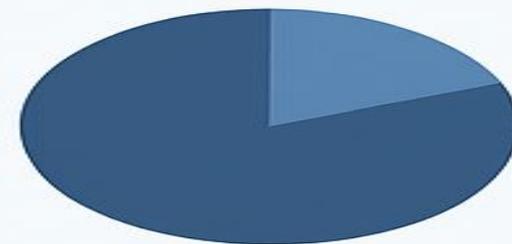


Women are **1.5–3x** more likely than men to develop MDD



MDD is characterized by  $\geq 5$  symptoms during a 2-week period, including depressed mood or loss of interest/pleasure



About **13.1%** of U.S. adolescents and adults report depression in the past 2 weeks



One in six people with MDD attempt suicide

### Symptoms

- Depressed mood
- Loss of interest/pleasure
- Sleep disturbance (Insomnia/hypersomnia)
- Fatigue or low energy
- Appetite/weight changes
- Difficulty concentrating
- Feelings of worthlessness/guilt
- Psychomotor changes
- Recurrent thoughts

### Risk Factors



Genetic factors



Family history



Chronic stress/trauma



Chronic medical illness

### Treatment



Medications



Psychotherapy



Exercise