

# Depression in the workplace in China

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

Lifetime prevalence of depression in China: **3.3%** or **44 million**<sup>1,2</sup>

1. The Statistics Portal. China Population from 2010 to 2020. Available at: [www.statista.com/statistics/263765/total-population-of-china/](http://www.statista.com/statistics/263765/total-population-of-china/) Last accessed: August 2016;
2. Gu L et al. *Plos One*. 2013;8(6):e65356

## Depression costs China more than US\$20 billion in lost productivity

(absence from work, and attending work while unwell)<sup>1</sup>

x1.5 higher than the amount spent by shoppers on China's Single's Day – the world's biggest online shopping day<sup>2</sup>



**US\$20b**  
Lost Productivity

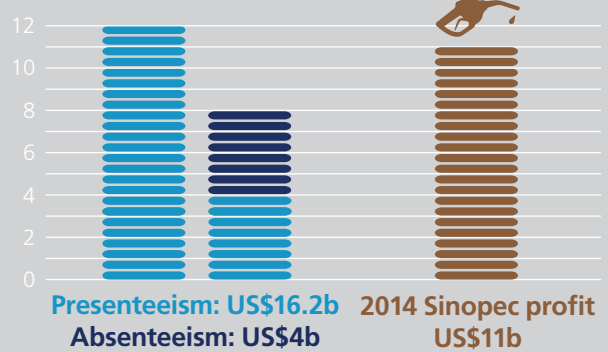
**US\$13b**  
Spend on "Singles Day"

1. Evans-Lacko, S. & Knapp, M. *Soc Psychiatry Psychiatr Epidemiol* (2016). doi:10.1007/s00127-016-1278-4;
2. China spends \$US13b on Singles Day. Available at: [www.skynews.com.au/culture/offbeat/2015/11/12/china-spends-us13b-on-singles-day-.html](http://www.skynews.com.au/culture/offbeat/2015/11/12/china-spends-us13b-on-singles-day-.html) Last accessed: August 2016

## Depression-related presenteeism\* costs China US\$16 billion<sup>1</sup>

(\*attending work whilst unwell)

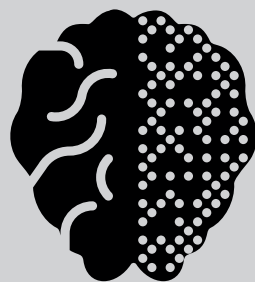
Almost x1.5 higher than Sinopec's 2014 profit, one of China's largest companies<sup>2</sup>



**Pr** Key:  
**Ab** Presenteeism (attending work while unwell)  
 Absenteeism (unscheduled absence from work)  
 2014 Sinopec profit

1. Evans-Lacko, S. & Knapp, M. *Soc Psychiatry Psychiatr Epidemiol* (2016). doi:10.1007/s00127-016-1278-4;
2. Sinopec announces 2014 full year results. Available at: <http://www.prnewswire.com/news-releases/sinopec-announces-2014-full-year-results-300054065.html> Last accessed: August 2016

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<sup>1</sup>, causing significant impairment in work function and productivity<sup>2</sup>



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

Almost 60% of Chinese 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



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

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

