



BlueCross BlueShield
of Texas

Behavioral Health, Your Company and You: Financial Executives International, Dallas Chapter

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Depression and Impact



The estimated economic impact of depression was estimated at 215 Billion dollars (in 2010)

Just under half of the costs are “direct costs”

More of the costs are indirect (including presenteeism and underperformance)

Depression is more than half of Social Security Disability costs

Depression is treatable

People recover from depression

There are good options available for treatment of depression

Source: Greenberg PE, Fournier AA, Sisitsky T, Pike CT, Kessler RC. The economic burden of adults with major depressive disorder in the United States (2005 and 2010). *J Clin Psych*. 2015;76(2):155-162

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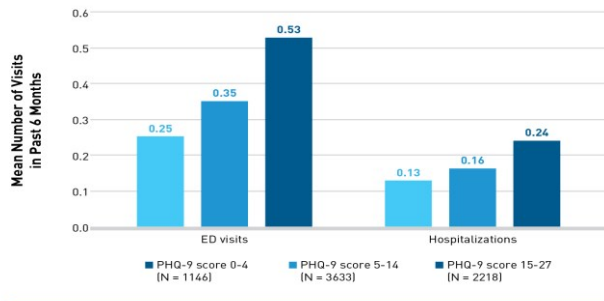
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PHQ-9 and ED/Hospital Use

Figure 1. Mean Healthcare Research Use in the Past 6 Months Among 3-Category PHQ-9 Subgroups*



ED indicates emergency department; PHQ-9, Patient Health Questionnaire-9.
 *Overall difference (ANOVA) is significant at $P < 0.001$ for 3-category PHQ-9 comparisons.

Source: Chow, et al, American Journal of Managed Care, February 14, 2019. (<https://www.ajmc.com/journal/economic-burden-eds>)

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PHQ-9 and Costs

Figure 2. Annual Direct, Indirect, and Total Costs* Among 3-Category PHQ-9 Subgroups



ED indicates emergency department; PHQ-9, Patient Health Questionnaire-9.
 *Direct and total costs are based on the full sample (N = 6997), whereas indirect costs are based only on those who were currently employed at the time of the survey (n = 3058). Direct, indirect, and total costs are in 2013 US dollars.
 *Indirect costs due to outpatient visits, ED visits, and hospitalizations are displayed.

Source: Chow, et al, American Journal of Managed Care, February 14, 2019. (<https://www.ajmc.com/journal/economic-burden-eds>)

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COVID Impact on Employment



Chart 1. Unemployment rate, seasonally adjusted, September 2019 – September 2021

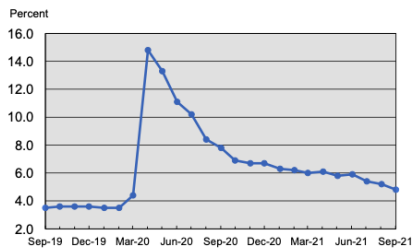
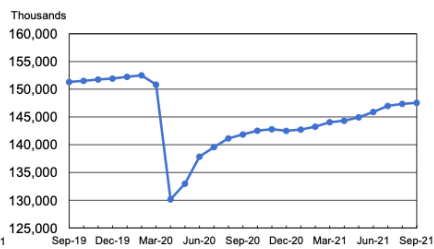


Chart 2. Nonfarm payroll employment, seasonally adjusted, September 2019 – September 2021



Source: Bureau of Labor Statistics, September 2021 data, <https://www.bls.gov/news.release/pdf/empst.pdf>

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COVID Impact on Employment



- Not all areas recover equally
- People with Bachelor's and above degrees are doing much better than people without a Bachelor's degree
- Hotel, Child Care, Restaurants and some parts of health care still have not recovered
- Women and minorities are a disproportionate share of employees in those areas
- Rapid transition for many from office to work from home (and virtual school environments as well)

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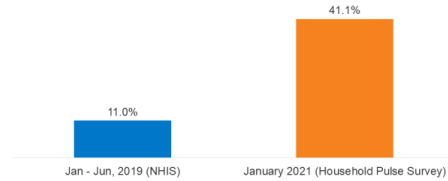
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Self-Report of Anxiety and/or Depression during COVID



Figure 1

Average Share of Adults Reporting Symptoms of Anxiety Disorder and/or Depressive Disorder, January-June 2019 vs. January 2021



NOTES: Percentages are based on responses to the GAD-2 and PHQ-2 scales. Pulse findings (shown here for January 6 - 18, 2021) have been stable overall since data collection began in April 2020.
SOURCE: KFF Early Release Program and U.S. Census Bureau Household Pulse Survey. For more detail on methods, see <https://www.cdc.gov/nchs/data/nhis/earlyrelease/ERmentalhealth-508.pdf>

KFF

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COVID Impact on People



- Some fare better than others
- Loss of job
- Loss of social connectedness
- Isolation from friends/family/coworkers/schoolmates
- Higher rates of anxiety (CDC notes 3.4x higher rates Sept. 2021)
- Higher rates of depression (CDC notes 3.4x higher rates Sept. 2021)
- Higher rates of substance use
- Higher rates of domestic violence
- Higher rates of suicide

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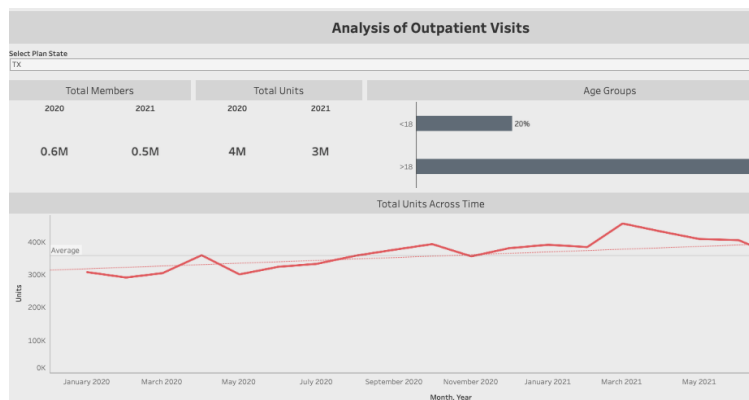


Ideas

- Encourage Measurement Based Care
- Encourage Collaborative Care
- Encourage Telebehavioral Health
- Look at copay/cost structure
- Work with your healthplan for interesting/innovative ideas

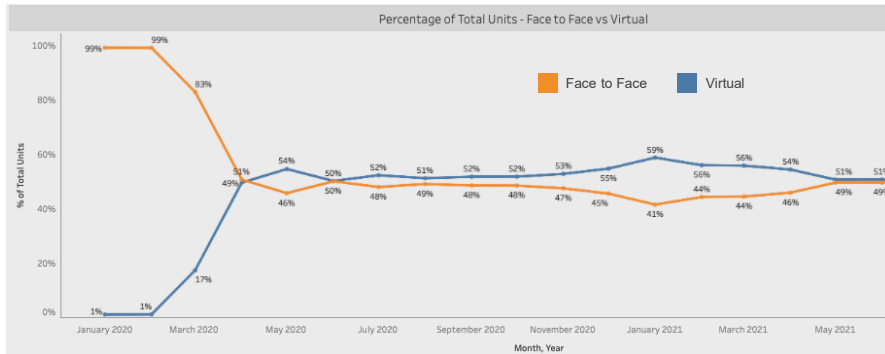
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BCBSTX Outpatient Mental Health Visits 2019–2021



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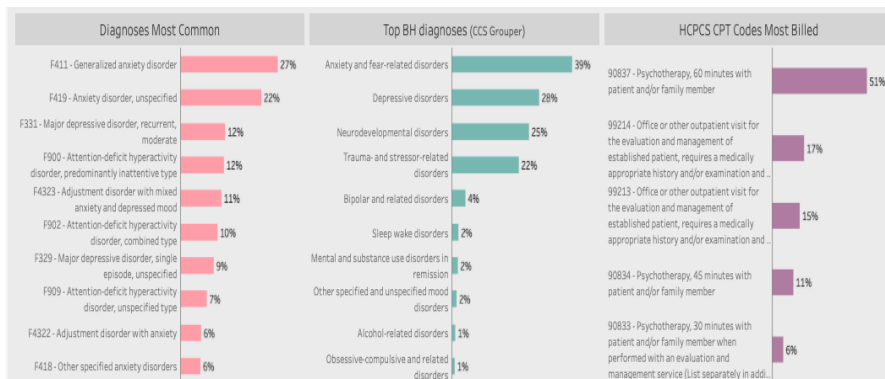
BCBSTX Outpatient Mental Health Visits 2019–2021 In Person versus Virtual



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BCBSTX Outpatient Mental Health Visits 2019–2021 Diagnoses



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