

Antidepressant Use Among Commercially Insured Adults from 2009 to 2016

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Background

Motivation

- Previous survey research suggests that antidepressant use has been increasing over the last two decades
- A 2017 NCHS Data Brief showed antidepressant use increased from 7.7% to 12.7% from 1999 to 2014

Research Question:

- Do we observe an increase in antidepressant use?
- If we do, how has antidepressant use increased?

Methods

Data Source:

- Claims data from the Health Care Cost Institute commercial claims data base from 2009 to 2016

Sample:

- Individuals, ages 0 to 64 with a full year of employer coverage from 2009 to 2016 diagnosed with a mood disorder using clinical classification software designation (level 2 category of 5.8)
- Repeated cross section of between 550,000 to 710,000 enrollees in each year from 2009 to 2016

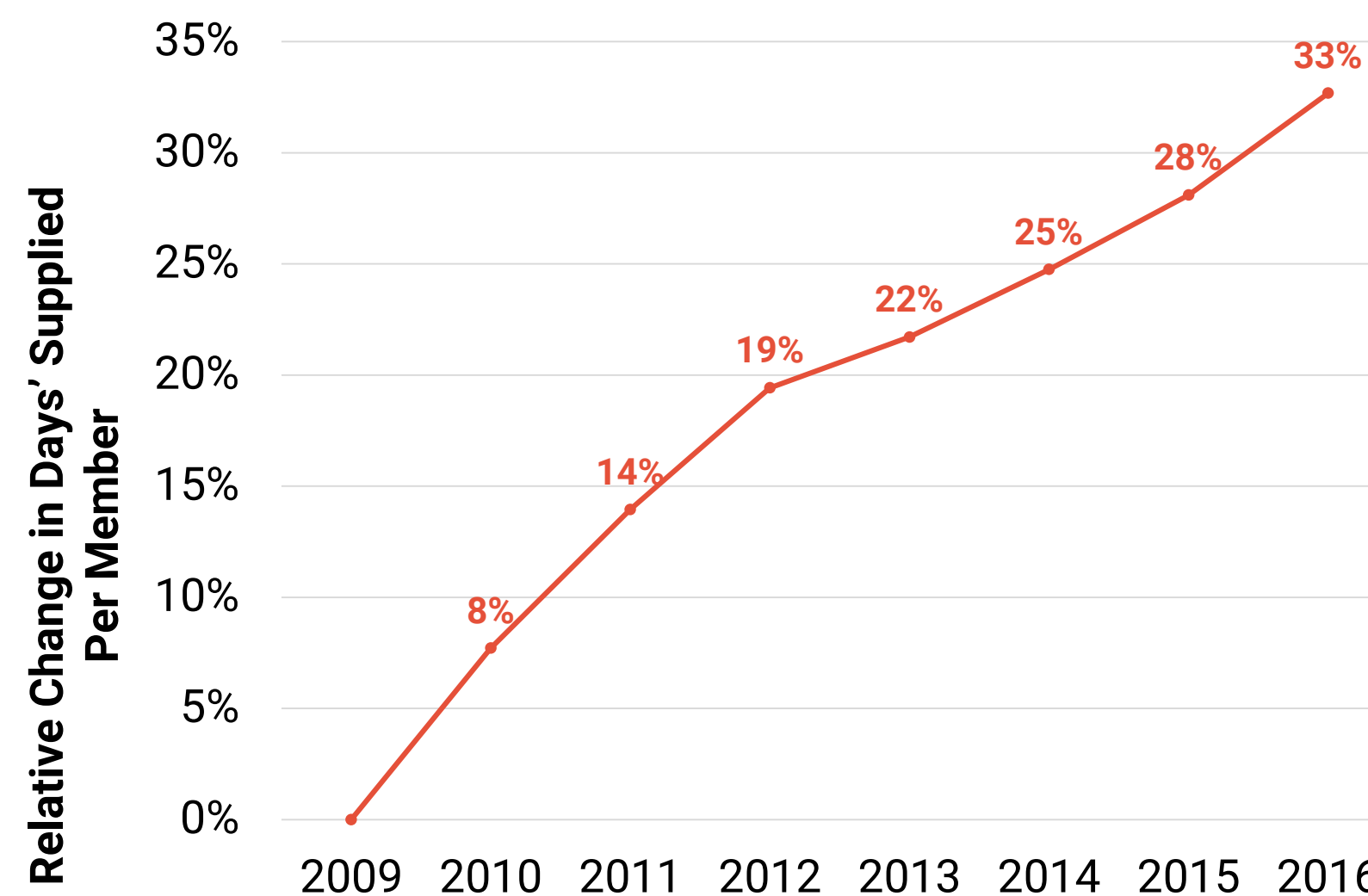
AHFS Classes

- **SSRI:** selective serotonin reuptake inhibitors; prevent the reabsorption of serotonin by neurons in the brain
- **SNRI:** serotonin and norepinephrine reuptake inhibitors; prevent reabsorption of serotonin and norepinephrine by neurons in the brain
- **Antidepressants, Miscellaneous:** includes active ingredients that don't fit neatly into traditional antidepressant classes

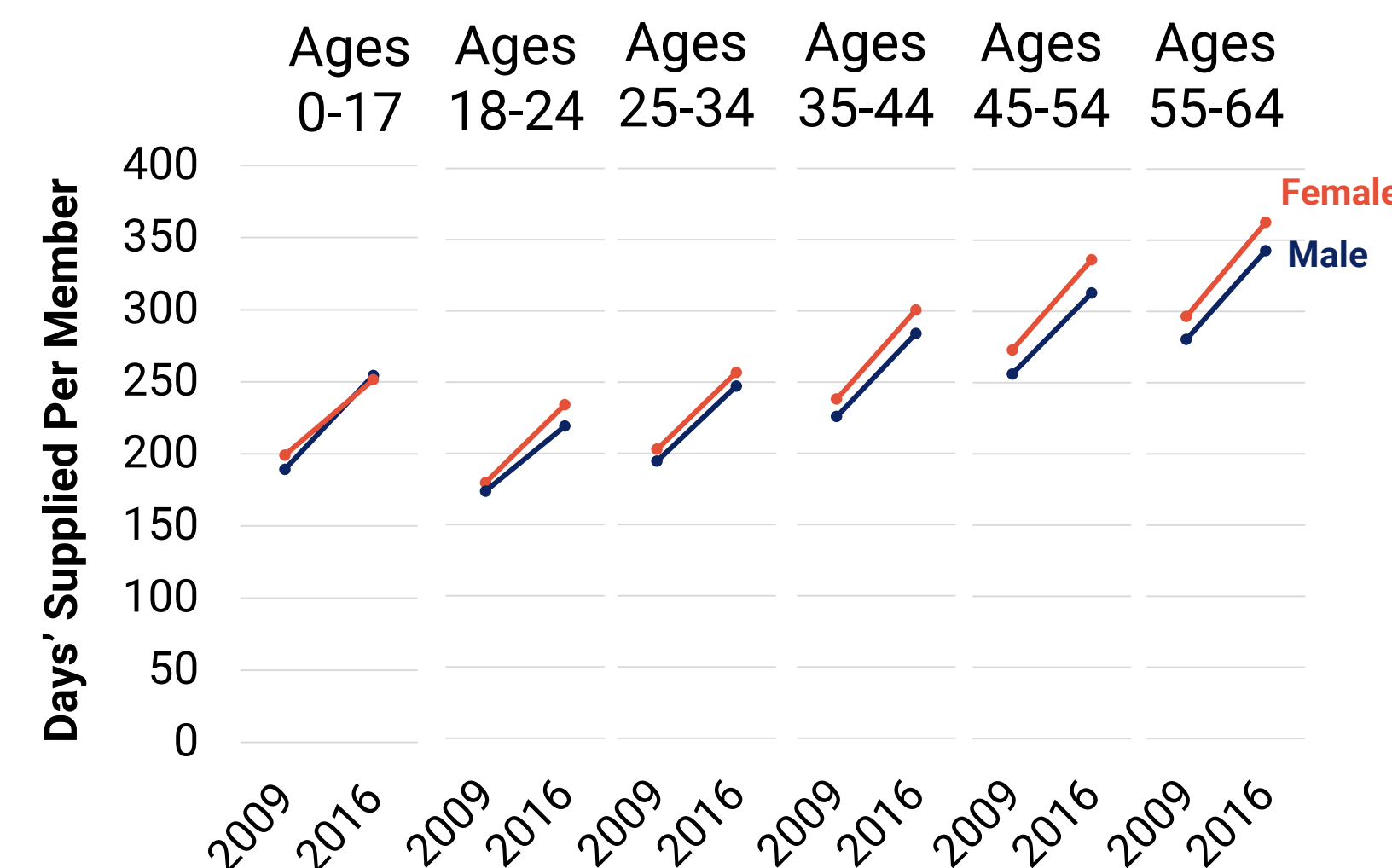
Results

Antidepressant Days' Supplied Increased from 2009 to 2016

- Antidepressant use **increased 58 days' supplied** from 165 days in 2009 to 223 days in 2016.

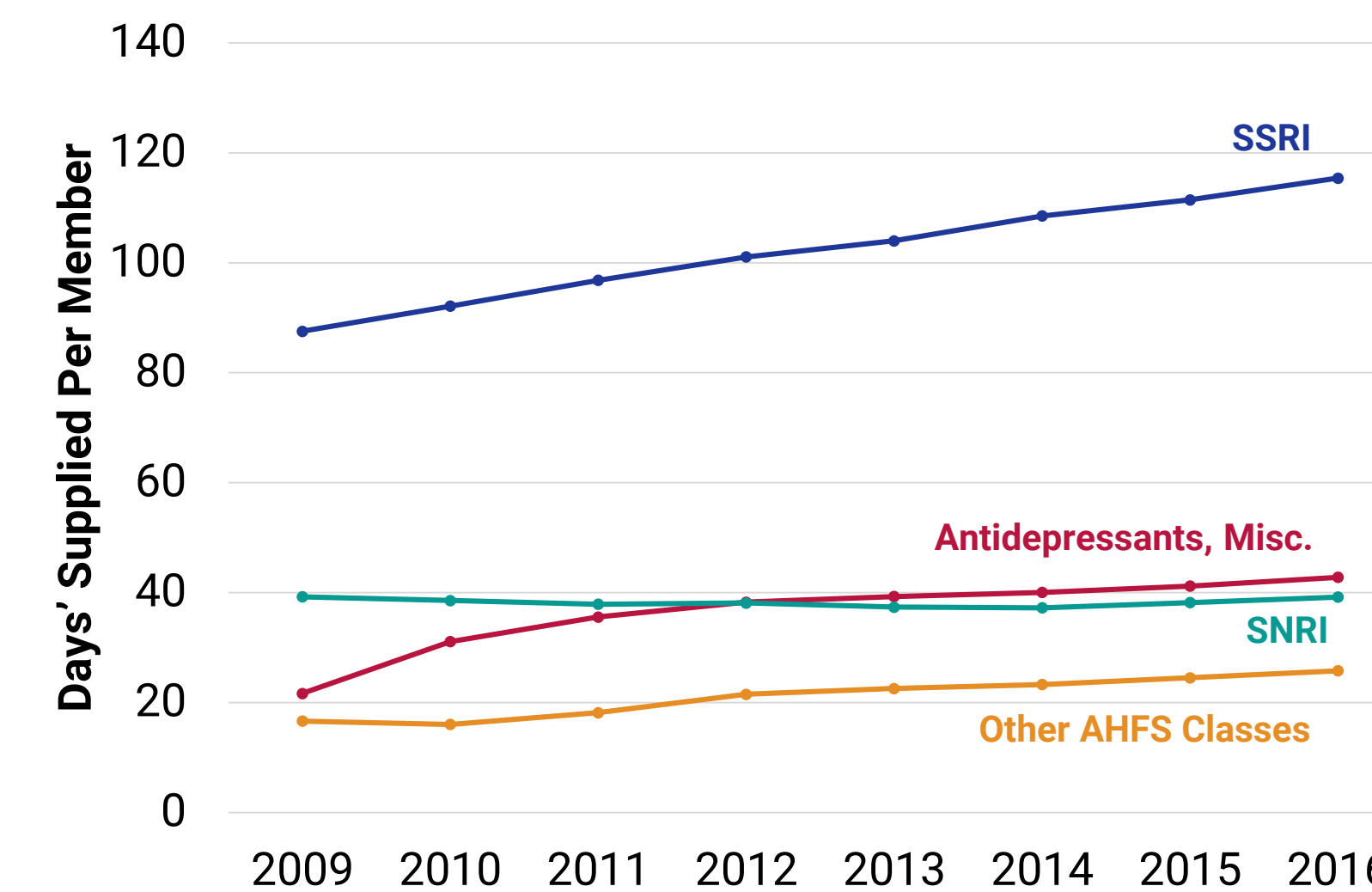


- Across age groups, men and women had **similar increases** in antidepressant use



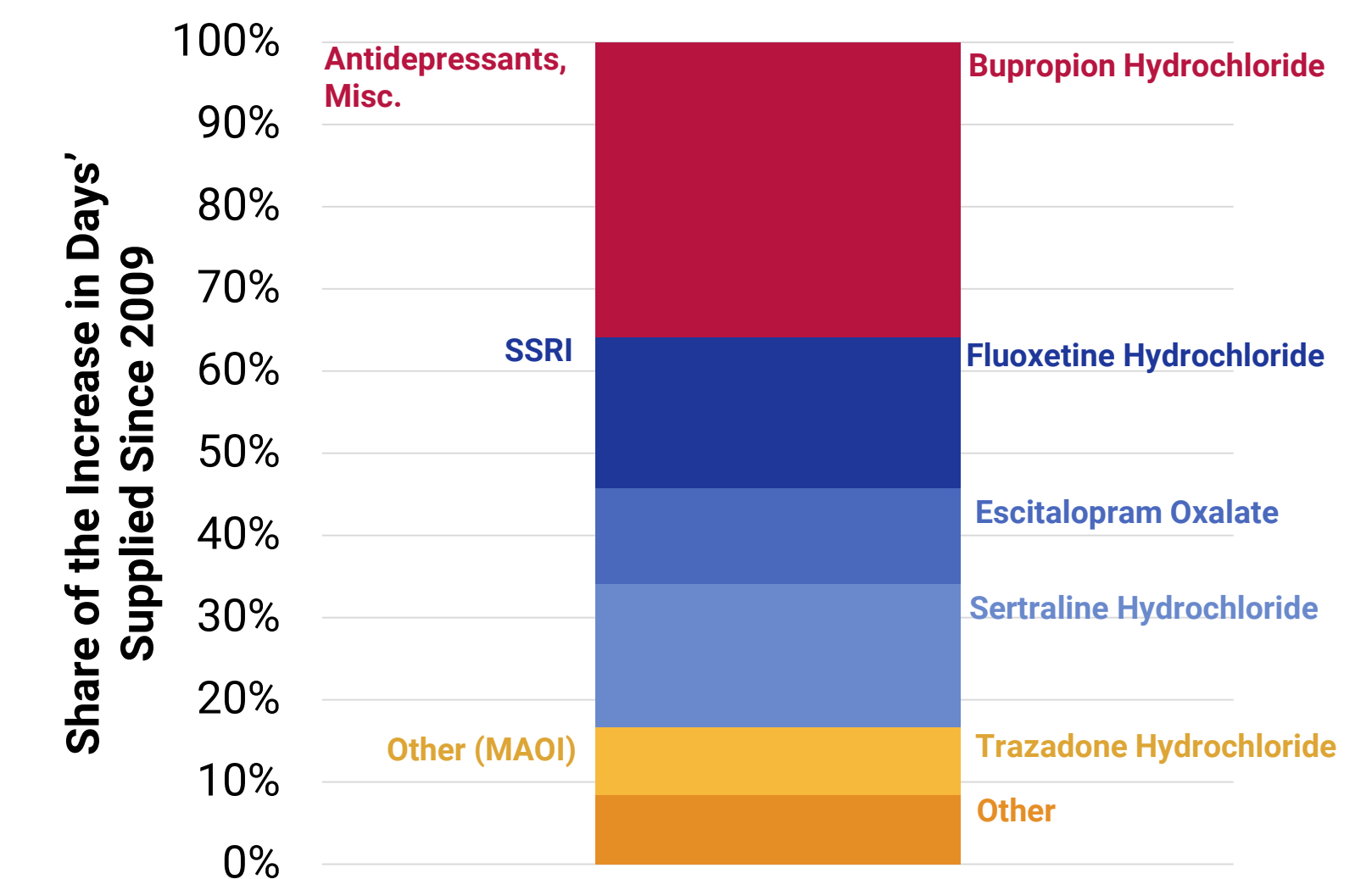
Out of the Three Most Common AHFS Classes, Two Showed Substantial Increase in Use Over Time

- Antidepressants, Miscellaneous saw a **98 percent increase** in days' supply per member while SSRIs saw a **32 percent increase** in days' supply per member.



Certain Active Ingredients Accounted for the Majority of the Increase in Days' Supplied

- Five active ingredients accounted for **93 percent of the increase** in antidepressant use from 2009 to 2016
- SSRI and Antidepressants, Miscellaneous accounted for the majority of the increase in days' supplied



Active Ingredient	AHFS Class	Days' Supplied 2009	Days' Supplied 2016	Share of the Increase
Bupropion Hydrochloride	Antidepressants, Misc.	19	40	36%
Fluoxetine Hydrochloride	SSRI	14	25	18%
Sertraline Hydrochloride	SSRI	24	34	17%
Escitalopram Oxalate	SSRI	23	30	12%
Trazodone Hydrochloride	Other (MAOI)	10	14	8%
All Other (25)		76	80	8%
Total		166	223	100%