

Common Mental Disorders and Misused Substances

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 treatment^a 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 facility^{b,3}. Additionally, among the 43.8 million (18.5 percent) Americans aged 18 and older who experienced any mental illness^c in 2013, 19.6 million (44.7 percent) received mental health services^d 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.

^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.

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The following chart includes information on common mental disorders.

Mental Disorder	Signs & Symptoms ^{5,6,7}	Estimate Description	Surveillance System	Estimate ⁸
Anxiety Disorders				
Agoraphobia	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	Lifetime Prevalence in the United States Among Youth (13 to 18 Years Old)	NCS-A	2.4 percent of youth
		Lifetime Prevalence in the United States Among Adults	NCS-R	1.4 percent of adults
		Average Age of Onset	NCS-R	20 years old
Generalized Anxiety Disorder	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	Lifetime Prevalence in the United States Among Youth (13 to 18 Years Old)	NCS-A	1.0 percent of youth
		Lifetime Prevalence in the United States Among Adults	NCS-R	5.7 percent of adults
		Average Age of Onset	NCS-R	31 years old
Obsessive Compulsive Disorder (OCD)	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	Lifetime Prevalence in the United States Among Adults	NCS-R	1.6 percent of adults
		Average Age of Onset	NCS-R	19 years old

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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

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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

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Other Mental Disorders				
Attention-Deficit/Hyperactivity Disorder (ADD/ADHD)	Inattention or difficulty staying focused; hyperactivity or constantly being in motion or talking; impulsivity, meaning often not thinking before acting	Lifetime Prevalence in the United States Among Youth (13 to 18 Years Old)	NCS-A	9.0 percent of youth
		Lifetime Prevalence in the United States Among Adults	NCS-R	8.1 percent of adults
		Average Age of Onset	NCS-R	7 years old
Schizophrenia	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	12-month Prevalence in the United States Among Adults	ECA	1.1 percent of adults
Any Personality Disorder	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	12-month Prevalence in the United States Among Adults	ECA	9.1 percent of adults

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The following chart includes information on commonly misused substances:

Substance: Examples of Other Names for Substances ^{9,10,11}	Negative Immediate Intoxication Effects, Negative Health Effects ^{12,13}	Estimate Description	Estimate ¹⁴
Alcohol, Tobacco, and Inhalants			
Alcohol: Booze, beer, wine, liquor	<i>Immediate Effects:</i> Dizziness; talkativeness; slurred speech; disturbed sleep; nausea; vomiting; impaired judgment and coordination; increased aggression <i>Health Effects:</i> Brain and liver damage; depression; liver and heart disease; hypertension; fetal damage (in pregnant women)	Past Month Use: Prevalence Rate Among People Aged 12 and older	52.2 percent
		Past Month Use: Number of People Aged 12 or Older	136.9 million
		Past Month Use: Prevalence Rate Among Youth (12 to 17)	11.6 percent
		Past Month Use: Number of People (Aged 12 to 17)	2.9 million
		Average Age of First Use Among People Aged 12 to 49	17.3 years
Gases, Nitrites, and Aerosols (Inhalants): Ether, chloroform, nitrous oxide, isobutyl, isoamyl, poppers, snappers, whippets, laughing gas	<i>Immediate Effects:</i> Increased stimulation; loss of inhibition; headache; nausea; vomiting; slurred speech; loss of motor coordination; wheezing; cramps; muscle weakness <i>Health Effects:</i> Memory impairment; damage to cardiovascular and nervous systems; unconsciousness	Past Month Use: Prevalence Rate Among People Aged 12 and older	0.2 percent
		Past Month Use: Number of People Aged 12 or Older	496,000
		Past Month Use: Prevalence Rate Among Youth (12-17)	0.5 percent
		Past Month Use: Number of People (Aged 12 to 17)	121,000
		Average Age of First Use Among People Aged 12 to 49	19.2 years

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Tobacco Products: Cigarettes, cigars, smokeless tobacco, snuff, spit tobacco, chew	<i>Immediate Effects:</i> Increased blood pressure and heart rate <i>Health Effects:</i> Chronic lung disease; coronary heart disease; stroke; cancer of the lungs, larynx, esophagus, mouth, and bladder; poor pregnancy outcomes	Past Month Use: Prevalence Rate Among People Aged 12 and older	25.5 percent
		Past Month Use: Number of People Aged 12 or Older	66.9 million
		Past Month Use: Prevalence Rate Among Youth (12-17)	7.8 percent
		Past Month Use: Number of People (Aged 12 to 17)	2.0 million
		Average Age of First Use Among People Aged 12 to 49	17.8 years (cigarette use data)
Illicit Drugs			
Cocaine: Blow, bump, C, candy, Charlie, coke, crack, flake, rock, snow, toot, white lady	<i>Immediate Effects:</i> Increased alertness, attention, and energy; dilated pupils; increased temperature, heart rate, and blood pressure; insomnia; loss of appetite; feelings of restlessness, irritability, and anxiety <i>Health Effects:</i> Weight loss; cardiovascular complications; stroke; seizures	Past Month Use: Prevalence Rate Among People Aged 12 and older	0.6 percent
		Past Month Use: Number of People Aged 12 or Older	1.5 million
		Past Month Use: Prevalence Rate Among Youth (12-17)	0.2 percent
		Past Month Use: Number of People (Aged 12 to 17)	43,000
		Average Age of First Use Among People Aged 12 to 49	20.4 years

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<p>Ecstasy (a type of hallucinogen): Adam, E, Eve, decadence, M&M, roll, X, XTC</p>	<p><i>Immediate Effects:</i> Involuntary tooth clenching; a loss of inhibitions; transfusion on sights and sounds; nausea; blurred vision; chills; sweating; increased heart rate and blood pressure</p> <p><i>Health Effects:</i> Muscle cramping/sleep disturbances; depression; impaired memory; kidney, liver, and cardiovascular failure; anxiety</p>	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
<p>Hallucinogens: Acid, boomers, doses, hits, LSD, microdot, peyote, shrooms, sugar cubes, tabs, trips, PCP</p>	<p><i>Immediate Effects:</i> Dilated pupils; higher body temperature; increased heart rate and blood pressure; sweating; loss of appetite; sleeplessness; dry mouth; tremors</p> <p><i>Health Effects:</i> Disturbing flashbacks that may occur within a few days or more than a year after use</p>	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)
<p>Heroin: Big H, blacktar, brown sugar, dope, horse, junkmuc, skag, smack, white horse</p>	<p><i>Immediate Effects:</i> Alternately wakeful and drowsy states; flushing of the skin; dry mouth; heavy extremities; slurred speech; constricted pupils; droopy eyelids; vomiting; constipation</p> <p><i>Health Effects:</i> Collapsed veins; infection of the heart lining and valves; abscesses; cellulitis; liver disease; pneumonia; clogged blood vessels; respiratory complications</p>	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

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<p>Marijuana: Blunt, dope, ganja, grass, herb, joint, bud, Mary Jane, pot, reefer, green, trees, smoke, skunk, weed</p>	<p><i>Immediate Effects:</i> Distorted perception; trouble with thinking and problem solving; loss of motor coordination; increased heart rate</p> <p><i>Health Effects:</i> Respiratory infection; impaired memory; anxiety; exposure to cancer-causing compounds</p>	Past Month Use: Prevalence Rate Among People Aged 12 and older	7.5 percent
		Past Month Use: Number of People Aged 12 or Older	19.8 million
		Past Month Use: Prevalence Rate Among Youth (12-17)	7.1 percent
		Past Month Use: Number of People (Aged 12 to 17)	1.76 million
		Average Age of First Use Among People Aged 12 to 49	18.0 years
<p>Methamphetamine: Chalk, crank, crystal, ice, meth, speed, white cross</p>	<p><i>Immediate Effects:</i> State of high agitation; insomnia; decreased appetite; irritability; aggression; anxiety; nervousness; convulsions</p> <p><i>Health Effects:</i> Paranoia; hallucination; repetitive behavior; delusions of parasites or insects crawling under the skin; psychosis; severe dental problems; heart attack</p>	Past Month Use: Prevalence Rate Among People Aged 12 and older	0.2 percent
		Past Month Use: Number of People Aged 12 or Older	595,000
		Past Month Use: Prevalence Rate Among Youth (12-17)	0.1 percent
		Past Month Use: 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			
<p>Pain Relievers: Vike (Vicodin®), oxy, O.C. (Oxycontin®), M (roxanol), school-boy (empirin with codeine), China white, dance fever (Actiq®)</p>	<p><i>Immediate Effects:</i> Pain relief; euphoria; drowsiness; respiratory depression and arrest; nausea; confusion; constipation; sedation; unconsciousness; restlessness</p> <p><i>Health Effects:</i> Muscle and bone pain; drowsiness; seizure; coma; respiratory depression; decreased heart rate</p>	Past Month Use: Prevalence Rate Among People Aged 12 and older	1.7 percent
		Past Month Use: Number of People Aged 12 or Older	4.5 million
		Past Month Use: Prevalence Rate Among Youth (12-17)	1.7 percent
		Past Month Use: Number of People (Aged 12 to 17)	425,000
		Average Age of First Use Among People Aged 12 to 49	21.7 years

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Sedatives: Haldol®, Thorazine®, Navane®, Prolixin®, Mellaril®, Trilafon®	<i>Immediate Effects:</i> Slurred speech; shallow breathing; sluggishness; fatigue; disorientation and lack of coordination; dilated pupils; reduced anxiety; lowered inhibitions <i>Health Effects:</i> Seizures; impaired memory, judgment, and coordination; irritability; paranoid and suicidal thoughts; sleep problems	Past Month Use: Prevalence Rate Among People Aged 12 and older	0.1 percent
		Past Month Use: Number of People Aged 12 or Older	251,000 people
		Past Month Use: Prevalence Rate Among Youth (12-17)	0.1 percent
		Past Month Use: Number of People (Aged 12 to 17)	25,000
		Average Age of First Use Among People Aged 12 to 49	25.0 years
Stimulants: Adderall®, Ritalin®, Concerta®	<i>Immediate Effects:</i> Increased blood pressure and heart rate; constricted blood vessels; increased breathing; cardiovascular failure; lethal seizures <i>Health Effects:</i> Increased hostility or paranoia; dangerously high body temperatures; irregular heartbeat; cardiovascular failure; lethal seizures	Past Month Use: Prevalence Rate Among People Aged 12 and older	0.5 percent (includes Methamphetamine)
		Past Month Use: Number of People Aged 12 or Older	1.4 million (includes Methamphetamine)
		Past Month Use: Prevalence Rate Among Youth (12-17)	1.1 percent (includes Methamphetamine)
		Past Month Use: Number of People (Aged 12 to 17)	84,000 (includes Methamphetamine)
		Average Age of First Use Among People Aged 12 to 49	21.6 years
Tranquilizers: Benzos (Mebaral®, Ativan®, Xanax®, Valium®, Nembutal®, Librium®)	<i>Immediate Effects:</i> Slurred speech, shallow breathing; sluggishness, fatigue; disorientation and lack of coordination; dilated pupils; reduced anxiety; lowered inhibitions <i>Health Effects:</i> Seizures; impaired memory, judgment, and coordination; irritability; paranoid and suicidal thoughts; sleep problems	Past Month Use: Prevalence Rate Among People Aged 12 and older	0.6 percent
		Past Month Use: Number of People Aged 12 or Older	1.7 million
		Past Month Use: Prevalence Rate Among Youth (12-17)	0.4 percent
		Past Month Use: Number of People (Aged 12 to 17)	90,000
		Average Age of First Use Among People Aged 12 to 49	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.

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¹ Substance Abuse and Mental Health Services Administration, *Results from the 2013 National Survey on Drug Use and Health: Summary of National Findings*, NSDUH Series H-48, HHS Publication No. (SMA) 14-4863. Rockville, MD: Substance Abuse and Mental Health Services Administration, 2014, p. 7.

² American Psychiatric Association. (1994). *Diagnostic and statistical manual of mental disorders (DSM-IV)*(4th ed.). Washington, DC: Author.

³ Substance Abuse and Mental Health Services Administration, *Results from the 2013 National Survey on Drug Use and Health: Summary of National Findings*, NSDUH Series H-48, HHS Publication No. (SMA) 14-4863. Rockville, MD: Substance Abuse and Mental Health Services Administration, 2014, p. 7.

⁴ Substance Abuse and Mental Health Services Administration, *Results from the 2013 National Survey on Drug Use and Health: Mental Health Findings*, NSDUH Series H-49, HHS Publication No. (SMA) 14-4887. Rockville, MD: Substance Abuse and Mental Health Services Administration, 2014, p. 2.

⁵ The National Institute of Mental Health. "What is prevalence?" Retrieved January 14, 2015, from <http://www.nimh.nih.gov/health/statistics/prevalence/index.shtml>.

⁶ SAMHSA's Resource Center to Promote Acceptance, Dignity and Social Inclusion Associated with Mental Health (ADS Center). (n.d.). *Facts About Common Mental Illnesses*. Retrieved January 14, 2015, from <http://promoteacceptance.samhsa.gov/publications/thefacts.aspx>.

⁷ Mental Health America. (n.d.). *Personality Disorders*. Retrieved January 14, 2015, from <http://www.mentalhealthamerica.net/conditions/personality-disorder>.

⁸ The National Institute of Mental Health. "What is prevalence?" Retrieved January 14, 2015, from <http://www.nimh.nih.gov/health/statistics/prevalence/index.shtml>.

⁹ National Institute on Drug Abuse. (n.d.). *NIDA: Commonly Abused Drugs*. U.S. Department of Health and Human Services. National Institutes of Health. Retrieved January 14, 2015, from <http://www.drugabuse.gov/drugs-abuse/commonly-abused-drugs>.

¹⁰ The Partnership at DrugFree.org. (n.d.). *Drug Guide*. Retrieved January 14, 2015, from <http://www.drugfree.org/drug-guide>.

¹¹ National Institute on Drug Abuse. (n.d.). *NIDA: Commonly Abused Drugs*. U.S. Department of Health and Human Services. National Institutes of Health. Retrieved January 14, 2015, from <http://www.drugabuse.gov/drugs-abuse/commonly-abused-drugs>.

¹² National Institute on Drug Abuse. (n.d.). *NIDA: Commonly Abused Drugs*. U.S. Department of Health and Human Services. National Institutes of Health. Retrieved January 14, 2015, from <http://www.drugabuse.gov/drugs-abuse/commonly-abused-drugs>.

¹³ The Partnership at DrugFree.org. (n.d.). *Drug Guide*. Retrieved February 13, 2015, from <http://www.drugfree.org/drug-guide>.

¹⁴ Substance Abuse and Mental Health Services Administration, *Results from the 2013 National Survey on Drug Use and Health: Summary of National Findings*, NSDUH Series H-48, HHS Publication No. (SMA) 14-4863. Rockville, MD: Substance Abuse and Mental Health Services Administration, 2014.