

# Depression in the workplace in Canada

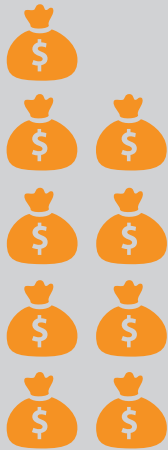
Workplace depression is a major issue across different cultures and economies, with devastating consequences.

Lifetime prevalence of depression in Canada: **12.6%** or **3.2 million**

Pearson C, et al. Mental and substance use disorders in Canada. Statistics Canada, Catalogue no.82-624-X; Health at a Glance, September 2013



## Depression costs Canada more than US\$9 billion in lost productivity (absence from work, and attending work while unwell)<sup>1</sup>



**US\$9b**  
Lost Productivity

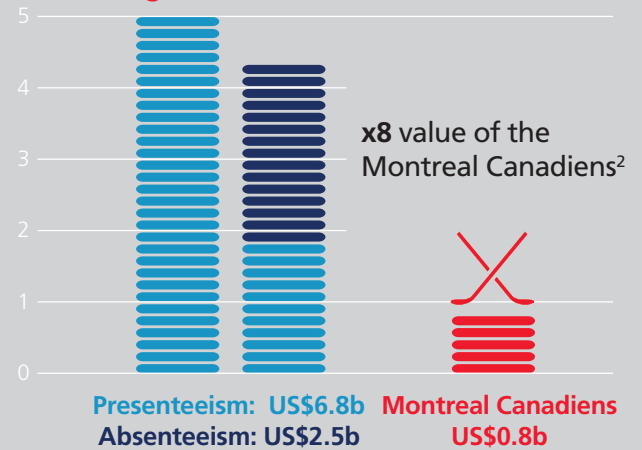
**x2.5 higher than the total Canadian budget for foreign aid<sup>2</sup>**



**US\$3.5b**  
Canadian Foreign Aid Budget

1. Evans-Lacko, S. & Knapp, M. *Soc Psychiatry Psychiatr Epidemiol* (2016). doi:10.1007/s00127-016-1278-4;  
2. Canada's Foreign Aid. Available at: <http://cidpsni.ca/canadas-foreign-aid-2012-2/> Last accessed: August 2016

## Depression-related presenteeism\* costs Canada US\$6.8 billion<sup>1</sup> (\*attending work while unwell)



**Pr** Key:  
**Ab** Presenteeism (attending work while unwell)  
 Absenteeism (unscheduled absence from work)  
 Value of the Montreal Canadiens

1. Evans-Lacko, S. & Knapp, M. *Soc Psychiatry Psychiatr Epidemiol* (2016). doi:10.1007/s00127-016-1278-4;  
2. Forbes: Maple Leafs no longer Canada's most valuable team. Available at: [www.sportsnet.ca/hockey/nhl/toronto-maple-leafs-forbes-most-valuable-franchises-new-york-rangers-montreal-canadiens/](http://www.sportsnet.ca/hockey/nhl/toronto-maple-leafs-forbes-most-valuable-franchises-new-york-rangers-montreal-canadiens/) 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

35% of Canadian employees are highly educated

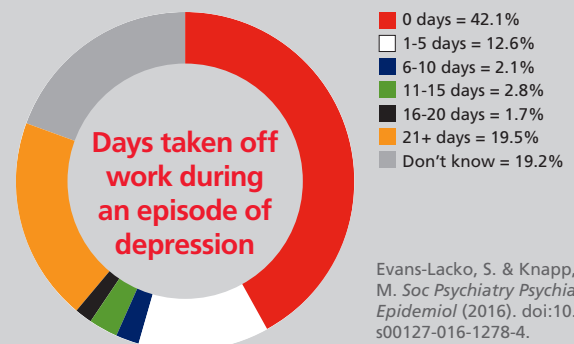
Highly educated employees with depression are likely to...

- 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.

Canadian 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.