

Depression in the workplace in Japan

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

Lifetime prevalence of depression in Japan: **6.8%** or **8 million**^{1,2}

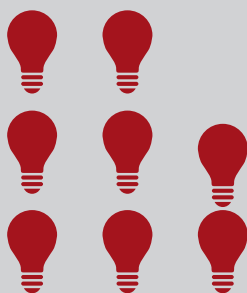
1. The Statistics Portal. Japan: Total Population from 2010 to 2020. Available at: www.statista.com/statistics/263746/total-population-in-japan/ Last accessed: August 2016;
2. Kessler et al. *Epidemiology and Psychiatric Sciences*. 2015;24(03):210-226

Depression costs Japan more than US\$14 billion in lost productivity (absence from work, and attending work while unwell)¹



US\$14b
Lost Productivity

Almost x2 higher than the total Japanese budget for energy²

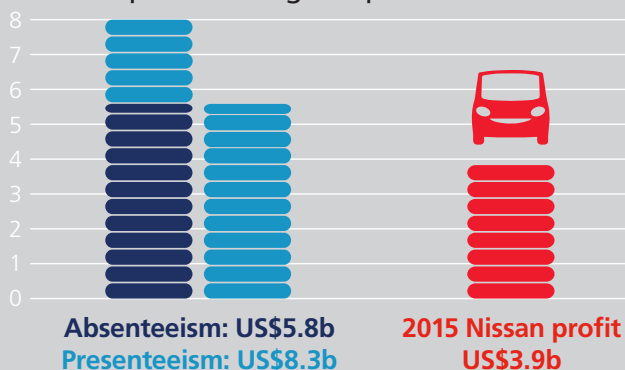


US\$8b
Japanese Energy Budget

1. Evans-Lacko, S. & Knapp, M. *Soc Psychiatry Psychiatr Epidemiol* (2016). doi:10.1007/s00127-016-1278-4;
2. Budget. Ministry of Finance Japan. Available at: www.mof.go.jp/english/budget/budget/ Last accessed: August 2016

Depression-related presenteeism* costs Japan US\$8.3 billion¹ (*attending work while unwell)

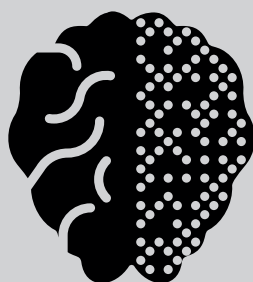
x2 higher than Nissan's 2015 operating profit, one of Japan's leading companies²



Ab Key: Absenteeism (unscheduled absence from work)
Pr Presenteeism (attending work while unwell)
● 2015 Nissan profit

1. Evans-Lacko, S. & Knapp, M. *Soc Psychiatry Psychiatr Epidemiol* (2016). doi:10.1007/s00127-016-1278-4;
2. Top 10 Largest Japanese Companies in the World. Available at: blog.btrax.com/en/2015/04/14/2015 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 depression¹, causing significant impairment in work function and productivity²



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



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

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

47% of Japanese employees are highly educated

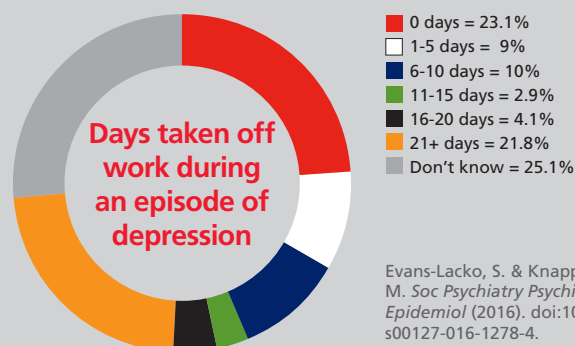
Highly educated employees with depression are likely to...

- 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.

Of the countries surveyed, Japanese employees are the **most likely** to take 21+ days off work during an episode of depression



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