

INVESTMENT IN RESEARCH SAVES LIVES AND MONEY

Depression

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

TODAY

17.3 million

Americans, or 7.2% of the adult population, had at least one major depressive episode in 2017.²

That same year, **3.2 million** adolescents — 13.3% — had at least one major depressive episode.²

More than **One-third** of adults and **60%** of adolescents did not receive treatment for their depression.²

COST

\$210.5 billion:

Total estimated economic impact of depression in the United States.³

Individuals living with treatment-resistant depression spend an average

\$9,917 more per year

on health care than those without depression.⁴

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

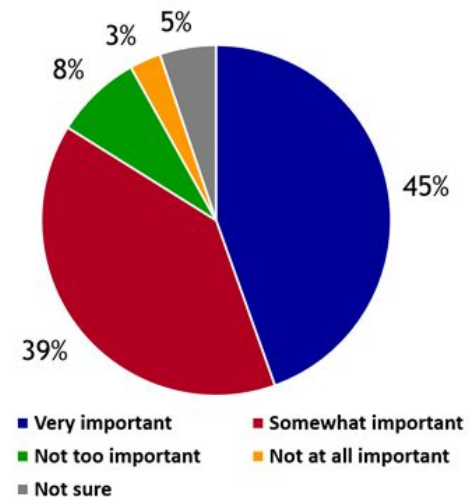
Cognitive Behavioral Therapy (CBT) is one available treatment for depression that focuses on changing thought patterns. Research has shown that individuals who received **12 to 18 sessions** were twice as likely to **enter remission** lasting more than **3 years**.⁶

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**.

Strong Majority Say the President and Congress Should Assign a High Priority to Faster Medical Progress

How important is it for the President and Congress to assign a high priority to ensuring faster medical progress?



Source: A Research!America poll of U.S. adults conducted in partnership with Zogby Analytics in January 2019

¹ ["Mental Health Conditions: Depression and Anxiety." CDC, 2018](#)

² ["Major Depression." NIH, 2019](#)

³ [Greenberg et al. "The Economic Burden of Depressive Disorder." 2015](#)

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.

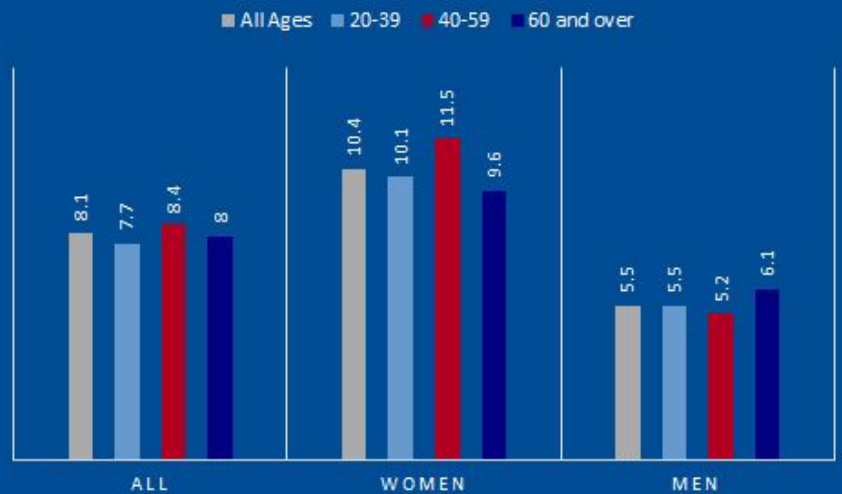
NOW

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

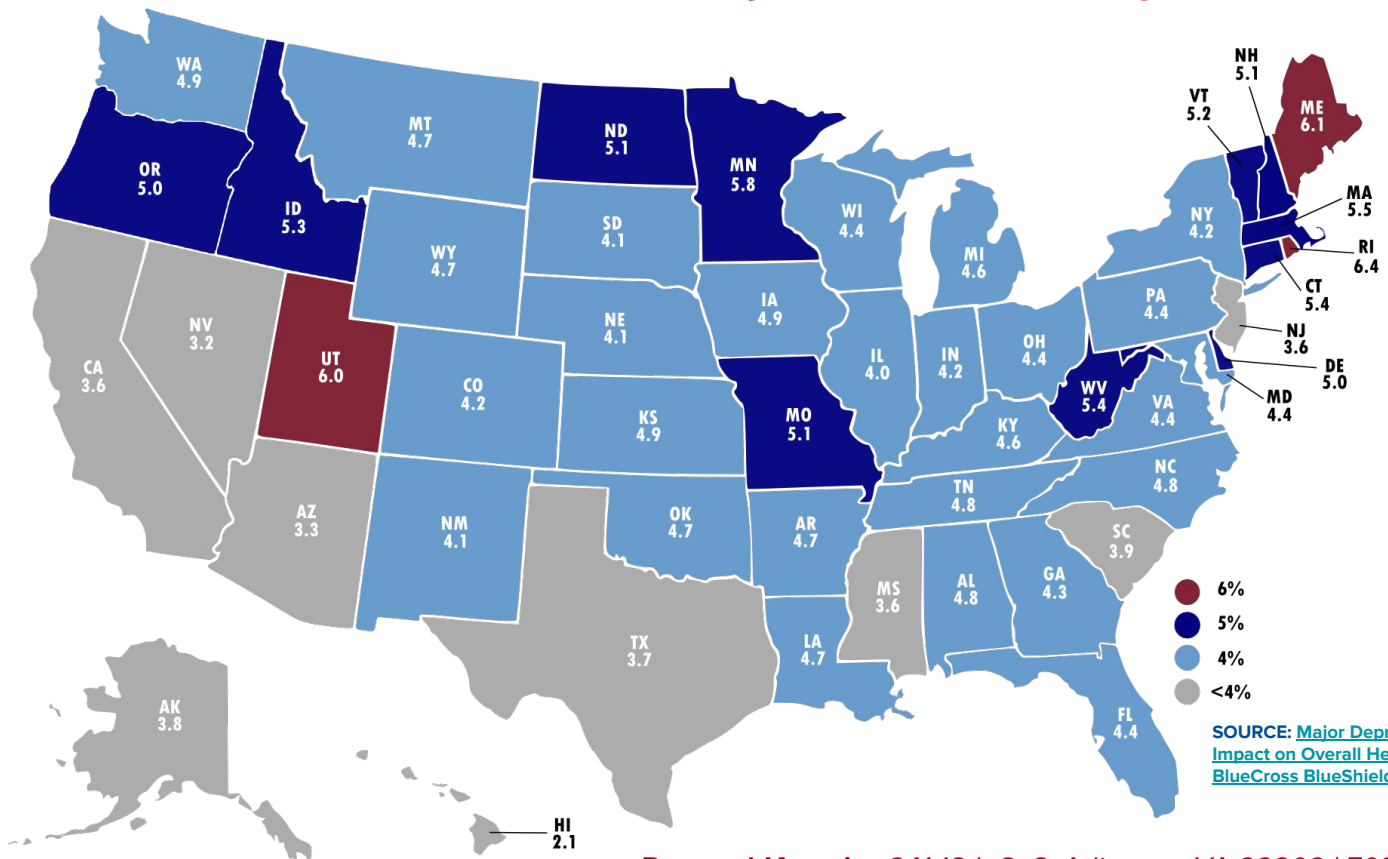
A cure.

Depression Rates by Age and Gender, 2013 - 2016



SOURCE: [Prevalence of Depression Among Adults Aged 20 and Over: United States, 2013-2016, CDC, 2018](#)

Percent of Population with a Major Depression Diagnosis (2016)



SOURCE: [Major Depression: The Impact on Overall Health, BlueCross BlueShield, 2018](#)

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- Amos et al., "Direct and Indirect Cost Burden", 2018
- Wan et al., "Ketamine Safety and Tolerability in Clinical Trials", 2015
- Wiles et al., "Long-Term Effectiveness and Cost-Effectiveness", 2016
- "MRI Study of Risk for Depression", ClinicalTrials.gov, 2017
- "Investing in Treatment for Depression and Anxiety", WHO, 2016

The Albert and Mary Lasker Foundation is a founding partner in this series of fact sheets. www.laskerfoundation.org