

# Depression in the workplace in South Africa

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

Lifetime prevalence of depression in South Africa: **9.7%** or **4.5 million**<sup>1,2</sup>

1. Tomlinson M, et al. *S Afr Med J.* 2009;99(5 Pt 2):367–373;

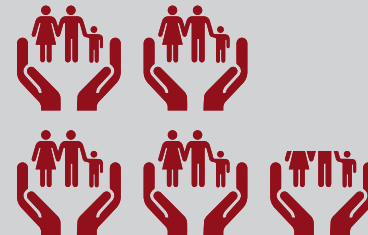
2. Statistica. *Statistics South Africa: Mid-year estimates 2003.* Available at: <http://www.statssa.gov.za/publications/P0302/P03022003.pdf> Last accessed: August 2016

## Depression costs South Africa more than US\$17 billion in lost productivity (absence from work, and attending work while unwell)<sup>1</sup>



**US\$17b**  
Lost Productivity

Over **x1.5** higher than the total South African budget for social protection<sup>2</sup>



**US\$9.8b**  
South African Social Protection Budget

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

2. Budget 2015 People's Guide. Available at: [www.treasury.gov.za/national%20budget](http://www.treasury.gov.za/national%20budget) Last accessed: August 2016

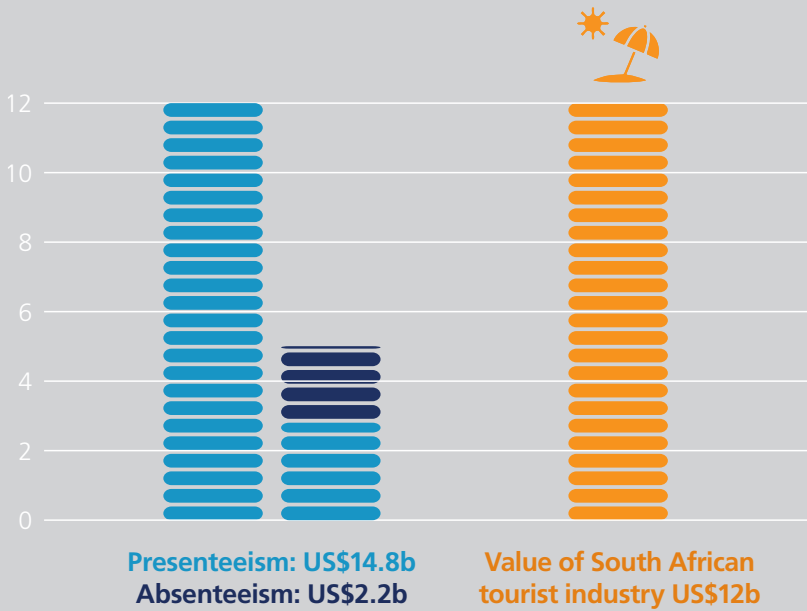
# Depression in the workplace in South Africa

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

Lifetime prevalence of depression in South Africa: **9.7%** or **4.5 million**<sup>1,2</sup>

1. Tomlinson M, et al. *S Afr Med J*. 2009;99(5 Pt 2):367–373;

2. Statistica. *Statistics South Africa: Mid-year estimates 2003*. Available at: <http://www.statssa.gov.za/publications/P0302/P03022003.pdf> Last accessed: August 2016



**Depression-related presenteeism\* costs South Africa US\$14.8 billion<sup>1</sup> (\*attending work while unwell)**

More than the total value of South Africa's tourism industry<sup>2</sup>

**Key:**

- Pr** Presenteeism (attending work while unwell)
- Ab** Absenteeism (unscheduled absence from work)
- Value of South African tourist industry**

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

2. South Africa's tourism industry. Available at: [www.southafrica.info/business/economy/sectors/tourism-overview.htm#.VsljhPl4bIV](http://www.southafrica.info/business/economy/sectors/tourism-overview.htm#.VsljhPl4bIV) Last accessed: August 2016



THE LONDON SCHOOL  
OF ECONOMICS AND  
POLITICAL SCIENCE ■

# Depression in the workplace in South Africa

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

Lifetime prevalence of depression in South Africa: **9.7%** or **4.5 million**<sup>1,2</sup>

1. Tomlinson M, et al. *S Afr Med J*. 2009;99(5 Pt 2):367–373;

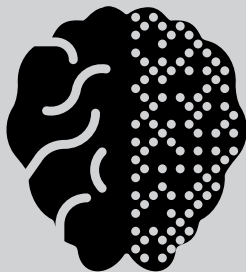
2. Statistica. *Statistics South Africa: Mid-year estimates 2003*. Available at: <http://www.statssa.gov.za/publications/P0302/P03022003.pdf>

pdf 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**<sup>1</sup>, causing **significant impairment in work function and productivity**<sup>2</sup>

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



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

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



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



THE LONDON SCHOOL  
OF ECONOMICS AND  
POLITICAL SCIENCE

# Depression in the workplace in South Africa

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

Lifetime prevalence of depression in South Africa: **9.7%** or **4.5 million**<sup>1,2</sup>

1. Tomlinson M, et al. *S Afr Med J*. 2009;99(5 Pt 2):367–373;

2. Statistica. *Statistics South Africa: Mid-year estimates 2003*. Available at: <http://www.statssa.gov.za/publications/P0302/P03022003.pdf> Last accessed: August 2016

Almost 40% of South African 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

# Depression in the workplace in South Africa

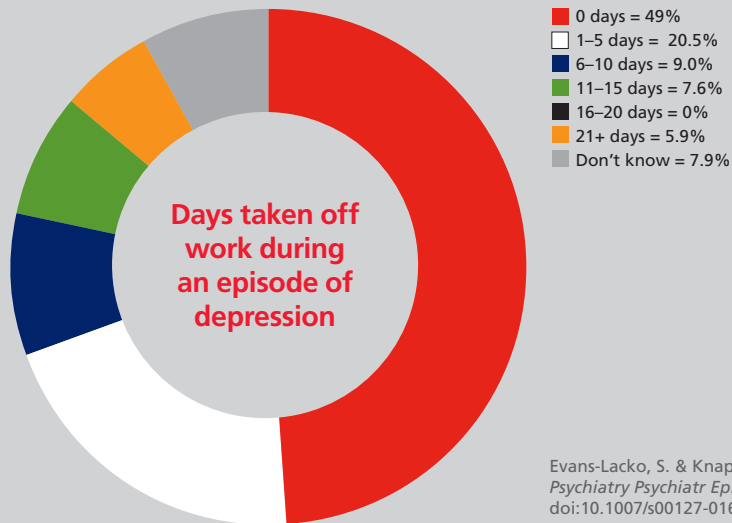
Workplace depression is a major issue across different cultures and economies, with devastating consequences.

Lifetime prevalence of depression in South Africa: **9.7%** or **4.5 million**<sup>1,2</sup>

1. Tomlinson M, et al. *S Afr Med J.* 2009;99(5 Pt 2):367–373;

2. Statistica. *Statistics South Africa: Mid-year estimates 2003.* Available at: <http://www.statssa.gov.za/publications/P0302/P03022003.pdf> Last accessed: August 2016

South African employees are likely to keep working during an episode of depression, impacting their productivity and performance at work



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