



# Mental health: the burden of depression

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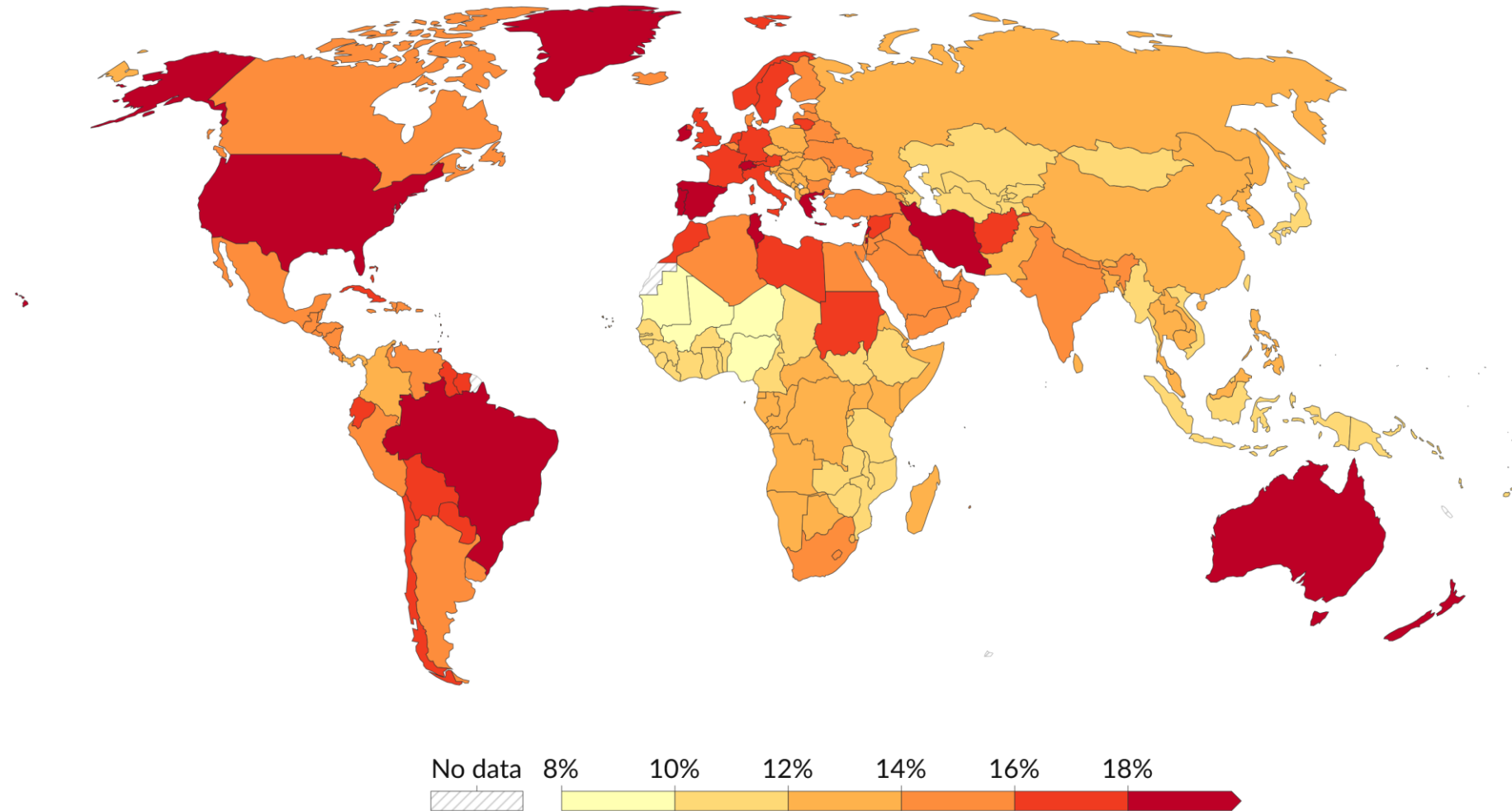
“Mental health is a state of mental well-being that enables people to cope with the stresses of life, realize their abilities, learn well and work well, and contribute to their community.”

- World Health Organization

# Share of population with mental health disorders, 2021

Our World  
in Data

This includes depression, anxiety, bipolar, eating disorders, and schizophrenia.

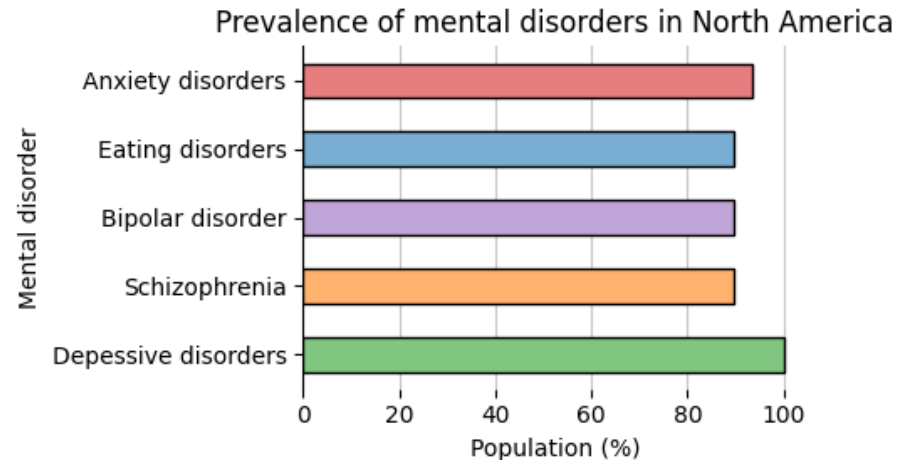
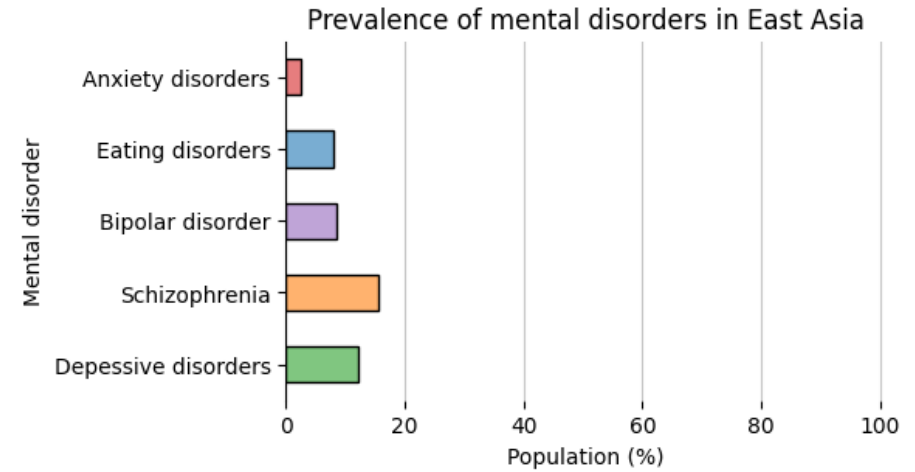
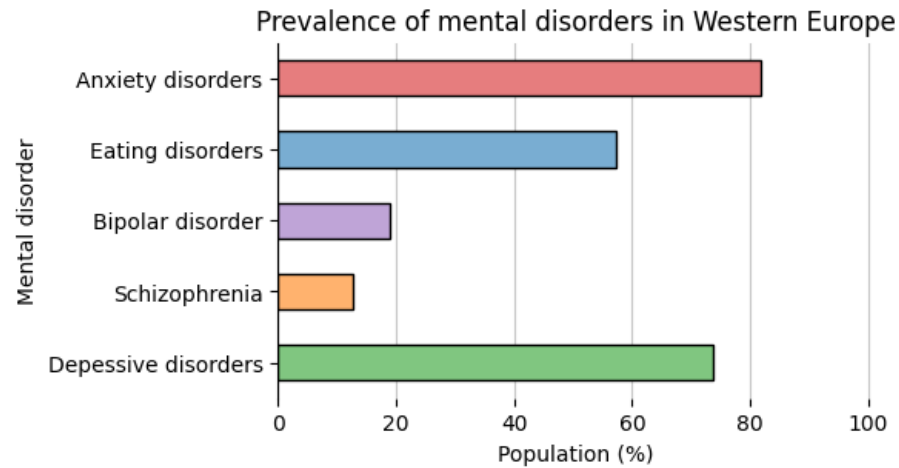


Data source: IHME, Global Burden of Disease (2024)

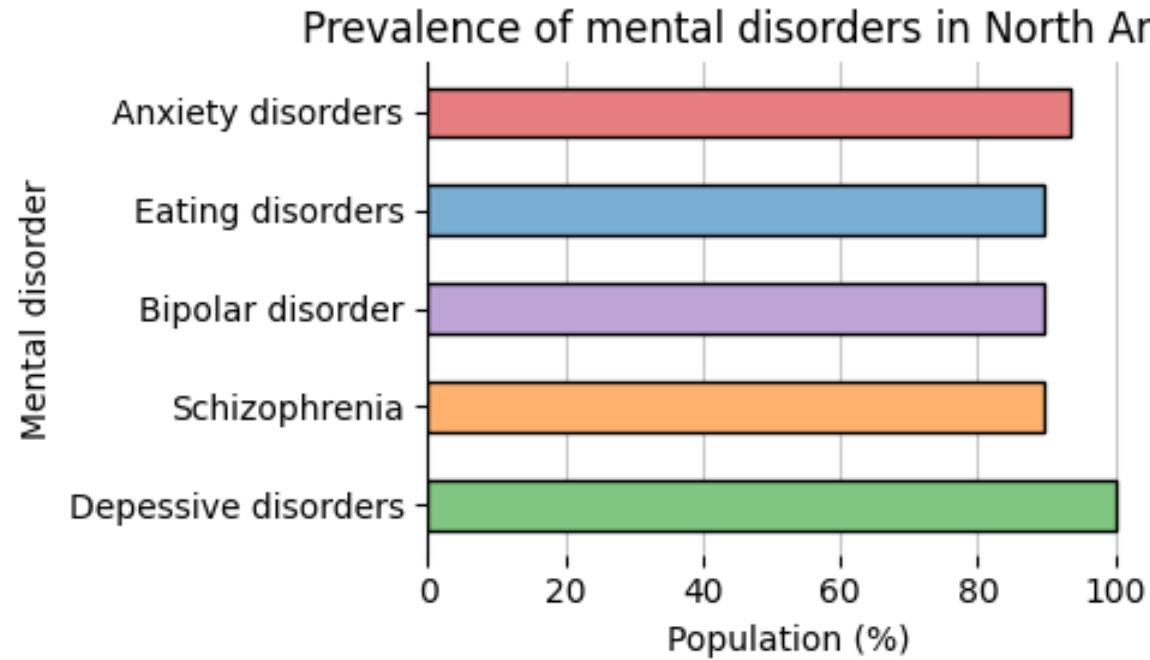
[OurWorldinData.org/mental-health](https://OurWorldinData.org/mental-health) | CC BY

**Note:** Due to the widespread underdiagnosis, these estimates use a combination of sources, including medical and national records, epidemiological data, survey data, and meta-regression models.

# Coverage



Coverage is the share of the adult population in a region for which prevalence data on mental illnesses has been collected by age group and gender.



North America has good coverage for depression, let's go more in depth!

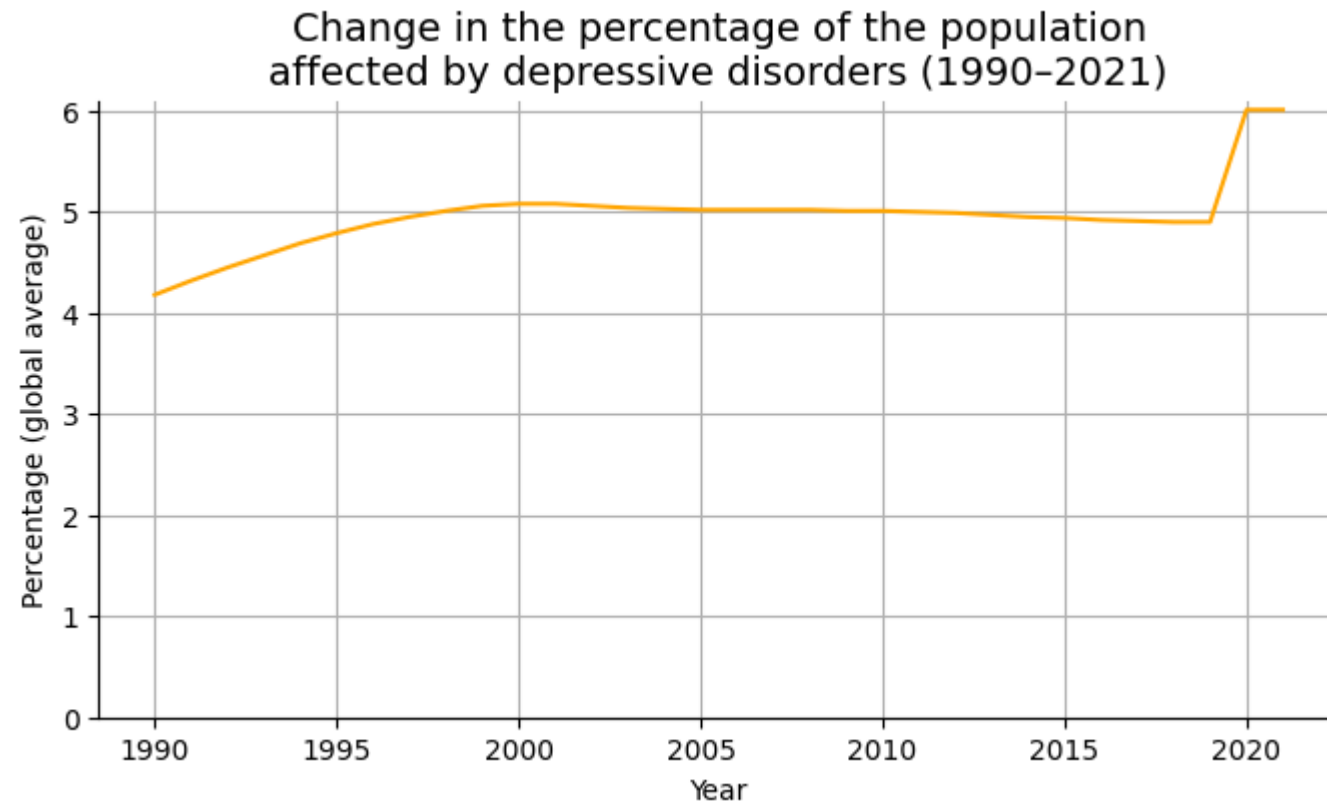
# Depression in the USA

## Major Depressive Disorder

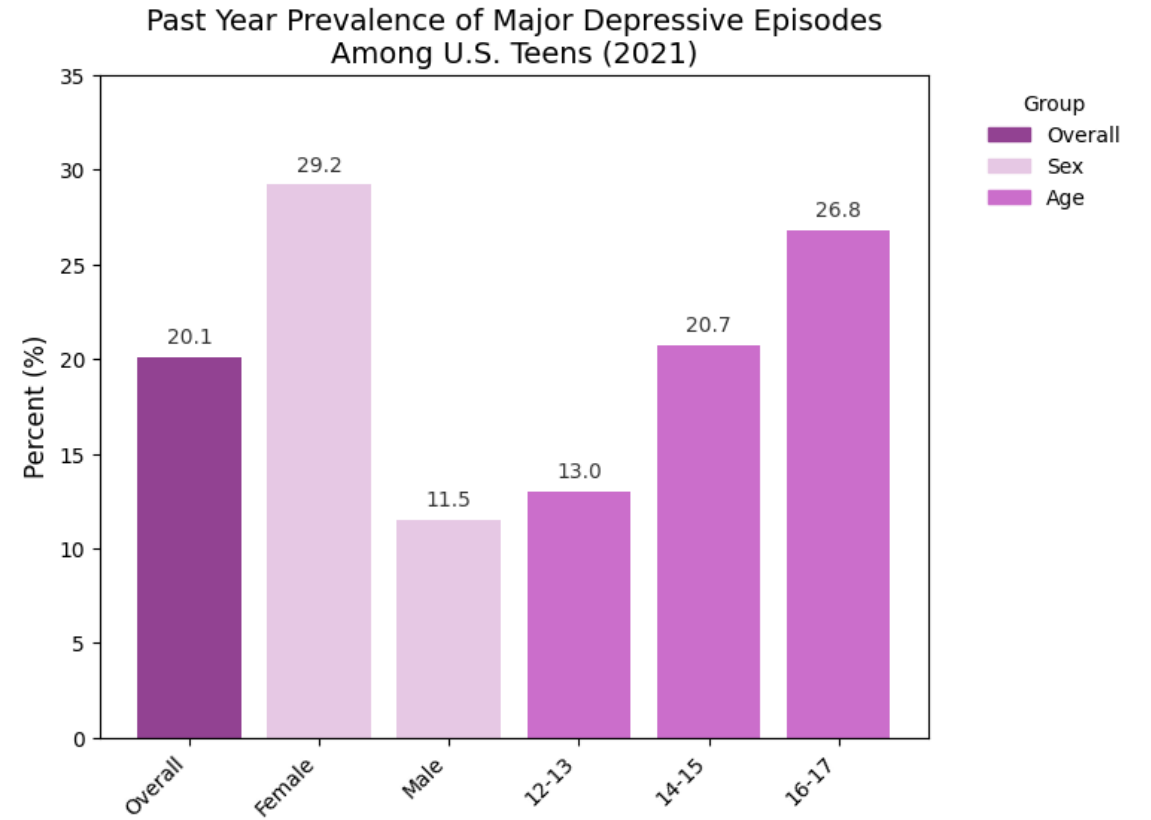
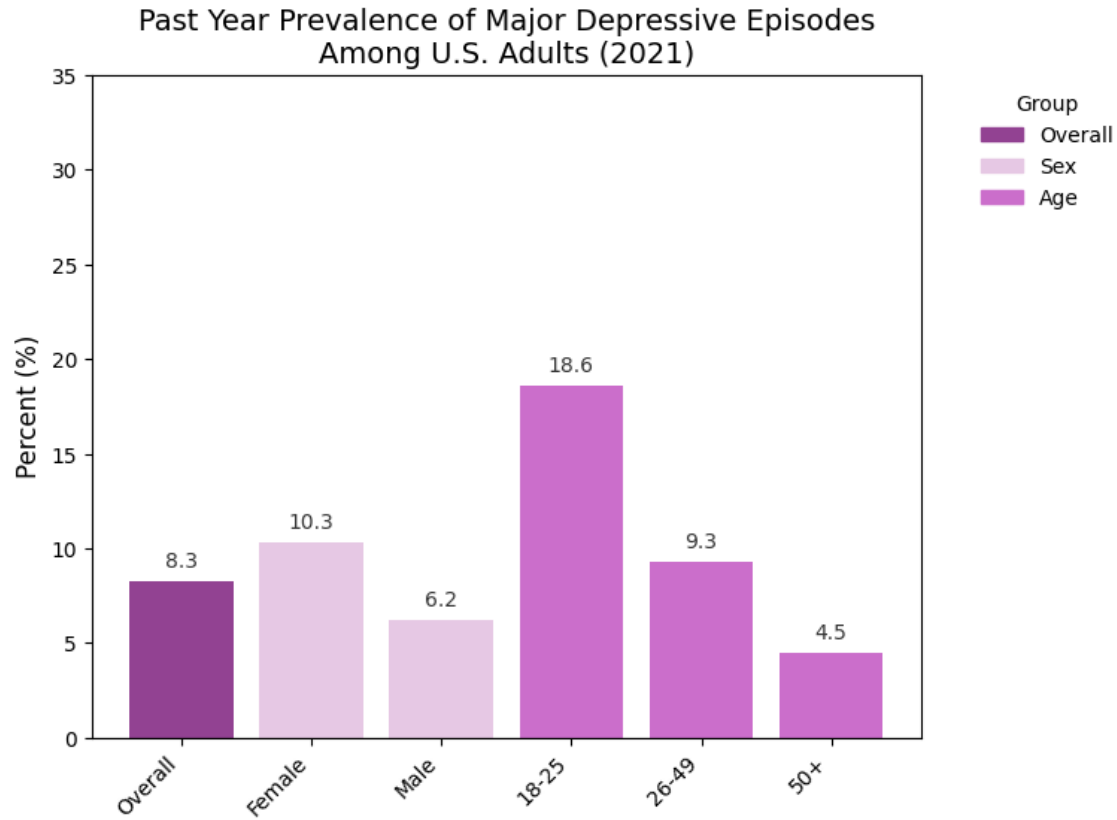
- ▶ Intense depressive episodes lasting **at least 2 weeks**
- ▶ Symptoms are **severe** and **disabling**
- ▶ Strong impact on daily functioning
- ▶ Episodes may be single or recurrent

## Chronic Depression (Dysthymia)

- ▶ Persistent low mood lasting **at least 2 years**
- ▶ Symptoms are **mild**, but long-lasting
- ▶ People can often still function day to day
- ▶ Feels like a constant background sadness



Since 1990, the prevalence of depressive disorders has increased by 43.78 percent.



In the US, teens face depressive episodes at more than twice the rate of adults (20% vs. 8%).



# Causes of teenage depression



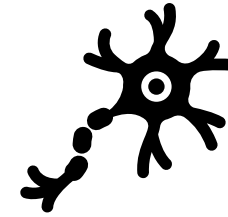
Environment



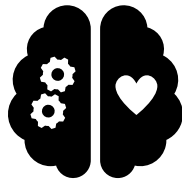
Social Media



Hormones



Brain Chemistry



Psychology

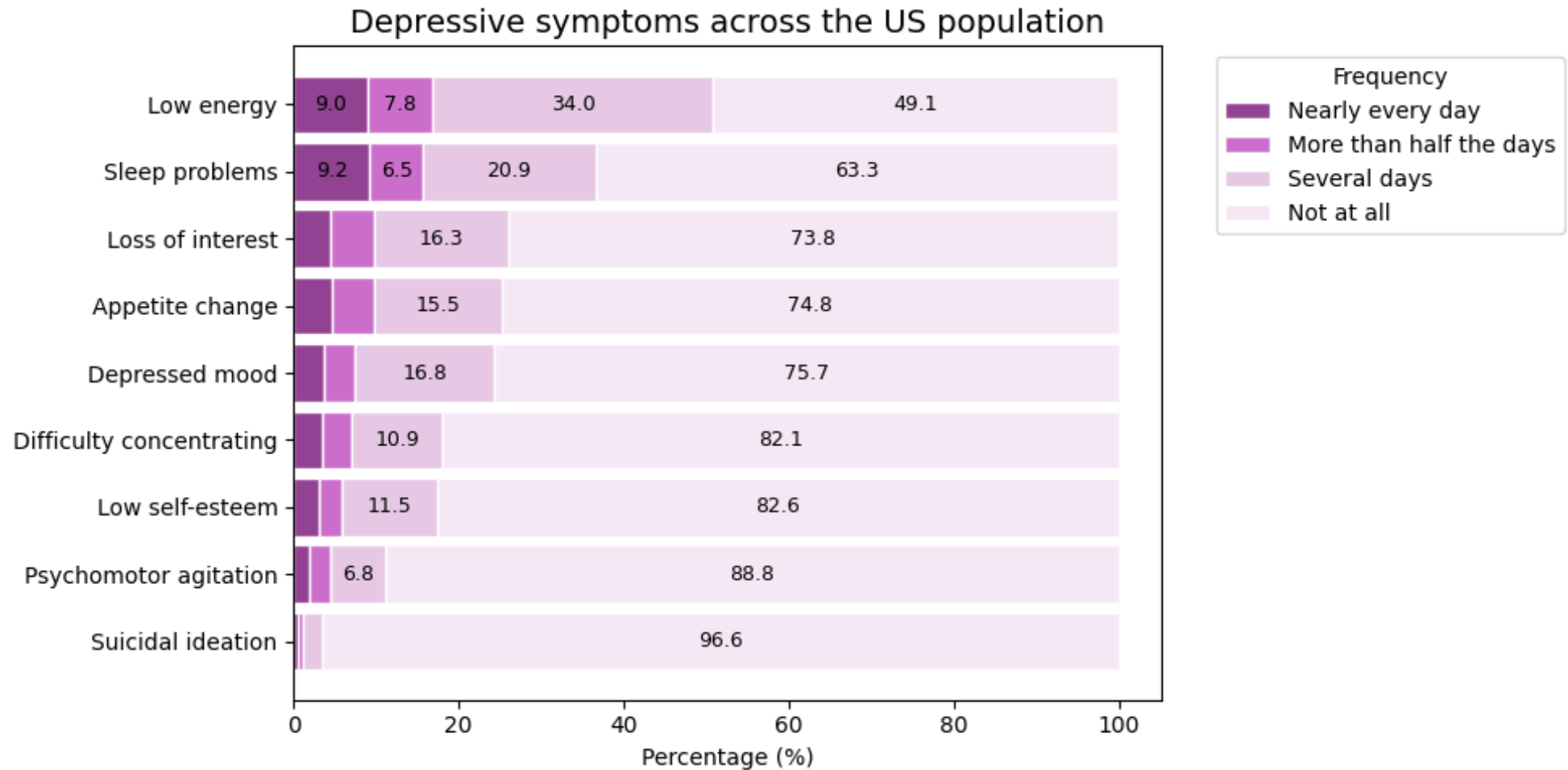


Trauma



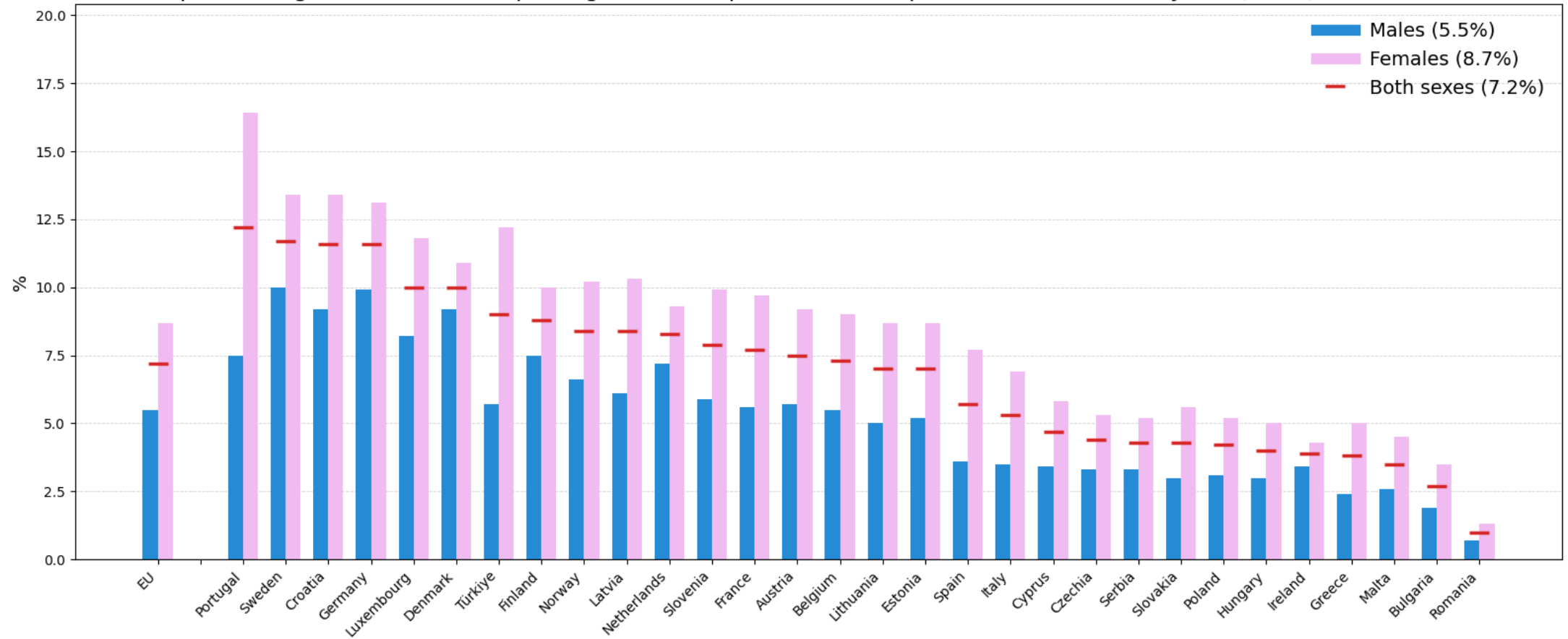
Genetics

# Common symptoms and their prevalence

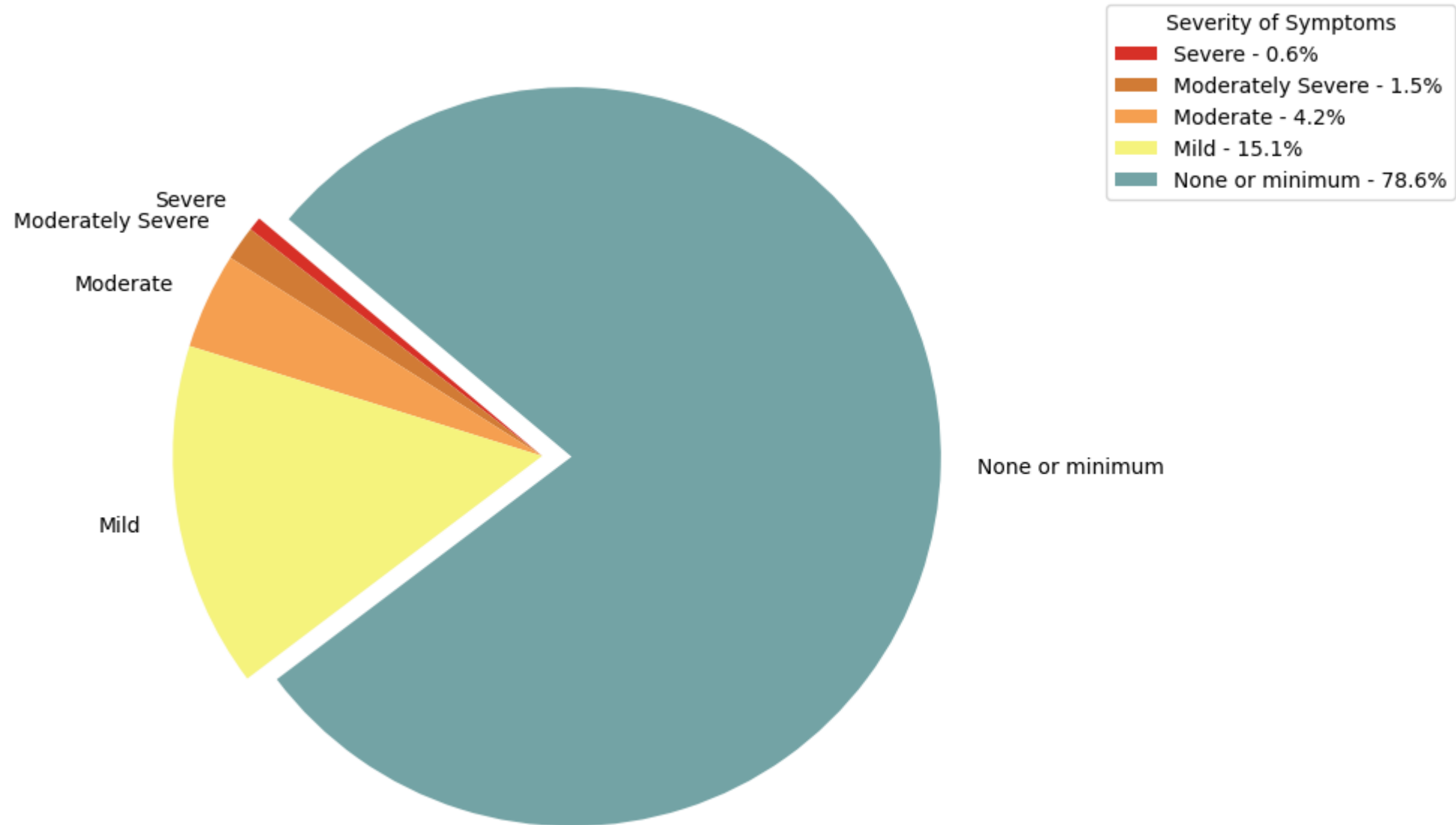


# And what about Europe?

Share of persons aged 15 and over reporting chronic depression in the previous 12 months, by sex (2019)



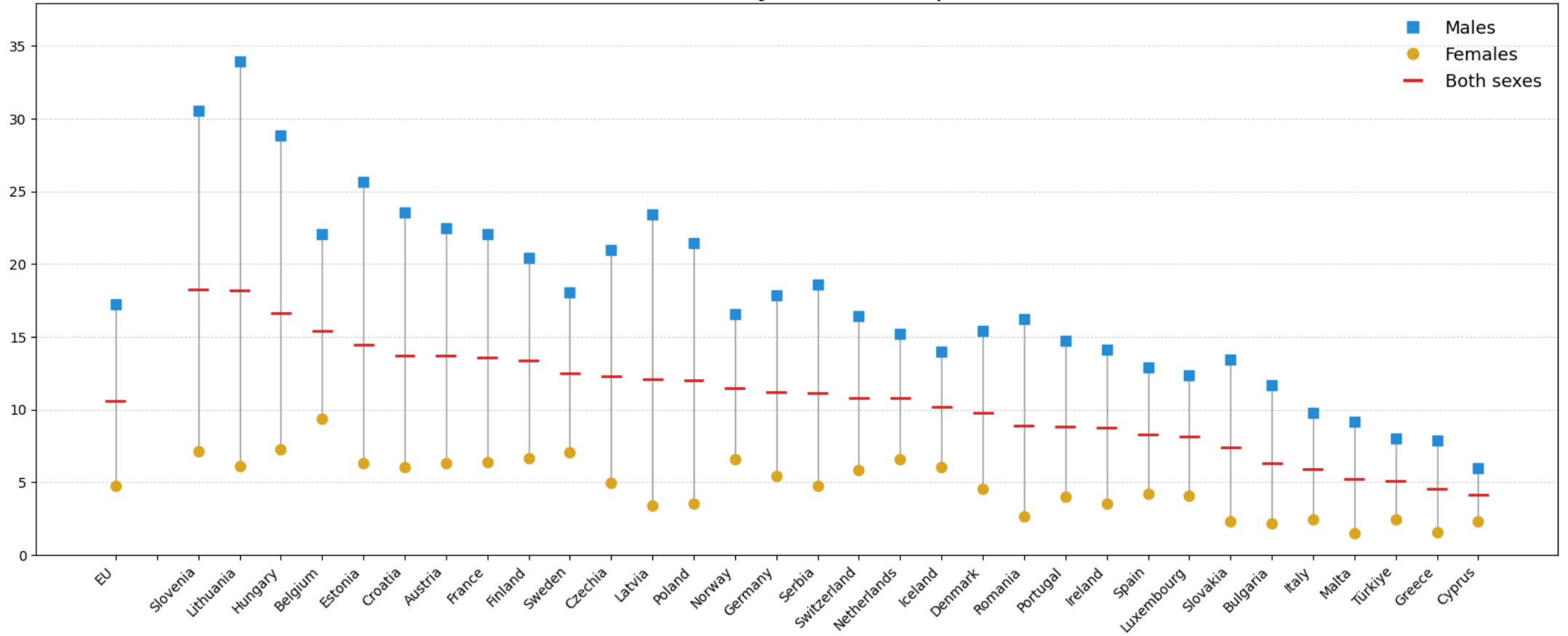
## Distribution of Depressive Symptom Severity in the EU Population

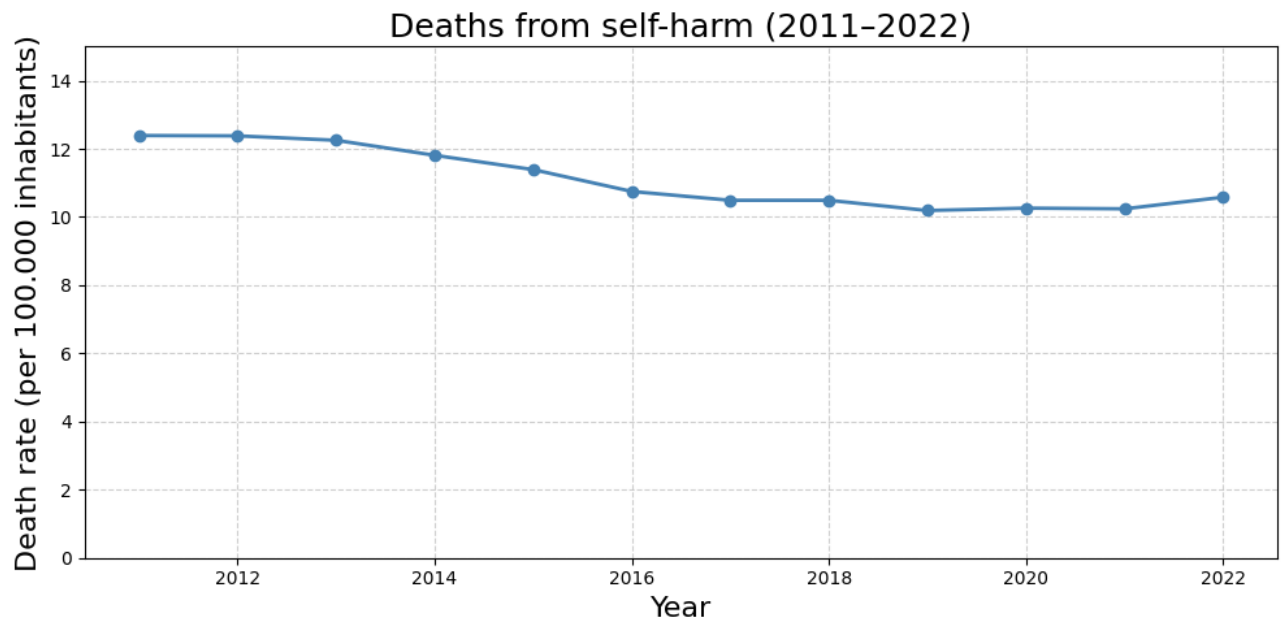


While depression is often characterized by persistent sadness and loss of interest, its most severe consequences can include self-harm and suicide.

	Self harm	Suicide
Frequency	Incidents are very frequent	Attempts happen less frequently
Severity	Less severe	Much more severe, sometimes lethal
Purpose	Done to avoid suicidal impulses	Done with an intent to die

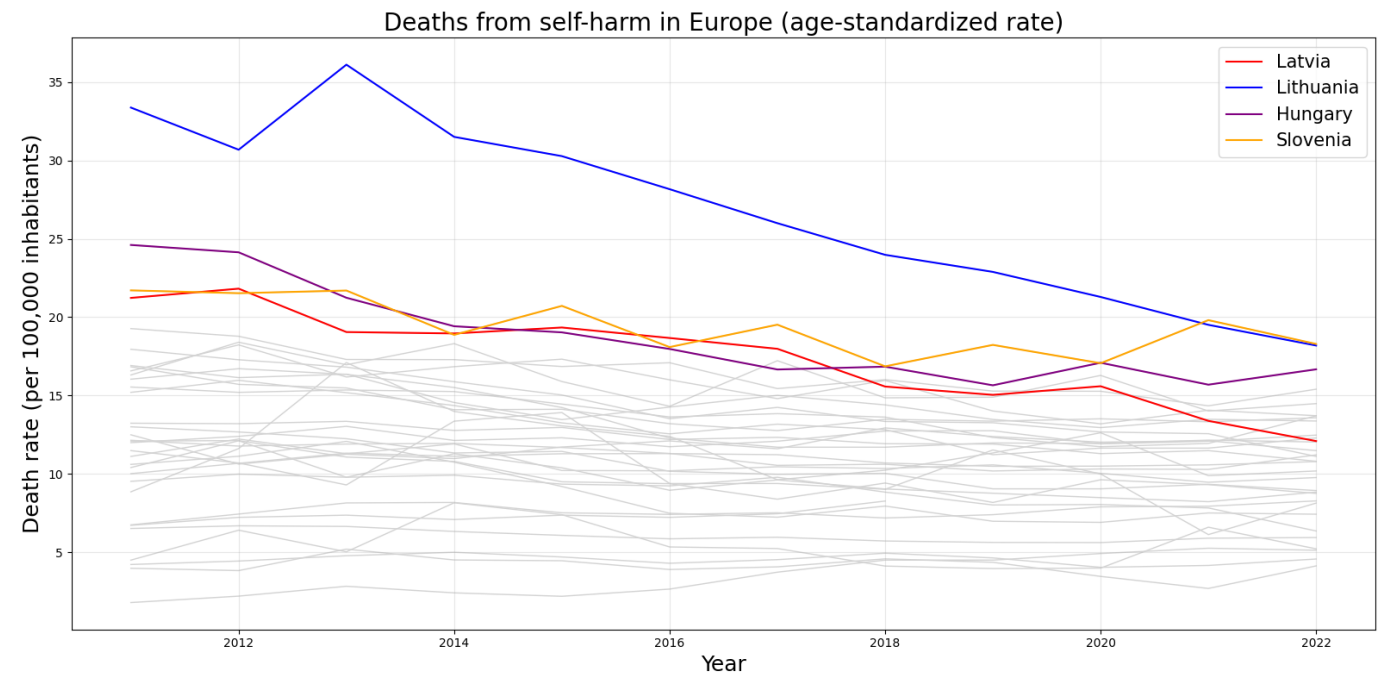
Standardized death rates for intentional self-harm, by sex, 2021 (per 100.000 inhabitants)





Overall there has been a 13,6% decrease in deaths from self harm

Countries with higher rates saw slightly larger decreases



# The Burden of depression

## DALY

Disability Adjusted Life Year is a measure of overall disease burden, expressed as the cumulative number of years lost due to ill-health, disability or early death

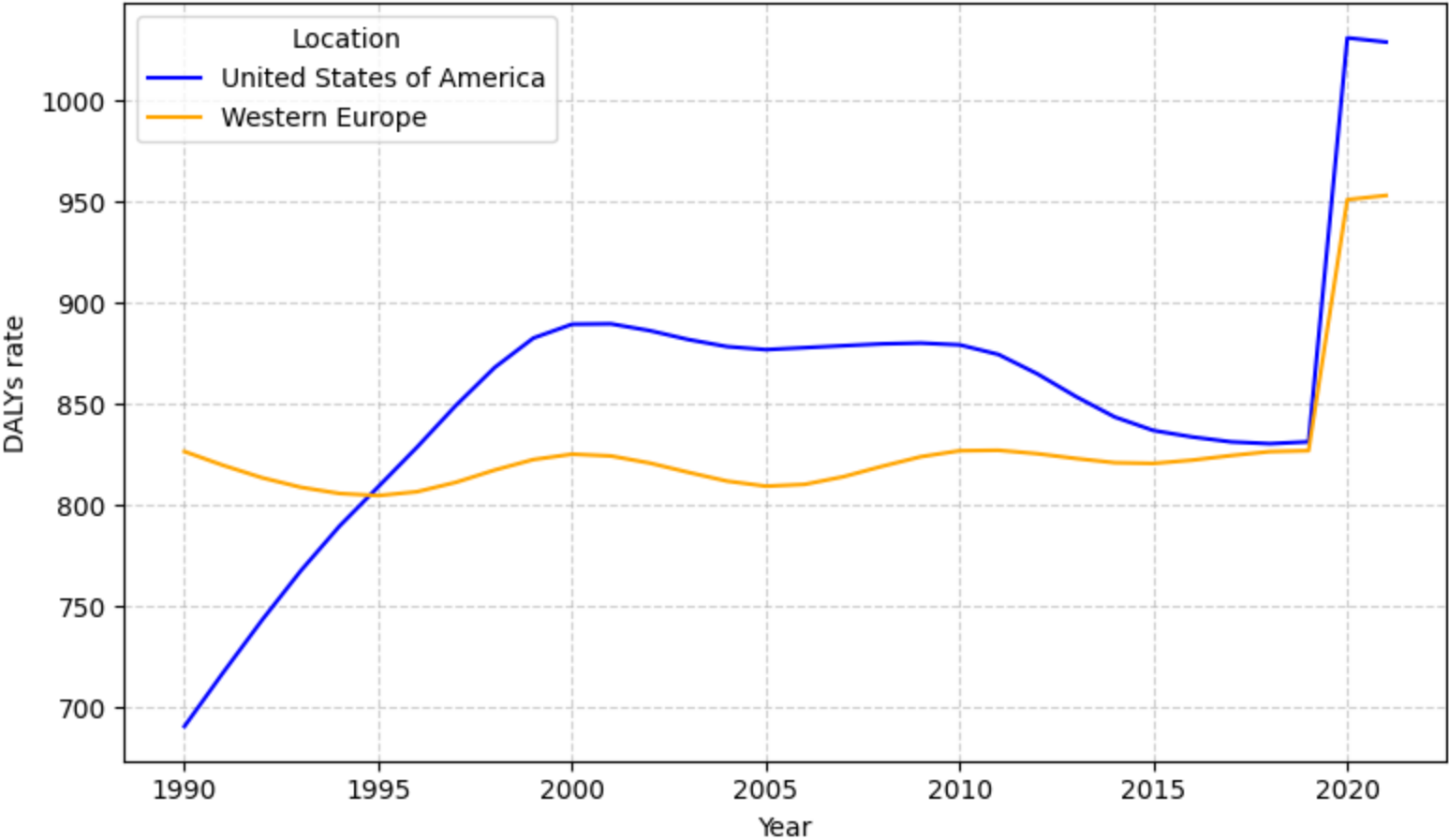
$$= \text{YLD} + \text{YLL}$$

Years Lived with Disability + Years of Life Lost





DALYs from Depressive Disorders (Rate per 100,000 inhabitants)



# Sources

<https://ourworldindata.org/>

<https://www.who.int/>

<https://ec.europa.eu/eurostat>

<https://www.kaggle.com/>

<https://www.healthdata.org/research-analysis/gbd>

<https://www.nimh.nih.gov/>