

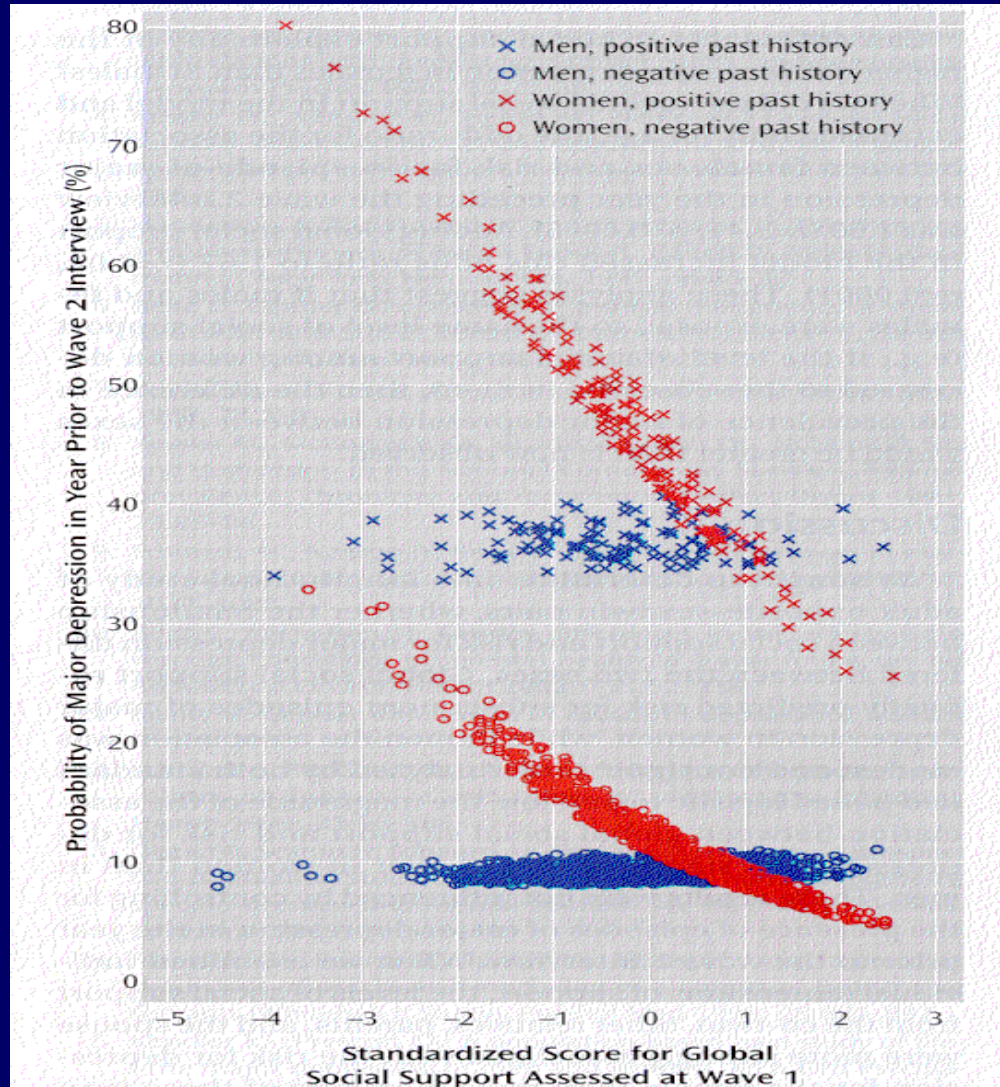
# **Impact of Anxiety and Depression in the Workplace**

**David Katzelnick M.D.**

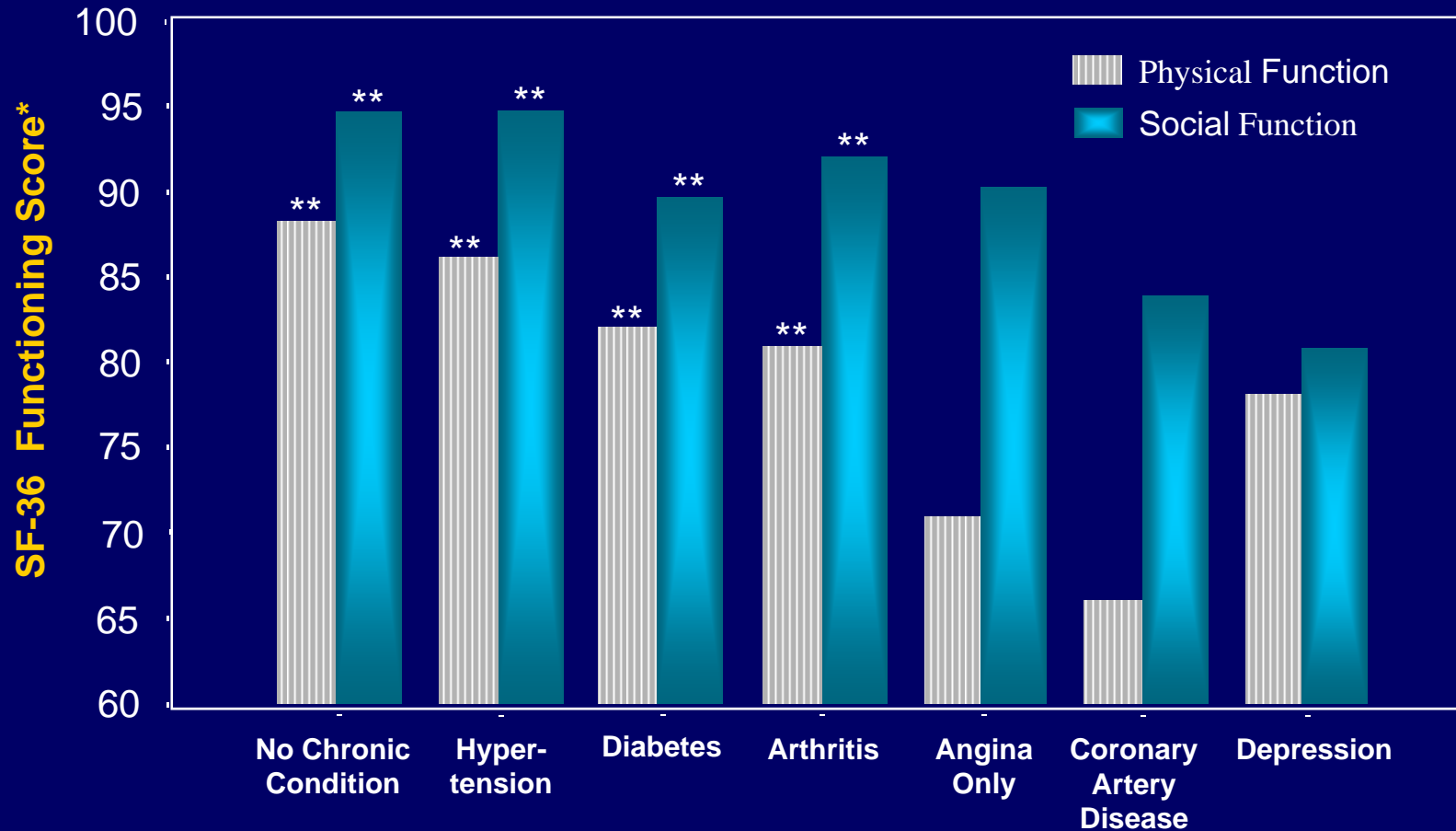
# Major Depression Prevalence

	<u>12-month</u>	<u>Lifetime</u>
<b>Male</b>	<b>6.1</b>	<b>11.0%</b>
<b>Female</b>	<b>11.0</b>	<b>18.6%</b>
<b>Total</b>	<b>8.6</b>	<b>14.9%</b>

# Male and Female Twins & Social Support



# Physical and Social Functioning in Depression and Chronic Illness



\* A score of 100 = perfect functioning.

\*\*  $P < .05$  vs depression.

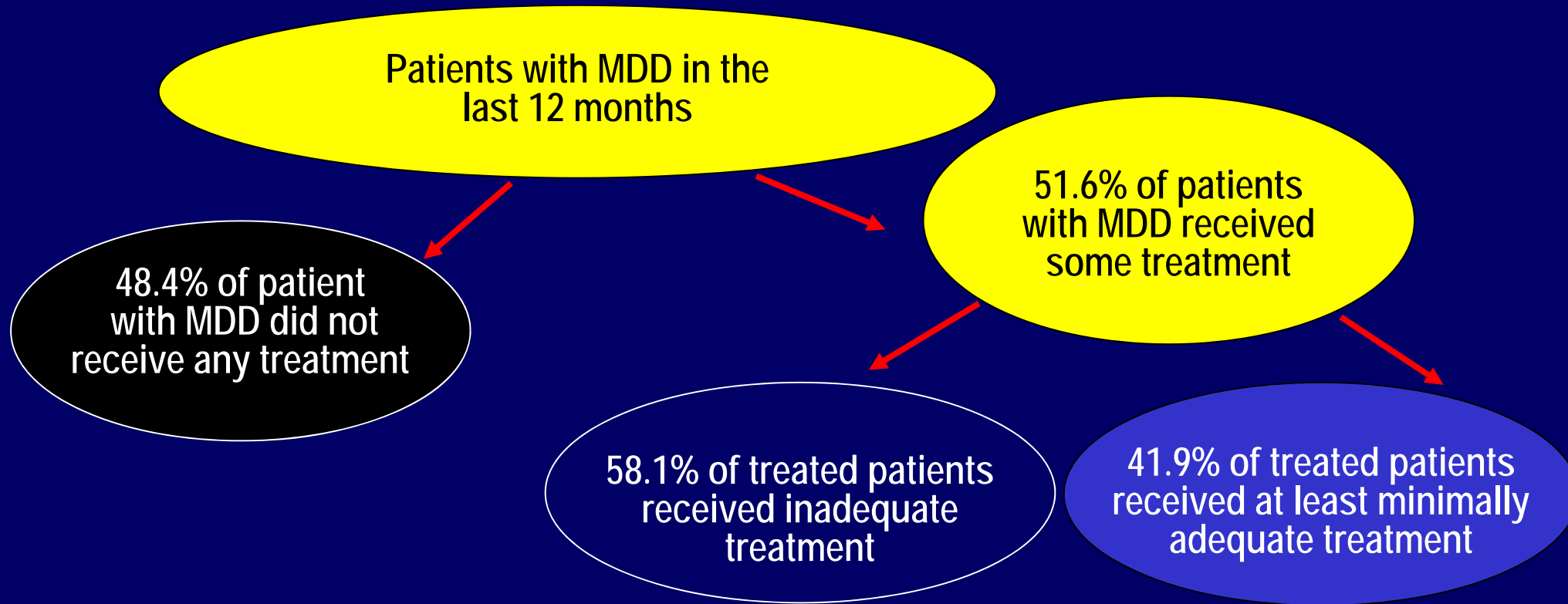
Wells KB, et al. *JAMA*. 1989; 262:914.

**One person in the U.S. dies by  
suicide every 17 minutes**

**National Center for Suicide Statistics 1997**

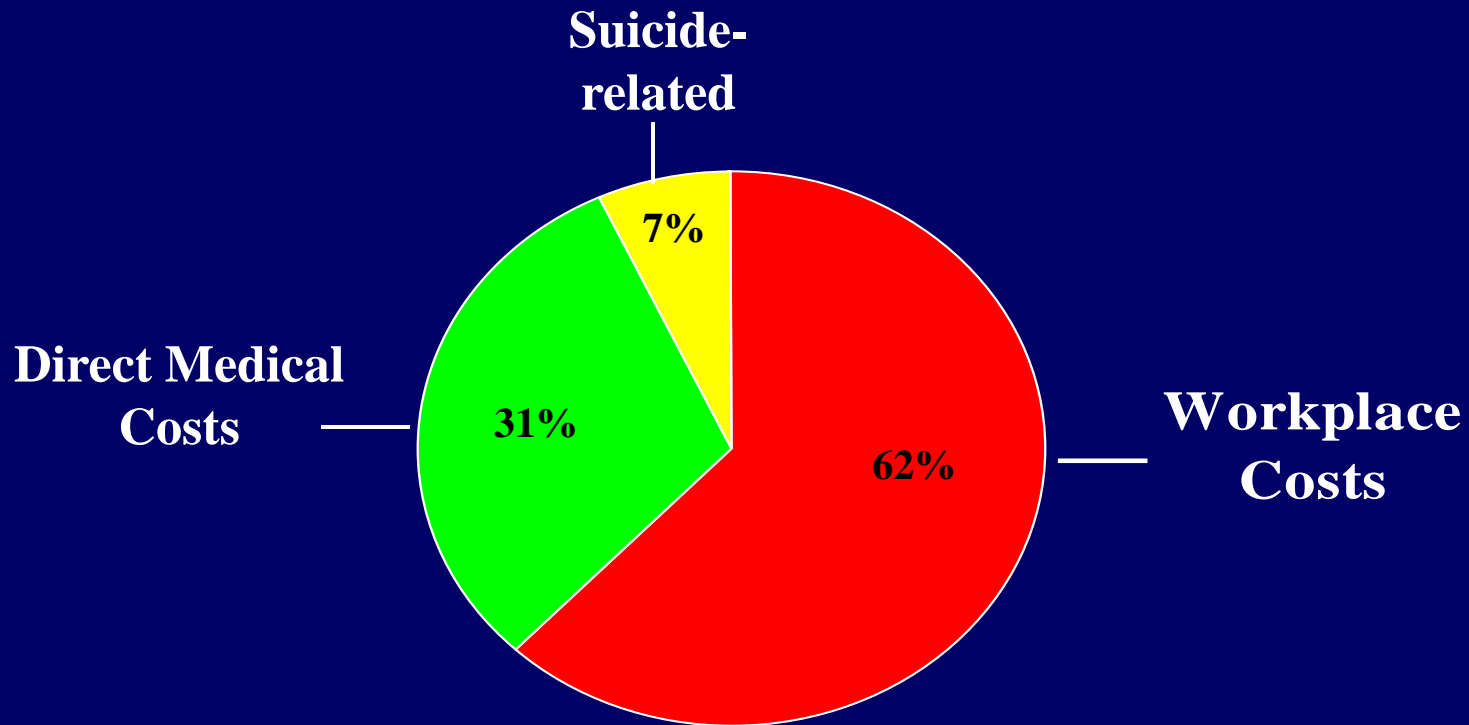
# Major Depressive Disorder (MDD) Is Still Largely Untreated

- Only 21.6% of all patients with MDD received adequate treatment



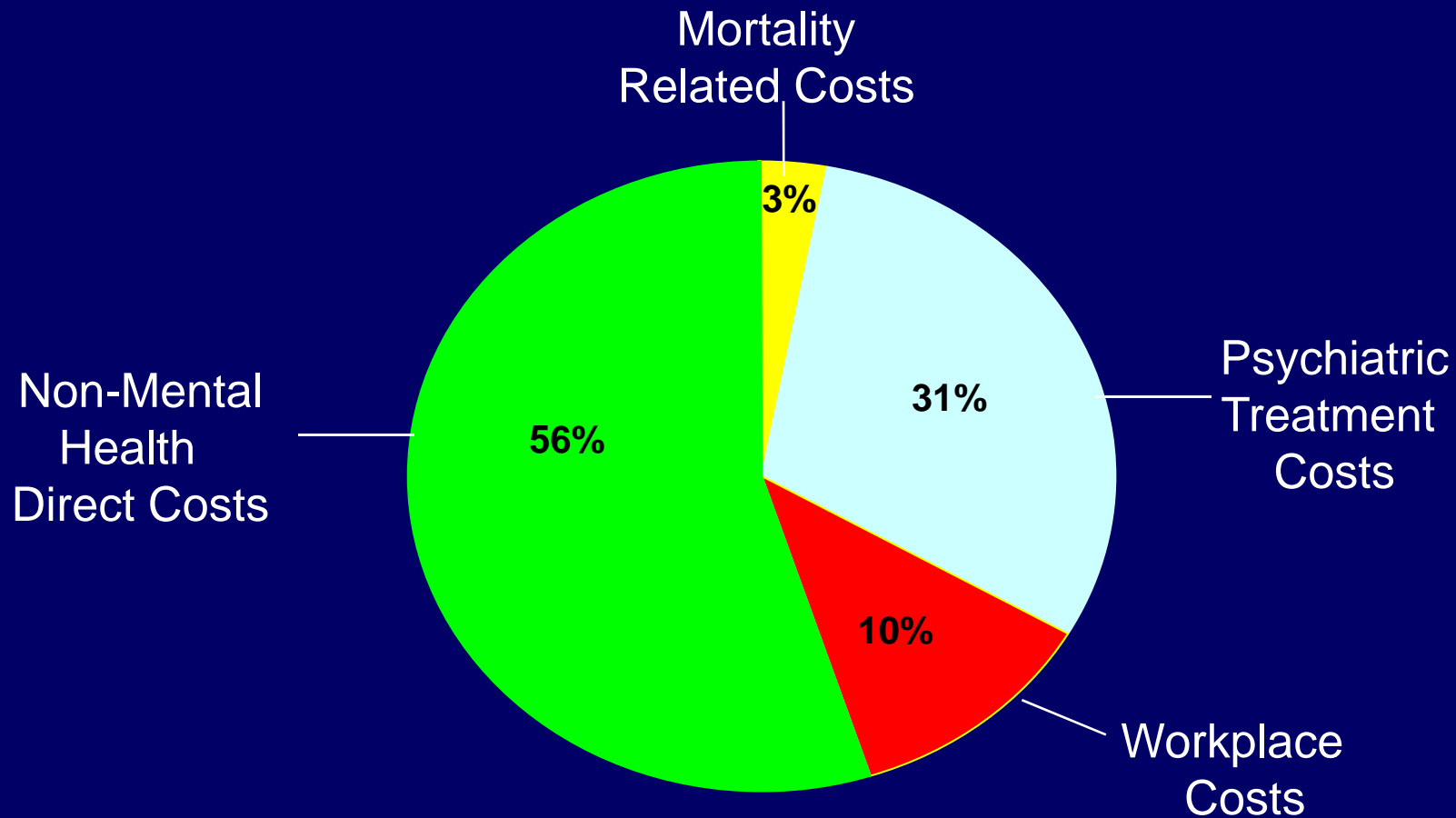
# Economic Burden of Depression

## Total \$83.1 Billion in 2000



# Economic Burden of Anxiety Disorders

## Total \$42.3 Billion in 1999



**If you went to your doctor for hypertension treatment, how would you feel if your blood pressure was not checked?**

# PHQ-9 Symptom Checklist

Over the last 2 weeks, how often have you been bothered by the following problems?

	Not at All	Several Days	More Than Half the Days	Nearly Every Day
a. Little interest or pleasure in doing things	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
b. Feeling down, depressed, or hopeless	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
c. Trouble falling or staying asleep, or sleeping too much	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
d. Feeling tired or having little energy	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
e. Poor appetite or overeating	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
f. Feeling bad about yourself, or that you are a failure . . .	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
g. Trouble concentrating on things, such as reading . . .	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
h. Moving or speaking so slowly . . .	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
i. Thoughts that you would be better off dead . . .	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Subtotals: 3 4 9

PHQ-9 = Patient Health Questionnaire-9.

Kroenke K, et al. *J Gen Intern Med.* 2001;16:606-613.

TOTAL: 16

# **DIAMOND Initiative**

**Depression Improvement Across Minnesota  
Offering a New Direction**

- **Standard use of the PHQ-9 for assessment and ongoing depression management**
- **Registry and systematic follow-up**
- **Treatment guideline using stepped care**
- **Care manager**
- **Psychiatric consultation and supervision**
- **Relapse prevention**

# Work Productivity Study

- 604 employees with moderate depression
- Randomized into 2 groups
  - Organized program of depression screening, outreach, and care management
  - Usual care
- Outcomes
  - Time missed from work
  - Productivity at work

# **Study Summary**

- **9% greater response rate with intervention**
- **Intervention saved 2.6 hours work per week**
- **Approximate savings of \$1,800 per employee in intervention**
- **Savings greater than the incremental cost of the intervention**