

THE LONDON SCHOOL OF ECONOMICS AND POLITICAL SCIENCE

Depression in the workplace in Japan

Workplace depression is a major issue across different cultures and economies, with devastating consequences.

Lifetime prevalence of depression in Japan: 6.8% or 8 million^{1,2}

 The Statistics Portal. Japan: Total Population from 2010 to 2020. Available at:www.statista.com/statistics/263746/totalpopulation-in-japan/ Last accessed: August 2016;
Kessler et al. Epidemiology and Psychiatric Sciences. 2015;24(03):210–226

Depression costs Japan more than US\$14 billion in lost productivity

(absence from work, and attending work while unwell)¹



Almost **x2** higher than the total Japanese budget for energy²



US\$14b Lost Productivity

Japanese Energy Budget

1. Evans-Lacko, S. & Knapp, M. Soc Psychiatry Psychiatr Epidemiol (2016). doi:10.1007/s00127-016-1278-4;

2. Budget. Ministry of Finance Japan. Available at: www.mof.go.jp/english/ budget/budget/ Last accessed: August 2016

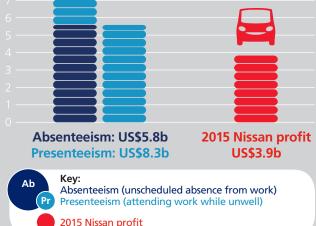
The **cognitive symptoms** of depression, for instance difficulties in concentrating, making decisions and remembering, are **present up to 94% of the time during an episode of depression**¹, causing **significant impairment** in work function and productivity²



licine. 2011;41:1165–1174;

Depression-related presenteeism* costs Japan US\$8.3 billion¹ (*attending work while unwell) x2 higher than Nissan's 2015 operating profit,

one of Japan's leading companies²



 Evans-Lacko, S. & Knapp, M. Soc Psychiatry Psychiatr Epidemiol (2016). doi:10.1007/s00127-016-1278-4;
Top 10 Largest Japanese Companies in the World. Available at:

blog.btrax.com/en/2015/04/14/2015 Last accessed: August 2016

Cognitive symptoms are a crucial factor affecting workplace performance in people with depression



McIntyre RS et al. Compr Psychiatry. 2015; 56:279–82

Of the countries surveyed, Japanese employees are the **most likely** to take 21+ days off work during an episode of depression



0 days = 23.1%
1-5 days = 9%
6-10 days = 10%
11-15 days = 2.9%
16-20 days = 4.1%
21+ days = 21.8%
Don't know = 25.1%

Evans-Lacko, S. & Knapp, M. Soc Psychiatry Psychiatr Epidemiol (2016). doi:10.1007/ s00127-016-1278-4.

1. Conradi HJ et al. Psychological Medicine. 2011;41:1165–1174; 2. Greer TL et al. CNS Drugs. 2010;24(4):267–284

47% of Japanese employees are highly educated

Highly educated employees with depression are likely to...

- Work in a highly demanding job and therefore be severely impacted by the cognitive symptoms of depression
- Manage others so the impact of their depression has wider consequences

Evans-Lacko, S. & Knapp, M. Soc Psychiatry Psychiatr Epidemiol (2016). doi:10.1007/s00127-016-1278-4.

For more information on the IDEA Survey as well as the LSE Health and Social Care research centre, visit the centre's blog: http://blogs.lse.ac.uk/healthandsocialcare/ The report was initiated by, and is sponsored by H. Lundbeck A/S. The opinions expressed by the report author from the London School of Economics and Political Science (LSE) do not necessarily represent the opinions of H. Lundbeck A/S