Depression in the workplace in Canada

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

Lifetime prevalence of depression in Canada: **12.6% or 3.2 million**

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**Depression costs Canada more than US$9 billion in lost productivity** (absence from work, and attending work while unwell)¹

- **US$9b**
  - Lost Productivity
- **US$3.5b**
  - Canadian Foreign Aid Budget

x2.5 higher than the total Canadian budget for foreign aid²

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**Depression-related presenteeism**<sup>*</sup> costs Canada US$6.8 billion¹

- Presenteeism: **US$6.8b**
- Absenteeism: **US$2.5b**

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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 depression¹, causing significant impairment in work function and productivity²

2. Canada’s Foreign Aid. Available at: http://cidpnsi.ca/canadas-foreign-aid-2012-2/
   Last accessed: August 2016

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

McIntyre RS et al. Compr Psychiatry. 2015; 56:279-82

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Canadian 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

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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.