

Depression: economic considerations

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Economic dimensions

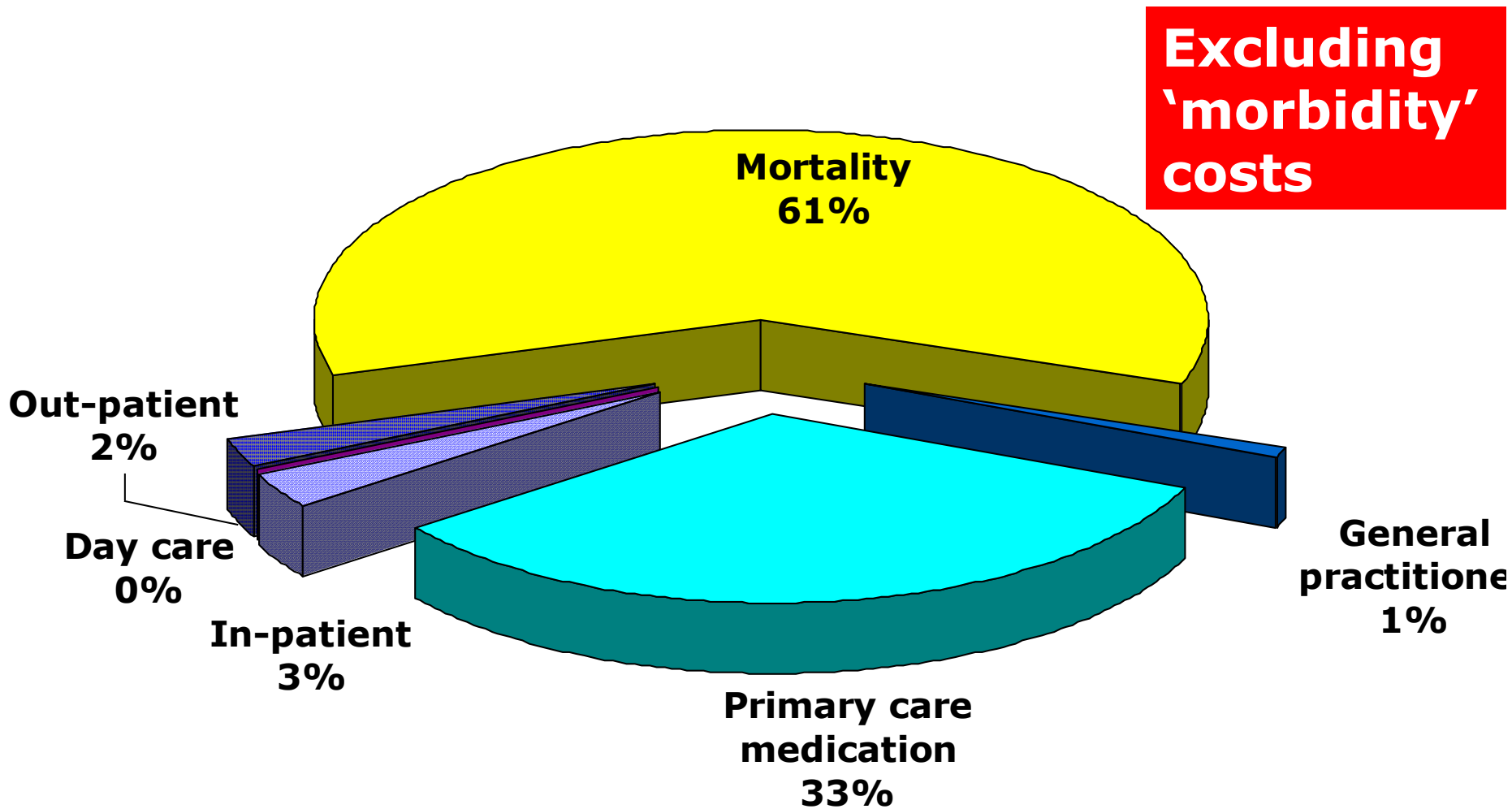
Impacts:

- Unemployment
- Absenteeism
- Presenteeism
- Early retirement

Responses:

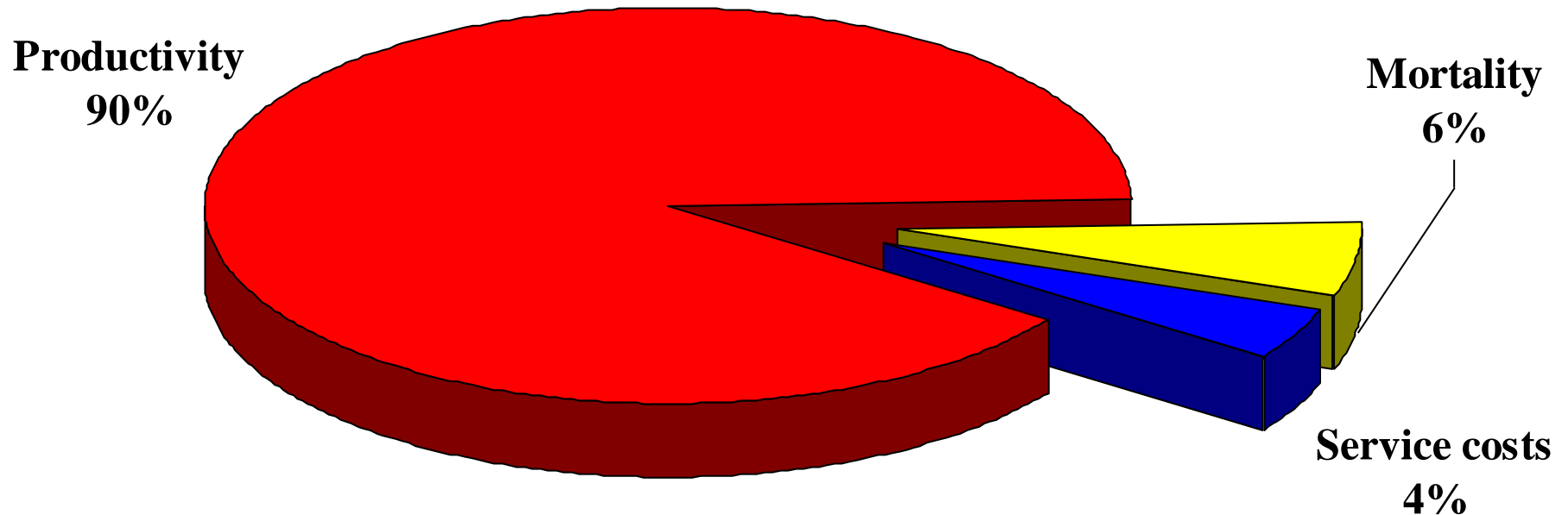
- Prevention of mental illness
- Promotion of mental wellbeing
- Treatment, care and support

Depression – costs for adults in England, 2000



Depression – costs for adults in England, 2000 - continued

Total cost = £9 bn



'Business costs' of mental ill-health

Absenteeism (UK)

- The average employee has 7 'sick days' off per year ... and 40% are for mental health problems
- Cost to business = **£8.4 billion**

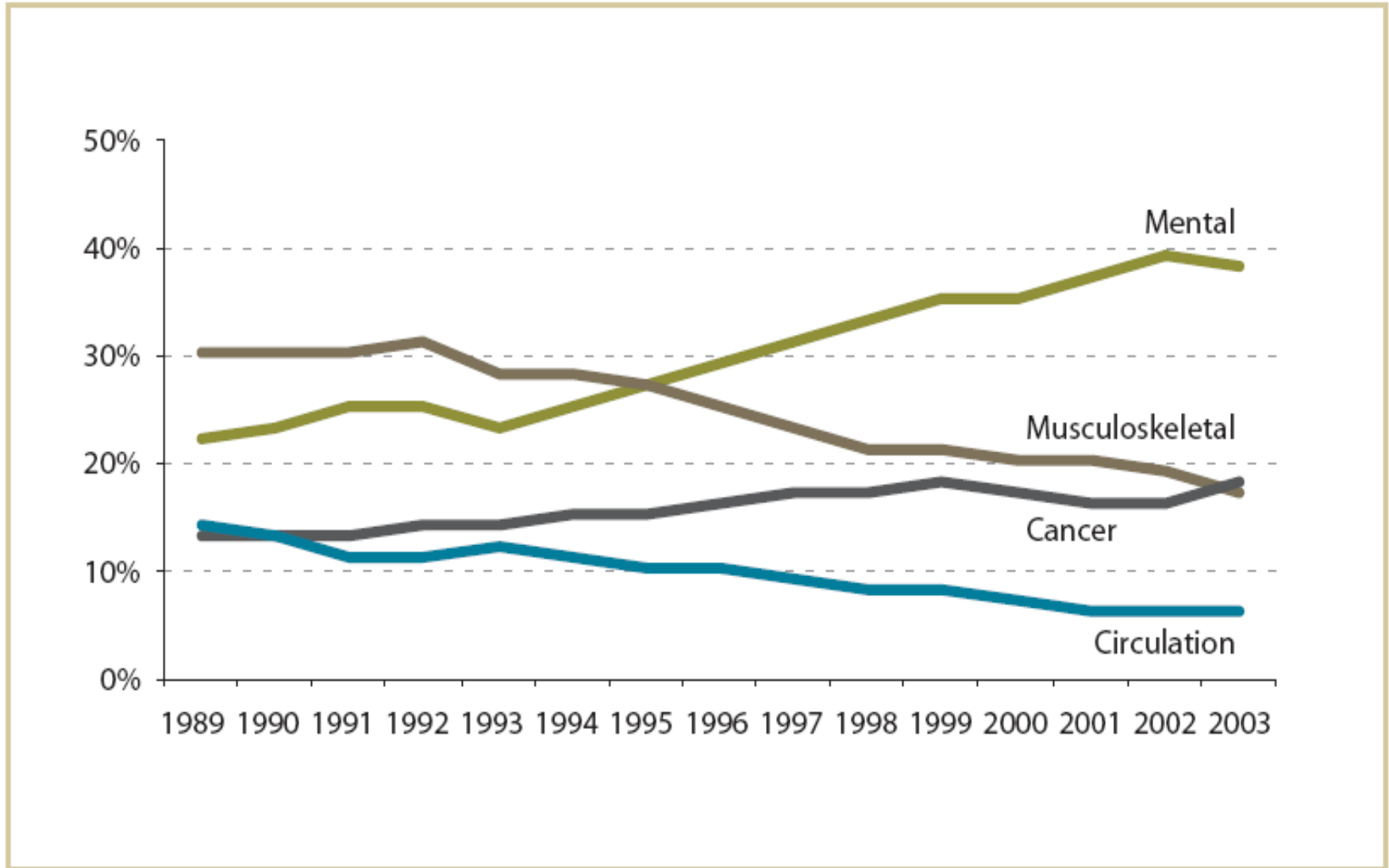
'Presenteeism' (UK)

- Mental health problems can make people less productive in the workplace
- Cost to business = **£15.1 billion**

Staff turnover (UK)

- Replacing staff who leave because of mental ill-health
- Cost to business = **£2.4 billion**

Germany - major cause of early retirement



Source: German Federal Health Monitoring (2007)

Investing in promotion and prevention

Martin Knapp, David McDaid and Michael Parsonage (2011) *Mental Health Promotion and Mental Illness Prevention: The Economic Case*, Dept of Health, London.

We examined 15 'interventions':

- o Each was already **'evidence-based'** - i.e. each of them *'worked'*
- o We calculated the **economic returns** to investment for each - but varying time horizons, varying breadths of measurement.
- o Almost all of them are **cost-saving**
- o All of them are **cost-effective**
- o **Challenges** (a) cross-agency; (b) time spans

Economic pay-offs per £1 investment	NHS	Other public sector	Non-public sector	Total
Early identification and intervention as soon as mental disorder arises				
Early intervention for conduct disorder	1.08	1.78	5.03	7.89
Health visitor interventions to reduce postnatal depression	0.40	-	0.40	0.80
Early intervention for depression in diabetes	0.19	0	0.14	0.33
Early intervention for medically unexplained symptoms	1.01	0	0.74	1.75
Early diagnosis and treatment of depression at work	0.51	-	4.52	5.03
Early detection of psychosis	2.62	0.79	6.85	10.27
Early intervention in psychosis	9.68	0.27	8.02	17.97
Screening for alcohol misuse	2.24	0.93	8.57	11.75
Suicide training courses provided to all GPs	0.08	0.05	43.86	43.99
Suicide prevention through bridge safety barriers	1.75	1.31	51.39	54.45
Promotion of mental health and prevention of mental disorder				
Prevention of conduct disorder through social and emotional learning programmes	9.42	17.02	57.29	83.73
School-based interventions to reduce bullying	0	0	14.35	14.35
Workplace health promotion programmes	-	-	9.69	9.69
Addressing social determinants and consequences of mental disorder				
Debt advice services	0.34	0.58	2.63	3.55
Befriending for older adults	0.44	-	-	0.44

Implications?

- Better recognition of the breadth of impact
- Early attention to known risk factors
- Early intervention in response to emerging needs
- Overcome (all-too-familiar) boundary problems
- Investment by governments and other 'collectives'
- Encouragement and support for private initiatives - including tax breaks, risk-pooling, subsidies ...