

Executive Summary – Depression Survey
St. Paul's Community Baptist Church
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Background and Findings

Major depression is a debilitating illness that causes poor physical health and negatively impact relationships. Unfortunately, African Americans have some of the lowest rates of mental health treatment in the country. To identify community members who may be depressed, we conducted a research study to distribute depression screening surveys at 3 different African American churches in New York City. We collected surveys from 122 community members at the 3 churches. **Across all three churches, the rate of depression was 19.7%.**

In November 2012, we distributed the surveys at St. Paul's Community Baptist Church at the "Code Blue" mental health program, which was created by Fathers Incorporated. The results of the survey from community members screened at St. Paul's are as follows:

- We collected 85 total surveys
- **27.3% of Men were clinically depressed** (national rate for depression in Black men is 7%)
- **20.8% of Women were clinically depressed** (national rate for depression in Black women is 13%)

Implications

- It was feasible to partner with church staff to distribute a depression screening survey in churches
- In contrast to national averages, **Men had higher rates of depression than Women**
- Developing ways to strengthen ties between churches, primary care, and mental health professionals is key to health promotion

Recommendations and Next Steps

- Determine how to present these results to the church congregation
- Develop ways to reduce mental health stigma in Black Churches
- Identify clergy who would be interested in receiving training / education to better identify and support community members with depression

Thank you for your leadership and support of this project. Your unwavering commitment to the spiritual and emotional health of your congregation can serve as a model for other churches.

I look forward to hearing your feedback about this study. We are excited to partner with you to address the mental health needs of the African American community.

Sincerely,

Sidney Hankerson