http://apps.nccd.cdc.gov/youthonline

[MH3] **Depressive episode data are from:** Substance Abuse and Mental Health Services Administration. (2012). *State Estimates of Substance Use and Mental Disorders from the 2009-2010 National Surveys on Drug Use and Health*, NSDUH Series H-43, HHS Publication No. (SMA) 12-4703. Table B.26. Rockville, MD. Retrieved October 10, 2012, from http://www.samhsa.gov/data/NSDUH/2k10State/NSDUHsae2010/NSDUHsaeAppB2010.htm#tabB.26

[MH4] American Psychiatric Association (1994). Diagnostic and Statistical Manual of Mental Disorders (4th Ed.). Washington, DC, American Psychiatric Association.