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 million1,2


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


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

Almost x2 higher than the total Japanese energy budget for energy2

US$14b
Lost Productivity

US$8b
Japanese Energy Budget

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

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

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

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


Days taken off work during an episode of depression

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


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