



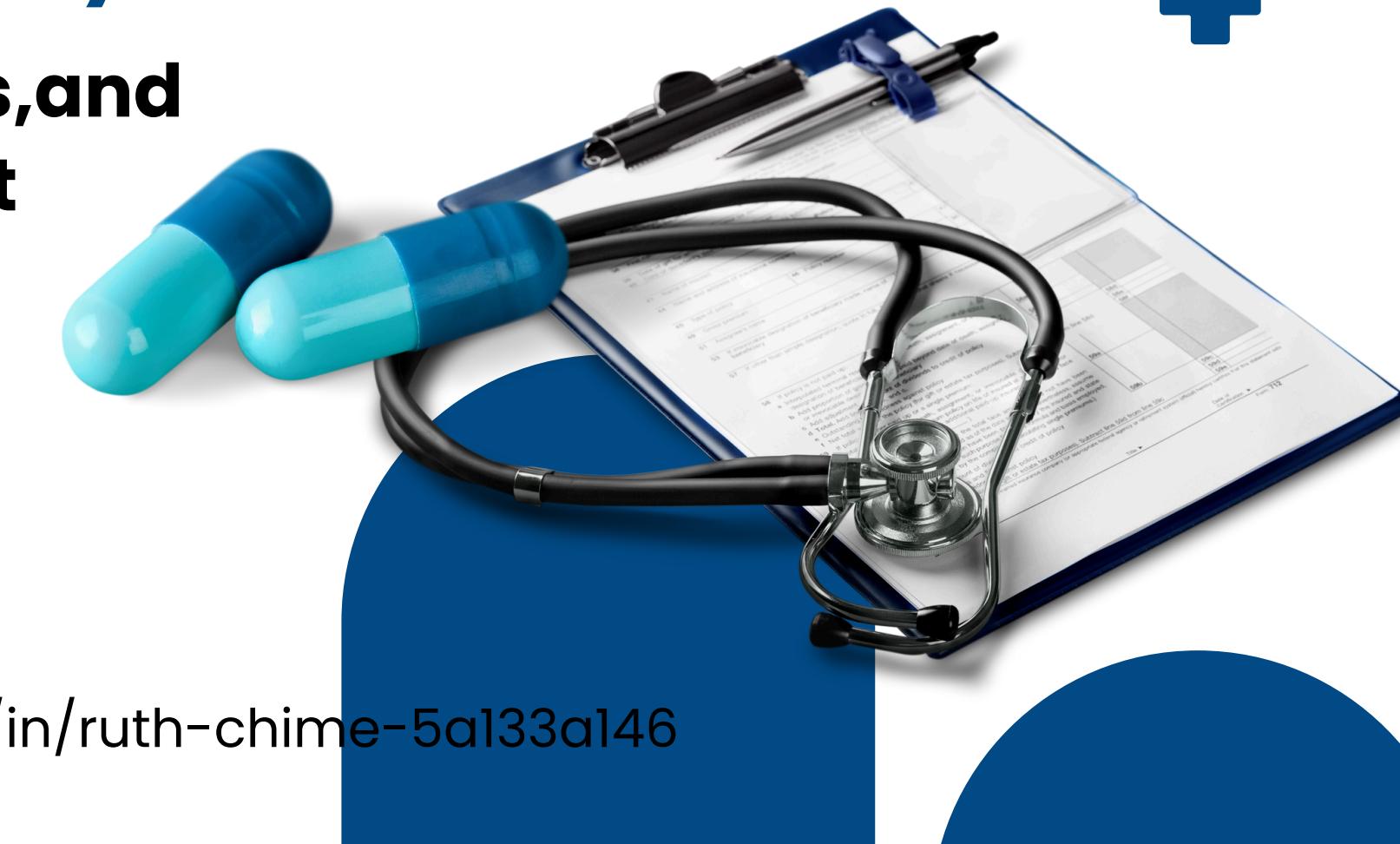
# Longitudinal Analysis of Antidepressant prescribing (2021-2024)

Trends, Insights, and  
Future Forecast

Presented by  
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12 March 2005

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# Key Findings & Recommendations



Total National Prescriptions: 333.08M

## The Problem:

- Demand for mental health treatment is at an all-time high.
- NHS faces rising antidepressant prescriptions and increasing costs.
- Can we optimize resources while maintaining patient care?

## Key Findings:

- 333M prescriptions were issued.
- Total cost reached £931M.
- Sertraline hydrochloride is the most prescribed drug.
- Regional disparities in prescribing trends.
- Forecast: Demand will continue to rise.

## What This Means:

- NHS must plan resources wisely and identify cost-effective options.





# WHY THIS MATTERS



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## Why This Matters

- 1 in 6 adults in England faces a mental health issue weekly.
- Mental health awareness is growing.
- More patients → More prescriptions → Higher costs.
- We need data-driven solutions to manage demand.

## What We Did

- Analyzed 4 years of NHS prescription data (2021-2024).
- Examined volume, cost, and regional variations.
- Forecasted future trends to help NHS prepare.

## Prescription Growth

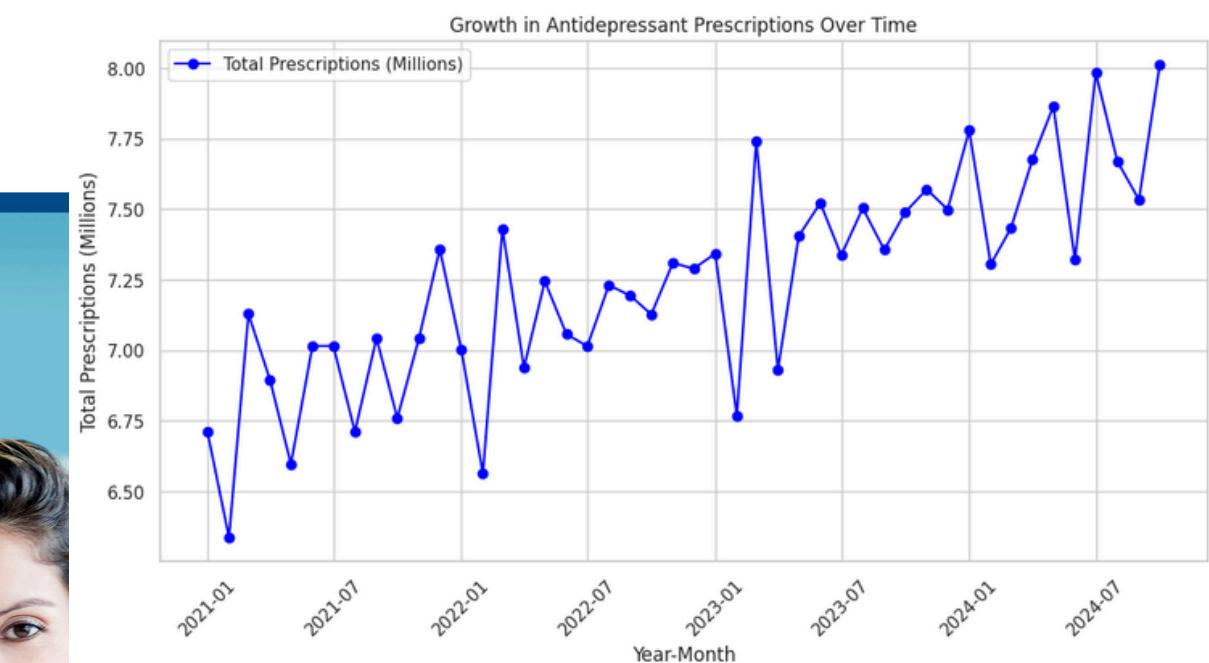
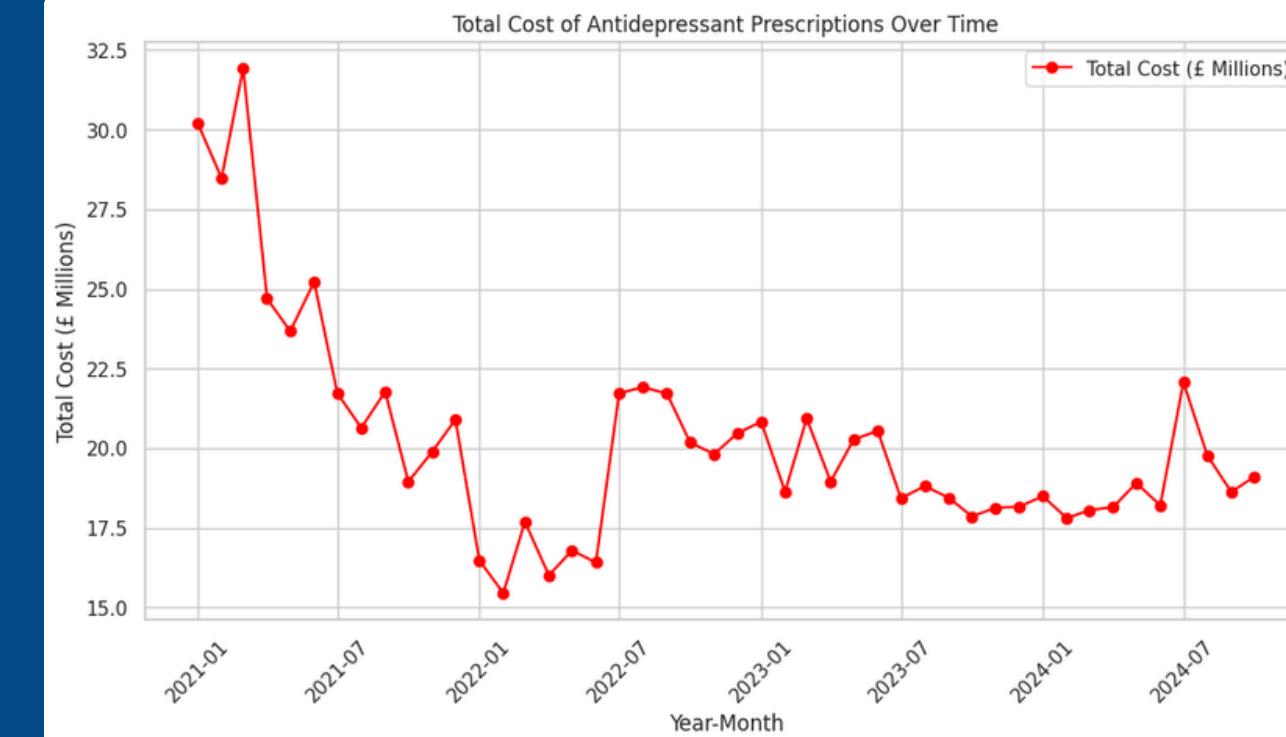
- Antidepressant use has steadily increased since 2021.
- Demand is outpacing population growth.

## Cost Trends

- NHS spending on antidepressants has risen sharply.
- Can we maintain quality care without increasing costs?



# What's Happening Across the NHS



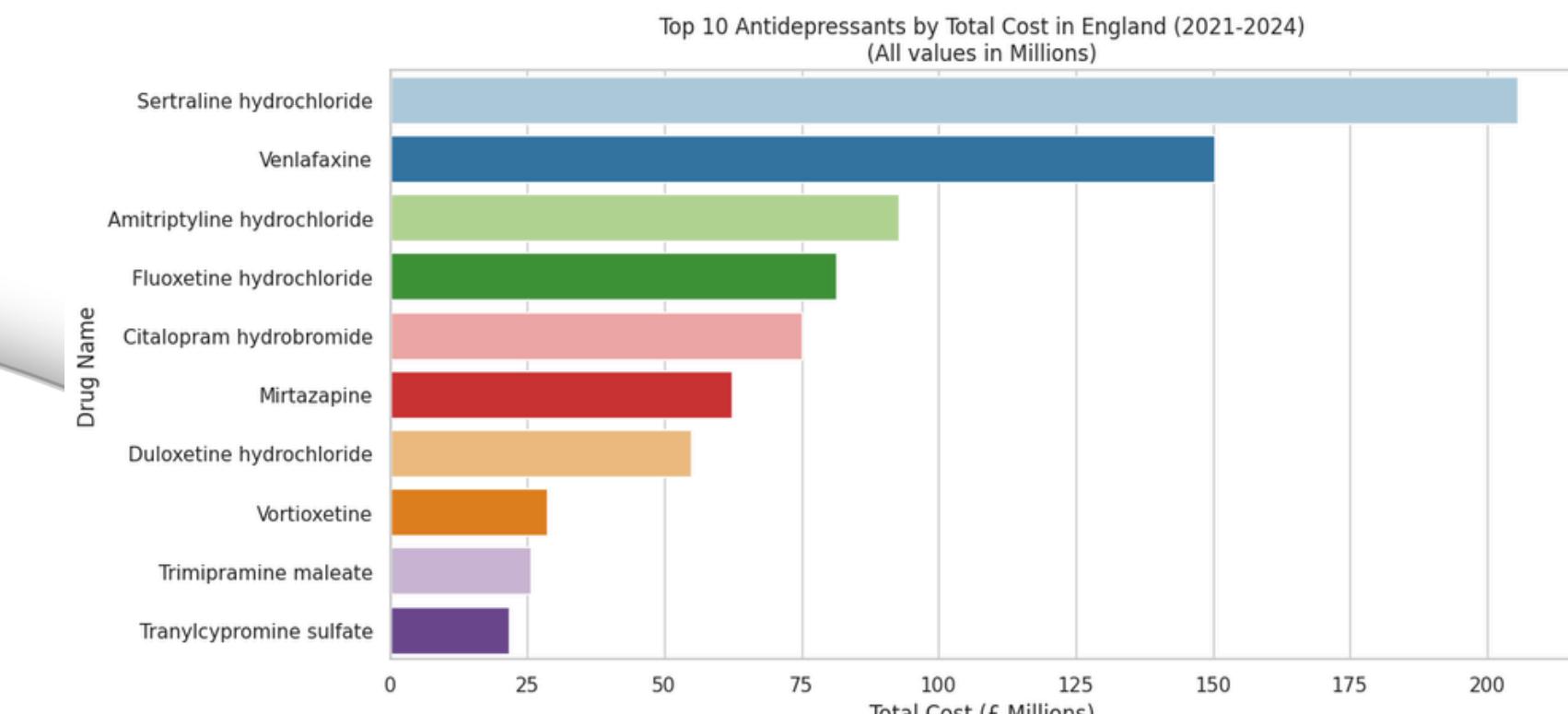
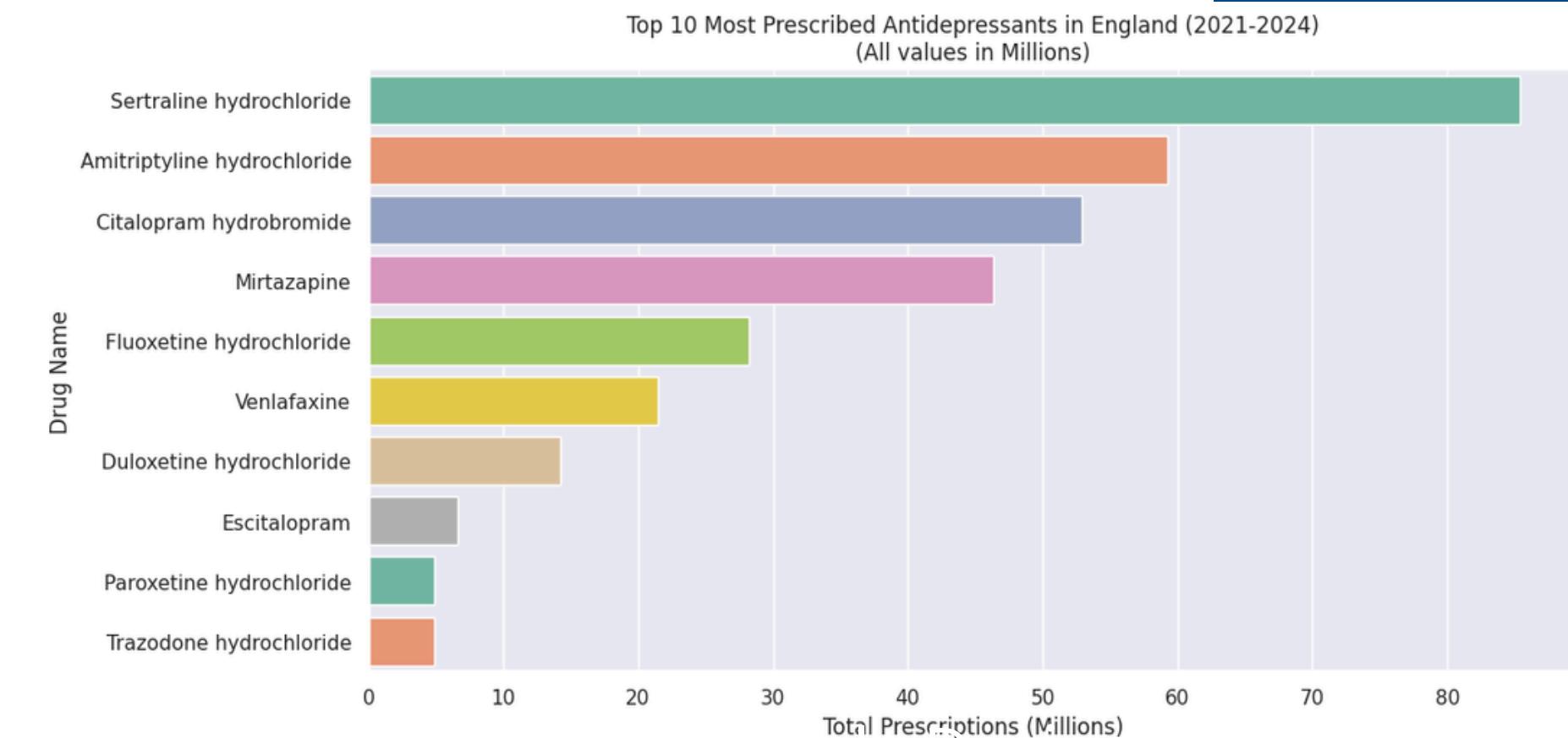
# Which Drugs Are Driving Trends?

## 📌 The Most Prescribed Drugs:

- 1 Sertraline hydrochloride (Most common)
- 2 Amitriptyline (High usage, moderate cost)
- 3 Fluoxetine (Widespread but cost-effective)

## 📌 The Cost Drivers:

- Some drugs have low prescription counts but high costs.
- Mirtazapine & Venlafaxine → account for a significant cost burden.

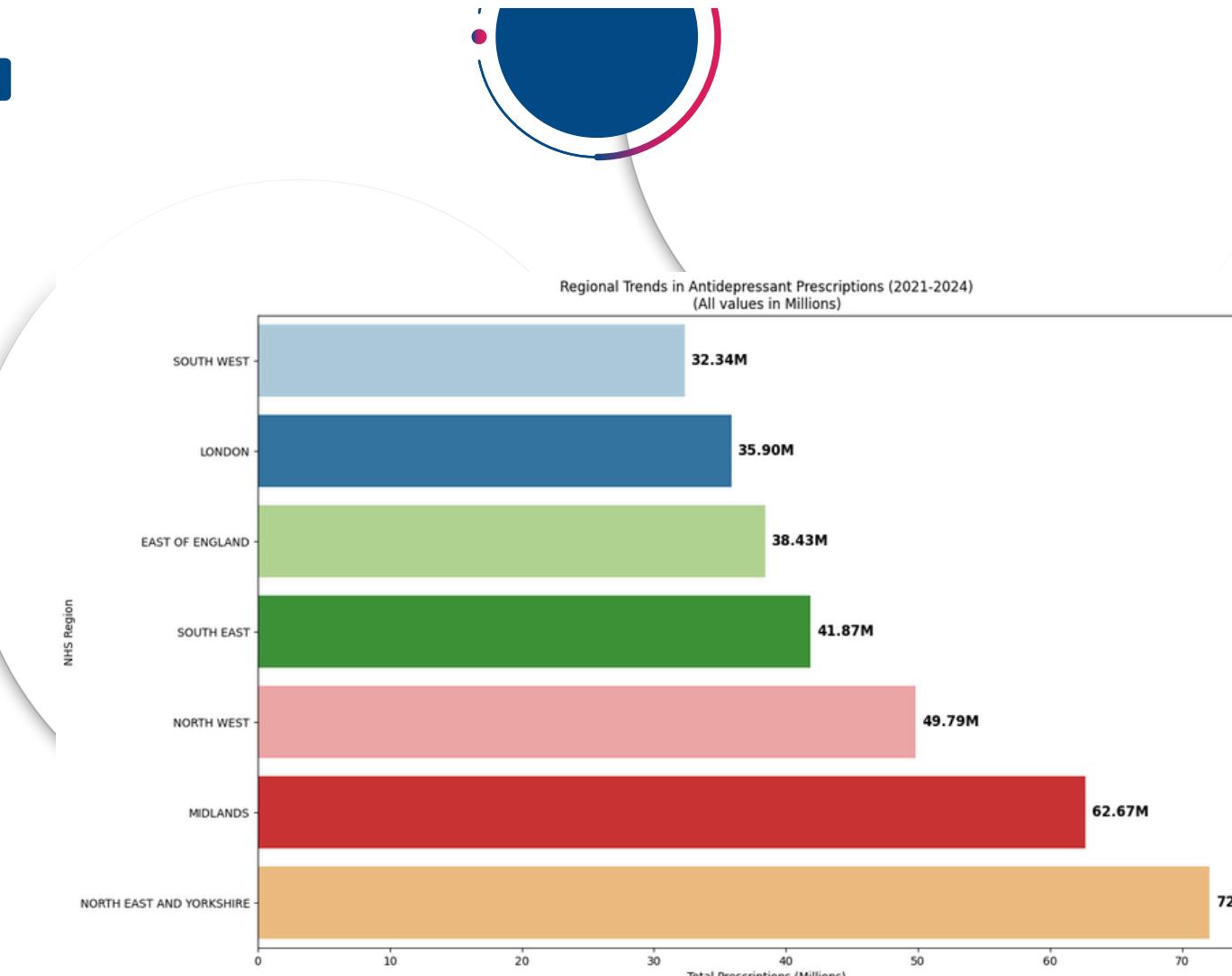
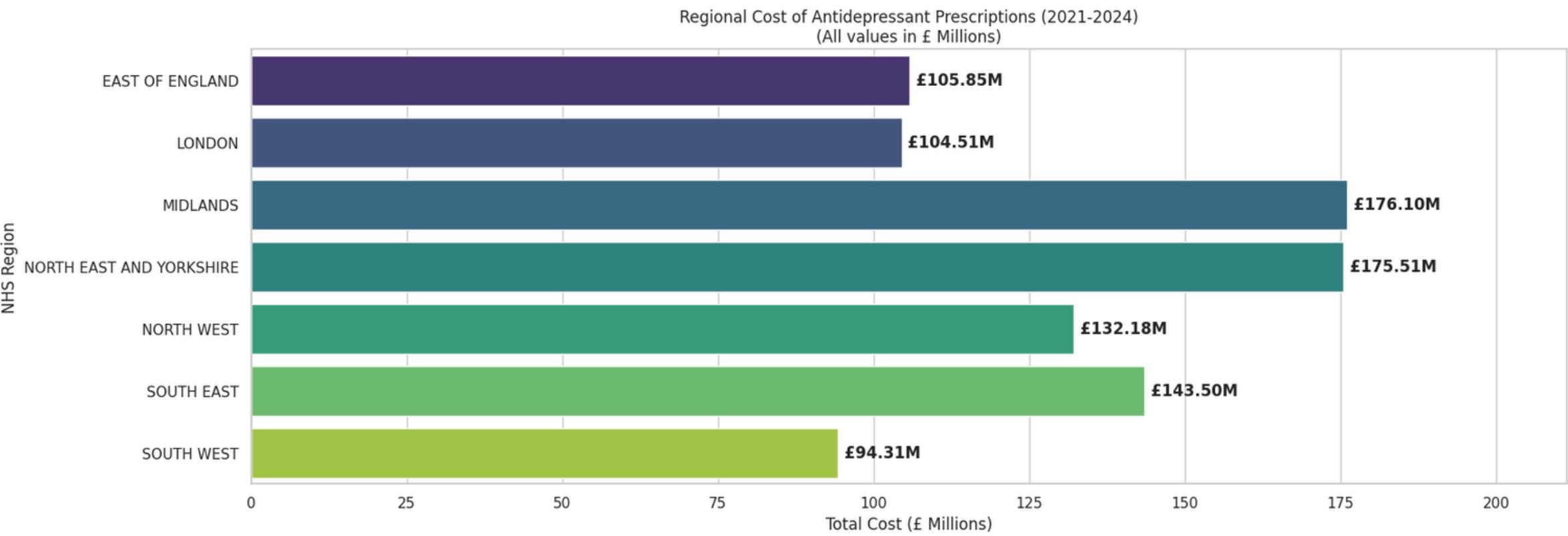


# where are the Gaps

- 📌 Not All Regions Are Equal
  - London & North West → Highest prescribing regions.
  - South East & East Midlands → Lower prescription volumes.



- 💷 Cost Differences
  - Some regions spend more per prescription, despite lower volumes.
  - Why? Price differences, supply chain factors, patient demographics.

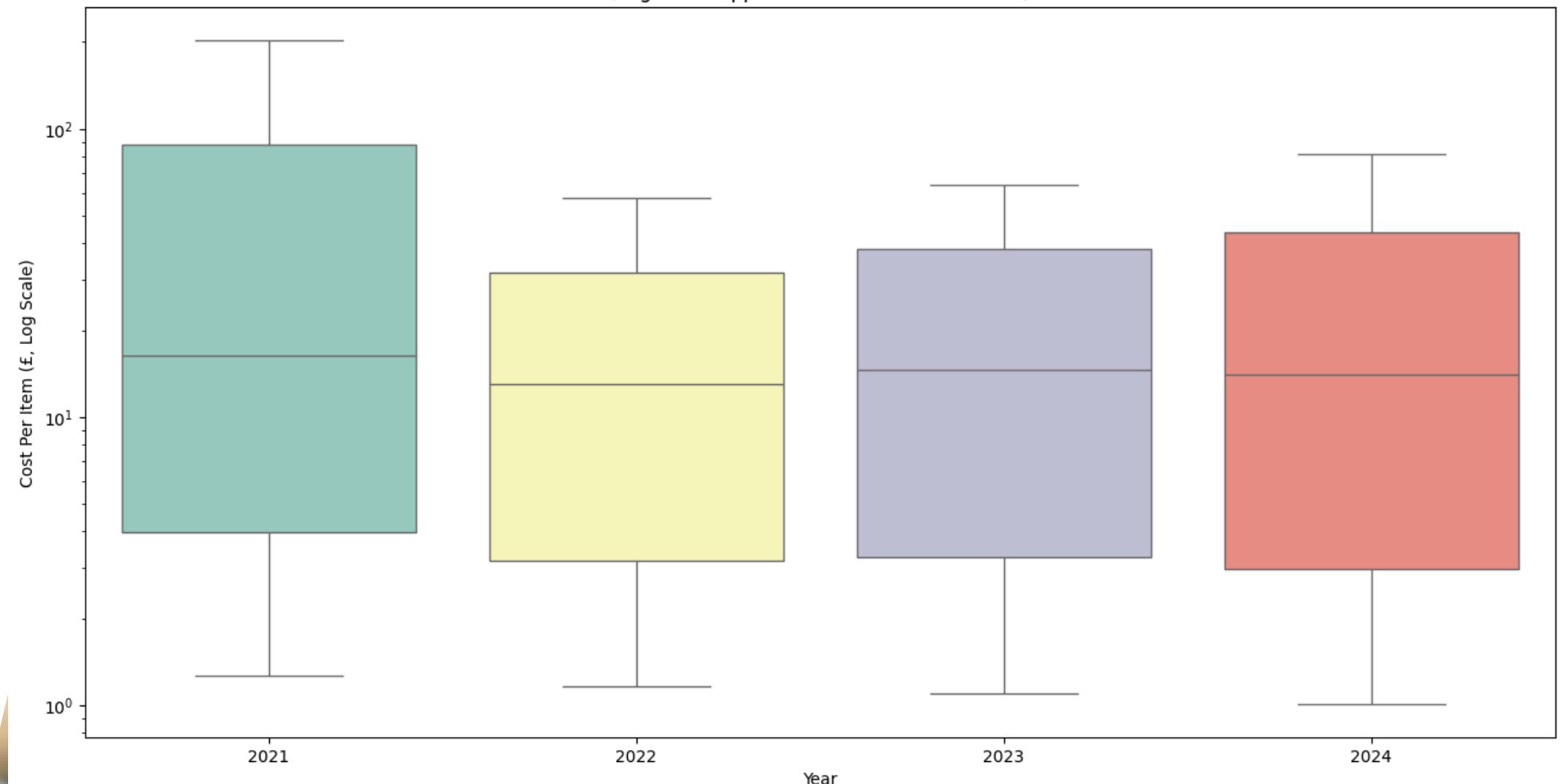


# Why Do Some Drugs Cost More?

-  Key Insight:
- The cost per item varies significantly across different antidepressants.
- Some outliers (very expensive drugs) are driving up overall NHS costs.

 The Big Question:  
 Are we prescribing the most cost-effective options?

Cost Per Item for Antidepressants (2021-2024)  
(Log Scale Applied for Better Visualization)



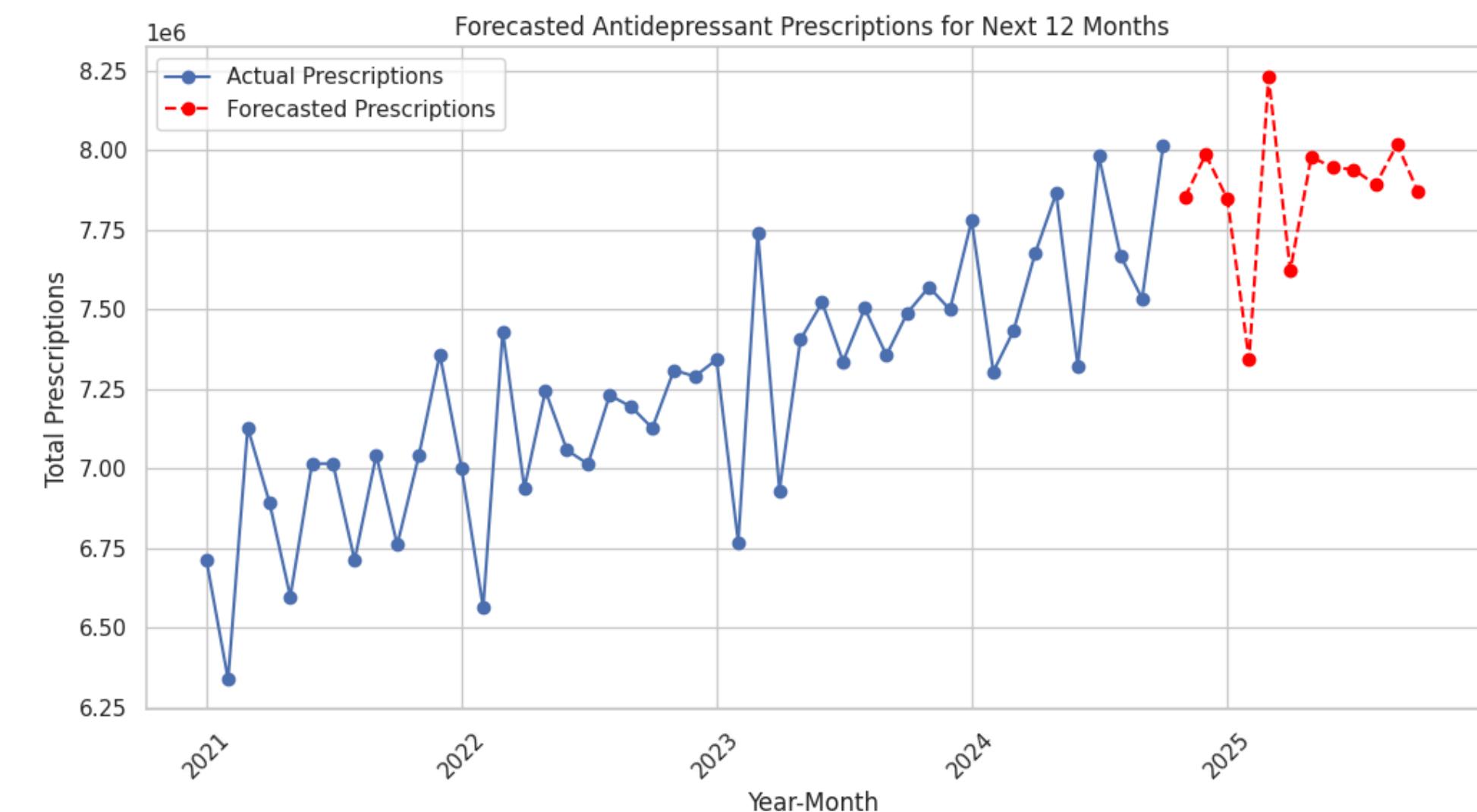
# What's Next?



- ⌚ What the Future Holds:
  - Demand will continue rising in 2025.
  - Peak in August 2025 (Projected 8.2M prescriptions).
  - Short-term fluctuations due to policy & economic factors.

## 📌 What This Means for the NHS:

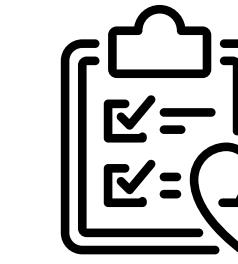
- ✓ We must plan resources now to meet rising demand.
- ✓ Regional strategies needed to avoid overprescribing in certain areas.



# Turning Insights into Action



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## Key Takeaways

- ✓ Antidepressant prescriptions & costs are increasing.
- ✓ Regional disparities exist in prescribing habits.
- ✓ Certain drugs are driving costs up.
- ✓ Forecast suggests demand will keep rising.

## Actionable Recommendations

- ✓ Budget Adjustments: Increase funding for high-demand areas.
- ✓ Cost Optimization: Prioritize cost-effective alternatives.
- ✓ Regional Policy Review: Address prescription disparities.
- ✓ Supply Chain Planning: Ensure availability based on projections.



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# Thank you

for your attention

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