

Depression in the workplace in South Africa

Workplace depression is a major issue across different cultures and economies, with devastating consequences.

Lifetime prevalence of depression in South Africa: **9.7%** or **4.5 million**^{1,2}

1. Tomlinson M, et al. *S Afr Med J*. 2009;99(5 Pt 2):367–373;

2. Statistica. *Statistics South Africa: Mid-year estimates 2003*. Available at: <http://www.statssa.gov.za/publications/P0302/P03022003.pdf> Last accessed: August 2016



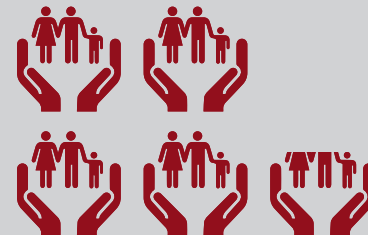
Depression costs South Africa more than US\$17 billion in lost productivity (absence from work, and attending work while unwell)¹



US\$17b

Lost Productivity

Over **x1.5** higher than the
total South African budget
for social protection²



US\$9.8b

South African Social Protection Budget

1. Evans-Lacko, S. & Knapp, M. *Soc Psychiatry Psychiatr Epidemiol* (2016). doi:10.1007/s00127-016-1278-4;

2. Budget 2015 People's Guide. Available at: www.treasury.gov.za/national%20budget Last accessed: August 2016

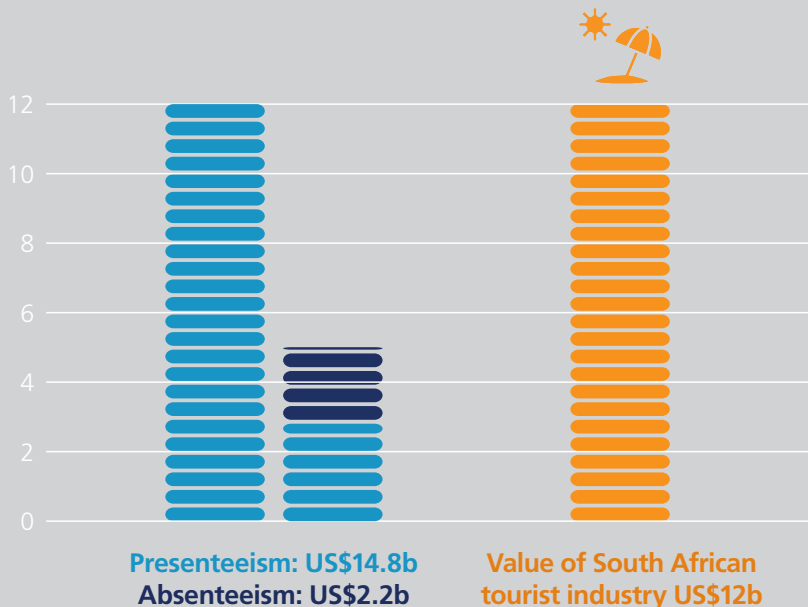
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**Depression-related
presenteeism* costs South
Africa US\$14.8 billion¹**
(*attending work while unwell)

More than the total value of South
Africa's tourism industry²

Key:
Pr Presenteeism (attending work while unwell)
Ab Absenteeism (unscheduled absence from work)
● Value of South African tourist industry

1. Evans-Lacko, S. & Knapp, M. *Soc Psychiatry Psychiatr Epidemiol* (2016). doi:10.1007/s00127-016-1278-4;

2. South Africa's tourism industry. Available at: www.southafrica.info/business/economy/sectors/tourism-overview.htm#.VsljhPl4bIV Last accessed: August 2016



THE LONDON SCHOOL
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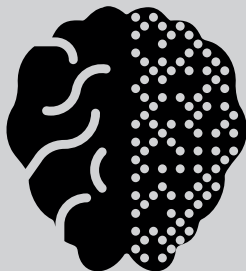
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The **cognitive symptoms** of depression, for instance difficulties in concentrating, making decisions and remembering, are **present up to 94% of the time during an episode of depression**¹, causing **significant impairment in work function and productivity**²

1. Conradi HJ et al. *Psychological Medicine*. 2011;41:1165–1174;
2. Greer TL et al. *CNS Drugs*. 2010;24(4):267–284



Cognitive symptoms are a **crucial factor** affecting **workplace performance** in people with depression

McIntyre RS et al. *Compr Psychiatry*. 2015; 56:279–82



For more information on the IDEA Survey as well as the LSE Health and Social Care research centre, visit the centre's blog: <http://blogs.lse.ac.uk/healthandsocialcare/>
The report was initiated by, and is sponsored by H. Lundbeck A/S. The opinions expressed by the report author from the London School of Economics and Political Science (LSE) do not necessarily represent the opinions of H. Lundbeck A/S

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Almost 40% of South African employees are highly educated

Highly educated employees with depression are likely to...

- Work in a highly demanding job and therefore be severely impacted by the cognitive symptoms of depression
- Manage others so the impact of their depression has wider consequences



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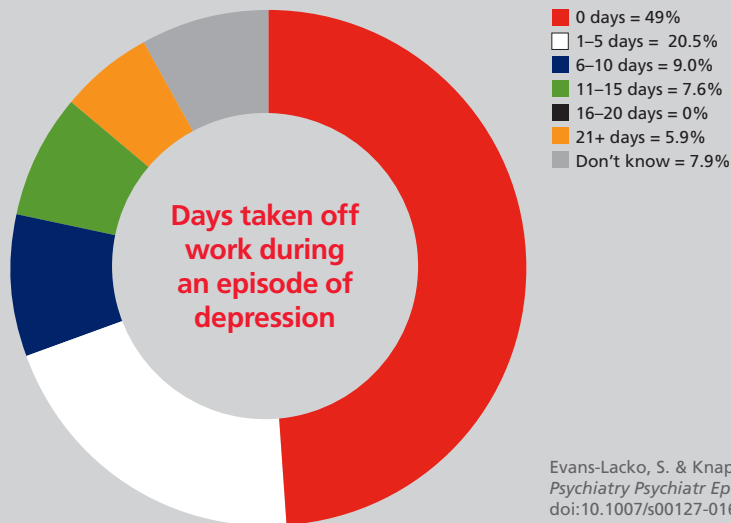
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South African
employees are likely
to keep working
during an episode of
depression, impacting
their productivity and
performance at work



Evans-Lacko, S. & Knapp, M. *Soc Psychiatry Psychiatr Epidemiol* (2016).
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