Depression by numbers

How common is depression?

300 million people worldwide – equivalent to two-thirds of the population of the European Union

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

Estimated European prevalence of depression:

<table>
<thead>
<tr>
<th>Country</th>
<th>Prevalence</th>
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</thead>
<tbody>
<tr>
<td>United Kingdom</td>
<td>4.5% 2.6 million people</td>
</tr>
<tr>
<td>France</td>
<td>4.8% 2.9 million people</td>
</tr>
<tr>
<td>Germany</td>
<td>5.2% 4.1 million people</td>
</tr>
<tr>
<td>Spain</td>
<td>5.2% 2.4 million people</td>
</tr>
<tr>
<td>Italy</td>
<td>5.1% 3 million people</td>
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</tbody>
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MDD is the leading cause of disability worldwide

MDD is a significant health problem with a lifetime prevalence of 15–20%

What is the disease burden?

MDD is associated with significant morbidity, mortality, disability, and suffering for patients and their families

What is the prognostic?

Approximately 1 in 3 people who suffer from MDD do not respond to treatment and are considered to have treatment-resistant depression

What are the unmet needs surrounding treatment of MDD?

Only 25% of people diagnosed with depression receive timely and appropriate care.

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

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

What is the link between depression and suicide?

60% of all suicides occur in patients diagnosed with depression

15–20% of all people diagnosed with depression end their lives by suicide

125,000 suicides are committed each year across Europe...

...that is equivalent to 1 life lost every 40 seconds

Suicide occurs more frequently in men compared to women, of all suicide victims

Who does depression affect?

Depression is more common among women than men within the general population

Suicide is a leading cause of death in Europe among 15–29 year olds (2014 data)

What is the economic burden?

1 in 10 employees have taken time off work for depression, losing an average of 36 work days per depressive episode

The economic costs of depression alone amounted to €92 billion 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