Depression /diˈpreʃ(ə)n/
Depression is a common mental disorder, characterized by sadness, loss of interest or pleasure, feelings of guilt and low self-worth, disturbed sleep and appetite, a lack of energy and trouble concentrating. It can be long lasting or recurrent, substantially impacting a person at work, school and in their everyday life.²

Prevalence of depression in Spain³
2,408,700 cases of depression were reported in 2015, which is 5.2% of the population

Factors associated with greater perceived discomfort regarding depression in the workplace

Depression is associated with high costs to employers and employees
Depression accounts for 8.7% of the overall disease burden in Spain³
Mood disorders, including depression, have associated costs totalling over €9,000 million per year in Spain⁴

How do workplaces in Spain support employees with depression?¹
56% of employees with depression were offered help by their manager
45% were encouraged to talk to a healthcare professional
9% were offered flexible working
However, 6% of managers avoided talking about it