Depression Symptoms Reported by Youth of Color

Thoughts that you would be better off dead or hurting yourself

- Multiracial: 50.4
- Native American: 54.9
- Latino/e: 45.0
- AAPI: 48.2
- Black: 48.9

Moving or speaking so slowly that other people could have noticed, or more fidgety than usual

- Multiracial: 52.0
- Native American: 62.0
- Latino/e: 50.1
- AAPI: 50.7
- Black: 51.2

Trouble concentrating

- Multiracial: 62.7
- Native American: 74.9
- Latino/e: 67.9
- AAPI: 67.5
- Black: 66.8

Feeling bad about yourself

- Multiracial: 74.7
- Native American: 68.6
- Latino/e: 59.9
- AAPI: 70.8
- Black: 67.8

Having little energy

- Multiracial: 77.3
- Native American: 84.5
- Latino/e: 75.9
- AAPI: 80.9
- Black: 78.7

Poor appetite, weight loss, or overeating

- Multiracial: 67.0
- Native American: 74.9
- Latino/e: 61.5
- AAPI: 68.0
- Black: 69.4

Trouble falling asleep, staying asleep, or sleeping too much

- Multiracial: 74.0
- Native American: 80.4
- Latino/e: 72.1
- AAPI: 75.7
- Black: 74.7

Little interest or pleasure in doing things

- Multiracial: 75.4
- Native American: 73.8
- Latino/e: 68.6
- AAPI: 76.7
- Black: 73.3

Feeling down, depressed, irritable, or hopeless

- Multiracial: 70.1
- Native American: 83.8
- Latino/e: 69.5
- AAPI: 68.8
- Black: 70.9

KEY FINDING:

At least half of Youth of Color in this sample reported experiencing moderate to severe depression or anxiety. Some Youth of Color had significantly higher depression and anxiety scores.

Presented by

The AAKOMA Project

www.aakomaproject.org