COMMON MENTAL DISORDERS AND MISUSED SUBSTANCES

Every September, the Substance Abuse and Mental Health Services Administration (SAMHSA) (http://www.samhsa.gov), within the U.S. Department of Health and Human Services (HHS) (http://www.hhs.gov), sponsors National Recovery Month (Recovery Month) to increase awareness of behavioral health conditions. This observance promotes the belief that behavioral health is essential to health, prevention works, treatment is effective, and people recover from mental and/or substance use disorders.

The 2015 Recovery Month theme, “Join the Voices for Recovery: Visible, Vocal, Valuable!” highlights opportunities for recovery education, support, and celebration. The community can: be visible by knowing the prevalence of mental and/or substance use disorders; be vocal by noticing warning signs and symptoms; and, be valuable by raising awareness of the resources available to help.

In 2013, an estimated 22.7 million Americans aged 12 or older (8.6 percent) needed treatmenta for an illicit drug or alcohol use problem in the past year.1,2 Of these individuals, only 2.5 million (0.9 percent of persons aged 12 or older and 10.9 percent of those who needed treatment) received treatment at a specialty facilityb,3 Additionally, among the 43.8 million (18.5 percent) Americans aged 18 and older who experienced any mental illnessc in 2013, 19.6 million (44.7 percent) received mental health servicesd during the past 12 months.4 Included in this document are other key statistics about common mental illnesses and/or misused substances. Also included are alternative names for each disorder or substance; signs, symptoms, and adverse health effects; prevalence; and average age of onset (or age of first-time use of a substance). Information in the following tables was collected from SAMHSA’s 2013 National Survey on Drug Use and Health (NSDUH), National Comorbidity Survey – Replication Survey (NCS-R), National Comorbidity Survey Adolescent (NCS-A), and the Epidemiologic Catchment Area (ECA) Survey of Mental Disorders, as well as reports and data released by The Partnership at DrugFree.Org, the National Institute of Mental Health, and the National Institute on Drug Abuse. Additional sources are provided in the endnotes.

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a An individual is defined as needing treatment for an alcohol or drug use problem if he or she met the DSM-IV (APA, 1994) diagnostic criteria for alcohol or illicit drug dependence or abuse in the past 12 months or if he or she received specialty treatment for alcohol use and/or illicit drug use in the past 12 months.

b Specialty treatment is defined as treatment received at any of the following types of facilities: hospitals (inpatient only), drug and/or alcohol rehabilitation facilities (inpatient or outpatient), or mental health centers.

c Any mental illness among adults aged 18 or older is defined as currently or at any time in the past 12 months having had a diagnosable mental, behavioral, or emotional disorder (excluding developmental and/or substance use disorders) of sufficient duration to meet diagnostic criteria specified within the Diagnostic and Statistical Manual of Mental Disorders (DSM-IV; American Psychiatric Association [APA], 1994).

d Mental health services is defined as treatment or counseling for any problem with emotions, “nerves,” or mental health in the past year in any inpatient or outpatient setting or using prescription medication in the past year for a mental or emotional condition, not including treatment for use of alcohol or illicit drugs.
The following chart includes information on common mental disorders.

<table>
<thead>
<tr>
<th>Mental Disorder</th>
<th>Signs &amp; Symptoms</th>
<th>Estimate Description</th>
<th>Surveillance System</th>
<th>Estimate*</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Anxiety Disorders</strong></td>
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<tr>
<td>Agoraphobia</td>
<td>Intense fear and anxiety of any place or situation where escape might be difficult; avoidance of being alone outside of the home; fear of traveling in a car, bus, or airplane, or of being in a crowded area</td>
<td>Lifetime Prevalence in the United States Among Youth (13 to 18 Years Old)</td>
<td>NCS-A</td>
<td>2.4 percent of youth</td>
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<td></td>
<td>NCS-R</td>
<td>1.4 percent of adults</td>
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<tr>
<td></td>
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<td></td>
<td>NCS-R</td>
<td>20 years old</td>
</tr>
<tr>
<td>Generalized Anxiety Disorder</td>
<td>Excessive worry about a variety of everyday problems for at least six months; may excessively worry about and anticipate problems with finances, health, employment, and relationships</td>
<td>Lifetime Prevalence in the United States Among Youth (13 to 18 Years Old)</td>
<td>NCS-A</td>
<td>1.0 percent of youth</td>
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<tr>
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<td></td>
<td></td>
<td>NCS-R</td>
<td>5.7 percent of adults</td>
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<tr>
<td></td>
<td></td>
<td></td>
<td>NCS-R</td>
<td>31 years old</td>
</tr>
<tr>
<td>Obsessive Compulsive Disorder (OCD)</td>
<td>Intrusive thoughts that produce anxiety (obsessions), repetitive behaviors that are engaged in to reduce anxiety (compulsions), or a combination of both; unable to control anxiety-producing thoughts and the need to engage in ritualized behaviors</td>
<td>Lifetime Prevalence in the United States Among Adults</td>
<td>NCS-R</td>
<td>1.6 percent of adults</td>
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</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>NCS-R</td>
<td>19 years old</td>
</tr>
</tbody>
</table>
### Panic Disorder
- **Unexpected and repeated episodes of intense fear accompanied by physical symptoms that may include chest pain, heart palpitations, shortness of breath, dizziness, or abdominal distress**
- **Lifetime Prevalence in the United States Among Youth (13 to 18 Years Old)** NCS-A 2.3 percent of youth
- **Lifetime Prevalence in the United States Among Adults** NCS-R 4.7 percent of adults
- **Average Age of Onset** NCS-R 24 years old

### Post-Traumatic Stress Disorder (PTSD)
- **Can develop after exposure to a terrifying event or ordeal (traumatic events that may trigger PTSD include violent personal assaults, natural or human-caused disasters, accidents, and military combat); persistent frightening thoughts and memories of the ordeal, sleep problems, feel detached or numb, or can be easily startled**
- **Lifetime Prevalence in the United States Among Youth (13 to 18 Years Old)** NCS-A 4.0 percent of youth
- **Lifetime Prevalence in the United States Among Adults** NCS-R 6.8 percent of adults
- **Average Age of Onset** NCS-R 23 years old

### Social Phobia
- **A persistent, intense, and chronic fear of being watched and judged by others and feeling embarrassed or humiliated by their actions; this fear may be so severe that it interferes with work, school, and other activities and may negatively affect the person’s ability to form relationships**
- **Lifetime Prevalence in the United States Among Youth (13 to 18 Years Old)** NCS-A 5.5 percent of youth
- **Lifetime Prevalence in the United States Among Adults** NCS-R 12.1 percent of adults
- **Average Age of Onset** NCS-R 13 years old
### Specific Phobia

- **Marked and persistent fear and avoidance of a specific object or situation, such as a fear of heights, spiders, or flying**
- **Lifetime Prevalence in the United States Among Youth (13 to 18 Years Old)**
- **NCS-A**
- **15.1 percent of youth**

### Mood Disorders

#### Bipolar Disorder

- **Recurrent episodes of highs (mania) and lows (depression) in mood; changes in energy and behavior; extreme irritable or elevated mood; an inflated sense of self-importance; risky behaviors; distractibility; increased energy; and a decreased need for sleep**
- **Lifetime Prevalence in the United States Among Youth (13 to 18 Years Old)**
- **NCS-A**
- **0-3 percent of youth**
- **Lifetime Prevalence in the United States Among Adults**
- **NCS-R**
- **3.9 percent of adults**
- **Average Age of Onset**
- **NCS-R**
- **25 years old**

#### Any Mood Disorder (major depressive disorder, dysthymic disorder)

- **A pervading sense of sadness and/or loss of interest or pleasure in most activities that interferes with the ability to work, study, sleep, and eat; negative impact on a person’s thoughts, sense of self-worth, energy, and concentration**
- **Lifetime Prevalence in the United States Among Youth (13 to 18 Years Old)**
- **NCS-A**
- **14 percent of youth**
- **Lifetime Prevalence in the United States Among Adults**
- **NCS-R**
- **9.5 percent of adults**
- **Average Age of Onset**
- **NCS-R**
- **30 years old**
## Other Mental Disorders

<table>
<thead>
<tr>
<th>Disorder</th>
<th>Description</th>
<th>Prevalence</th>
<th>Onset</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Attention-Deficit/Hyperactivity Disorder</strong></td>
<td>Inattention or difficulty staying focused; hyperactivity or constantly being in motion or talking; impulsivity, meaning often not thinking before acting</td>
<td>Lifetime Prevalence in the United States Among Youth (13 to 18 Years Old) NCS-A 9.0 percent of youth</td>
<td>Lifetime Prevalence in the United States Among Adults NCS-R 8.1 percent of adults</td>
</tr>
<tr>
<td><strong>Schizophrenia</strong></td>
<td>Hearing voices or believing that others are trying to control or harm the person; hallucinations and disorganized speech and behavior, causing individuals to feel frightened, anxious, and confused</td>
<td>12-month Prevalence in the United States Among Adults ECA 1.1 percent of adults</td>
<td></td>
</tr>
<tr>
<td><strong>Any Personality Disorder</strong></td>
<td>Difficulties dealing with other people and participating in social activities; inflexibility, rigidity, and inability to respond to change; deeply ingrained, inflexible patterns of relating, perceiving, and thinking that cause distress or impaired functioning</td>
<td>12-month Prevalence in the United States Among Adults ECA 9.1 percent of adults</td>
<td></td>
</tr>
</tbody>
</table>
The following chart includes information on commonly misused substances:

<table>
<thead>
<tr>
<th>Substance: Alcohol, Tobacco, and Inhalants</th>
<th>Negative Immediate Intoxication Effects, Negative Health Effects</th>
<th>Estimate Description</th>
<th>Estimate</th>
</tr>
</thead>
<tbody>
<tr>
<td>Alcohol: Booze, beer, wine, liquor</td>
<td>Immediate Effects: Dizziness; talkativeness; slurred sleep; nausea; vomiting; impaired judgment and coordination; increased aggression</td>
<td>Past Month Use: Prevalence Rate Among People Aged 12 and older</td>
<td>52.2 percent</td>
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<tr>
<td></td>
<td>Health Effects: Brain and liver damage; depression; liver and heart disease; hypertension; fetal damage (in pregnant women)</td>
<td>Past Month Use: Number of People Aged 12 or Older</td>
<td>136.9 million</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Past Month Use: Prevalence Rate Among Youth (12 to 17)</td>
<td>11.6 percent</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Past Month Use: Number of People (Aged 12 to 17)</td>
<td>2.9 million</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Average Age of First Use Among People Aged 12 to 49</td>
<td>17.3 years</td>
</tr>
<tr>
<td>Gases, Nitrites, and Aerosols (Inhalants): Ether, chloroform, nitrous oxide, isobutyl, isoamyl, poppers, snappers, whippets, laughing gas</td>
<td>Immediate Effects: Increased stimulation; loss of inhibition; headache; nausea; vomiting; slurred speech; loss of motor coordination; wheezing; cramps; muscle weakness</td>
<td>Past Month Use: Prevalence Rate Among People Aged 12 and older</td>
<td>0.2 percent</td>
</tr>
<tr>
<td></td>
<td>Health Effects: Memory impairment; damage to cardiovascular and nervous systems; unconsciousness</td>
<td>Past Month Use: Number of People Aged 12 or Older</td>
<td>496,000</td>
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<tr>
<td></td>
<td></td>
<td>Past Month Use: Prevalence Rate Among Youth (12-17)</td>
<td>0.5 percent</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Past Month Use: Number of People (Aged 12 to 17)</td>
<td>121,000</td>
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<tr>
<td></td>
<td></td>
<td>Average Age of First Use Among People Aged 12 to 49</td>
<td>19.2 years</td>
</tr>
</tbody>
</table>
Common Mental Disorders and Misused Substances

<table>
<thead>
<tr>
<th>Tobacco Products: Cigarettes, cigars, smokeless tobacco, snuff, spit tobacco, chew</th>
<th>Immediate Effects: Increased blood pressure and heart rate</th>
<th>Health Effects: Chronic lung disease; coronary heart disease; stroke; cancer of the lungs, larynx, esophagus, mouth, and bladder; poor pregnancy outcomes</th>
<th>Past Month Use: Prevalence Rate Among People Aged 12 and older</th>
<th>25.5 percent</th>
<th>Past Month Use: Number of People Aged 12 or Older</th>
<th>66.9 million</th>
<th>Past Month Use: Prevalence Rate Among Youth (12-17)</th>
<th>7.8 percent</th>
<th>Past Month Use: Number of People (Aged 12 to 17)</th>
<th>2.0 million</th>
<th>Average Age of First Use Among People Aged 12 to 49</th>
<th>17.8 years (cigarette use data)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Illicit Drugs</td>
<td>Cocaine: Blow, bump, C, candy, Charlie, coke, crack, flake, rock, snow, toot, white lady</td>
<td>Immediate Effects: Increased alertness, attention, and energy; dilated pupils; increased temperature, heart rate, and blood pressure; insomnia; loss of appetite; feelings of restlessness, irritability, and anxiety</td>
<td>Health Effects: Weight loss; cardiovascular complications; stroke; seizures</td>
<td>Past Month Use: Prevalence Rate Among People Aged 12 and older</td>
<td>0.6 percent</td>
<td>Past Month Use: Number of People Aged 12 or Older</td>
<td>1.5 million</td>
<td>Past Month Use: Prevalence Rate Among Youth (12-17)</td>
<td>0.2 percent</td>
<td>Past Month Use: Number of People (Aged 12 to 17)</td>
<td>43,000</td>
<td>Average Age of First Use Among People Aged 12 to 49</td>
</tr>
</tbody>
</table>
### Common Mental Disorders and Misused Substances

#### Ecstasy (a type of hallucinogen): Adam, E, Eve, decadence, M&M, roll, X, XTC

**Immediate Effects:**
- Involuntary tooth clenching; a loss of inhibitions;
- Transfixion on sights and sounds; nausea; blurred vision; chills; sweating; increased heart rate and blood pressure

**Health Effects:**
- Muscle cramping/sleep disturbances; depression; impaired memory; kidney, liver, and cardiovascular failure; anxiety

| Past Month Use: Prevalence Rate Among Youth (12-17) | 0.2 percent |
| Past Month Use: Number of People (Aged 12 to 17) | 48,000 |
| Average Age of First Use Among People Aged 12 to 49 | 20.5 years |

#### Hallucinogens: Acid, boomers, doses, hits, LSD, microdot, peyote, shrooms, sugar cubes, tabs, trips, PCP

**Immediate Effects:**
- Dilated pupils; higher body temperature; increased heart rate and blood pressure; sweating; loss of appetite; sleeplessness; dry mouth; tremors

**Health Effects:**
- Disturbing flashbacks that may occur within a few days or more than a year after use

| Past Month Use: Prevalence Rate Among People Aged 12 and older | 0.5 percent (includes ecstasy, LSD, and PCP data) |
| Past Month Use: Number of People Aged 12 or Older | 1.3 million people (includes ecstasy, LSD, and PCP data) |
| Past Month Use: Prevalence Rate Among Youth (12-17) | 0.6 percent (includes ecstasy, LSD, and PCP data) |
| Past Month Use: Number of People (Aged 12 to 17) | 154,000 (includes ecstasy, LSD, and PCP data) |
| Average Age of First Use Among People Aged 12 to 49 | 19.9 years (includes ecstasy, LSD, and PCP data) |

#### Heroin: Big H, blacktar, brown sugar, dope, horse, junkmuc, skag, smack, white horse

**Immediate Effects:**
- Alternately wakeful and drowsy states; flushing of the skin; dry mouth; heavy extremities; slurred speech; constricted pupils; droopy eyelids; vomiting; constipation

**Health Effects:**
- Collapsed veins; infection of the heart lining and valves; abscesses; cellulitis; liver disease; pneumonia; clogged blood vessels; respiratory complications

| Past Month Use: Prevalence Rate Among People Aged 12 and older | 0.1 percent |
| Past Month Use: Number of People Aged 12 or Older | 289,000 people |
| Past Month Use: Prevalence Rate Among Youth (12-17) | 0.1 percent |
| Past Month Use: Number of People (Aged 12 to 17) | 13,000 |
| Average Age of First Use Among People Aged 12 to 49 | 24.5 years |
# Common Mental Disorders and Misused Substances

## Marijuana
- **Blunt, dope, ganja, grass, herb, joint, bud, Mary Jane, pot, reefer, green, trees, smoke, skunk, weed**

  **Immediate Effects:**
  - Distorted perception; trouble with thinking and problem solving; loss of motor coordination; increased heart rate

  **Health Effects:**
  - Respiratory infection; impaired memory; anxiety; exposure to cancer-causing compounds

  **Past Month Use:**
  - Prevalence Rate Among People Aged 12 and older: 7.5 percent
  - Number of People Aged 12 or Older: 19.8 million
  - Prevalence Rate Among Youth (12-17): 7.1 percent
  - Number of People (Aged 12 to 17): 1.76 million
  - Average Age of First Use Among People Aged 12 to 49: 18.0 years

## Methamphetamine
- **Chalk, crank, crystal, ice, meth, speed, white cross**

  **Immediate Effects:**
  - State of high agitation; insomnia; decreased appetite; irritability; aggression; anxiety; nervousness; convulsions

  **Health Effects:**
  - Paranoia; hallucination; repetitive behavior; delusions of parasites or insects crawling under the skin; psychosis; severe dental problems; heart attack

  **Past Month Use:**
  - Prevalence Rate Among People Aged 12 and older: 0.2 percent
  - Number of People Aged 12 or Older: 595,000
  - Prevalence Rate Among Youth (12-17): 0.1 percent
  - Number of People (Aged 12 to 17): 22,000
  - Average Age of First Use Among People Aged 12 to 49: 18.9 years

## Prescription Drugs

### Pain Relievers:
- **Vike (Vicodin®), oxy, O.C. (Oxycontin®), M (roxanol), school-boy (empirin with codeine), China white, dance fever (Actiq®)**

  **Immediate Effects:**
  - Pain relief; euphoria; drowsiness; respiratory depression and arrest; nausea; confusion; constipation; sedation; unconsciousness; restlessness

  **Health Effects:**
  - Muscle and bone pain; drowsiness; seizure; coma; respiratory depression; decreased heart rate

  **Past Month Use:**
  - Prevalence Rate Among People Aged 12 and older: 1.7 percent
  - Number of People Aged 12 or Older: 4.5 million
  - Prevalence Rate Among Youth (12-17): 1.7 percent
  - Number of People (Aged 12 to 17): 425,000
  - Average Age of First Use Among People Aged 12 to 49: 21.7 years
<table>
<thead>
<tr>
<th>Substances</th>
<th>Immediate Effects</th>
<th>Past Month Use: Prevalence Rate Among People Aged 12 and older</th>
<th>Past Month Use: Number of People Aged 12 or Older</th>
<th>Average Age of First Use Among People Aged 12 to 49</th>
</tr>
</thead>
</table>
| **Sedatives:** Haldol®, Thorazine®, Navane®, Prolxin®, Mellaril®, Trilafon® | **Immediate Effects:** Slurred speech; shallow breathing; sluggishness; fatigue; disorientation and lack of coordination; dilated pupils; reduced anxiety; lowered inhibitions  
**Health Effects:** Seizures; impaired memory, judgment, and coordination; irritability; paranoid and suicidal thoughts; sleep problems | 0.1 percent                                                   | 251,000 people                                         | 25.0 years                                         |
| **Stimulants:** Adderall®, Ritalin®, Concerta® | **Immediate Effects:** Increased blood pressure and heart rate; constricted blood vessels; increased breathing; cardiovascular failure; lethal seizures  
**Health Effects:** Increased hostility or paranoia; dangerously high body temperatures; irregular heartbeat; cardiovascular failure; lethal seizures | 0.5 percent (includes Methamphetamine)                        | 1.4 million (includes Methamphetamine)             | 21.6 years                                         |
| **Tranquilizers:** Benzos (Mebaral®, Ativan®, Xanax®, Valium®, Nembutal®, Librium®) | **Immediate Effects:** Slurred speech, shallow breathing; sluggishness, fatigue; disorientation and lack of coordination; dilated pupils; reduced anxiety; lowered inhibitions  
**Health Effects:** Seizures; impaired memory, judgment, and coordination; irritability; paranoid and suicidal thoughts; sleep problems | 0.6 percent                                                   | 1.7 million                                             | 25.4 years                                         |

This list is not exhaustive of all available resources. Inclusion of websites and resources in this document and on the Recovery Month website does not constitute official endorsement by the U.S. Department of Health and Human Services or the Substance Abuse and Mental Health Services Administration.
Common Mental Disorders


