



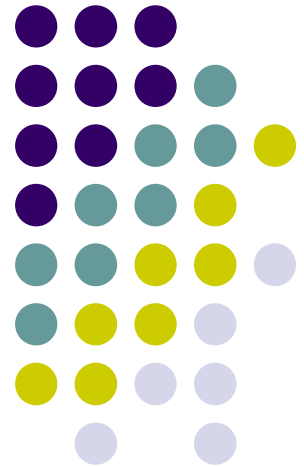
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Association

# MEP Initiative Depression in the Workplace

## Impact of Depression on families, patients and professional lives

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**European Depression Association (EDA)**  
and AMEOS Klinikum Hildesheim, Germany



# Content



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- General aspects of depression
  - Epidemiology, etiopathogenesis, symptoms, impact on subjects, families, society and work place
- European Depression Association (EDA)
  - The IDEEA-Study

# Epidemiology of mood disorders



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Studies		Prevalence Major Depression Lifetime	Prevalence Dysthymia Lifetime
Bland et al., 1988	Edmonton, Canada	8.6	3.7
Wells et al., 1989; Oakley-Browne et al., 1989	Christchurch, New Zealand	12.6	6.4
Szadoczky et al., 1998	Hungary	15.1	4.5
Kessler et al., 1994; Blazer et al., 1994	USA (NCS)	17.1	6.4
Bijl et al., 1998	The Netherlands	15.4	6.3
Kringlen et al., 2001	Oslo (Norway)	17.8	10.0
Abou-Saleh et al., 2001	Al Ain (United Arab. Emirates)	3.4	-
Andrade et al., 2002	Sao Paulo, Brazil	16.8	4.3
Jacobi et al., 2004	Germany	14.8	4.5
The ESEMeD-MHEDEA 2000, 2004	Belgium, France, Germany, Italy, The Netherlands, Spain	12.8	4.1

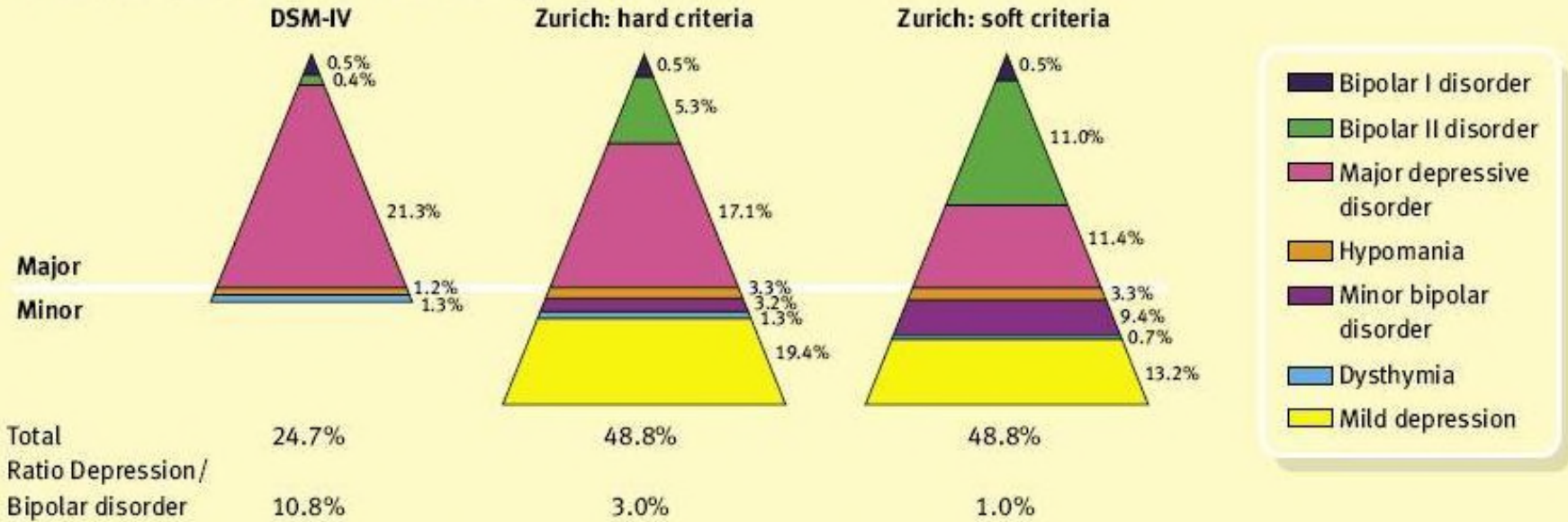
Wittchen & Jacobi (2005)

# Epidemiology of mood disorders



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## Cumulative prevalence rates of the bipolar spectrum

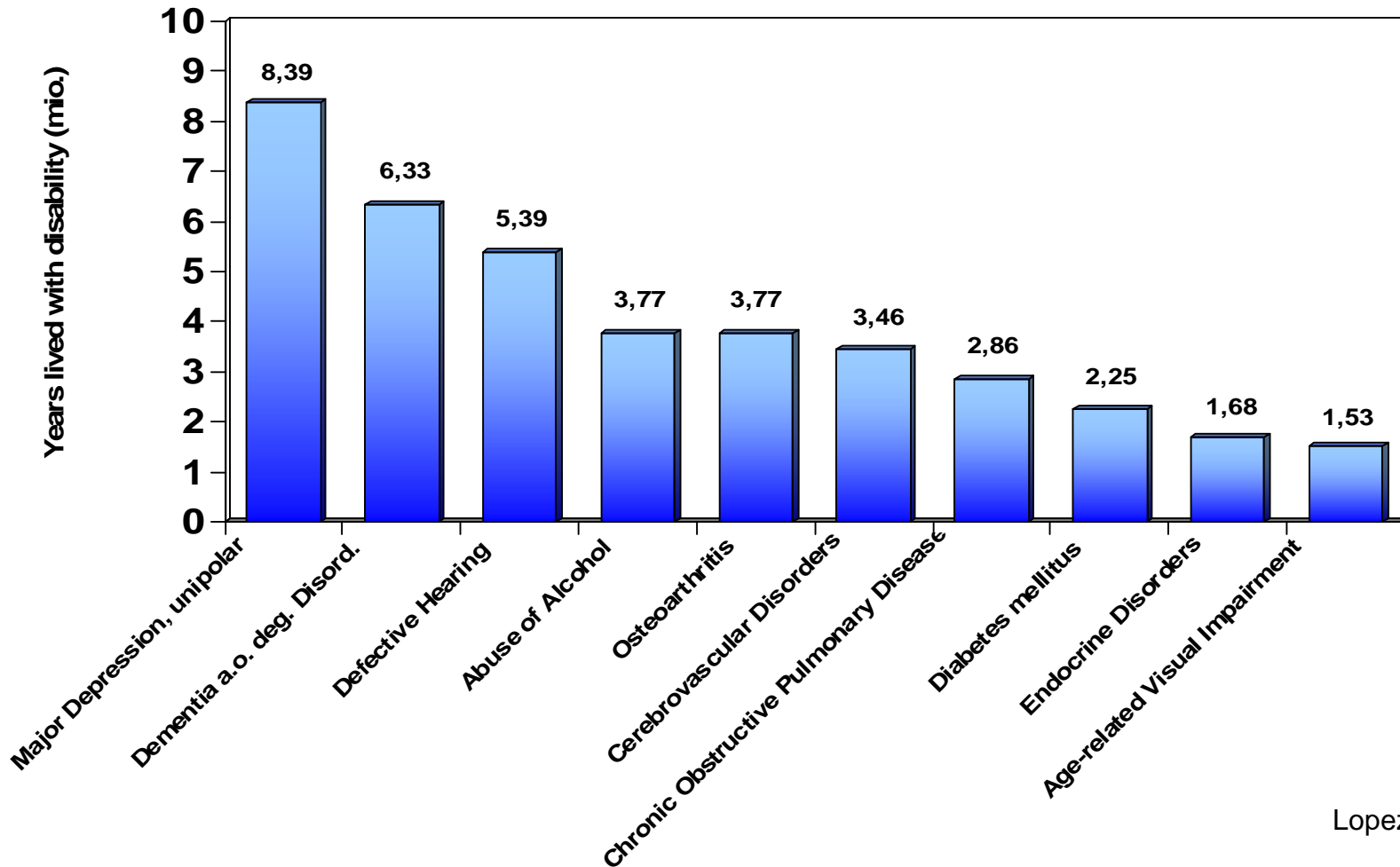


Angst et al. (2005)

# WHO „Global Burden of Disease“



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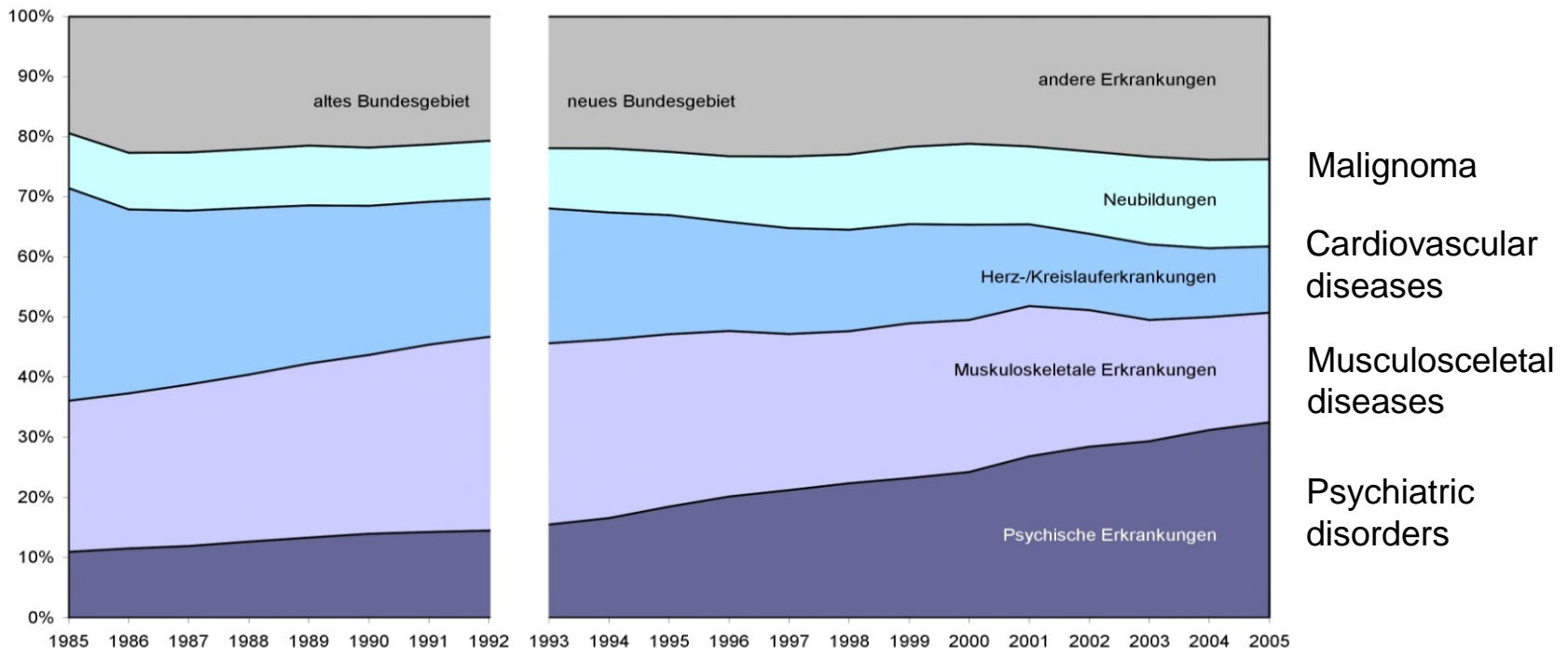
Lopez et al. (2006)

# Early retirement: mental disorders



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The four most common reasons for early retirement due to illness



(Wedegärtner et al. 2007)

# Depression affects ...



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- The individual (mental and somatic health)
- The relatives (partners, children, parents ...)
- Social environment
- Company (colleagues, supervisors, company physician, company, health insurance fund, productivity, economic situation ...)
- Economy
- ...

# What is Depression?



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Karl Jaspers

defined the core of depression as a  
**„deep sadness“ and an „inhibition of all  
mental activity“**

(„tiefe Traurigkeit“ und eine „Hemmung allen seelischen  
Geschehens“)



# Symptoms of Depression



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Symptoms	%
Insomnia	100
Depressive mood	100
Loss of interest or pleasure	94
Lack of concentration	91
Negative thoughts	82
Fatigue / decrease of energy	76
Fractiousness	76
Psychomotor retardation	76
Lack of appetite	66
Daily fluctuations	64
Despair	51
Memory disturbance	35
Delusional ideas	33
Suicidal attempts	15

# Suicide



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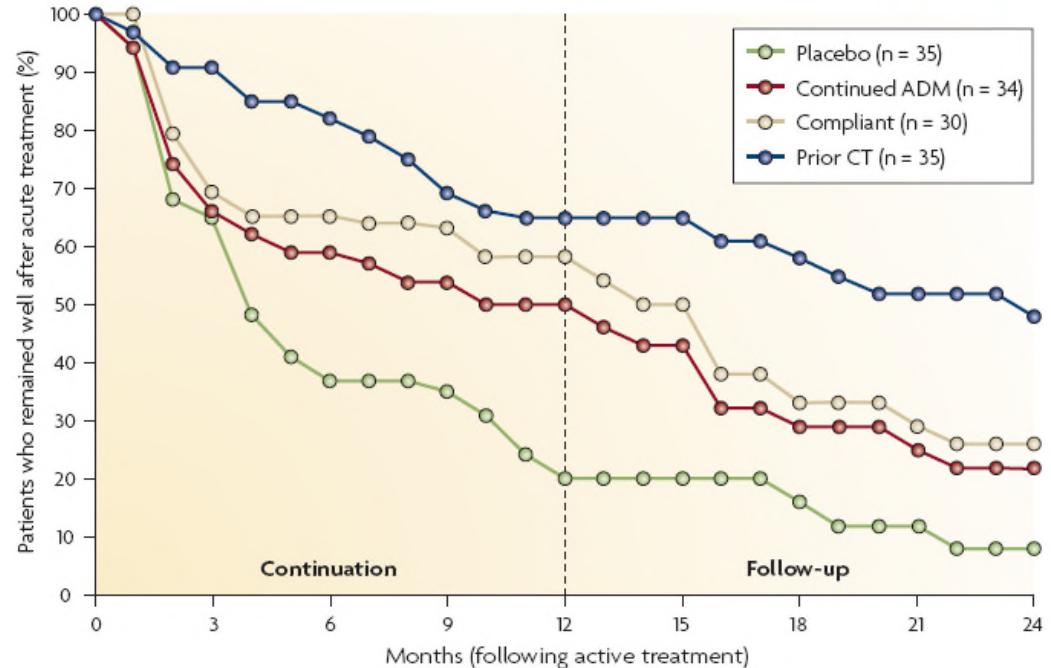
- WHO:
  - > 1 mio. people commit suicide per year worldwide
  - 10-20 mio. non-fetal suicide attempts estimated
  - Leading cause of death among teenagers and adults under 35 y
  - More than 50 % related to depression
  - 15 % of recurrently depressed die of suicide

# Treatment options



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- Psychotherapy
- Pharmacotherapy
- Sociotherapy
- Occupational therapy
- Physiotherapy
- Light therapy
- Sleep deprivation
- Electroconvulsive therapy (ECT)



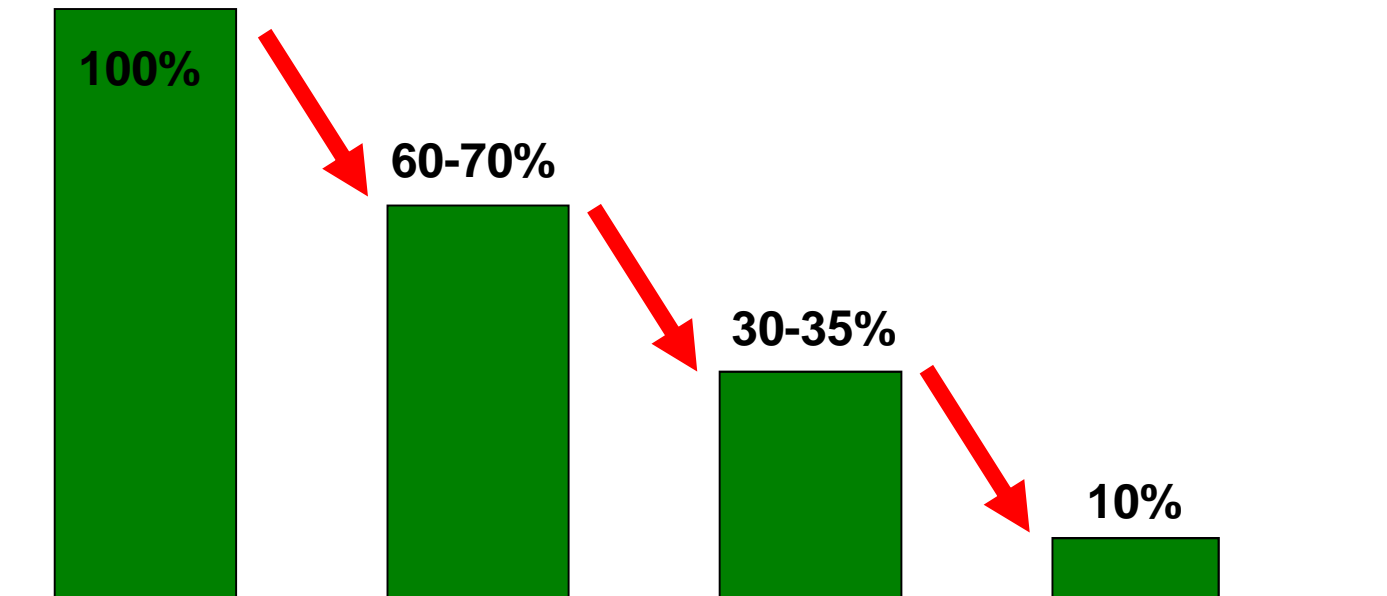
DeRubeis et al. (2008)

# Incidence and treatment reality



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<b>Depressive persons in Germany</b>	<b>Treated in general practice</b>	<b>Diagnosed as being depressed</b>	<b>Adequately treated</b>
ca. 4 mio.	2.4-2.8 mio.	1.2-1.4 mio.	400 tsd.



Kompetenznetz Depression, 2001; Laux G. (ed.), Springer 2002



- **European Depression Association (EDA)**
  - Alliance of organisations, patients, researchers and healthcare professionals from 19 countries across Europe
  - President: Dr. Vincenzo Costigliola
  - EDA raises awareness and promotes better understanding of the impact of depression on people's lives, and to challenge stigma and discrimination
  - More details: [www.europeandepressionday.com](http://www.europeandepressionday.com)



**Ipsos Healthcare**  
The Healthcare Research Specialists

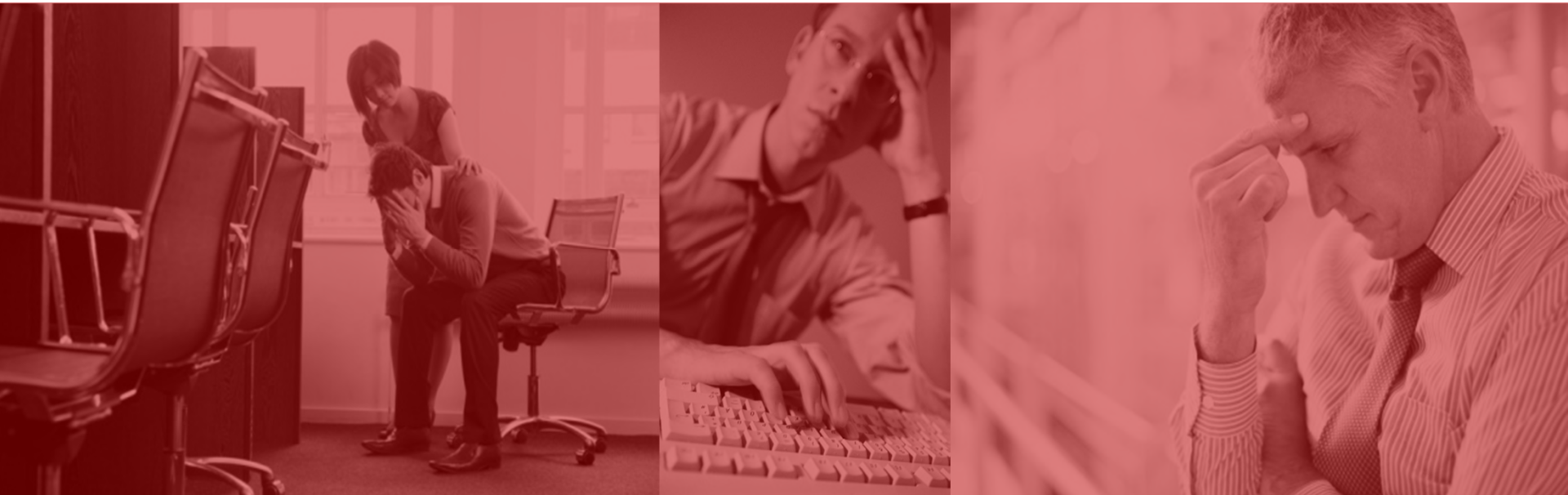
# IDEA: Impact of Depression at Work in Europe Audit

Final report

Prepared by:

Fabrice Dussol

Ipsos Healthcare



September 2012

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## 7 Countries Covered In Europe



### Technical Note:

The research was conducted using Ipsos MORI's online panel, between Thursday 30<sup>th</sup> of August and 19<sup>th</sup> September 2012. Questions were asked online of 7,065 adults aged 16-64 who are workers and managers, or have worked and managed within the last 12 months, across Europe.

Results are weighted to ensure the sample was representative of this profile.

Full data tables are available upon request.

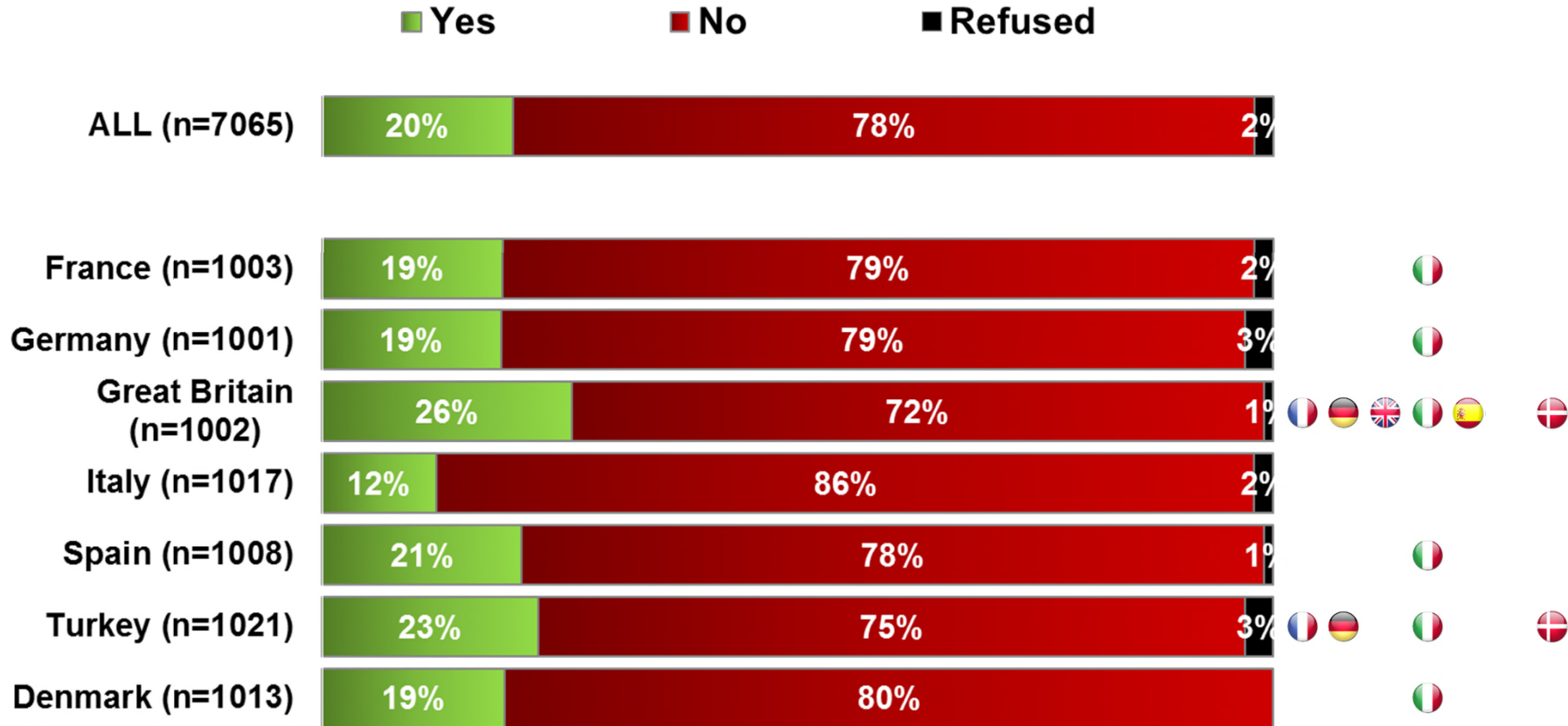
Where percentages do not add up to 100, this may be due to computer rounding, multiple responses, or the exclusion of don't know categories.

All figures are percentages based on the total sample (1000) unless otherwise stated.

# Depression diagnosis

## By country

Q2A. Have you ever personally been diagnosed as having depression by a doctor/medical professional?



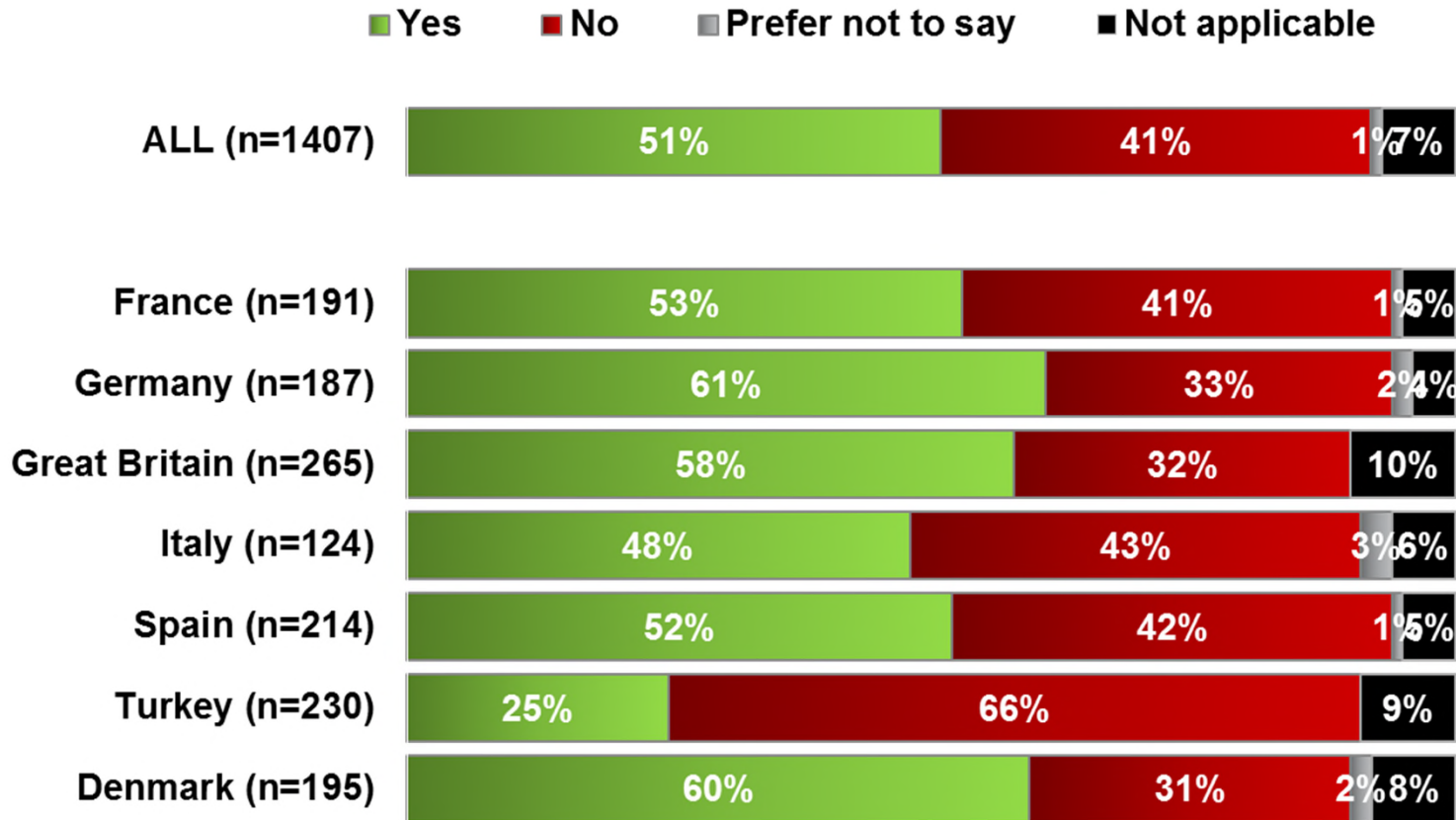
= significant difference on "Yes" with a 95% confidence interval



# Time taken off work because of the depression

## By country

Q3A. Have you personally ever taken time off work because of your depression?



= significant difference on "Yes" with a 95% confidence interval

# Depression in the Workplace



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Symptoms	%
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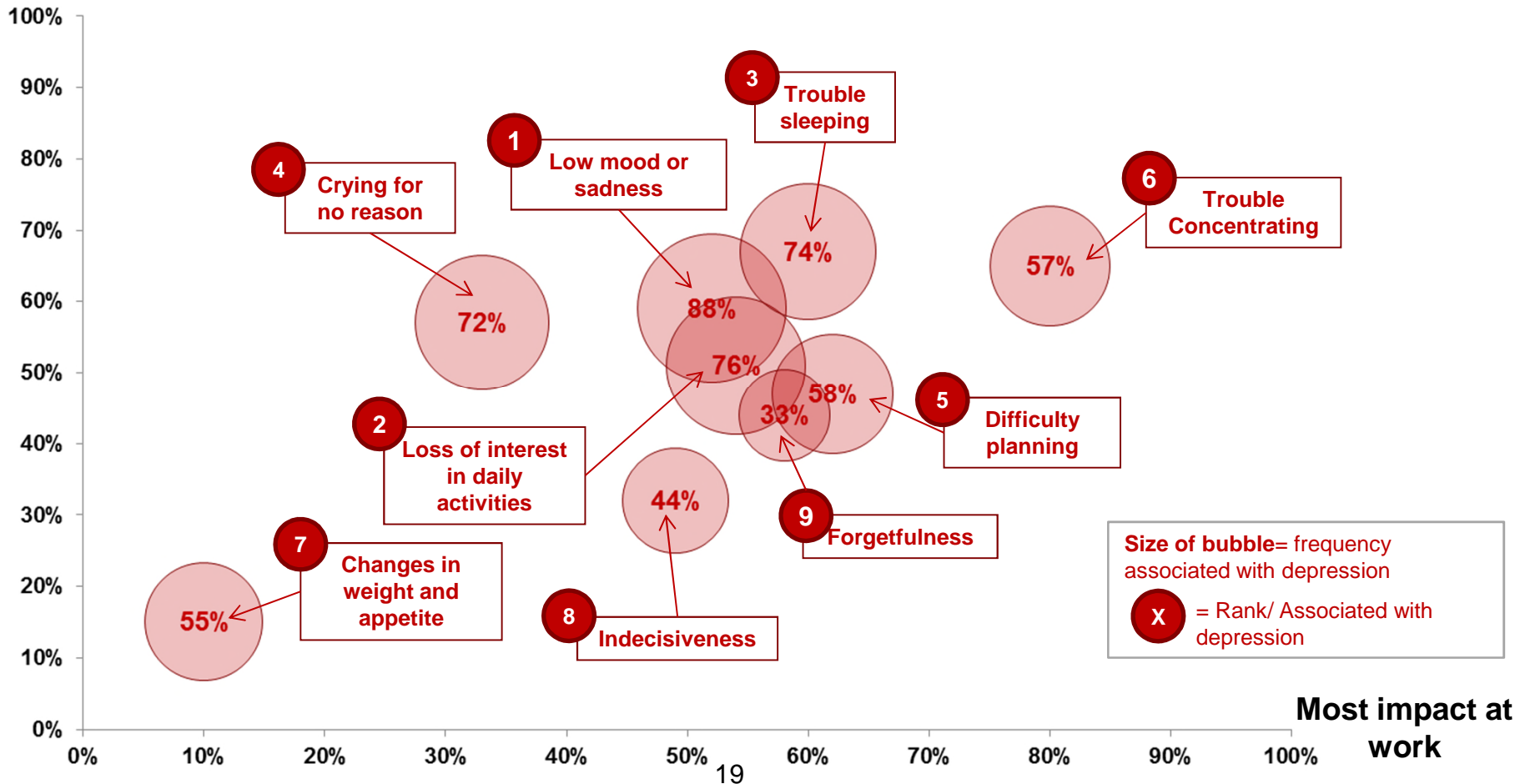
# Symptoms associated with depression and impact at work

Q5. Which, if any, of the following attributes/symptoms do you associate with depression in general? Tick all that apply.

Q6A. Looking at the issues below, please select the 5 you think would have the most impact on your ability to perform tasks at work as normal.

Q6B. Please select the 5 issues you think would be most likely to cause you to take time off from work.

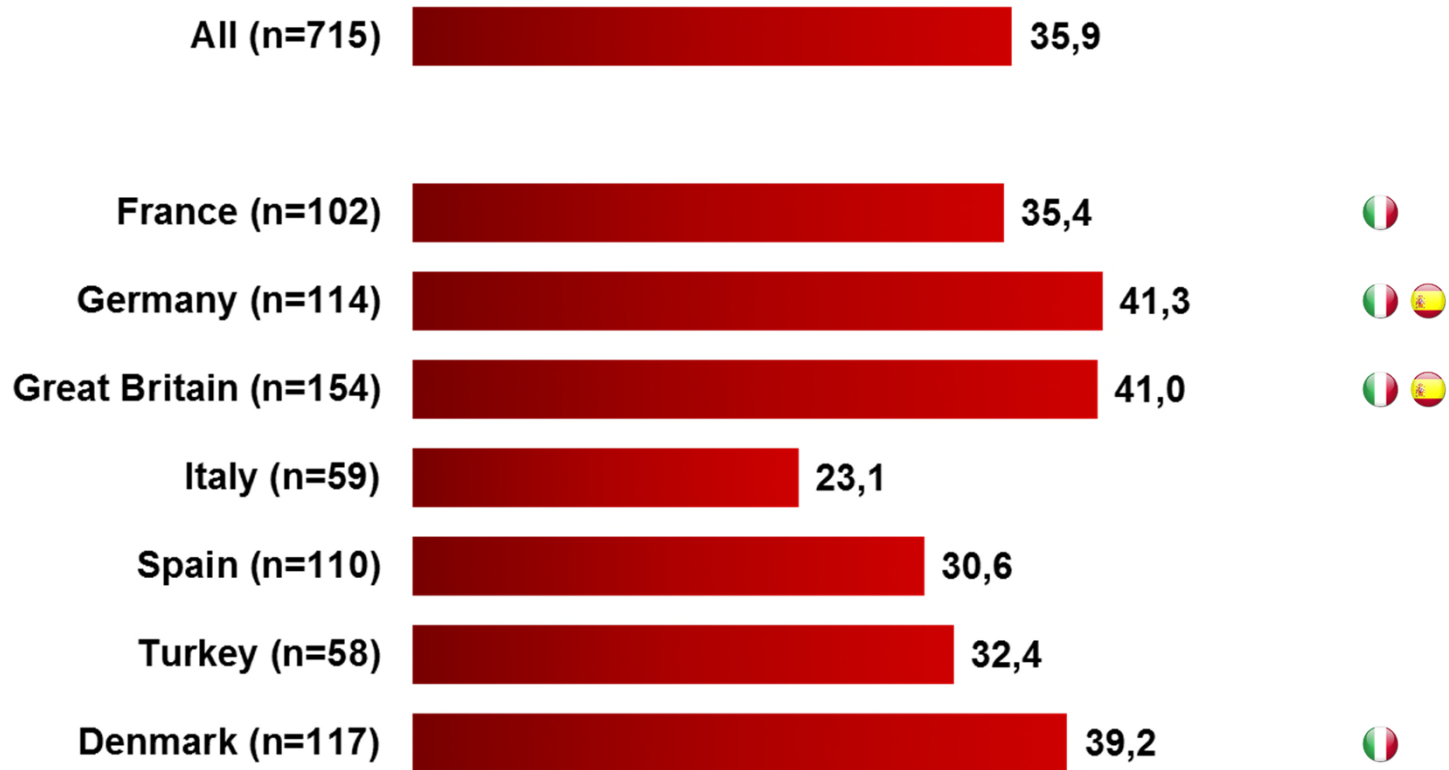
## Most likely to take time off



# Working days lost due to depression: by country

Q3C. The last time you experienced depression, how many working days did you have to take off work because of your depression? Please write in the total number of days below

Average number of working days



 = significant difference on "Average number of days" with a 95% confidence interval

# Burden of Depression



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- Significant socio-economic costs:
  - Estimated costs of €113.4 billion in 2012
  - 63 % being indirect (lost productivity, sick leave and early retirement)

# Working environment




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- Conditions of work for 235 Mio. workers in the EU (European Foundation, 2011)
  - Work at very high speed/tight deadlines: 50%
  - Monotonous tasks: 45%
  - Repetitive tasks of less than 1 minute: 27%
  - Problems in work-life-balance: 18%
  - Heavy loads at least  $\frac{1}{4}$  of working time: 33%
  - Work in tiring and painful positions: 46%
  - Work in loud noise: 30%

# Depression and the Workplace



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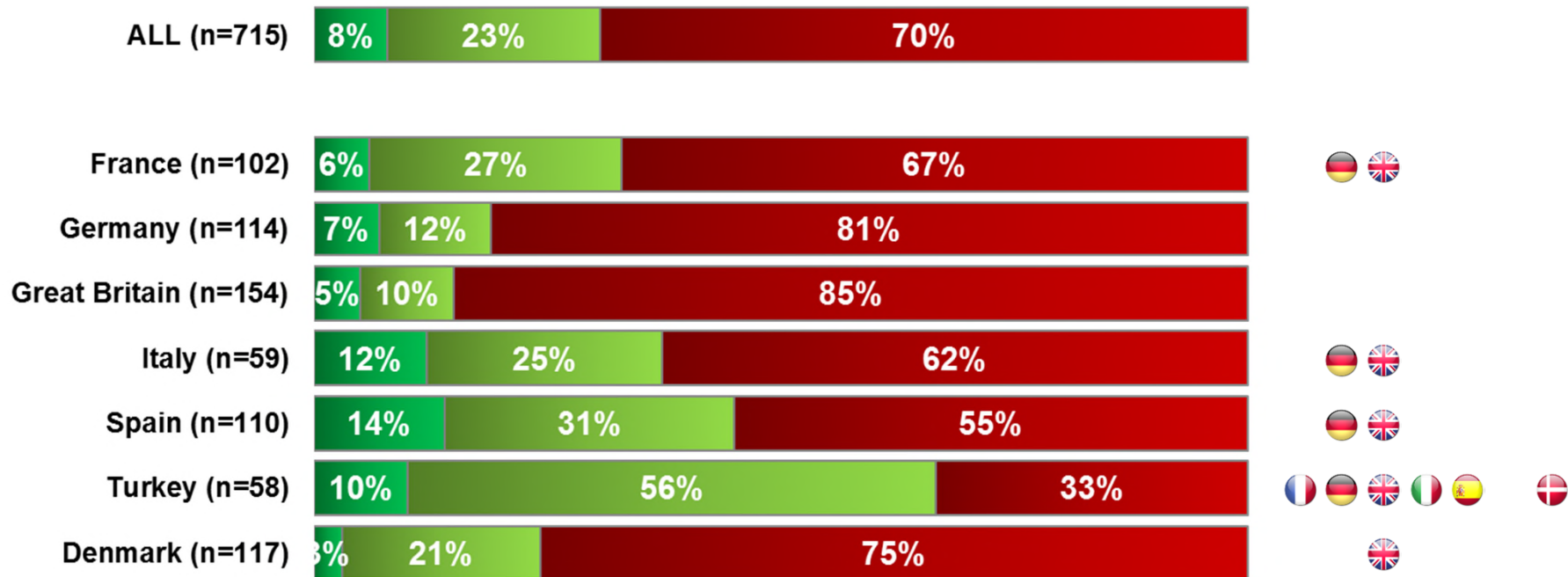
- Employment in a good working environment is beneficial to physical and mental health (antidepressive effects)
- Unemployment is related to a massive enhancement of physical and mental health problems!
-  Reintegration into workplace which is supportive for mental health is essential!

# Carer required when off work due to depression

## By country

Q3D. Thinking about the last time that you were off work due to depression, did you require a carer (i.e. a family member or friend) and if so, did they have to take time off work?

- Yes - I required a carer who had to take time off
- Yes - I required a carer who had not to take time off
- No - I did not require a carer



= significant difference on “Yes – carer who did not have to take time off” with a 95% confidence interval



# Impact of Depression on families



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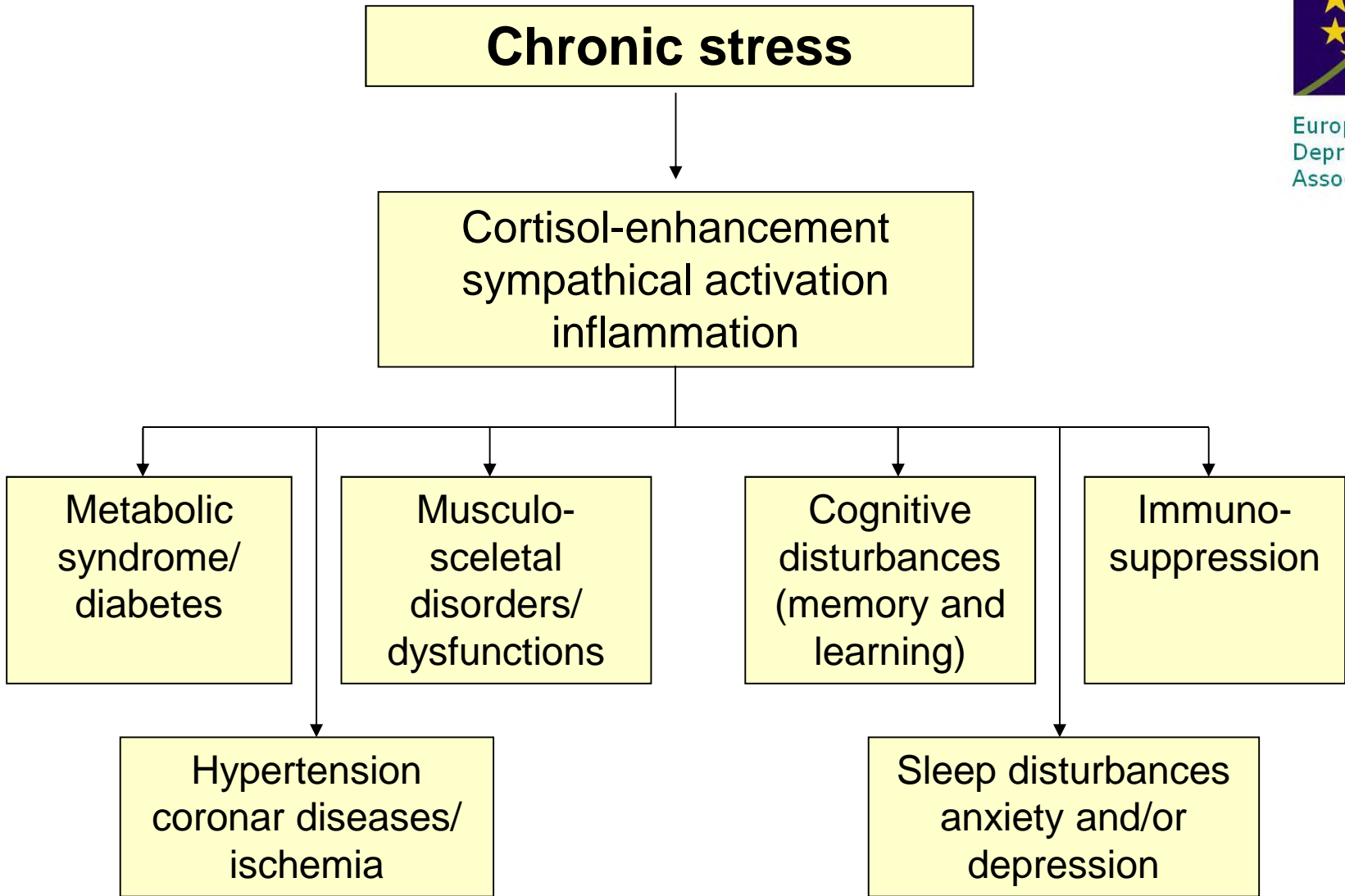
- Depression in one family member is associated with
  - an increased incidence of psychopathology in other family members
  - an increased physical morbidity in their families
  - imbalance of the family system



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# Families of depressive patients

- Relatives / friends may be affected by ...
  - Lack of understanding, helplessness
  - Conflicts, feeling of anger
  - Feeling of guilt and/or frustration
  - Financial problems
  - Social isolation
  - Changed parenting behavior
  - Stress





# Etiopathogenesis of Depression and treatment options

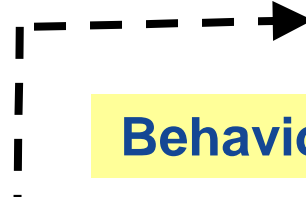
- Genetic factors
- Somatic factors
- Behavioural factors
- Stressful life-events /  
trauma
- Chronic stress and  
conflicts



**Social support**



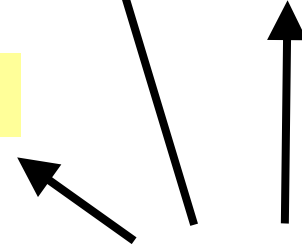
**External factors**



**Behaviour**

**Personality**

**Depression**



**Treatment**



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**Thank you for your attention!**