

Prevalence of self-reported depression among young adults in the Netherlands

Background: Depression is a common mental health problem. The prevalence of depression is increasing worldwide. The aim of this study was to determine the prevalence of self-reported depression among young adults in the Netherlands. Methods: Data were obtained from the Dutch National Survey of Health, Work and Well-being (Dutch NEHS) in 2007. The prevalence of self-reported depression was determined among young adults (18-30 years) in the Netherlands. Results: The prevalence of self-reported depression among young adults in the Netherlands was 12.1% (95% CI 10.8-13.4%). The prevalence of self-reported depression was higher among young adults with a history of depression (21.1%) than among those without a history of depression (10.8%). The prevalence of self-reported depression was higher among young adults with a history of depression who were currently depressed (31.1%) than among those without a history of depression who were currently depressed (10.8%).

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