

Public health importance of depression

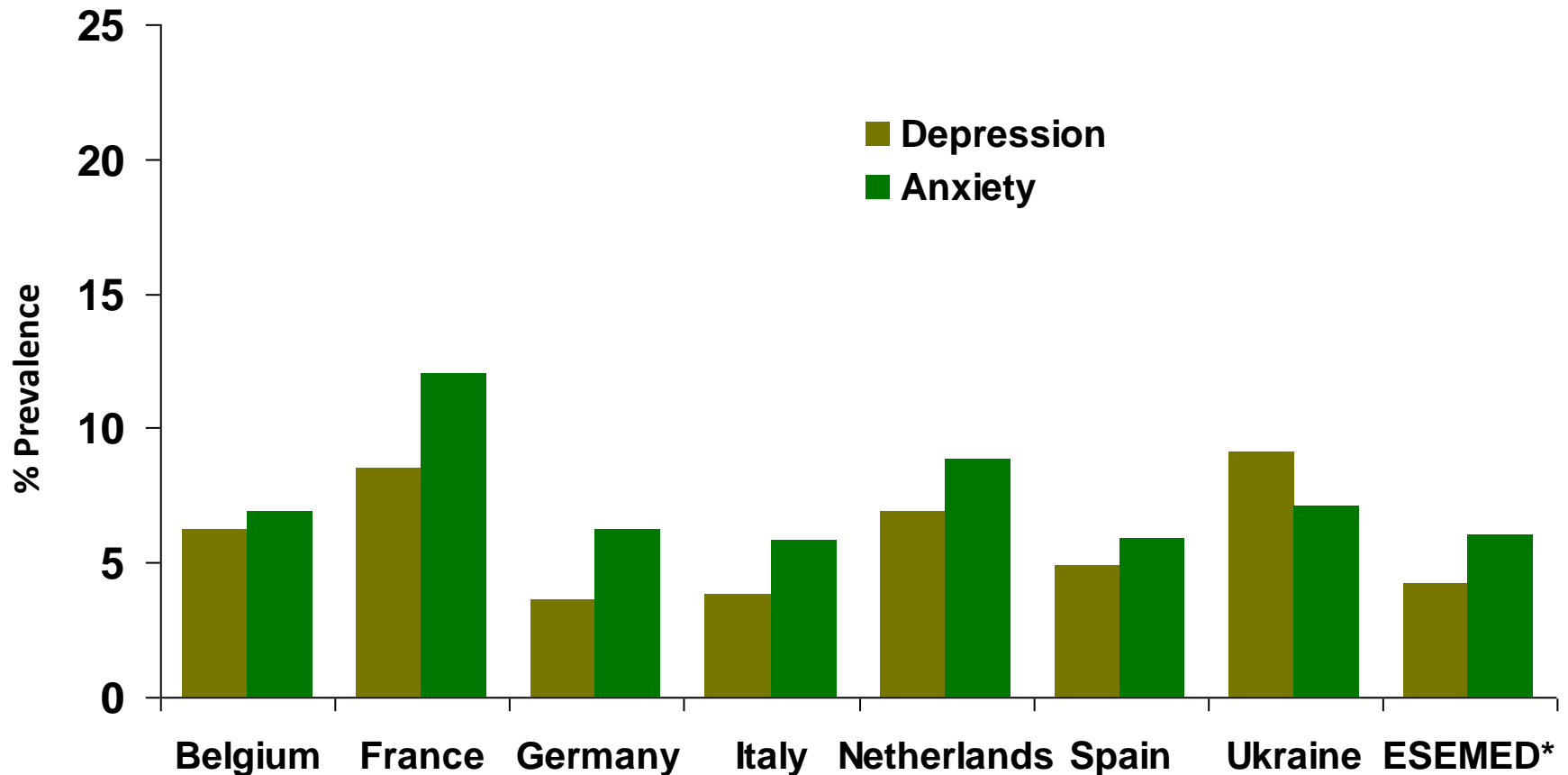
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Prevalence of depressive states

- Prevalence of well defined depressive states is
 - 3 – 5% in the general population
 - 10 – 15% among people contacting general health services
 - 15 – 25% in people with chronic illnesses such as cancer, cardiovascular illness and diabetes

In addition 3 – 8% of the general population has "subthreshold" depressive states

1-Year Prevalence of Depression and Anxiety Disorders



WHO World Mental Health Consortium. *JAMA*. 2004;291:2581-90.

*ESEMED/MHEDEA 2000. *Acta Psychiatr Scand*. 2004;109 Suppl(129):21-7.

Neuman SA, O'Hara, Brussels, 3 May 2011

Trends: Depressive Disorders

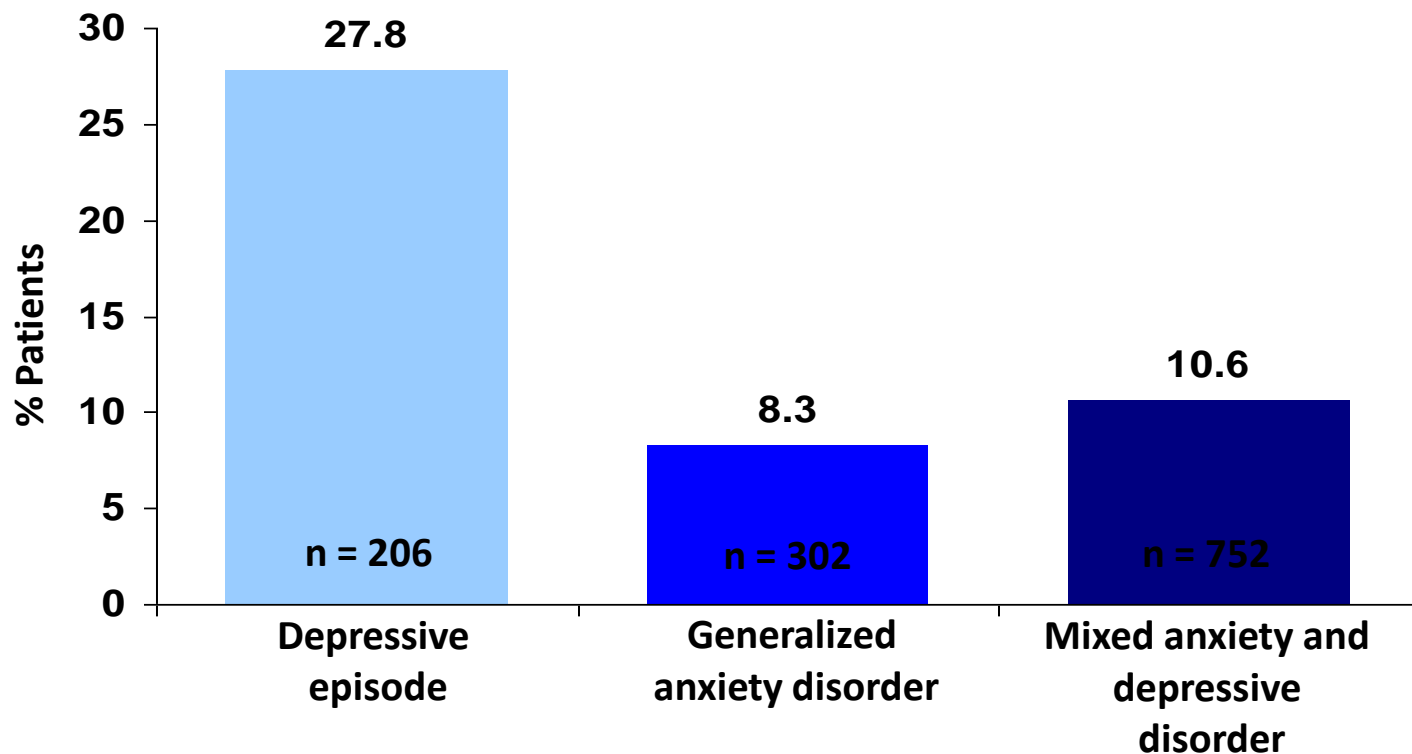
- Increases in prevalence of depressive disorders can be expected and is due to
 - demographic changes,
 - iatrogeny
 - Higher exposure to risk factors for depression
 - Longer life expectancy
 - Longer life expectancy of people with chronic illnesses and of those disabled
 - probable growth of incidence of depression

Current Treatment Practices

- Only a proportion of patients are recognized as having a depressive disorder
- Among patients with recognized disorders:
 - some are not given any treatment
 - others are prescribed the wrong treatment
- The proportion of correctly treated people with depressive illness is estimated to be one in eight in most EU countries – although in some countries approximately one in five patients will be appropriately treated

Current Treatment Practices: The Example of the United Kingdom

National Surveys of Psychiatric Morbidity:
Proportion of patients receiving any treatment



Sometimes total numbers speak more clearly ,

- In the EU countries there are at least 15 million people with a depression that is sufficiently severe to disable them (and that could be effectively treated).
- The total of people concerned must be multiplied by at least two because of the impact that depression has on family members, friends and other carers.

Other consequences of depression

- Approximately two thirds of people who attempt suicide suffer from depressive disorders
- Depression of parents severely affects the upbringing of children
- Depression has significant economic consequences
- Depression worsens the prognosis of diseases that are co-morbid with it

Areas of work of particular promise

- Improving the recognition of depression (and its treatment) in patients with chronic illnesses such as diabetes, CVD and cancer
- Focused education of general practitioners
- Education of managerial staff in industry
- Education of the general public about risk factors and situations (e.g. the risk of depression in the puerperium)

Expert Platform on Mental Health – Focus on Depression

Objectives

- i) To support the implementation of the EU Pact on Mental Health and Well-being
- ii) To develop recommendations concerning mental health action in areas not covered by the five thematic conferences convened in the framework of the European Pact for Mental Health and Wellbeing.

Expert Platform on Mental Health – Focus on Depression

Associations that are members of the Platform

- Global Alliance of Mental Illness Advocacy Networks – Europe (GAMIAN-Europe)
- European Brain Council (EBC)
- European Depression Association (EDA)
- World Association of general practitioners and family physicians (WONCA)
- European Federation of Associations of Families of People with Mental Illness (EUFAMI)
- International Federation for Psychotherapy (IFP)
- Lundbeck International Neuroscience Foundation (LINF)
- European Network for Workplace Health Promotion (ENWHP)
- European Psychiatric Nurses Association/Horatio
- Standing Committee of European Doctors (CPME)