

# Depression by numbers

## How common is depression?

**300 million**

people worldwide – equivalent to two-thirds of the population of the European Union<sup>1</sup>

**40 million**

people in Europe are estimated to be living with a severe type of depression known as major depressive disorder (MDD) – a value equivalent to the national population of Spain<sup>2</sup>

## Estimated European prevalence of depression:<sup>1</sup>

| United Kingdom      | France              | Germany             | Spain               | Italy             |
|---------------------|---------------------|---------------------|---------------------|-------------------|
| <b>4.5%</b>         | <b>4.8%</b>         | <b>5.2%</b>         | <b>5.2%</b>         | <b>5.1%</b>       |
| >2.6 million people | >2.9 million people | >4.1 million people | >2.4 million people | >3 million people |



## What is the disease burden?

MDD is the leading cause of disability worldwide<sup>3</sup>

MDD is a significant health problem with a lifetime prevalence of

**15-20%**

MDD is associated with significant morbidity, mortality, disability, and suffering for patients and their families<sup>4</sup>

## What is the prognosis?



On average, a depressive episode lasts six months, and in

**20%** of cases it can last longer than two years<sup>5</sup>



Approximately **1 in 3** people who suffer from MDD do not respond to treatment and are considered to have treatment-resistant depression<sup>6</sup>

MDD patients who suffer from a first depressive episode have a **40-60%** risk of experiencing a relapse



This risk increases to **60%** and **90%** in individuals who have experienced two and three episodes respectively<sup>7</sup>



Up to **60%** of patients do not respond sufficiently to initial antidepressant treatments<sup>8</sup>



## What are the unmet needs surrounding treatment of MDD?

Only **25%** of people diagnosed with depression receive timely and appropriate care:<sup>2</sup>

**50%** of patients attempting to access psychological therapy waited more than three months for an assessment...



...with **10%** waiting more than a year<sup>9</sup>

During this time **40%** of patients self-harmed, and a further **1 in 6** people attempted suicide while waiting for psychological therapy<sup>9</sup>

## Who does depression affect?

Depression is more common among women than men within the general population<sup>2</sup>



**5.1%** of women

vs



**3.6%** of men

Suicide occurs more frequently in men compared to women, of all suicide victims<sup>2</sup>



**75%** of men

vs



**25%** of women

## What is the link between depression and suicide?

**60%**

of all suicides occur in patients diagnosed with depression<sup>5</sup>

**15-20%**

of all people diagnosed with depression end their lives by suicide<sup>10</sup>

## What is the incidence of suicide?

**125,000**

suicides are committed each year across Europe...



...that is equivalent to **1 life lost every 40 seconds**<sup>11</sup>



Suicide is a **leading cause of death** in Europe among 15–29 year olds (2014 data)<sup>12</sup>

## What is the economic burden?

**1 in 10**

have taken time off work for depression, losing an average of **36 work days** per depressive episode<sup>13</sup>



Employees with depression report an average of **5.6 hours** per week of lost time, considerably interfering with production capacity<sup>13</sup>



The economic costs of depression alone amounted to in the European Economic Area (EEA) in 2010 – that's equivalent to an approximate expense of **€179** for every single person living in the EEA today<sup>5</sup>...



**€24 billion** in direct healthcare costs<sup>5</sup>



**€68 billion** in indirect costs<sup>5</sup>

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