Depression is a serious mental health condition marked by such symptoms as sustained feelings of sadness or hopelessness, extreme fatigue, loss of interest in day-to-day activities, difficulty sleeping, impaired concentration and memory, and suicidal thoughts.¹

**Research Delivers Solutions**

Researchers found that a single, low dose of ketamine improved symptom severity by at least 50% in up to 70% of individuals with treatment-resistant depression.⁵

Cognitive Behavioral Therapy (CBT) is one available treatment for depression that focuses on changing thought patterns. Research has shown that individuals who received 12 to 18 sessions were twice as likely to enter remission lasting more than 3 years.⁵

Scientists are measuring whether MRI brain scans can identify risk for depression in teenagers, which could provide new tools for screening and early intervention.⁷

According to the World Health Organization, every $1 invested in treatment for depression and anxiety results in $4 saved in improved health outcomes and ability to work.

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¹ “Mental Health Conditions: Depression and Anxiety,” CDC, 2018
² “Major Depression,” NIH, 2019
⁴ Source: A Research!America poll of U.S. adults conducted in partnership with Zogby Analytics in January 2019
⁶ “Major Depression,” NIH, 2019
Depression

Then. Now. Imagine.

**THEN**
Prior to 1987, there were limited treatment options for depression, and the few interventions in use could produce significant side effects.

**NOW**
Research has uncovered new treatments to help alleviate depression, which have less severe side effects than previous treatments and can work in tandem with other research-proven approaches such as therapy and exercise.

**IMAGINE**
A cure.

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*Percent of Population with a Major Depression Diagnosis (2016)*

*Source: Prevalence of Depression Among Adults Aged 20 and Over: United States, 2013–2016, CDC, 2018*

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4. Amos et al., "Direct and Indirect Cost Burden", 2018
5. Wan et al., "Ketamine Safety and Tolerability in Clinical Trials", 2015
7. "MRI Study of Risk for Depression", ClinicalTrials.gov, 2017

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