Major depressive disorder, also known as clinical depression is a chronic, recurring and progressive disorder

Symptoms include:1–4

<table>
<thead>
<tr>
<th>EMOTIONAL</th>
<th>e.g. sadness and loss of interest</th>
</tr>
</thead>
<tbody>
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<td>COGNITIVE</td>
<td>e.g. lack of attention and concentration</td>
</tr>
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<td>PHYSICAL</td>
<td>e.g. fatigue and eating changes</td>
</tr>
</tbody>
</table>

Depression affects 350 million people globally5

Depression is predicted to become the leading cause of burden by 20306

EMOTIONAL e.g. sadness and loss of interest
COGNITIVE e.g. lack of attention and concentration
PHYSICAL e.g. fatigue and eating changes

59% of people with depression also have anxiety7
24% of people with depression also have substance use disorders7

Depression costs more to employers than is spent on managing it

Direct medical costs of managing depression in the EU €38 billion8

Depression costs employers:

1 in 10 people have taken time off work for depression10
Taking an average of 36 days per episode11

€54 billion in the EU8
€37 billion in the US9
€7.5 billion in Australia10

The gains made by improved productivity at work can offset the treatment costs for depression by 45–98%12
INVESTMENTS MADE IN DEPRESSION SHOULD MATCH THE BURDEN OF DISEASE

People with depression deserve access to effective treatment with a reduced side effect burden

Treatment non-responders are more likely to have: $^{15,16}$

WHAT CAN YOU DO?

- Invest in public awareness and healthcare professional training so people with depression seek treatment and are accurately diagnosed
- Improve access to depression care that delivers on quality of life and functioning targets developed by people with depression in collaboration with their care team
- Invest in earlier and appropriate depression interventions to avoid extended periods of untreated or sub-optimally treated depression


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This infographic has been developed by H. Lundbeck A/S from published literature as a contribution to the public health debate and is endorsed by the European Brain Council, the European Depression Association, the European Federation of Associations of Families of People with Mental Illness, the Global Alliance of Mental Health Illness Advocacy Networks and the World Federation for Mental Health.