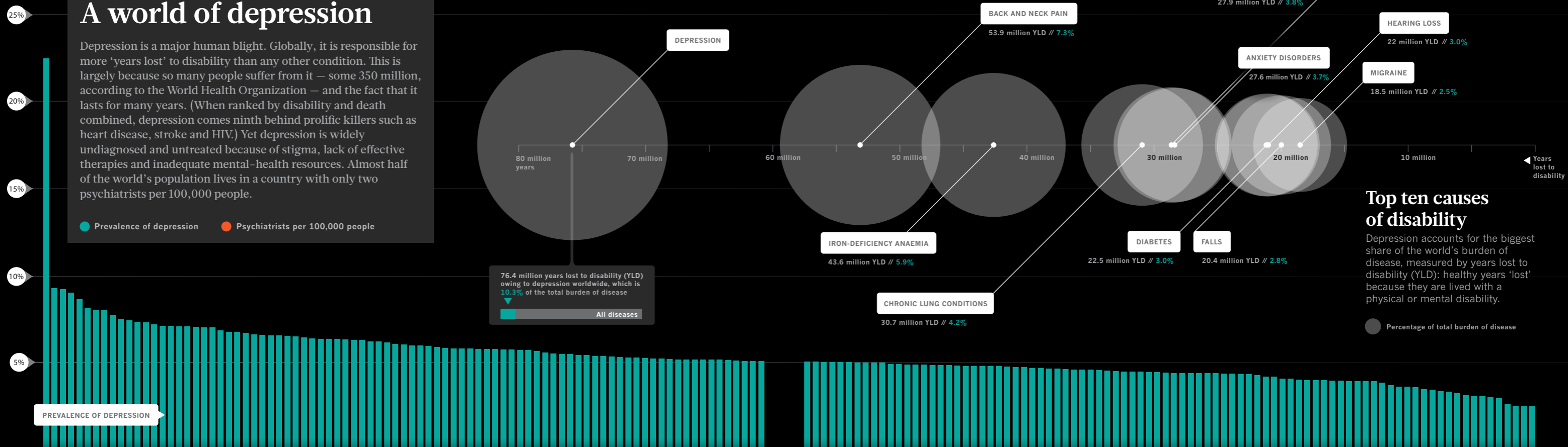


A world of depression

Depression is a major human blight. Globally, it is responsible for more 'years lost' to disability than any other condition. This is largely because so many people suffer from it – some 350 million, according to the World Health Organization – and the fact that it lasts for many years. (When ranked by disability and death combined, depression comes ninth behind prolific killers such as heart disease, stroke and HIV.) Yet depression is widely undiagnosed and untreated because of stigma, lack of effective therapies and inadequate mental-health resources. Almost half of the world's population lives in a country with only two psychiatrists per 100,000 people.

● Prevalence of depression ● Psychiatrists per 100,000 people



PREVALENCE OF DEPRESSION

- Afghanistan
- Libya
- Occupied Palestinian Territory
- Bahrain
- United Arab Emirates
- Netherlands
- Qatar
- Jordan
- Kuwait
- Boiswana
- Algeria
- Rwanda
- Gabon
- Yemen
- Sudan
- Tunisia
- Croatia
- Equatorial Guinea
- Syria
- Iran
- Morocco
- Estonia
- Turkey
- Djibouti
- Entrea
- Malta
- Belarus
- Luxembourg
- Russia
- Zimbabwe
- Republic of the Congo
- Paraguay
- Tanzania
- Uganda
- Somalia
- Colombia
- Guyana
- Lesotho
- Latvia
- Turkmenistan
- Switzerland
- Burundi
- Montenegro
- Finland
- East Timor
- Norway
- Saudi Arabia
- Cuba
- Laos
- Zambia
- Democratic Rep. of the Congo
- Comoros
- Malawi
- Swaziland
- Cyprus
- Singapore
- Wali
- Central African Republic
- Sierra Leone
- Malaysia
- Trinidad and Tobago
- Uzbekistan
- Brazil
- Bahamas
- Belize
- El Salvador
- Suriname
- Guatemala
- Barbados
- Egypt
- Lebanon
- Oman
- FYR of Macedonia
- Philippines
- Thailand
- Albania
- Argentina
- Chad
- Myanmar
- Kenya
- Nicaragua
- Mauritius
- Madagascar
- Maldives
- Denmark
- Gambia
- Venezuela
- Cote d'Ivoire
- Angola
- Cape Verde
- Papua New Guinea
- Austria
- Namibia
- Armenia
- Mauritania
- Tajikistan
- Indonesia
- Peru
- Cambodia
- Georgia
- Greece
- Germany
- Haiti
- Italy
- Pakistan
- France
- Jamaica
- Kyrgyzstan
- Lithuania
- Mongolia
- Sweden
- Iceland
- Sri Lanka
- Costa Rica
- Panama
- New Zealand
- Uruguay
- Liberia
- Bulgaria
- Israel
- Mozambique
- South Africa
- Slovenia
- Togo
- Dominican Republic
- Iraq
- Senegal
- Guinea
- United States
- Vanuatu
- Cameroon
- Moldova
- Ecuador
- Ghana
- Niger
- GLOBAL
- Brunei
- Canada
- Spain
- Portugal
- Romania
- Azerbaijan
- Kazakhstan
- India
- Ireland
- Serbia
- Chile
- Vietnam
- Belgium
- Burkina Faso
- Bolivia
- Benin
- Guinea-Bissau
- Poland
- Ukraine
- Bhutan
- Nigeria
- Ethiopia
- Slovakia
- Bosnia & Herzegovina
- Fiji
- Solomon Islands
- Bangladesh
- Hungary
- Czech Republic
- United Kingdom
- Australia
- Nepal
- China
- Mexico
- North Korea
- Taiwan
- South Korea
- Japan

PSYCHIATRISTS PER 100,000 PEOPLE

NO DATA AVAILABLE

Afghanistan ● 22.5% ● 0.16

This war-torn country reports the world's highest prevalence of depression, and yet it is among the least equipped to deal with it. Conflict is a well-established risk factor for depression, as are child sexual abuse and domestic violence.

Switzerland ● 6.16% ● 41.42

Switzerland's universal health care offers some of the best support for mental health, with more than 40 psychiatrists per 100,000 people. But studies estimate that even the best available treatments can reduce the burden of disability from depression by only 10–30%.

United States ● 4.45% ● 7.79

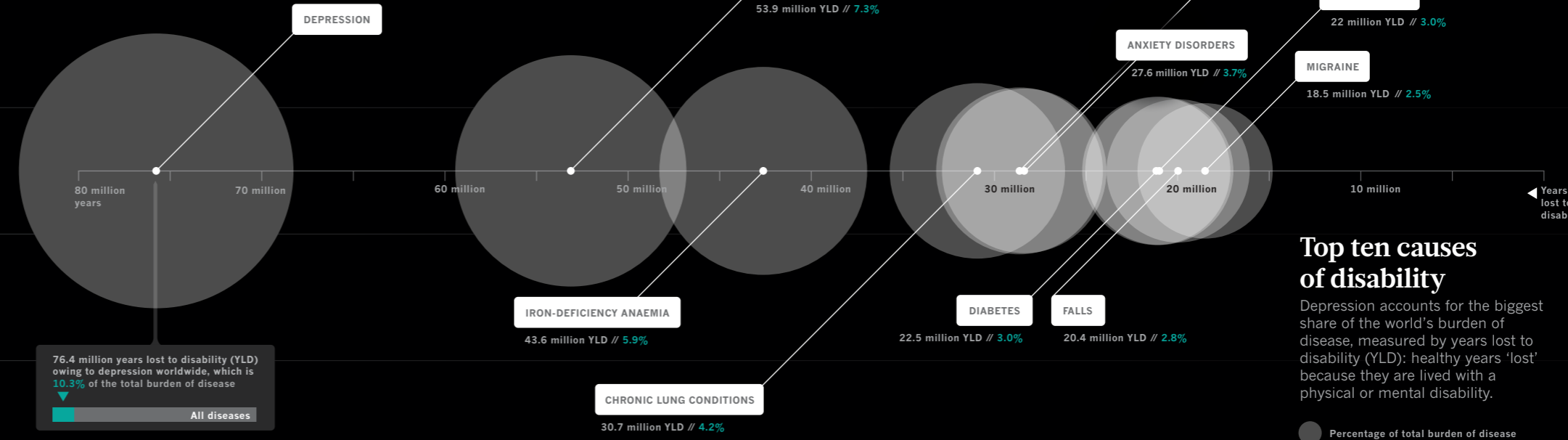
Depression receives significantly less in research funds from the US National Institutes of Health than do cancer or heart disease. That is partly because of a lack of patient advocates and the stigma that surrounds the condition.

Cancer	5,274
Mental health	2,174
Heart disease	1,230
Diabetes	1,007
Alzheimer's disease	504
Depression	415
Tuberculosis	240

NIH 2013 research spending in millions of US dollars.

China ● 3.02% ● 1.53

The relatively low prevalence of depression in China could be the result of the way in which it is diagnosed, rather than lower actual rates. People with depression here often report symptoms such as stomach pain or headache, and so may be missed by the standard diagnostic criteria used to calculate prevalence, which focus on mood, lack of motivation and fatigue.



Top ten causes of disability

Depression accounts for the biggest share of the world's burden of disease, measured by years lost to disability (YLD): healthy years 'lost' because they are lived with a physical or mental disability.

● Percentage of total burden of disease