

Talking Points for Managers

*Community Initiative
on Depression*

Mid-America Coalition
on Health Care



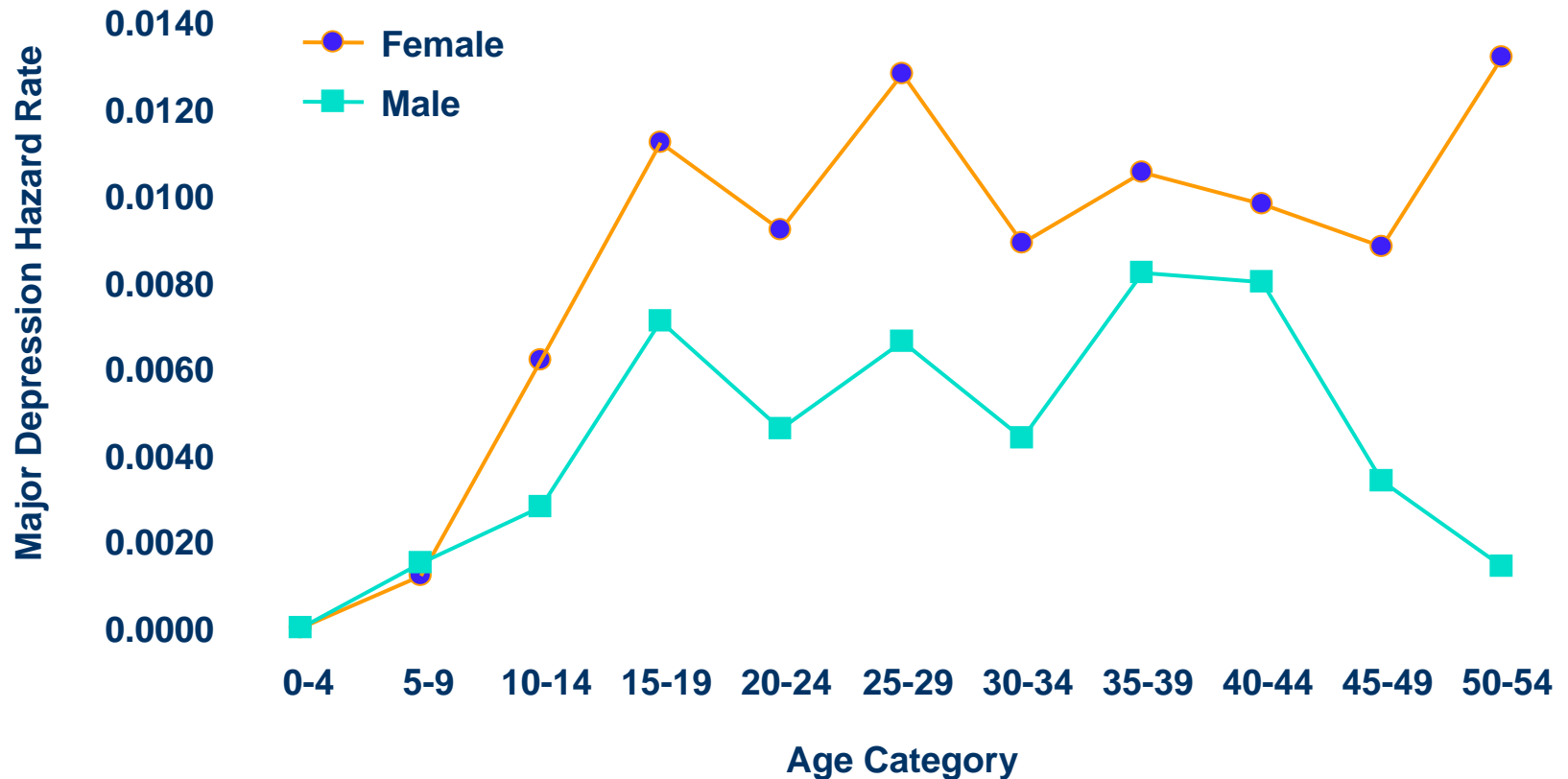
Worksites Are Talking About Depression

- Major depression is a common health problem in the U.S. and worldwide.
- Depressive disorders affect an estimated 9.5 percent of adult Americans ages 18 and over in a given year,¹ or about 18.8 million people in 1998.²

¹Regier DA, Narrow WE, Rae DS, et al. The de facto mental and addictive disorders service system. Epidemiologic Catchment Area prospective 1-year prevalence rates of disorders and services. *Archives of General Psychiatry*, 1993; 50(2): 85-94.

² Narrow WE. One-year prevalence of depressive disorders among adults 18 and over in the U.S.: NIMH ECA prospective data. Population estimates based on U.S. Census estimated residential population age 18 and over on July 1, 1998. Unpublished.

Depression: Risk By Age & Gender United States



Hazard Rate indicates risk of depression onset at a particular age.

Adapted with permission from Elsevier Science; Kessler et al. *J Affect Disord.* 1993;29:85.

Depression Risk Factors

- Prior episodes
- Family history
- Prior suicide attempts
- Female gender
- Recent childbirth
- Medical comorbidity
- Alcohol or substance abuse
- Recent separation or bereavement



Clinical Clues To Depression

- Depressed mood
- Irritability
- Loss of pleasure
- Sleep disturbances
- Fatigue
- Guilt and low self-esteem
- Weight change
- Diminished concentration
- Suicidal thoughts

What Causes Major Depression?

Genetics

(differences in biochemistry and brain circuits)

Physical conditions

(e.g., heart disease, cancer, pain, pregnancy)

Environment

(life events, triggers)



Depressed Mood

Treatment for Major Depression

- Psychotherapy (talk therapy)
 - Cognitive-behavioral
 - Interpersonal
- Pharmacotherapy (drugs)
- Electroconvulsive therapy (shock therapy)

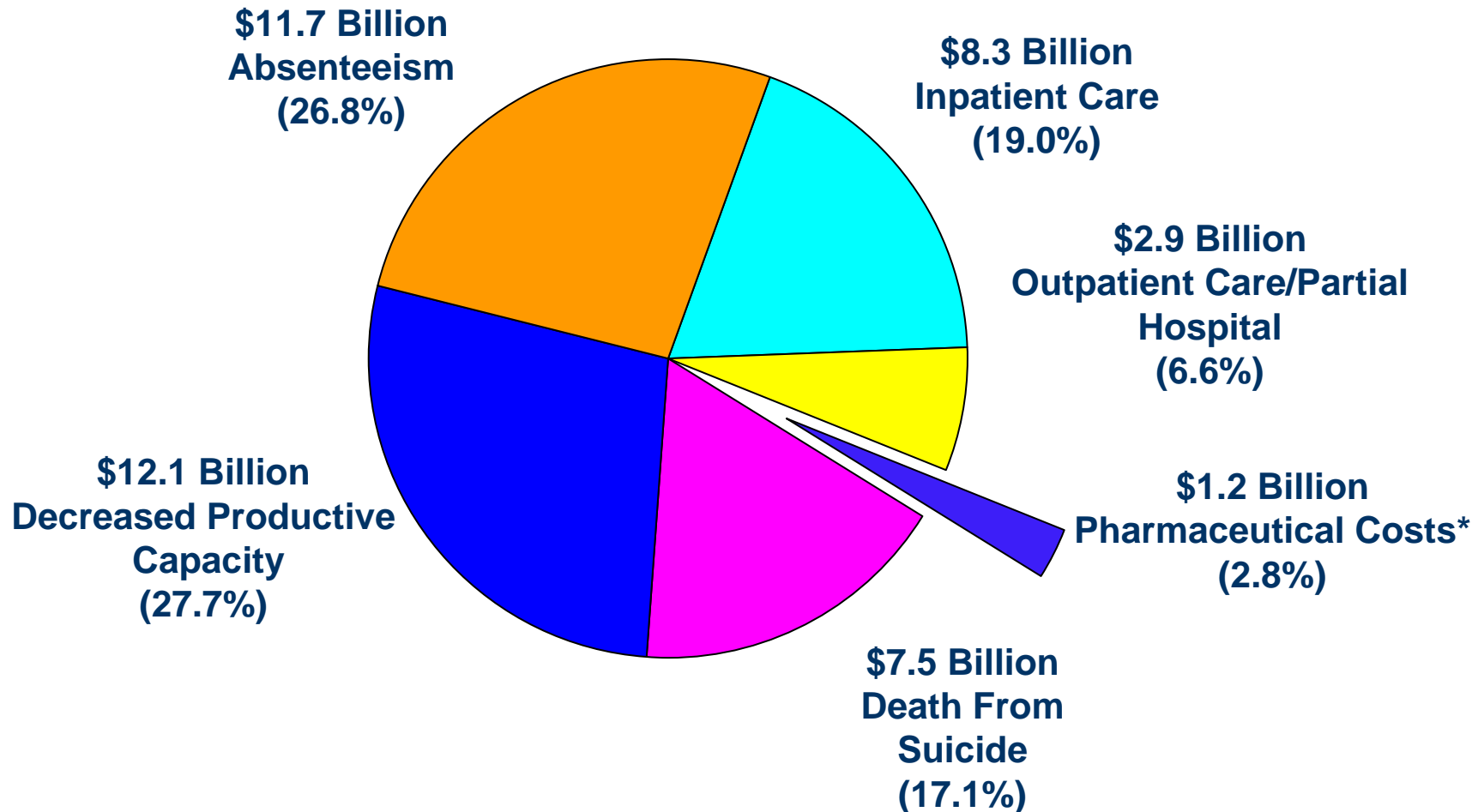
Mental Health Vital to Work Performance

Same factors affect mental and physical health:

- Physical activity
- Healthy eating
- Avoid drugs, alcohol abuse, and cigarettes
- Adequate rest and sleep
- Caring relationships, supportive interactions

Economic Burden Of Depression

Total Costs = \$43.7 Billion Per Year (1990)



*Antidepressant costs of \$890 million account for 2% of overall costs.
Greenberg et al. *J Clin Psychiatry*. 1993;54:405.

What Are The Costs Of Not Treating Depression Effectively?

- Depression may not be relieved or it may recur
- Relationships and work may deteriorate
- Can result in disability
- Alcohol and drug abuse
- May make other medical conditions worse
- Death from suicide and accidents

Bottom line?
If you are concerned, get help.

- Employee Assistance Program
- Personal or family physician
- Mental health specialist