



Statistics about Depression

At any given time, almost three million Canadians have serious depression, but less than one third seek help.

- Three percent of men and six percent of women in Ontario have a mood disorder in any given year. During their lifetime, about 5-12 percent of men and 10-25 percent of women will have at least one episode of major depressive disorder.
- Females have higher rates of major depression than males by a ratio of 2:1
- 20 percent of patients visiting primary care physicians have depressive symptoms; condition of nearly half these may go unrecognized
- Anxiety and depression account for 79 percent of all psychiatric diagnosis
- 80 percent of suicides are carried out by persons who have depressive illness 15 percent of people who have significant depressive illness commit suicide
- Thoughts of taking one's own life are so common in mood disorders that they are considered a symptom of the disorder
- Relapse is a common feature of depression. Without on-going treatment, 50-60 percent of individuals who have had a single episode of major depressive disorder can expect to have a second episode within the year. For many this first relapse marks the beginning of debilitating cycle of episodes that in 25 percent of cases can lead to chronic depression
- Major depressive disorder tends to run in families – it is 1.5-3 times more common among first-degree biological relatives of persons with mood disorders than among the general population
- There may be an increased incidence of attention-deficit/hyperactivity disorder in the children of adults with depressive illness
- Mood Disorders Are Highly Treatable – But Often Undiagnosed
- 80-90 percent of people with major depression can be treated successfully. Yet because of the stigma associated with admitting to emotional difficulties, only about a third of those with depression seek help
- 29 percent of patients with mood disorders reported that it took over 10 years before receiving a correct diagnosis. 60 percent of patients had received an incorrect diagnosis before receiving the correct one.
- There is a need for increased recognition of mood disorders, even among physicians. In one study almost seven years elapsed between a patient first seeing a physician and receiving a correct diagnosis.