Depression in the workplace in Mexico

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

Lifetime prevalence of depression in Mexico: 7.6% or 9.5 million


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

Almost x2 higher than the total Mexican budget for defence

US$14b
Lost Productivity

US$7.5
Mexican Defence Budget

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, causing significant impairment in work function and productivity.

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Depression-related presenteeism costs Mexico US$11.3 billion
(*attending work while unwell)

Almost x6 higher than América Móvil’s 2015 operating profit, Latin America’s biggest mobile phone company

Presenteeism: US$11.3b
Absenteeism: US$3.6b

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

Days taken off work during an episode of depression

<table>
<thead>
<tr>
<th>Days taken off work</th>
<th>Percentage</th>
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</thead>
<tbody>
<tr>
<td>0 days: 65.6%</td>
<td></td>
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<tr>
<td>1–5 days: 23.8%</td>
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<tr>
<td>6–10 days: 2.7%</td>
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<tr>
<td>11–15 days: 2.6%</td>
<td></td>
</tr>
<tr>
<td>16–20 days: 0.4%</td>
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<tr>
<td>21+ days: 2.3%</td>
<td></td>
</tr>
<tr>
<td>Don’t know: 2.7%</td>
<td></td>
</tr>
</tbody>
</table>

2. América Móvil annual profits fall despite fourth quarter recovery. Available at: www.ft.com/cms/s/0/5f2ba6b8-cf8c-11e5-986a-62c79fcbced. html#axzz40SFPTBN Last accessed: August 2016