

Adolescent Mental Health Visits Increased for Females During the Pandemic

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During the COVID-19 pandemic, mental health diagnoses made up a greater proportion of pediatric visits than before the pandemic.¹ As shown in Figure 1, outpatient mental health visits for adolescent females increased by 11.3% over predicted volumes during the COVID-19 pandemic. Mental health visits for adolescent males decreased by 0.4% from predicted volumes during the same time period.

Abstract: Adolescent females were seen more often than males for mental health concerns during the pandemic, notably for OCD and eating disorders.

Data are pooled from 52 healthcare organizations representing 259 hospitals that span 26 states and cover 15 million patients.

Outpatient Adolescent Mental Health Visit Volumes by Sex

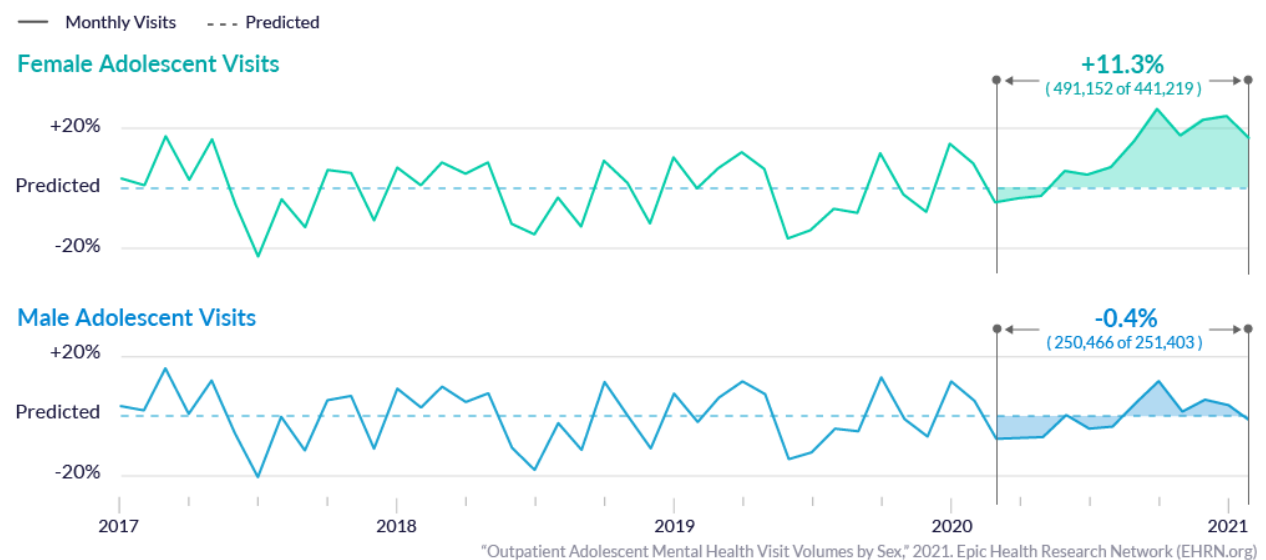


Figure 1. Outpatient visit volumes for mental health visits versus predicted volumes for patients ages 12-18 from January 1, 2017, through February 28, 2021. The vertical lines for March 1, 2020, and February 28, 2021, indicate the time frame for which we predicted visit volumes.

Two groups of mental health diagnoses stood out for their prominent increase in adolescent females: obsessive-compulsive disorders and eating disorders. Visits with OCD diagnoses increased by 41.5% for females and by 10.8% for males over predicted volumes. Visits with eating disorder diagnoses increased by 37.7% for females and by 5.4% for males over predicted volumes.

Outpatient Visit Diagnoses for Obsessive-Compulsive Disorder for Adolescents by Sex

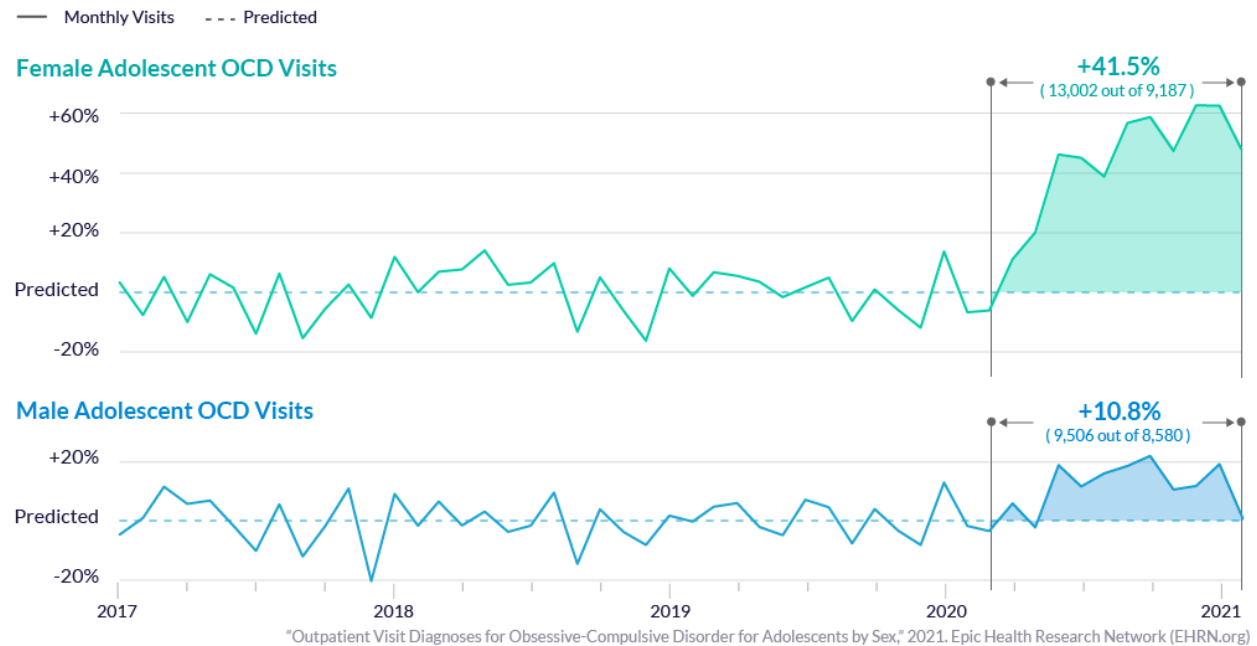


Figure 2. The difference in monthly outpatient visit diagnoses versus predicted volumes for obsessive-compulsive disorder for patients ages 12-18 from January 1, 2017, through February 28, 2021. The vertical lines for March 1, 2020, and February 28, 2021, indicate the time frame for which we predicted visit volumes.

Term	Definition
Qualifying Visit	A visit qualifies for inclusion in the numerator if there is a diagnosis linked to the encounter which matches the CCSR/ICD-10-CM code list. Diagnosis must be of the types “Encounter Diagnosis” or “Billing Final Diagnosis.”
Outpatient Visit	An encounter of type “Consult,” “Evaluation,” “Office Visit,” “Telemedicine,” “Telephone Visit,” or “Walk-In.”
Predicted Visit Volume	Predicted visit volumes were determined by looking at historic visit volumes from January 1, 2017, to February 28, 2020, to predict visit volumes for March 1, 2020, through February 28, 2021.
Adolescent Patient	A patient who was between the ages of 12 and 18 on the date of the visit.
Patient Sex	Patient’s legal sex. Possible values include “Male,” “Female,” and “Other.”
Schizophrenia	CCSR Code: MBD001 ICD-10-CM codes: F06.0, F06.1, F06.2, F20.0, F20.1, F20.2, F20.3, F20.5, F20.81, F20.89, F20.9, F21, F22, F23, F24, F25.0, F25.1, F25.8, F25.9, F28, F29
Depression	CCSR Code: MBD002 ICD-10-CM codes: F06.31, F06.32, F32.0, F32.1, F32.2, F32.3, F32.4, F32.8, F32.81, F32.89, F32.9, F33.0, F33.1, F33.2, F33.3, F33.41, F33.8, F33.9, F34.1
Bipolar Disorder	CCSR Code: MBD003 ICD-10-CM codes: F06.33, F06.34, F30.10, F30.11, F30.12, F30.13, F30.2, F30.3, F30.8, F30.9, F31.0, F31.10, F31.11, F31.12, F31.13, F31.2, F31.30, F31.31, F31.32, F31.4, F31.5, F31.60, F31.61, F31.62, F31.63, F31.64, F31.71, F31.73, F31.75, F31.77, F31.81, F31.89, F31.9, F34.0
Other Mood Disorder	CCSR Code: MBD004 ICD-10-CM codes: F06.30, F34.8, F34.81, F34.89, F34.9, F39
Anxiety	CCSR Code: MBD005 ICD-10-CM codes: F06.4, F40.00, F40.01, F40.02, F40.10, F40.11, F40.210, F40.218, F40.220, F40.228, F40.230, F40.231, F40.232, F40.233, F40.240, F40.241, F40.242, F40.243, F40.248, F40.290, F40.291, F40.298, F40.8, F40.9, F41.0, F41.1, F41.3, F41.8, F41.9, F93.0, F94.0
Obsessive-Compulsive Disorder	CCSR Code: MBD006 ICD-10-CM codes: F42, F42.2, F42.3, F42.4, F42.8, F42.9, F45.22, F63.3
Trauma/Stress Disorder	CCSR Code: MBD007 ICD-10-CM codes: F43.0, F43.10, F43.11, F43.12, F43.20, F43.21, F43.22, F43.23, F43.24, F43.25, F43.29, F43.8, F43.9, F44.0, F44.1, F44.2, F44.4, F44.5, F44.6, F44.7, F44.81, F44.89, F44.9, F48.1, F94.1, F94.2
Conduct Disorder	CCSR Code: MBD008 ICD-10-CM codes: F63.1, F63.2, F63.81, F63.89, F63.9, F91.0, F91.1, F91.2, F91.3, F91.8, F91.9
Personality Disorder	CCSR Code: MBD009 ICD-10-CM codes: F07.0, F60.0, F60.1, F60.2, F60.3, F60.4, F60.5, F60.6, F60.7, F60.81, F60.89, F60.9, F68.8, F69
Feeding and Eating Disorder	CCSR Code: MBD010 ICD-10-CM codes: F50.00, F50.01, F50.02, F50.2, F50.8, F50.81, F50.82, F50.89, F50.9, F98.21, F98.29, F98.3
Suicide/Suicidal Tendencies	CCSR Code: MBD012 ICD-10-CM codes: R45.851, T14.91, T14.91XA, T36.0X2A, T36.1X2A, T36.2X2A, T36.3X2A, T36.4X2A, T36.5X2A, T36.6X2A, T36.7X2A, T36.8X2A, T36.92XA, T37.0X2A, T37.1X2A, T37.2X2A, T37.3X2A, T37.4X2A, T37.5X2A, T37.8X2A, T37.92XA, T38.0X2A, T38.1X2A, T38.2X2A, T38.3X2A, T38.4X2A, T38.5X2A, T38.6X2A, T38.7X2A, T38.802A, T38.812A, T38.892A, T38.902A, T38.992A, T39.012A, T39.092A, T39.1X2A, T39.2X2A, T39.312A, T39.392A, T39.4X2A, T39.8X2A, T39.92XA, T40.0X2A, T40.1X2A, T40.2X2A, T40.3X2A, T40.4X2A, T40.5X2A, T40.602A, T40.692A, T40.7X2A, T40.8X2A, T40.902A, T40.992A, T41.0X2A, T41.1X2A, T41.202A, T41.292A, T41.3X2A, T41.42XA,

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Misc Mental Health Disorder

CCSR Code: MBD013
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