Depression in the workplace in Mexico

Workplace depression is a major issue across different cultures and economies, with devastating consequences.

Lifetime prevalence of depression in Mexico: 7.6% or 9.5 million


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Depression costs Mexico more than US$14 billion in lost productivity (absence from work, and attending work while unwell)

US$14b
Lost Productivity

US$7.5
Mexican Defence Budget

Almost x2 higher than the total Mexican budget for defence

Depression-related presenteeism\(^*\) costs Mexico US$11.3 billion

\(\text{Presenteeism: US$11.3b}\)

\(\text{Absenteeism: US$3.6b}\)

\(\text{América Móvil}\)

US$1.9b


The cognitive symptoms of depression, for instance difficulties in concentrating, making decisions and remembering, are present up to 94% of the time during an episode of depression\(^1\), causing significant impairment in work function and productivity\(^2\)

2. Greer TL et al. CNS Drugs. 2010;24(4):267-284

Cognitive symptoms are a crucial factor affecting workplace performance in people with depression

2. Greer TL et al. CNS Drugs. 2010;24(4):267-284

Mexican employees are likely to keep working during an episode of depression, impacting their productivity and performance at work

Days taken off work during an episode of depression

0 days: 65.6%
1–5 days: 23.8%
6–10 days: 2.7%
11–15 days: 2.6%
16–20 days: 0.4%
21+ days: 2.3%
Don’t know: 2.7%

2. América Móvil annual profits fall despite fourth quarter recovery. Available at: www.ft.com/cms/s/0/5f2ba6b8-cf8c-11e5-986a-62c79fcbceda.html#axzz40SFPTBNr Last accessed: August 2016

For more information on the IDEA Survey as well as the LSE Health and Social Care research centre, visit the centre’s blog: http://blogs.lse.ac.uk/healthandsocialcare/ The report was initiated by, and is sponsored by H. Lundbeck A/S. The opinions expressed by the report author from the London School of Economics and Political Science (LSE) do not necessarily represent the opinions of H. Lundbeck A/S