Depression and Other Common Mental Disorders

Global Health Estimates

World Health Organization

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Overview

Reliable, up-to-date estimates of the proportion of a general population affected by different diseases or health conditions is a key ingredient of effective health policy, planning and evaluation. This booklet provides latest available estimates of the prevalence of depression and other common mental disorders at the global and regional level, together with data concerning the consequences of these disorders in terms of lost health.

Globally, the total number of people with depression was estimated to exceed 300 million in 2015. Nearly that number again suffers from a range of anxiety disorders. Since many people experience both conditions simultaneously (comorbidity), it is inappropriate to simply add these two figures together to arrive at a total for common mental disorders.

The consequences of these disorders in terms of lost health are huge. Depression is ranked by WHO as the single largest contributor to global disability (7.5% of all years lived with disability in 2015); anxiety disorders are ranked 6th (3.4%). Depression is also the major contributor to suicide deaths, which number close to 800 000 per year.

Frequently asked questions

1. ***What are common mental disorders? What is depression?***
   Common mental disorders refer to two main diagnostic categories: depressive disorders and anxiety disorders. These disorders are highly prevalent in the population (hence why they are considered 'common'), and impact on the mood or feelings of affected persons; symptoms range in terms of their severity (from mild to severe) and duration (from months to years). These disorders are diagnosable health conditions, and are distinct from feelings of sadness, stress or fear that anyone can experience from time to time in their lives.

2. ***How many people are affected by depression?***
   At a global level, over 300 million people are estimated to suffer from depression, equivalent to 4.3% of the world's population.

3. ***Is the number of people with common mental disorders increasing?***
   The number of persons with common mental disorders globally is going up, particularly in lower-income countries, because the population is growing and more people are living to the age when depression and anxiety most commonly occurs.

4. ***Who is most likely to get depressed?***
   Although depression can and does affect people of all ages, from all walks of life, the risk of becoming depressed is increased by poverty, unemployment, life events such as the death of a loved one or a relationship break-up, physical illness and problems caused by alcohol and drug use.

1 Introduction

Reliable, up-to-date estimates of the proportion of a general population affected by different diseases or health conditions is a critical ingredient of effective health policy, planning and evaluation. Epidemiological studies of the prevalence and incidence of a range of psychiatric disorders have now been undertaken in a wide range of low-, middle- and high-income countries, which have contributed greatly to a better understanding of how common these disorders are across the world. Advances in measuring the fatal and non-fatal consequences of these diseases – including quantification of time spent in a state of ill-health – has also enabled a more systematic comparison of the relative contribution that different diseases and their underlying risk factors make to the overall toll of death and disability.

This booklet provides latest available estimates of the prevalence of depression and other common mental disorders at the global and regional level, together with data concerning the consequences of these disorders in terms of lost health. Country-specific estimates are also provided (see **Appendix**). It offers complementary information to that provided in other information products developed by WHO and others on the appropriate public health response to these disorders, including their treatment and prevention ***(http://www.who.int/topics/depression; http://www.who.int/mental_health/mhgap).***

Common mental disorders refer to two main diagnostic categories: depressive disorders and anxiety disorders; a definition of these disorders is provided in the **Box** on page 7.

2

Data sources

Syntheses of the available epidemiological literature on the prevalence of depression and other common mental disorders have been undertaken as part of earlier iterations of the Global Burden of Disease (GBD) study, including reviews published for the 2000 and 2010 editions [1-4]. The latest set of Global Health Estimates made available by WHO is for 2015 (***http://www.who.int/healthinfo/global_burden_disease/estimates***), which includes regional and also country-specific estimates of deaths, years of life lost and years lived with disability by cause.

In order to provide the most up-to-date information on the number of people with common mental disorders, WHO has worked with the lead GBD researchers for mental and behavioural disorders (based at the School of Public Health, University of Queensland, Australia) to produce – and present here – estimates by WHO Region for the year 2015. Country-specific estimates of disease prevalence for the year 2015, which are shown in the Appendix, can also be accessed via a GBD Results Tool made available by the Institute of Health Metrics and Evaluation (Seattle, USA) at: ***http://ghdx.healthdata.org/gbd-results-tool.***

Definitions

Depressive disorders are characterized by sadness, loss of interest or pleasure, feelings of guilt or low self-worth, disturbed sleep or appetite, feelings of tiredness, and poor concentration. Depression can be long-lasting or recurrent, substantially impairing an individual's ability to function at work or school or cope with daily life. At its most severe, depression can lead to suicide. Depressive disorders include two main sub-categories:

- ***major depressive disorder / depressive episode***, which involves symptoms such as depressed mood, loss of interest and enjoyment, and decreased energy; depending on the number and severity of symptoms, a depressive episode can be categorized as mild, moderate, or severe; and
- ***dysthymia***, a persistent or chronic form of mild depression; the symptoms of dysthymia are similar to depressive episode, but tend to be less intense and last longer.

A further important distinction concerns depression in people with or without a history of manic episodes. Bipolar affective disorder typically consists of both manic and depressive episodes separated by periods of normal mood. Manic episodes involve elevated mood and increased energy, resulting in over-activity, pressure of speech and decreased need for sleep. Bipolar affective disorder is not included in the data below.

Anxiety disorders refer to a group of mental disorders characterized by feelings of anxiety and fear, including ***generalised anxiety disorder (GAD), panic disorder, phobias, social anxiety disorder, obsessive-compulsive disorder (OCD) and post-traumatic stress disorder (PTSD)***. As with depression, symptoms can range from mild to severe. The duration of symptoms typically experienced by people with anxiety disorders makes it more a chronic than episodic disorder.

3

Global and regional estimates of prevalence

Depression

- The proportion of the global population with depression in 2015 is estimated to be 4.4%. Upper and lower uncertainty intervals are represented in the bar graph by the error bars. Depression is more common among females (5.1%) than males (3.6%).

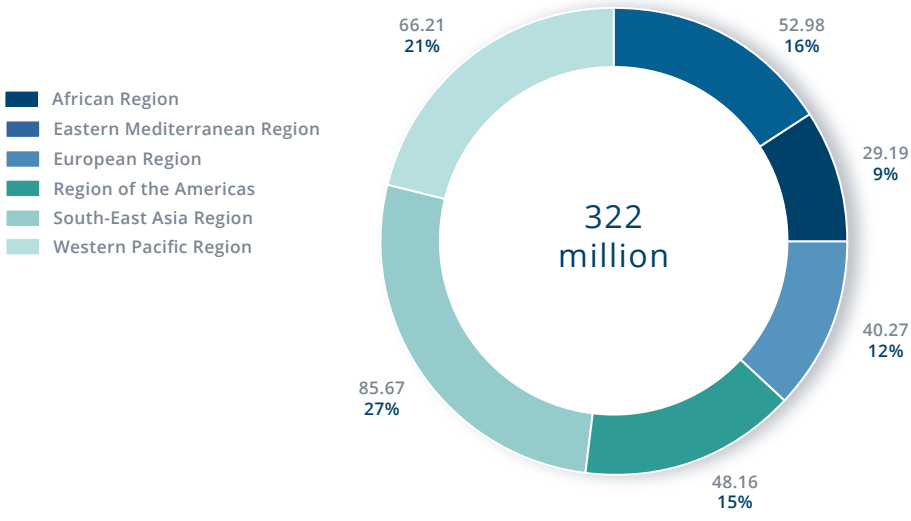
- Prevalence varies by WHO Region, from a low of 2.6% among males in the Western Pacific Region to 5.9% among females in the African Region. Country-specific estimates can be accessed at ***http://ghdx.healthdata.org/gbd-results-tool.***

- Prevalence rates vary by age, peaking in older adulthood (above 7.5% among females aged 55-74 years, and above 5.5% among males). Depression also occurs in children and adolescents below the age of 15 years, but at a lower level than older age groups.

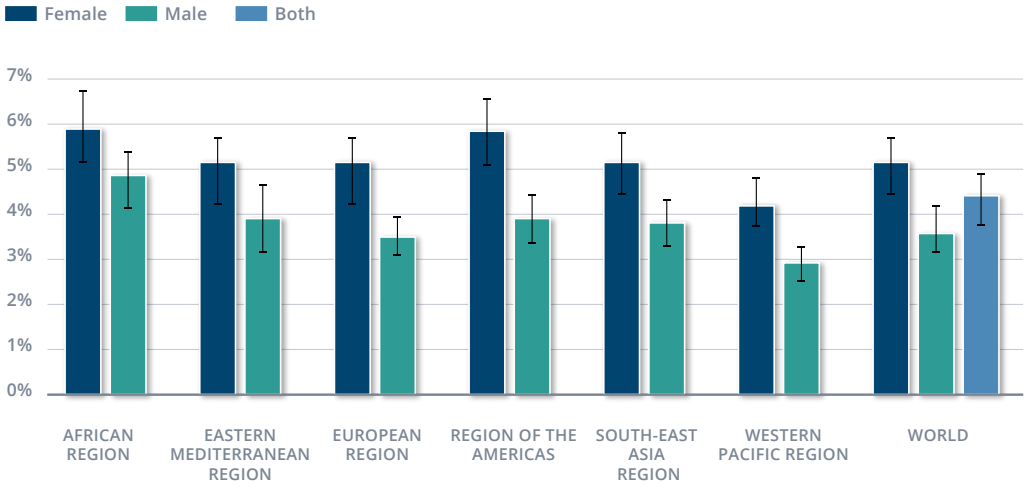
- The total number of people living with depression in the world is 322 million. Nearly half of these people live in the South-East Asia Region and Western Pacific Region, reflecting the relatively larger populations of those two Regions (which include India and China, for example).

- The total estimated number of people living with depression increased by 18.4% between 2005 and 2015 [5]; this reflects the overall growth of the global population, as well as a proportionate increase in the age groups at which depression is more prevalent.

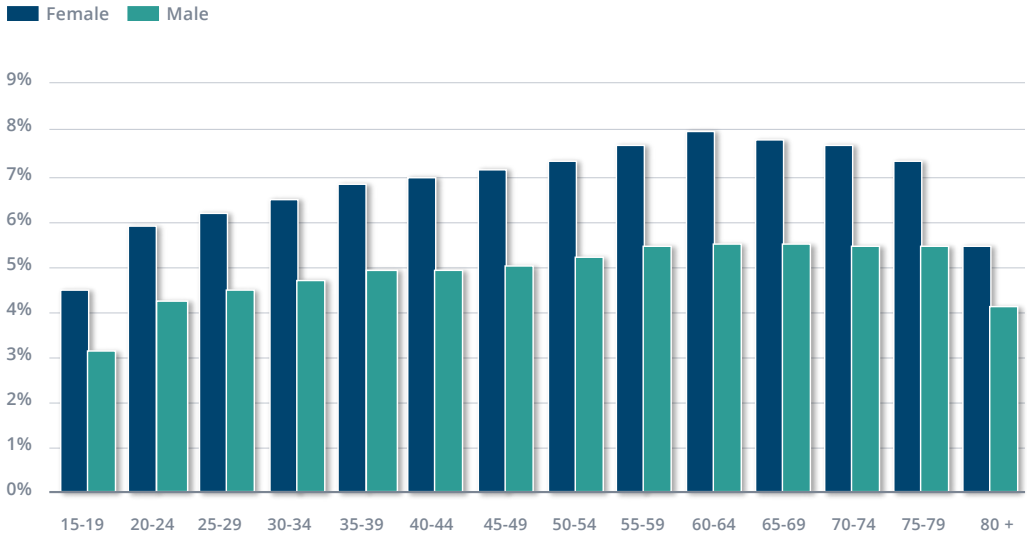
Cases of depressive disorder (millions), by WHO Region



Prevalence of depressive disorders (% of population), by WHO Region



Global prevalence of depressive disorders, by age and sex (%)



Source: Global Burden of Disease Study 2015 (***http://ghdx.healthdata.org/gbd-results-tool***)

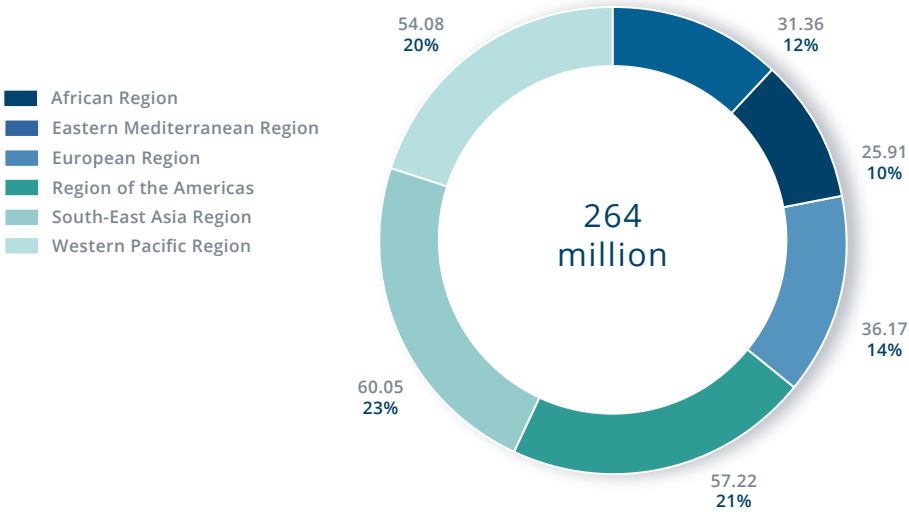
3

Global and regional estimates of prevalence

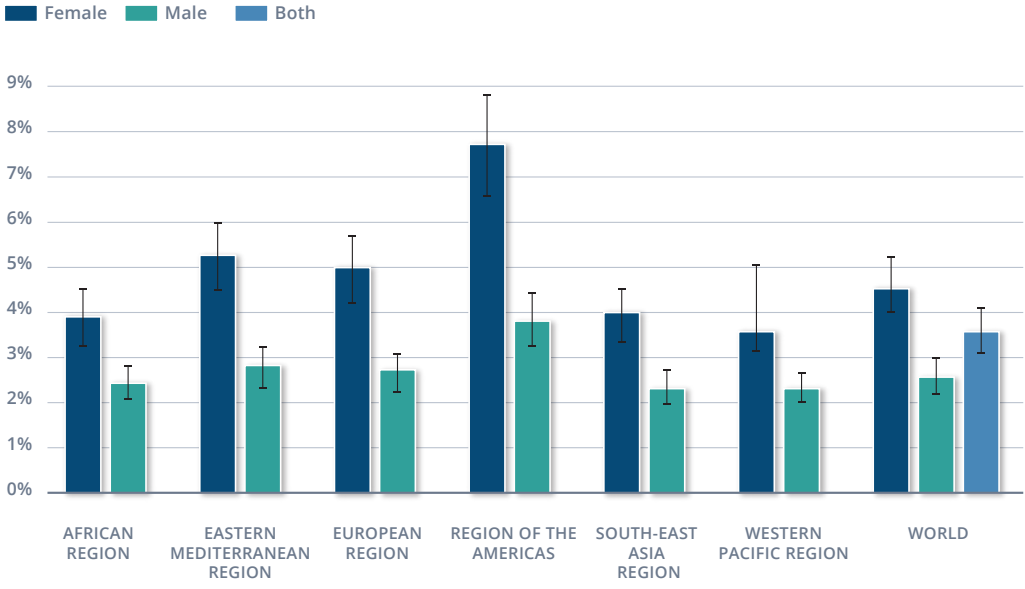
Anxiety disorders

- The proportion of the global population with anxiety disorders in 2015 is estimated to be 3.6%. As with depression, anxiety disorders are more common among females than males (4.6% compared to 2.6% at the global level).
- In the Region of the Americas, as many as 7.7% of the female population are estimated to suffer from anxiety disorder (males, 3.6%). Country-specific estimates can be found at *http://ghdx.healthdata.org/gbd-results-tool*.
- Prevalence rates do not vary substantially between age groups, although there is an observable trend towards lower prevalence among older age groups.
- The total estimated number of people living with anxiety disorders in the world is 264 million. This total for 2015 reflects a 14.9% increase since 2005 [5], as a result of population growth and ageing.

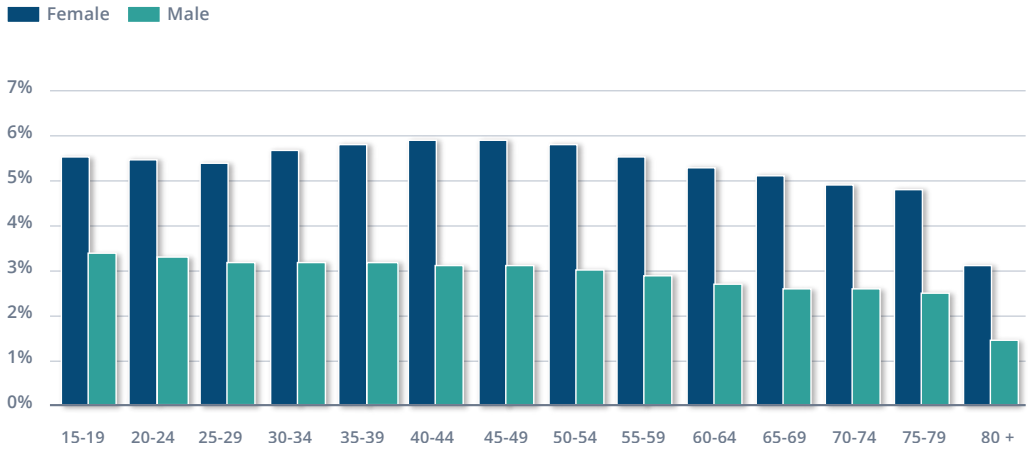
Cases of anxiety disorder (millions), by WHO Region



Prevalence of anxiety disorders (% of population), by WHO Region



Global prevalence of anxiety disorders, by age and sex (%)



Source: Global Burden of Disease Study 2015 (*http://ghdx.healthdata.org/gbd-results-tool*)

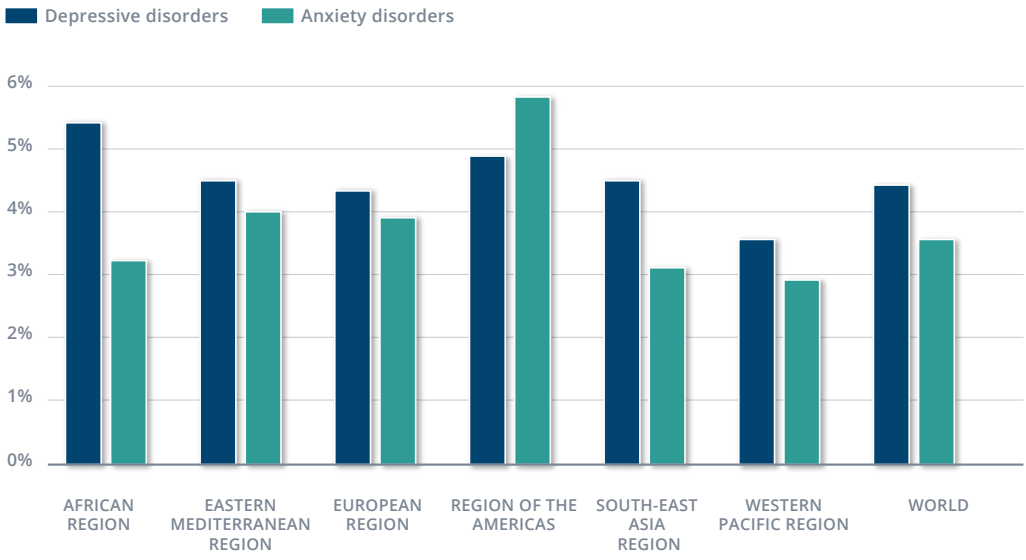
3

Global and regional estimates of prevalence

Common mental disorders

- Common mental disorders refer to a range of anxiety and depressive disorders. A summary of the global and WHO Regional prevalence of these disorders is shown below. Globally, it is estimated that 4.4% of the global population suffer from depressive disorder, and 3.6% from anxiety disorder. There is modest variation around this global rate of prevalence in WHO Regions: for depression, rates vary from 3.6% in the Western Pacific Region to 5.4% in the African Region; for anxiety disorders, rates vary from 2.9% in the Western Pacific Region to 5.8% in the Region of the Americas.
- Since many people experience both conditions simultaneously (comorbidity), it is inappropriate to simply add these two figures together to arrive at a total for common mental disorders.
- Within these overall estimates of prevalence, there is a range of severity, with at least one-third of symptomatic cases following a moderate-severe course [4].

Prevalence of common mental disorders (% of population by WHO Region)



Source: Global Burden of Disease Study 2015 (*http://ghdx.healthdata.org/gbd-results-tool*)

4

Global and regional estimates of health loss

Common mental disorders lead to considerable losses in health and functioning. These losses can be quantified at the population level by multiplying the prevalence of these disorders by the average level of disability associated with them, to give estimates of Years Lived with Disability (YLD). Global and WHO Regional YLD results from WHO's Global Health Estimates for the year 2015 are shown below. Country-specific estimates are provided in the Appendix and are also available at *http://www.who.int/healthinfo/global_burden_disease/en*

YLDs are added to Years of Life Lost (YLL) to compute Disability-Adjusted Life Years (DALYs), which are the key metric used to assess the Global Burden of Disease (GBD). In the case of depression and anxiety disorders, no YLL are attributed directly to these disorders in the GBD analyses, thus estimates of YLD also represent the total estimated DALYs for these conditions. Depression, however, is a major contributor to suicide (categorised in GBD analyses as intentional injuries); global and regional data on suicide is given below.

Depressive disorders

Depressive disorders led to a global total of over 50 million Years Lived with Disability (YLD) in 2015. More than 80% of this non-fatal disease burden occurred in low- and middle-income countries. Rates vary across WHO Regions, from 640 YLD per 100 000 population in the Western Pacific Region to over 850 in low- and middle-income countries of the European Region. Globally, depressive disorders are ranked as the single largest contributor to non-fatal health loss (7.5% of all YLD).

Depressive disorders	Total YLD (thousands)	YLD per 100,000	% of all YLDs	Rank cause
Low- and middle-income countries				
- African Region	7 229	731	7.9	2
- Eastern Mediterranean Region	4 049	685	6.9	2
- European Region	3 517	859	8.1	2
- Region of the Americas	5 106	844	9.3	1
- South-East Asia Region	13 967	724	7.0	2
- Western Pacific Region	10 525	640	7.2	2
High-income countries	9 608	839	7.9	2
World	54 215	738	7.5	1

Source: WHO Global Health Estimates (*http://www.who.int/healthinfo/global_burden_disease*)

4

Global and regional estimates of health loss

Anxiety disorders

Anxiety disorders led to a global total of 24.6 million YLD in 2015. Again, rates vary across WHO Regions, from 267 YLD per 100 000 population in the African Region to over 500 in the Region of the Americas. Estimates are lower for anxiety disorders compared to depression because these disorders are associated with a lower average level of disability. Anxiety disorders are ranked as the sixth largest contributor to non-fatal health loss globally and appear in the top 10 causes of YLD in all WHO Regions.

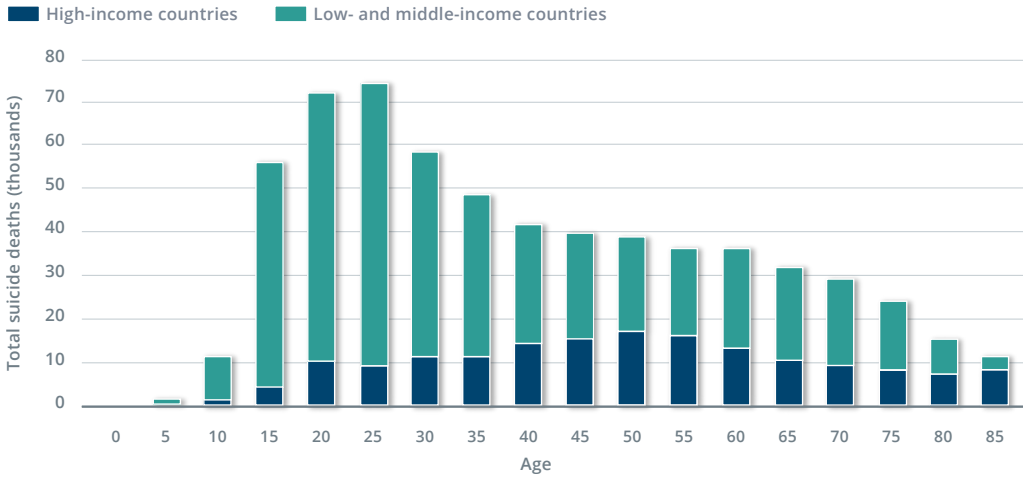
Anxiety disorders	Total YLD (thousands)	YLD per 100,000	% of all YLDs	Rank cause
Low- and middle-income countries				
- African Region	2639	267	2.9	7
- Eastern Mediterranean Region	2093	354	3.6	7
- European Region	1239	302	2.9	8
- Region of the Americas	3433	567	6.2	3
- South-East Asia Region	5522	286	2.8	9
- Western Pacific Region	4506	274	3.1	8
High-income countries	**5061**	**442**	**4.2**	**4**
World	**24621**	**335**	**3.4**	**6**

Source: WHO Global Health Estimates (*http://www.who.int/healthinfo/global_burden_disease*)

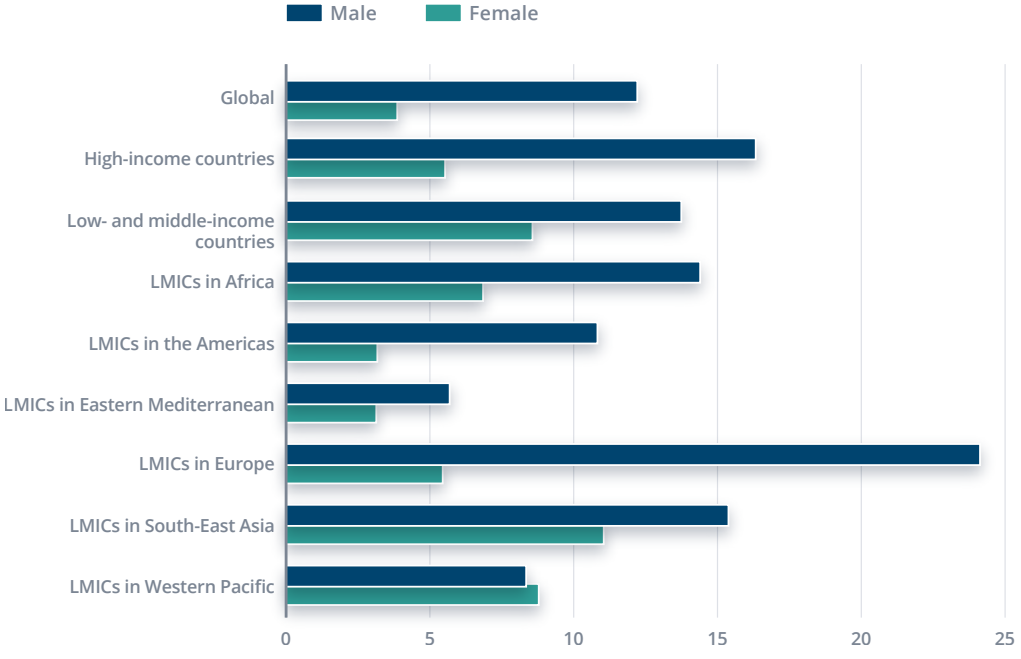
Suicide

- WHO Global Health Estimates provide a comprehensive assessment of mortality due to diseases and injuries for all regions of the world. In the year 2015, it is estimated that 788 000 people died due to suicide; many more than this number attempted (but did not die by) suicide. Suicide accounted for close to 1.5% of all deaths worldwide, bringing it into the top 20 leading causes of death in 2015. Suicide occurs throughout the lifespan and was the second leading cause of death among 15-29 year olds globally in 2015.
- The suicide rate varies by WHO Region and by sex, ranging from below 5 per 100 000 population among females in low- and middle-income countries of the Eastern Mediterranean and American Regions, to 20 or more among males in high-income countries and also in the low- and middle-income countries of the African, European and South-East Asian Regions. 78% of global suicides occurred in low- and middle-income countries in 2015.
- More data at *http://www.who.int/mental_health/prevention/suicide/suicideprevent/en*

Global suicides, by age and country income level (thousands)



Suicide rate per 100 000 population



Source: WHO Global Health Estimates (*http://www.who.int/healthinfo/global_burden_disease*)

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Appendix

Prevalence and burden of depression and anxiety disorders: Country estimates, 2015

WHO African Region

	PREVALENCE*				HEALTH LOSS / DISEASE BURDEN**			
	Depressive Disorders		Anxiety Disorders		Depressive Disorders		Anxiety Disorders	
COUNTRY	Total cases	% of population	Total cases	% of population	Total Years Lived with Disability (YLD)	% of total YLD	Total Years Lived with Disability (YLD)	% of total YLD
Algeria	1 683 914	4,5%	1 657 172	4,5%	302 560	8,1%	153 227	4,1%
Angola	892 128	3,6%	675 748	2,8%	162 164	6,9%	62 325	2,7%
Benin	411 695	3,9%	290 713	2,7%	74 822	8,0%	26 960	2,9%
Botswana	102 065	4,7%	68 954	3,1%	18 183	7,2%	6 290	2,5%
Burkina Faso	640 502	3,6%	471 618	2,7%	116 782	7,7%	44 021	2,9%
Burundi	448 822	4,2%	323 003	3,0%	83 625	9,9%	30 197	3,6%
Cameroon	886 273	3,9%	620 704	2,7%	161 242	7,9%	57 581	2,8%
Cape Verde	24 240	4,9%	15 175	3,1%	4 434	9,8%	1 413	3,1%
Central African Republic	202 081	4,2%	143 526	3,0%	36 269	6,9%	13 168	2,5%
Chad	478 228	3,5%	357 769	2,6%	86 646	6,4%	33 144	2,4%
Comoros	33 769	4,4%	23 946	3,1%	6 254	9,4%	2 227	3,4%
Congo	180 632	3,9%	129 558	2,8%	32 656	7,2%	11 919	2,6%
Côte d'Ivoire	843 736	3,8%	600 520	2,7%	152 346	7,4%	55 535	2,7%
Democratic Republic of the Congo	2 871 309	3,8%	2 113 267	2,8%	519 491	5,9%	194 080	2,2%
Equatorial Guinea	34 909	4,2%	24 147	2,9%	6 307	7,9%	2 225	2,8%
Eritrea	219 549	4,3%	156 599	3,1%	40 426	8,2%	14 474	2,9%
Ethiopia	4 480 113	4,7%	3 139 003	3,3%	837 683	10,1%	292 650	3,5%
Gabon	73 303	4,3%	50 501	3,0%	13 179	6,9%	4 617	2,4%
Gambia	74 821	3,9%	51 218	2,7%	13 808	8,5%	4 776	3,0%
Ghana	1 100 048	4,2%	744 217	2,8%	199 155	8,7%	69 179	3,0%
Guinea	474 541	3,9%	333 416	2,7%	85 482	7,5%	30 868	2,7%
Guinea-Bissau	71 467	4,0%	49 420	2,8%	12 887	7,6%	4 577	2,7%
Kenya	1 952 981	4,4%	1 375 341	3,1%	360 776	8,3%	127 454	2,9%
Lesotho	98 988	4,8%	63 601	3,1%	18 087	8,1%	5 829	2,6%
Liberia	155 406	3,5%	119 871	2,7%	27 302	6,0%	11 014	2,4%
Madagascar	1 041 000	4,4%	731 036	3,1%	192 046	8,8%	67 747	3,1%
Malawi	679 385	4,1%	501 153	3,0%	125 773	8,8%	46 617	3,2%
Mali	605 969	3,6%	446 852	2,6%	109 936	7,1%	41 506	2,7%
Mauritania	160 624	4,1%	109 873	2,8%	29 062	7,7%	10 173	2,7%
Mauritius	52 570	4,4%	42 559	3,5%	8 769	7,0%	3 928	3,1%
Mozambique	1 122 987	4,1%	819 845	3,0%	206 184	7,6%	75 476	2,8%
Namibia	104 001	4,4%	72 803	3,1%	18 766	8,0%	6 709	2,9%
Niger	653 348	3,4%	485 497	2,5%	118 877	7,3%	45 282	2,8%
Nigeria	7 079 815	3,9%	4 894 557	2,7%	1 291 694	7,5%	451 762	2,6%
Rwanda	425 516	3,8%	358 986	3,2%	76 205	7,5%	33 342	3,3%
Sao Tome and Principe	7 270	3,9%	5 085	2,7%	1 327	8,2%	474	2,9%
Senegal	560 991	3,9%	397 168	2,7%	102 476	8,1%	36 958	2,9%
Seychelles	3 722	4,0%	3 068	3,3%	624	7,1%	285	3,3%
Sierra Leone	243 895	3,9%	172 958	2,8%	44 266	7,9%	16 063	2,9%
South Africa	2 402 230	4,6%	1 768 851	3,4%	420 696	7,2%	161 543	2,8%
South Sudan	529 011	4,4%	369 254	3,1%	96 566	7,5%	33 856	2,6%
Swaziland	53 223	4,2%	37 984	3,0%	9 502	6,8%	3 463	2,5%
Togo	277 532	3,9%	194 844	2,8%	50 494	8,2%	18 159	3,0%
Uganda	1 747 769	4,6%	1 070 004	2,8%	332 539	10,5%	99 558	3,1%
United Republic of Tanzania	2 138 939	4,1%	1 551 036	3,0%	393 870	8,5%	143 867	3,1%
Zambia	636 819	4,0%	469 177	3,0%	117 732	8,3%	43 464	3,1%
Zimbabwe	603 529	4,0%	422 238	2,8%	109 953	8,0%	39 083	2,8%

WHO Region of the Americas

	PREVALENCE*				HEALTH LOSS / DISEASE BURDEN**			
	Depressive Disorders		Anxiety Disorders		Depressive Disorders		Anxiety Disorders	
COUNTRY	Total cases	% of population	Total cases	% of population	Total Years Lived with Disability (YLD)	% of total YLD	Total Years Lived with Disability (YLD)	% of total YLD
Antigua and Barbuda	4 424	5,1%	5 327	6,1%	794	9,0%	492	5,6%
Argentina	1 914 354	4,7%	2 542 091	6,3%	340 420	8,5%	235 969	5,9%
Bahamas	19 138	5,2%	22 721	6,2%	3 413	8,7%	2 093	5,4%
Barbados	14 586	5,4%	16 640	6,1%	2 575	8,0%	1 522	4,8%
Belize	14 956	4,4%	19 295	5,7%	2 713	8,9%	1 792	5,9%
Bolivia (Plurinational State of)	453 716	4,4%	565 857	5,4%	82 101	8,6%	52 430	5,5%
Brazil	11 548 577	5,8%	18 657 943	9,3%	2 129 960	10,3%	1 718 833	8,3%
Canada	1 566 903	4,7%	1 652 746	4,9%	261 307	6,9%	151 851	4,0%
Chile	844 253	5,0%	1 100 584	6,5%	149 514	8,8%	102 106	6,0%
Colombia	2 177 280	4,7%	2 691 716	5,8%	388 707	9,4%	250 109	6,0%
Costa Rica	216 608	4,7%	211 997	4,6%	38 445	9,1%	19 684	4,7%
Cuba	605 879	5,5%	675 037	6,1%	107 008	8,8%	62 007	5,1%
Dominican Republic	464 164	4,7%	570 312	5,7%	83 703	9,1%	52 941	5,7%
Ecuador	721 971	4,6%	879 900	5,6%	130 497	9,2%	81 544	5,8%
El Salvador	255 032	4,4%	267 780	4,6%	44 820	8,0%	24 732	4,4%
Grenada	4 848	4,7%	5 910	5,7%	871	8,4%	545	5,2%
Guatemala	580 994	3,7%	652 313	4,2%	102 878	7,5%	60 518	4,4%
Guyana	33 700	4,5%	42 507	5,7%	6 025	8,1%	3 914	5,3%
Haiti	437 639	4,3%	565 920	5,5%	78 379	7,1%	51 941	4,7%
Honduras	308 862	4,0%	335 907	4,3%	55 220	8,6%	31 320	4,9%
Jamaica	134 054	4,8%	159 012	5,7%	23 997	8,5%	14 640	5,2%
Mexico	4 936 614	4,2%	4 281 809	3,6%	866 544	8,6%	399 231	4,0%
Nicaragua	238 161	4,2%	257 009	4,5%	42 494	8,8%	23 978	5,0%
Panama	162 293	4,4%	166 598	4,5%	28 701	8,4%	15 460	4,5%
Paraguay	332 628	5,2%	483 755	7,6%	61 720	10,5%	44 812	7,6%
Peru	1 443 513	4,8%	1 730 005	5,7%	261 997	9,7%	160 659	5,9%
Saint Lucia	8 892	4,9%	10 640	5,9%	1 591	8,6%	981	5,3%
Saint Vincent and the Grenadines	5 144	4,9%	6 187	5,8%	918	8,4%	570	5,2%
Suriname	24 914	4,8%	30 273	5,8%	4 460	8,6%	2 797	5,4%
Trinidad and Tobago	67 614	5,2%	79 574	6,1%	12 023	8,3%	7 302	5,0%
United States of America	17 491 047	5,9%	18 711 966	6,3%	3 088 893	8,4%	1 709 258	4,6%
Uruguay	158 005	5,0%	203 915	6,4%	27 816	8,2%	18 881	5,6%
Venezuela (Bolivarian Republic of)	1 270 099	4,2%	1 322 024	4,4%	222 271	7,5%	121 610	4,1%

WHO Eastern Mediterranean Region

	PREVALENCE*				HEALTH LOSS / DISEASE BURDEN**			
	Depressive Disorders		Anxiety Disorders		Depressive Disorders		Anxiety Disorders	
COUNTRY	Total cases	% of population	Total cases	% of population	Total Years Lived with Disability (YLD)	% of total YLD	Total Years Lived with Disability (YLD)	% of total YLD
Afghanistan	1 038 610	3,3%	1 238 880	4,0%	185 693	5,5%	114 133	3,4%
Bahrain	62 549	4,8%	56 344	4,3%	11 363	8,9%	5 208	4,1%
Djibouti	43 909	5,1%	28 806	3,3%	8 090	9,1%	2 664	3,0%
Egypt	2 995 824	3,5%	3 593 172	4,2%	522 195	5,8%	331 342	3,7%
Iran (Islamic Republic of)	3 637 308	4,9%	3 481 366	4,6%	657 493	8,7%	322 102	4,3%
Iraq	1 263 249	3,7%	1 520 493	4,5%	228 412	6,5%	140 747	4,0%
Jordan	287 844	4,0%	306 823	4,3%	51 978	8,3%	28 470	4,6%
Kuwait	181 756	5,0%	165 624	4,6%	33 389	10,1%	15 413	4,7%

WHO Eastern Mediterranean Region (cont.)

	PREVALENCE*				HEALTH LOSS / DISEASE BURDEN**			
	Depressive Disorders		Anxiety Disorders		Depressive Disorders		Anxiety Disorders	
COUNTRY	Total cases	% of population	Total cases	% of population	Total Years Lived with Disability (YLD)	% of total YLD	Total Years Lived with Disability (YLD)	% of total YLD
Lebanon	255 280	4,7%	300 239	5,5%	44 975	6,5%	27 488	4,0%
Libyan Arab Jamahiriya	265 833	4,5%	265 210	4,5%	48 069	8,0%	24 552	4,1%
Morocco	1 484 441	4,5%	1 477 408	4,5%	265 318	7,4%	135 833	3,8%
Oman	199 961	4,7%	176 827	4,1%	36 698	8,9%	16 416	4,0%
Pakistan	7 436 224	4,2%	6 262 026	3,5%	1 329 328	7,1%	577 640	3,1%
Qatar	105 684	5,1%	87 955	4,2%	19 456	10,0%	8 196	4,2%
Saudi Arabia	1 339 976	4,5%	1 276 716	4,3%	244 948	9,5%	118 912	4,6%
Somalia	420 387	4,0%	308 684	2,9%	76 854	6,9%	28 312	2,6%
Sudan	1 376 305	3,6%	1 578 125	4,1%	246 473	6,3%	145 698	3,7%
Syrian Arab Republic	688 074	3,9%	751 216	4,3%	124 586	5,6%	69 906	3,1%
Tunisia	518 432	4,9%	492 065	4,6%	93 432	8,3%	45 412	4,0%
United Arab Emirates	444 016	5,1%	354 199	4,1%	80 786	9,3%	32 854	3,8%
Yemen	915 231	3,6%	1 058 170	4,1%	165 951	6,5%	98 554	3,8%

WHO European Region

	PREVALENCE*				HEALTH LOSS / DISEASE BURDEN**			
	Depressive Disorders		Anxiety Disorders		Depressive Disorders		Anxiety Disorders	
COUNTRY	Total cases	% of population	Total cases	% of population	Total Years Lived with Disability (YLD)	% of total YLD	Total Years Lived with Disability (YLD)	% of total YLD
Albania	131 048	4,8%	104 925	3,8%	23 191	8,4%	9 691	3,5%
Armenia	142 712	5,0%	100 447	3,5%	25 011	8,3%	9 239	3,1%
Austria	415 916	5,1%	402 993	4,9%	71 493	7,6%	36 944	4,0%
Azerbaijan	428 873	4,6%	314 260	3,4%	75 676	8,6%	29 118	3,3%
Belarus	510 764	5,6%	289 048	3,2%	88 082	8,5%	26 404	2,5%
Belgium	502 075	4,8%	494 697	4,7%	85 411	7,2%	45 377	3,8%
Bosnia and Herzegovina	185 557	5,1%	140 314	3,8%	32 452	7,6%	12 825	3,0%
Bulgaria	360 724	5,2%	276 820	4,0%	62 733	7,9%	25 232	3,2%
Croatia	205 541	5,1%	155 404	3,8%	35 873	7,6%	14 184	3,0%
Cyprus	42 662	5,1%	42 863	5,1%	7 414	8,3%	3 948	4,4%
Czech Republic	525 488	5,2%	390 124	3,8%	92 430	8,1%	35 687	3,1%
Denmark	267 213	5,0%	262 759	4,9%	45 898	7,7%	24 114	4,0%
Estonia	75 667	5,9%	40 476	3,2%	13 226	8,9%	3 701	2,5%
Finland	293 921	5,6%	169 432	3,2%	51 222	8,4%	15 490	2,6%
France	2 949 572	4,8%	3 783 136	6,2%	508 609	7,6%	347 528	5,2%
Georgia	189 241	5,0%	132 053	3,5%	32 986	8,0%	12 150	2,9%
Germany	4 116 728	5,2%	4 603 120	5,8%	694 409	7,5%	420 330	4,5%
Greece	593 136	5,7%	500 877	4,9%	104 423	9,1%	45 905	4,0%
Hungary	493 783	5,1%	377 347	3,9%	86 247	7,7%	34 497	3,1%
Iceland	12 533	4,1%	14 944	4,9%	2 094	6,9%	1 381	4,6%
Ireland	212 555	4,8%	280 677	6,3%	37 006	8,1%	25 878	5,7%
Israel	342 181	4,6%	206 844	2,8%	60 190	8,5%	19 168	2,7%
Italy	3 049 986	5,1%	2 988 571	5,0%	521 547	7,8%	273 305	4,1%
Kazakhstan	732 699	4,4%	549 157	3,3%	128 283	7,9%	50 624	3,1%
Kyrgyzstan	229 637	4,1%	178 981	3,2%	40 696	8,5%	16 646	3,5%
Latvia	102 702	4,9%	66 862	3,2%	17 012	7,0%	6 106	2,5%
Lithuania	169 685	5,6%	95 684	3,2%	29 143	8,2%	8 733	2,5%
Luxembourg	26 350	5,0%	25 754	4,9%	4 549	7,9%	2 364	4,1%
Malta	20 049	5,1%	19 497	4,9%	3 437	7,8%	1 788	4,1%
Montenegro	28 627	4,8%	22 561	3,8%	5 048	8,2%	2 075	3,4%

WHO European Region (cont.)

	PREVALENCE*				HEALTH LOSS / DISEASE BURDEN**			
	Depressive Disorders		Anxiety Disorders		Depressive Disorders		Anxiety Disorders	
COUNTRY	Total cases	% of population	Total cases	% of population	Total Years Lived with Disability (YLD)	% of total YLD	Total Years Lived with Disability (YLD)	% of total YLD
Netherlands	752 777	4,7%	1 024 103	6,4%	126 075	7,1%	93 907	5,3%
Norway	227 446	4,7%	352 815	7,4%	38 271	7,2%	32 434	6,1%
Poland	1 878 988	5,1%	1 439 553	3,9%	330 423	8,2%	132 083	3,3%
Portugal	578 234	5,7%	502 452	4,9%	99 553	8,5%	45 962	3,9%
Republic of Moldova	207 247	5,4%	122 481	3,2%	36 037	9,0%	11 272	2,8%
Romania	931 842	5,0%	688 815	3,7%	163 836	7,9%	63 079	3,0%
Russian Federation	7 815 714	5,5%	4 428 232	3,1%	1 338 953	7,8%	401 799	2,3%
Serbia	419 302	5,0%	323 690	3,8%	73 404	7,8%	29 632	3,2%
Slovakia	268 516	5,1%	205 731	3,9%	47 451	8,4%	18 904	3,3%
Slovenia	99 864	5,1%	74 661	3,8%	17 461	7,8%	6 833	3,0%
Spain	2 408 700	5,2%	1 911 186	4,1%	424 436	8,7%	176 159	3,6%
Sweden	446 734	4,9%	441 926	4,8%	76 431	7,4%	40 596	3,9%
Switzerland	388 870	5,0%	383 015	4,9%	66 584	7,9%	35 153	4,2%
Tajikistan	304 018	3,8%	250 738	3,1%	54 561	8,5%	23 435	3,7%
The former Yugoslav Republic of Macedonia	97 232	5,0%	75 708	3,9%	17 207	8,7%	6 979	3,5%
Turkey	3 260 677	4,4%	2 998 925	4,0%	574 459	7,5%	277 019	3,6%
Turkmenistan	214 010	4,2%	169 788	3,4%	38 201	8,9%	15 830	3,7%
Ukraine	2 800 587	6,3%	1 410 593	3,2%	494 383	9,6%	128 834	2,5%
United Kingdom	2 692 081	4,5%	2 557 430	4,2%	454 789	6,8%	235 230	3,5%
Uzbekistan	1 186 450	4,2%	933 129	3,3%	211 394	8,7%	86 883	3,6%

WHO South East Asia Region

	PREVALENCE*				HEALTH LOSS / DISEASE BURDEN**			
	Depressive Disorders		Anxiety Disorders		Depressive Disorders		Anxiety Disorders	
COUNTRY	Total cases	% of population	Total cases	% of population	Total Years Lived with Disability (YLD)	% of total YLD	Total Years Lived with Disability (YLD)	% of total YLD
Bangladesh	6 391 760	4,1%	6 900 212	4,4%	1 126 841	7,1%	636 383	4,0%
Bhutan	30 947	4,2%	27 304	3,7%	5 434	6,9%	2 512	3,2%
Democratic People's Republic of Korea	874 632	3,7%	886 706	3,7%	140 654	6,5%	82 294	3,8%
India	56 675 969	4,5%	38 425 093	3,0%	10 050 411	7,1%	3 519 527	2,5%
Indonesia	9 162 886	3,7%	8 114 774	3,3%	1 547 905	6,6%	752 870	3,2%
Maldives	12 739	3,7%	11 394	3,3%	2 171	7,0%	1 062	3,4%
Myanmar	1 917 983	3,7%	1 727 123	3,3%	324 077	6,1%	159 773	3,0%
Nepal	890 361	3,2%	999 454	3,6%	149 766	5,4%	92 533	3,4%
Sri Lanka	802 321	4,1%	669 259	3,4%	133 964	6,9%	61 893	3,2%
Thailand	2 885 221	4,4%	2 275 400	3,5%	479 955	6,7%	209 803	3,0%
Timor-Leste	33 932	3,0%	32 769	2,9%	5 813	5,9%	3 055	3,1%

WHO Western Pacific Region

	PREVALENCE*				HEALTH LOSS / DISEASE BURDEN**			
	Depressive Disorders		Anxiety Disorders		Depressive Disorders		Anxiety Disorders	
COUNTRY	Total cases	% of population	Total cases	% of population	Total Years Lived with Disability (YLD)	% of total YLD	Total Years Lived with Disability (YLD)	% of total YLD
Australia	1 318 599	5,9%	1 548 120	7,0%	235 180	9,1%	142 603	5,5%
Brunei Darussalam	15 198	4,0%	13 431	3,6%	2 679	8,4%	1 256	3,9%
Cambodia	508 823	3,4%	479 469	3,2%	86 275	6,2%	44 575	3,2%
China	54 815 739	4,2%	40 954 022	3,1%	8 981 401	7,3%	3 804 591	3,1%
Fiji	30 568	3,5%	29 053	3,3%	5 040	5,6%	2 665	3,0%
Japan	5 058 124	4,2%	3 680 899	3,1%	850 351	6,7%	340 015	2,7%
Kiribati	3 452	3,1%	3 534	3,2%	574	5,4%	325	3,1%
Lao People's Democratic Republic	209 326	3,2%	204 147	3,1%	35 637	6,0%	19 030	3,2%
Malaysia	1 127 643	3,8%	1 461 481	4,9%	191 059	6,9%	135 638	4,9%
Micronesia (Federated States of)	3 182	3,1%	3 362	3,3%	536	6,2%	313	3,6%
Mongolia	117 436	4,2%	91 585	3,3%	20 864	8,6%	8 535	3,5%
New Zealand	221 338	5,4%	302 816	7,3%	37 989	8,1%	27 887	5,9%
Papua New Guinea	223 094	3,0%	237 578	3,2%	36 917	4,7%	21 730	2,8%
Philippines	3 298 652	3,3%	3 075 517	3,1%	554 100	6,2%	284 591	3,2%
Republic of Korea	1 904 645	4,1%	1 759 818	3,8%	325 944	7,3%	163 056	3,6%
Samoa	5 803	3,2%	5 975	3,3%	970	5,9%	554	3,4%
Singapore	162 203	4,6%	127 570	3,6%	28 675	9,0%	11 941	3,8%
Solomon Islands	16 535	2,9%	17 879	3,1%	2 780	5,6%	1 658	3,4%
Tonga	3 205	3,2%	3 333	3,3%	535	5,8%	309	3,3%
Vanuatu	7 917	3,1%	8 204	3,2%	1 328	6,0%	762	3,4%
Viet Nam	3 564 934	4,0%	1 941 166	2,2%	606 692	7,4%	180 920	2,2%

*** Source:** Global Burden of Disease study 2015 (*http://ghdx.healthdata.org/gbd-results-tool*)
**** Source:** Global Health Estimates 2015 (*http://www.who.int/healthinfo/global_burden_disease/en/*)

Depression and Other Common Mental Disorders
Global Health Estimates

Reliable, up-to-date estimates of the proportion of a general population affected by different diseases or health conditions is a key ingredient of effective health policy, planning and evaluation. This booklet provides latest available estimates of the prevalence of depression and other common mental disorders at the global and regional level, together with data concerning the consequences of these disorders in terms of lost health.

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