

AHEAD OF WHAT'S NEXT.

## Depression Survey Initiative

Created for: National Alliance on Mental Illness (NAMI)

Presented by: Harris Interactive

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## Background and Objectives

- The goal of this research was to obtain a baseline understanding of the general public's perceptions of depression and to capture the experiences of people living with depression along with the experiences of their caregivers.
- The study also aimed to uncover any gaps in understanding between the groups allowing NAMI identify opportunities to improve awareness and understanding of depression.
- The survey will serve as a benchmark for future surveys allowing for the evaluation of the impact of future education by NAMI.

## Methodology

- This survey was conducted within the United States by Harris Interactive on behalf of NAMI between September 29<sup>th</sup> – October 7<sup>th</sup> 2009, among 1,791 adults living in the US.
- Of the 1,791 adults who participated in this online survey:
  - 513 were living with depression,
  - 263 were caregivers of a family member or significant other diagnosed with depression,
  - 1,015 from the general population who reported they did not know anyone diagnosed with depression. This sample is labeled General Population throughout the report and represents 53% of the total adult population.
- The source of the sample is the Harris Poll Online database of several million people who have agreed to participate in survey research.

## Methodology (cont.)

- Figures for age, sex, race/ethnicity, education, region and household income were weighted where necessary to bring them into line with their actual proportions in the population.
  - Our weighting algorithm also included an additional variable called a propensity score. Propensity score weighting allows us to adjust for attitudinal and behavioral differences between those who are online versus offline, those who join online panels versus those who do not, and those who responded to this survey versus those who did not.
- The survey was 20 minutes in length. This translates into approximately 30 questions.



# Executive Summary

# Executive Summary – Living with Depression

**Adults living with depression are less positive about their overall well-being than caregivers or the general population.**

- Specifically, fewer adults living with depression rate their physical and mental health as very good/excellent and report an lower overall life satisfaction when compared to caregivers and the general population.
  - Over half (55%) of the general public are very/extremely satisfied with their lives overall compared to 41% of caregivers and 27% adults living with depression.
- According to those living with depression, their symptoms have the strongest impact on their feelings/mood and overall sense of well-being.
  - Using a scale from 0 (not at all disruptive) to 10 (extremely disruptive), adults living with depression give a high average rating of 7.2 for the extent to which their symptoms of depression have disrupted their feelings and mood.
  - They also report similarly high average ratings for the extent to which their depression symptoms disrupt many daily activities such as sleep patterns (6.2), thinking/concentration (6.0), and rate depression’s disruption of their overall sense of well being as 6.3.

**When it comes to treating their depression, the majority of adults indicate their primary care physician is their treatment provider and their primary treatment for depression is psychiatric medication.**

## Executive Summary – Living with Depression (cont.)

- Over half (57%) of adults living with depression report their primary care physician is their primary provider of treatment for depression as compared to over one-third (38%) who indicate a mental health professional is their treatment provider.
  - When describing their experience with their treatment providers, seven in ten (71%) of adults report they have been treated with respect and dignity and nearly two-thirds (63%) say their provider had compassion and concern for their well-being.
- Two-thirds of adults living with depression (67%) report psychiatric medication is their primary treatment.
  - Of the 83% of those who have used medication, nearly two-thirds (62%) report it has been extremely/quite a bit helpful.
  - Although fewer adults indicated they have used animal therapy (19%), over half (54%) found it extremely/quite a bit helpful while dealing with symptoms of depression.
- Concerning overall satisfaction with their current treatment, similar percentages of people living with depression are satisfied with their treatment as compared to those who are not satisfied.
  - Approximately one-third (35%) are very/extremely satisfied with their current treatment but a similar, 33% of adults living with depression report some dissatisfaction with their current treatment.

**There are several barriers that could be impacting access to successful and satisfactory treatments for depression. These include not being open with providers about their depression and the cost of treatment.**



## Executive Summary - Living with Depression (cont.)

- Some respondents indicate they are not open about their depression with health care providers or mental health care providers.
  - Nearly one-fifth (17%) of adults living with depression report they are not open about their depression with mental health care professionals and one-quarter (25%) are not open with health care professionals.
  - The majority of adults living with depression report they are not open about their depression because they would like to maintain their privacy.
    - More specifically, over half (58%) report they do not tell people about their depression because it is not other people's business and approximately two-fifths (41%) report it is because they are private and do not share with others.
  - Just under one-fifth (19%) reported they are open about their depression and did not indicate they have any barriers preventing them from keeping them from telling people about it..
- When asked to identify the reason they stopped psychotherapy/counseling or psychiatric medication, the two most common primary treatments used, cost was a commonly chosen reason.
  - Two-thirds (66%) of those who have used medication as treatment indicate they have stopped treatment and approximately eight in ten (82%) of those who have been in therapy report they discontinued treatment.
  - Over one-quarter (27%) listed cost as a reason why they discontinued psychotherapy/counseling and approximately one-fifth (21%) report stopping medication for the same reason.

## Executive Summary - Living with Depression (cont.)

**Compared to other types of relationships, adults living with depression report their relationships with their spouse or significant other as the most supportive and important. However, many report they feel as though they can rely on parents and friends.**

- Nearly nine in ten adults (89%) with spouses or significant others indicate they know they can rely on their spouse/significant other to help them when they need it and three-quarters (75%) view their relationship with their spouse/significant other as very/extremely important in helping them deal successfully with their depression.
- Approximately eight in ten adults living with depression report they can rely on their friends (79%) and parents (78%) if they needed assistance.
- Mental health care providers (58%) and health care providers in general (54%) were also seen as important relationships in helping individuals deal with their depression.

**Furthermore, those living with depression report being most open about their depression with their spouses/significant others.**

- The majority (85%) of those with spouses/significant others indicate they are completely/quite a bit open with them about their depression.
- Fewer adults indicated they have been open with co-workers (22%), people at their place of worship (17%), employers (16%), and neighbors (10%) about their diagnosis.

## Executive Summary – Caregivers

**Nearly half of the caregivers who participated in the study indicated they have also been diagnosed with depression.**

- Out of the 48% of caregivers reporting they have been diagnosed with depression, 51% of them (25% of all caregivers) are currently engaged in treatment for depression.

**The majority of caregivers view their relationship with the person they care for as extremely close. However, important disconnects were uncovered between the perception of caregivers and the experience of adults living with depression.**

- The findings suggest caregivers view family member/significant other's depression as more disruptive and perhaps requiring more assistance than what is perceived by the person living with depression themselves.
  - Nearly three-quarters (72%) of caregivers report providing at least one type of support whereas only 35% of adults living with depression indicate they received one or more of the of the types of assistance listed.
    - The most common types of assistance caregivers say they are providing involves helping with household chores (53%) and other daily activities such as providing transportation (38%), meal preparation (34%), and medication monitoring (34%).

## Executive Summary – Caregivers (cont.)

- Caregivers also tend to rate the extent to which symptoms of depression are affecting the depressed person's life higher than the adults living with depression.
  - This is especially true for the rating of the extent to which the relationship with family is affected by symptoms of depression which caregivers rate as more of a disruptive than those living with depression.
    - When asked to rate the extent to which symptoms of depression have disrupted relationships with family, adults living with depression reported an average rating of 4.4 whereas caregivers reported an average disruption rating of 6.3.
      - Furthermore, 41% of caregivers rated the disruption of family relationships in the extreme range (8,9, or 10) compared to 21% of adults living with depression.
  - Caregivers also rated the extent to which other relationships were affected by depression symptoms higher than those living with depression.
    - This includes relationships with friends (5.9 caregivers vs. 4.7 living with depression) and relationships with co-workers or classmates (5.2 caregivers vs. 4.1 living with depression).

## Executive Summary - General Population

**In order to qualify for the general population survey, respondents for this sample group had to indicate they did not know anyone who had been diagnosed with depression. This represents 53% of the total adult population.**

- Many adults in the general population who do not know anyone with depression are unfamiliar with the illness and therefore it is not surprising that misconceptions about various aspects of depression exist within this population.
  - When rating their familiarity with various common health conditions, the general population was less familiar with depression compared to other illnesses.
    - Less than one-third (29%) of the general public indicate they are very/extremely familiar with depression but more were familiar with conditions such as high blood pressure (55%), cancer (50%), and diabetes (49%).
- The majority of the general public is unaware of the percentage of the adult American population diagnosed with depression.
  - According to NAMI\*, 5-8% of adults in America are affected by depression each year. Just over one in seven (15%) “correctly” say 5-8%.
  - However, one-quarter (25%) thought 9%-14% of the population was diagnosed with depression; 27% reported the incidence was 15%-20%; and another 26% estimated 25% or more of Americans have been diagnosed with depression.

\* SOURCE: ([http://www.nami.org/Template.cfm?Section=By\\_Illness&template=/ContentManagement/ContentDisplay.cfm&ContentID=7725](http://www.nami.org/Template.cfm?Section=By_Illness&template=/ContentManagement/ContentDisplay.cfm&ContentID=7725)).

## Executive Summary - General Population (cont.)

**Few adults in the general population have an accurate perception of the experience of people living with depression or have much knowledge of specific aspects of depression such as treatment, services/supports available, and recovery.**

- Slightly over one-tenth (12%) report they know quite a bit/a great deal about the treatment of depression and even fewer report being very knowledgeable about services and supports (10%) or recovery (9%).
- When identifying specific symptoms of depression, the general public tended to agree with most of the statements listed indicating they are unable to separate facts from myths. This includes the statement that claimed periods of mania/hyperactivity were a symptom of depression with which 37% of the general public agreed.
  - In addition, 59% indicated they thought a bad mood that goes on too long was a symptom of depression and 69% reported they believed extreme sadness because of a negative event in one's life was a symptom.
- When describing the importance of certain relationships in helping a person deal successfully with depression, the general population think most relationships are more important than what the adults living with depression report. This further indicates the disconnect between the general public's perception and the experience of those living with depression.
  - Large gaps were seen between the two groups when rating the importance of the relationships with parents (70% general public vs. 43% living with depression), friends (62% vs. 38%), and siblings (64% vs. 35%).



# Familiarity with Health Conditions and Overall Health

# Key Findings - Familiarity with Health Conditions and Overall Health

- **Adults living with depression rate their overall well-being (physical and mental) lower than the caregiver or general population in several different aspects.**
  - Fewer adults living with depression rate their physical and mental health as very good/excellent (22%) compared to those in the caregiver group (50%) or in the general population (65%).
  - Adults living with depression also report a lower overall life satisfaction than caregivers and the general population.
    - Over half of the general population (55%) and two-fifths of caregivers (41%) report they are extremely/very satisfied with life overall compared to 27% of adults living with depression.
  - Further, those living with depression also rate their satisfaction with certain aspects of life far lower than the other groups. This includes ability to function in daily life, mood, social relationships, and overall sense of well-being.
- **Overall, the general population is less familiar with various health conditions than caregivers and those living with depression.**
  - Around half of adults in the general population reported they were very/extremely familiar with high blood pressure (55%), cancer (50%), and diabetes (49%) but fewer were familiar with MS (14%), Schizophrenia (13%), and ALS (8%).



## Key Findings - Familiarity with Health Conditions and Overall Health (cont.)

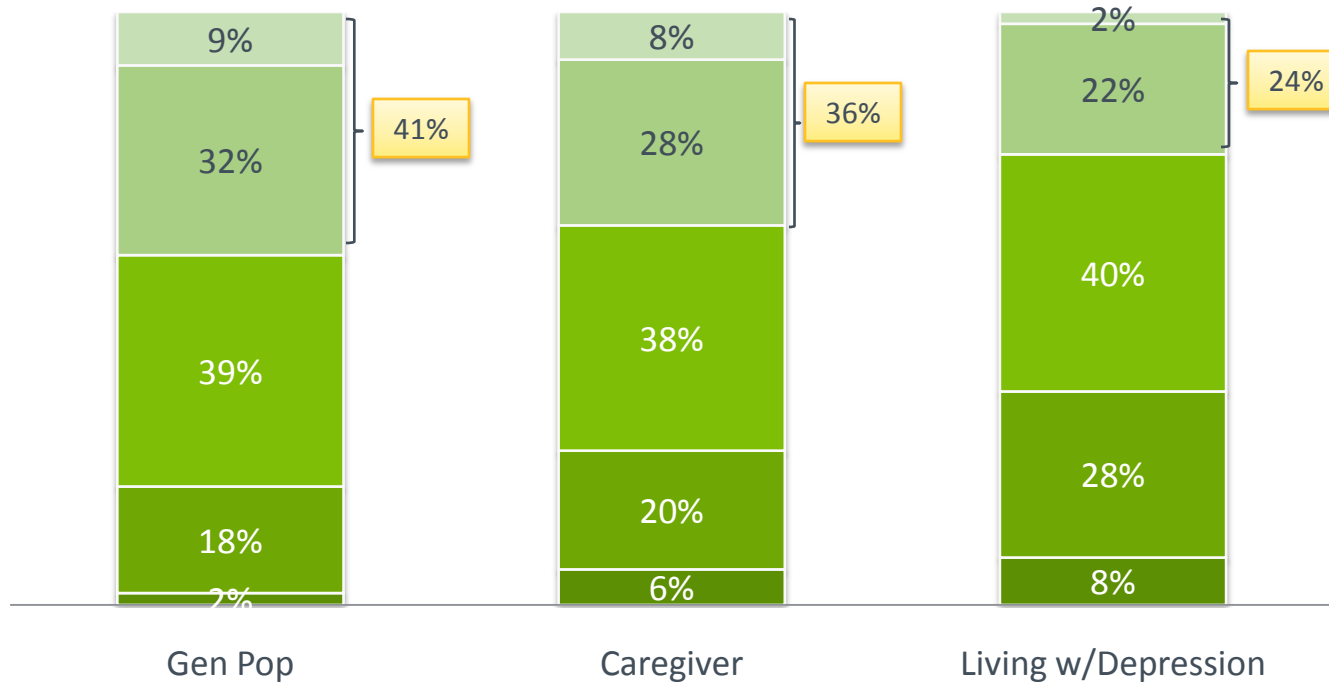
- **Most adults in the general population are not very familiar with depression and do not view depression with as much concern when compared to other health conditions .**
  - Only 29% of the general population reported they were very/extremely familiar with depression.
  - Compared to other health conditions, adults report they would not be as concerned with a depression diagnosis as they would be if they were diagnosed with another condition such as cancer or HIV/AIDS.

# Overall Physical Health

More adults in the general population group report they are in very good or excellent physical health compared to the caregiver and depression group.

## Physical Health is:

■ Poor 
 ■ Fair 
 ■ Good 
 ■ Very good 
 ■ Excellent



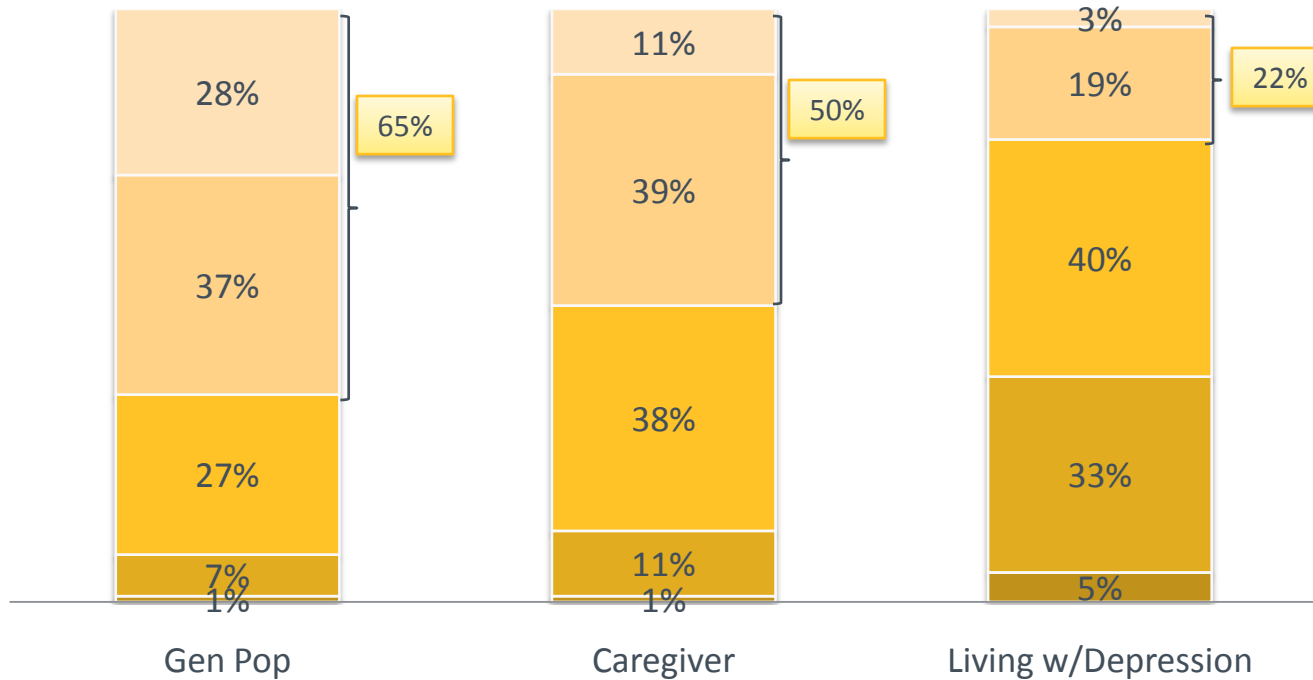
BASE: GP n=1015; CG n=263; LWD n=513  
 Q700 How would you describe your physical health overall?

# Overall Mental Health

Unsurprisingly, more adults in the general population group report they are in very good or excellent mental health compared to the caregiver and depression group.

## Mental Health is:

■ Poor 
 ■ Fair 
 ■ Good 
 ■ Very good 
 ■ Excellent



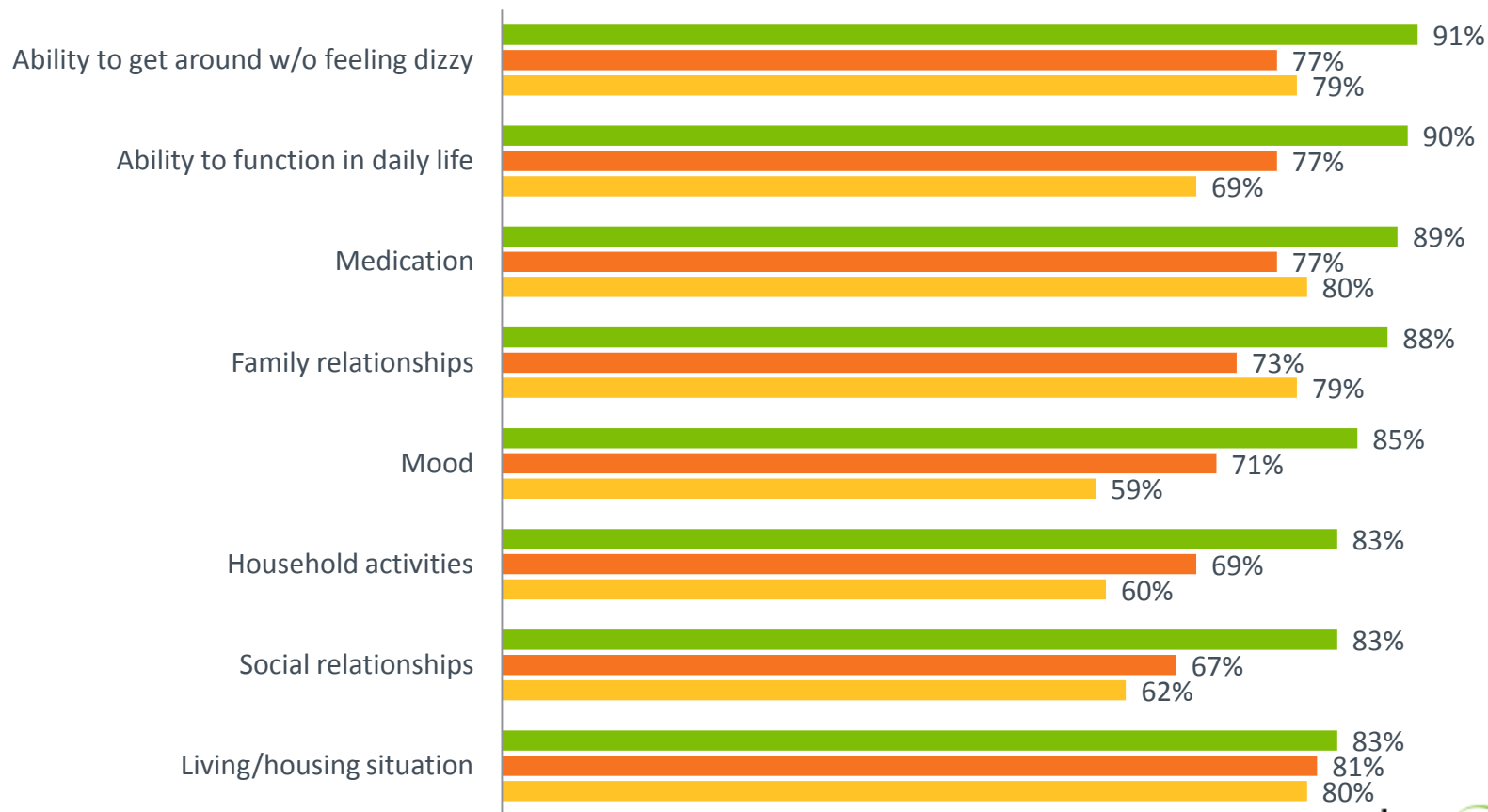
**BASE: GP n=1015; CG n=263; LWD n=513**  
 Q705 How would you describe your mental health overall?

# Satisfaction with Life Aspects in Past Week

The general population also reports a higher satisfaction with all the aspects of life listed below when compared to adults living with depression and caregivers.

## Top 2 Box: Total Satisfied

■ Gen Pop ■ Caregiver ■ Living w/Depression



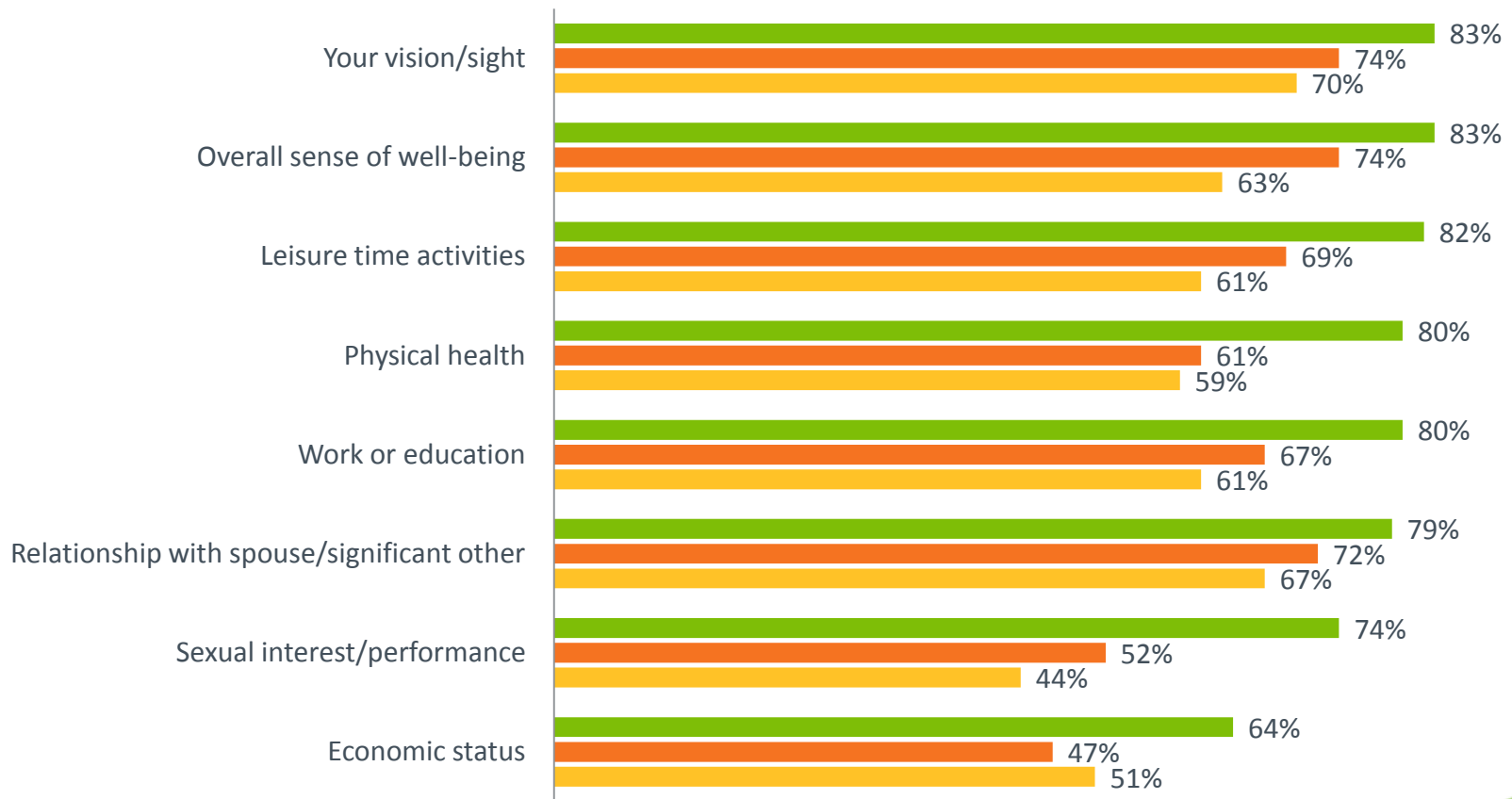
BASE: GP n=1015; CG n=263; LWD n=513

Q1310 Taking everything into consideration, during the past week how satisfied have you been with your...

# Satisfaction with Life Aspects in Past Week (cont.)

## Top 2 Box: Total Satisfied

■ Gen Pop ■ Caregiver ■ Living w/Depression

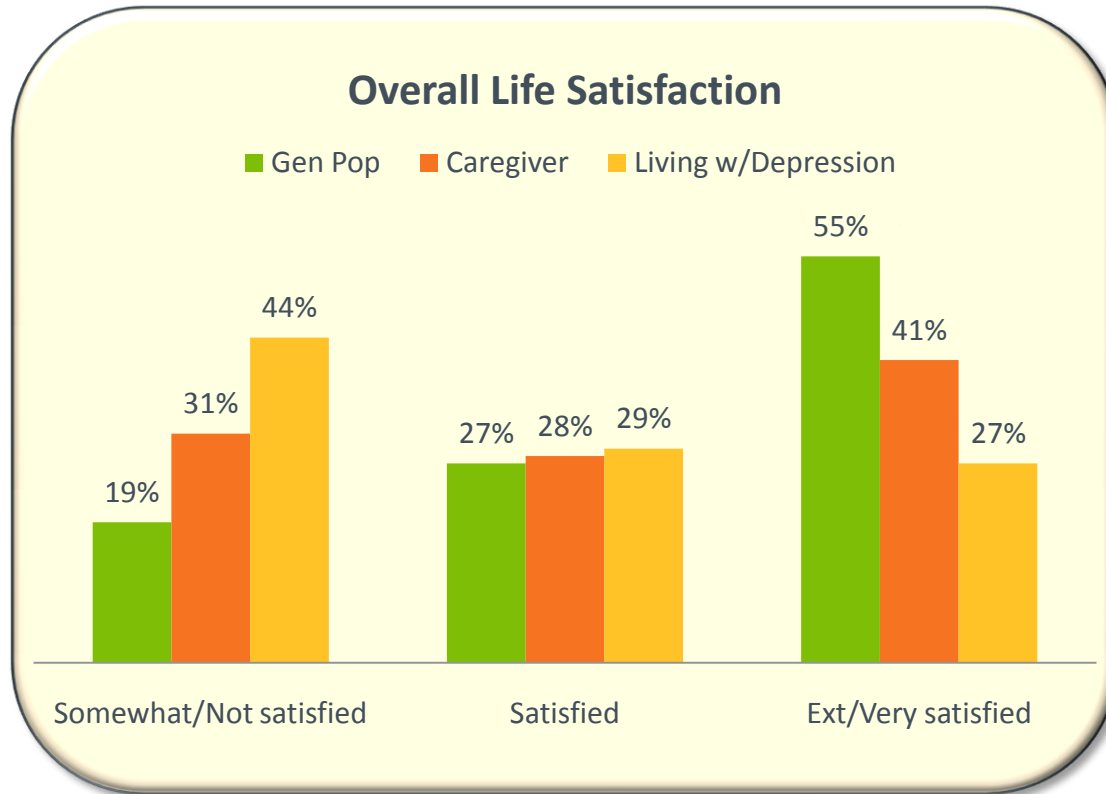


BASE: GP n=1015; CG n=263; LWD n=513

Q1310 Taking everything into consideration, during the past week how satisfied have you been with your...

# Overall Life Satisfaction

Caregivers and those living with depression report less overall life satisfaction than those in the general population.



BASE: GP n=1015; CG n=263; LWD n=513

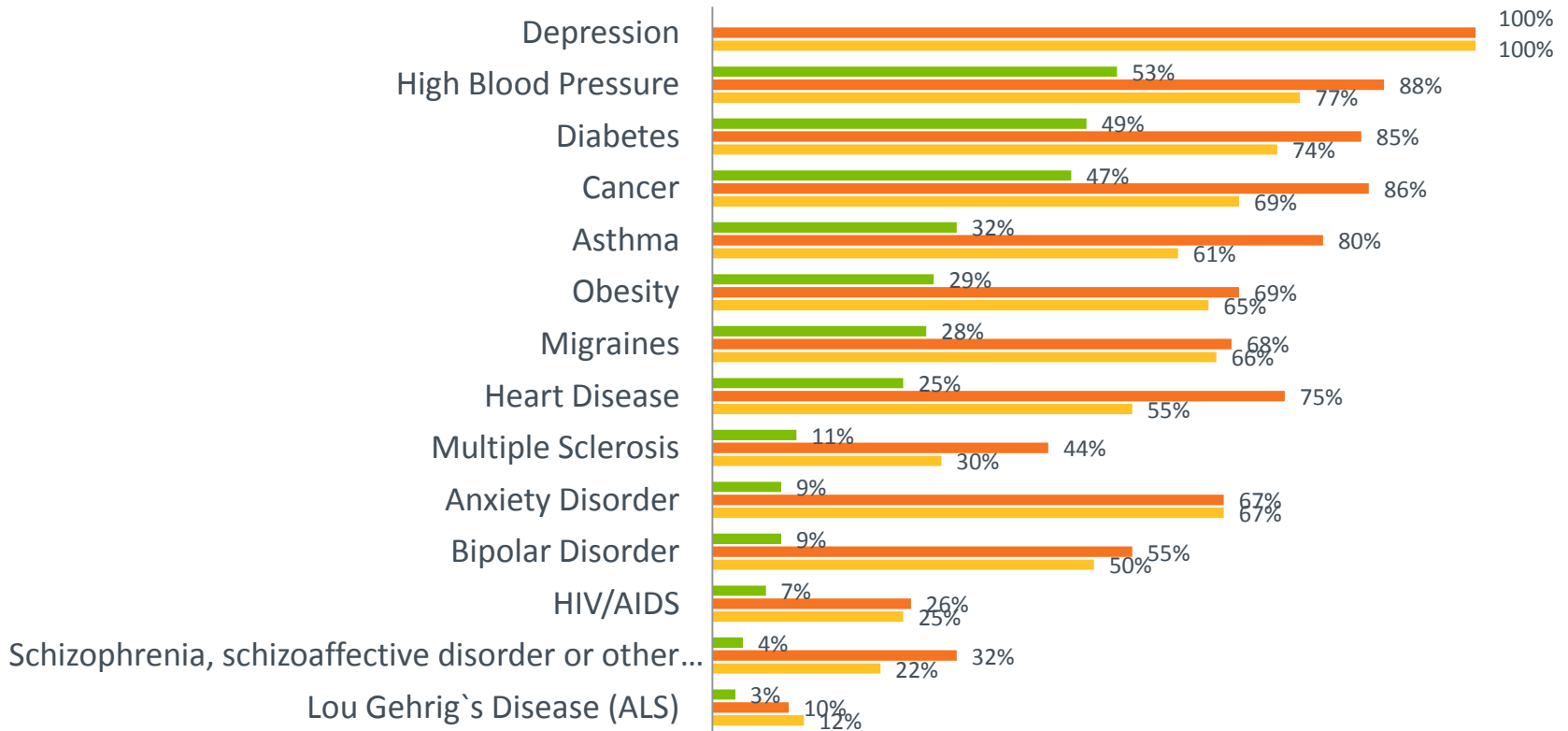
Q1315 How would you rate your overall life satisfaction and contentment during the past week?

# Experience with Health Conditions

Adults in the caregiver and depressed group report knowing someone diagnosed with the conditions below more frequently than the adults in the general population.

## Percentage Who Know Someone Who Has Been Diagnosed

■ Gen Pop ■ Caregiver ■ Living w/Depression



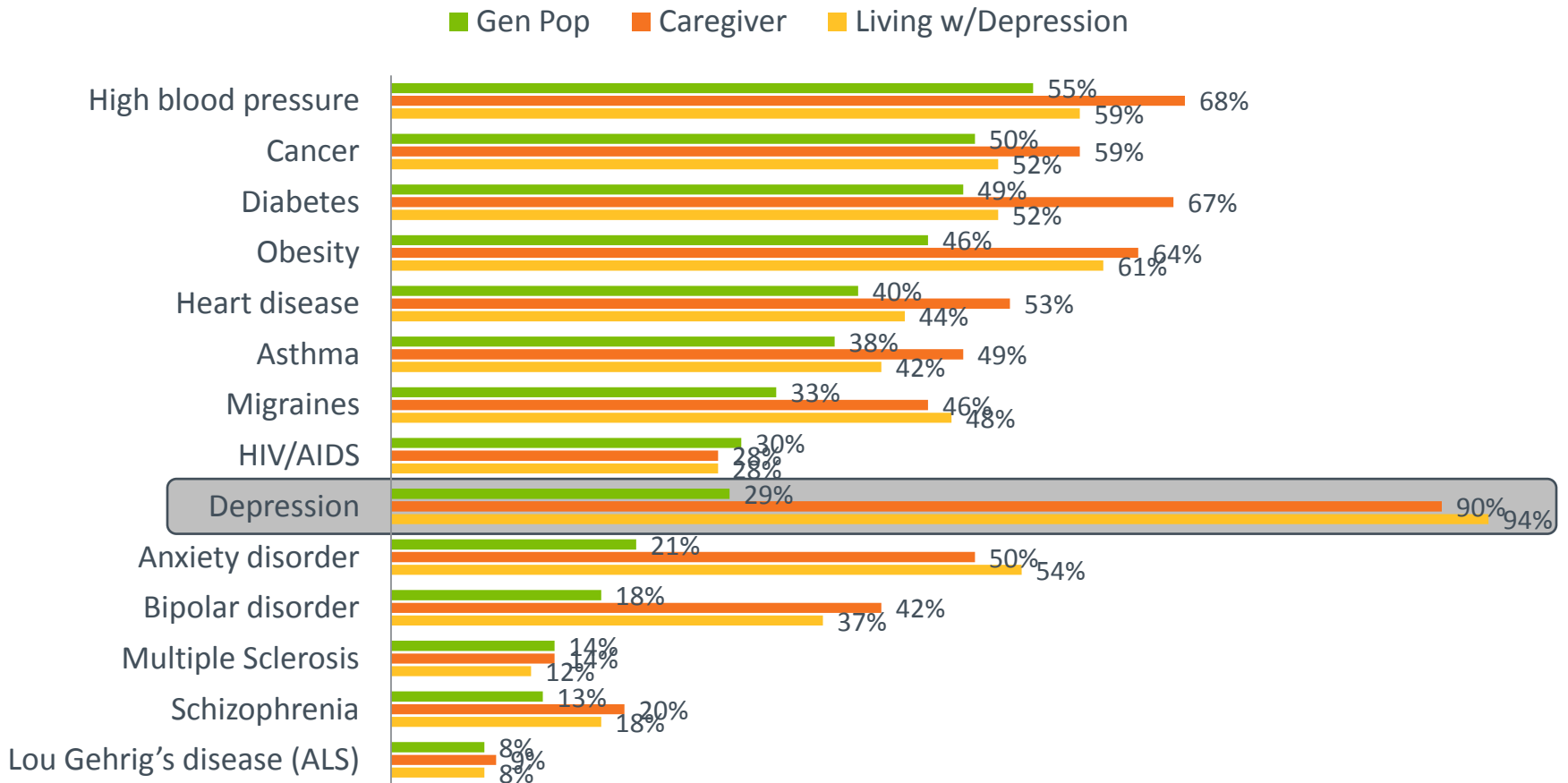
BASE: GP n=1015; CG n=263; LWD n=513

Q610 Have you ever been diagnosed or have you ever known anyone who was diagnosed with any of the following health conditions?

# Perceived Familiarity with Health Conditions

Nearly three in ten (29%) adults in the general population view their familiarity with depression as extremely or very familiar.

## Top 2 Box: Extremely/Very Familiar



BASE: GP n=1015; CG n=263; LWD n=513

Q710 Based on what you have seen, read, or heard, how familiar are you with the following health conditions?

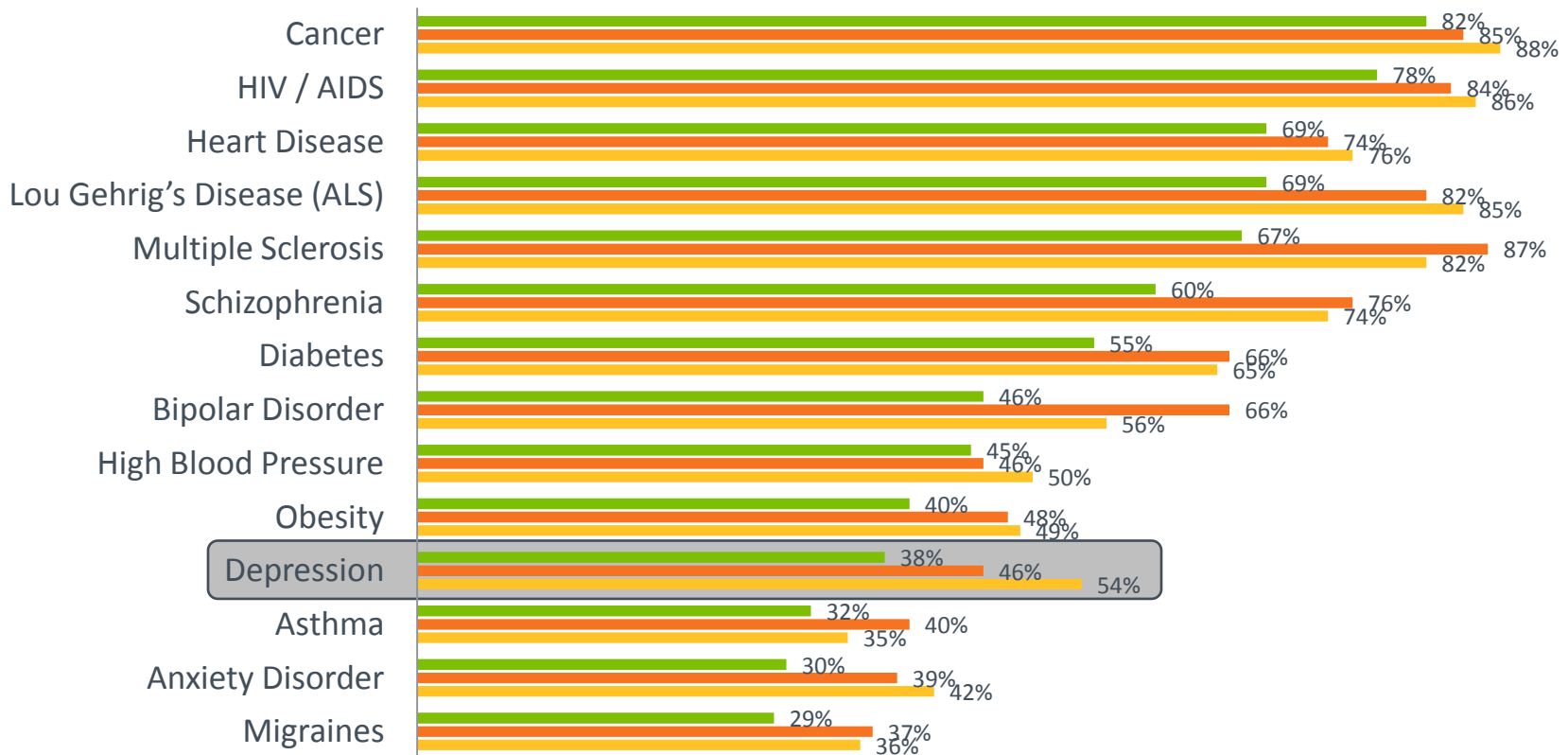


# Level of Concern if Diagnosed with Condition

Regardless of sample group, the majority of adults are extremely concerned about being diagnosed with cancer or HIV/AIDS. Over half of adults living with depression (54%) rate their concern about a depression diagnosis in the extreme range.

## Top 3 Box: Extremely Concerned (8, 9, 10)

■ Gen Pop ■ Caregiver ■ Living w/ Depression



**BASE: variable**

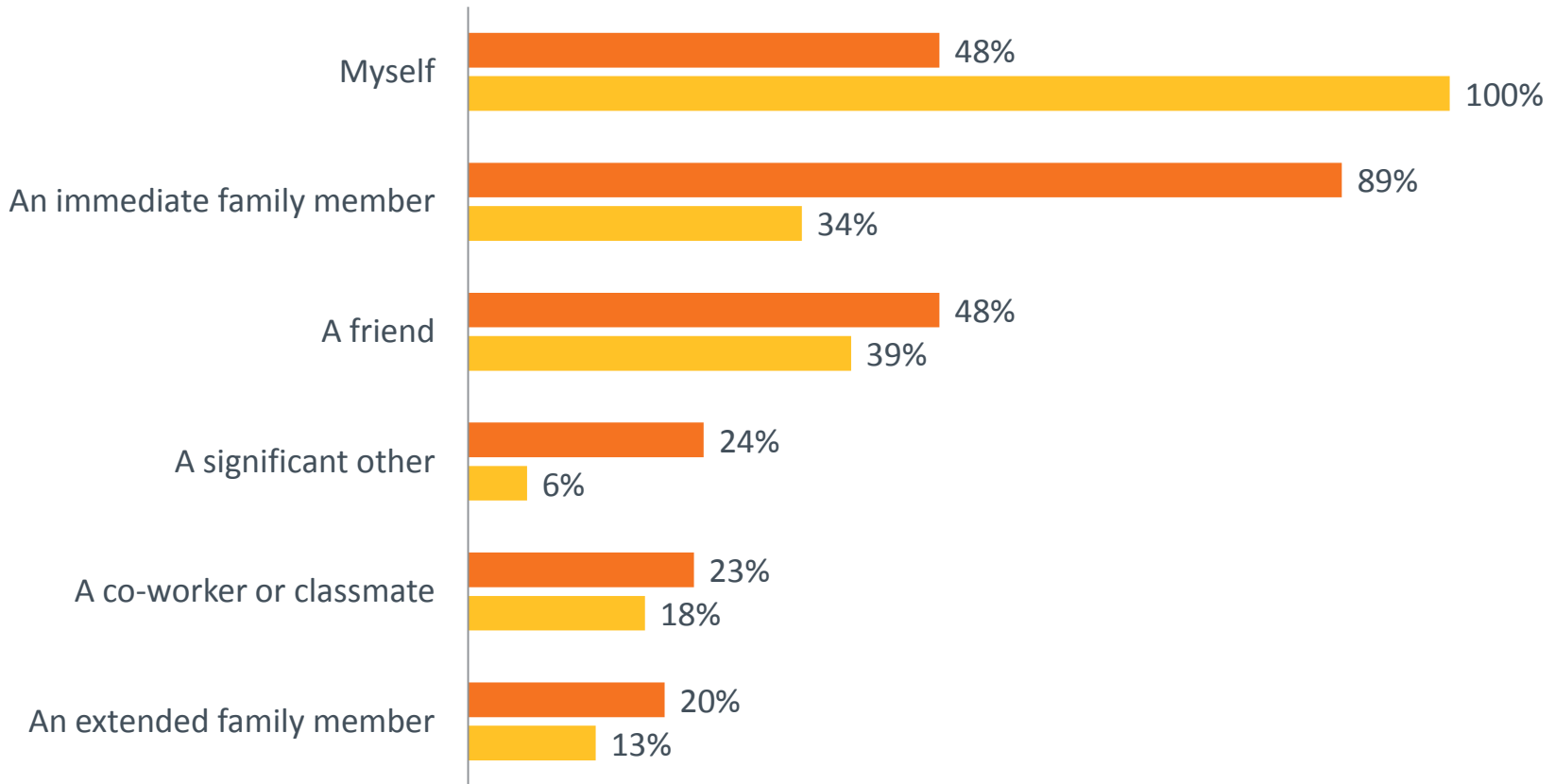
Q715 Please rate the level of concern you would feel if you were diagnosed with each of the following conditions, where 1 indicates you would be not at all concerned about that diagnosis and 10 indicates you would be extremely concerned about that diagnosis.

# Relationship with Depressed Person

Nearly half of the adults in the caregiver group (48%) have also been diagnosed with depression.

## Who Has Depression Diagnosis?

Caregiver Living w/Depression



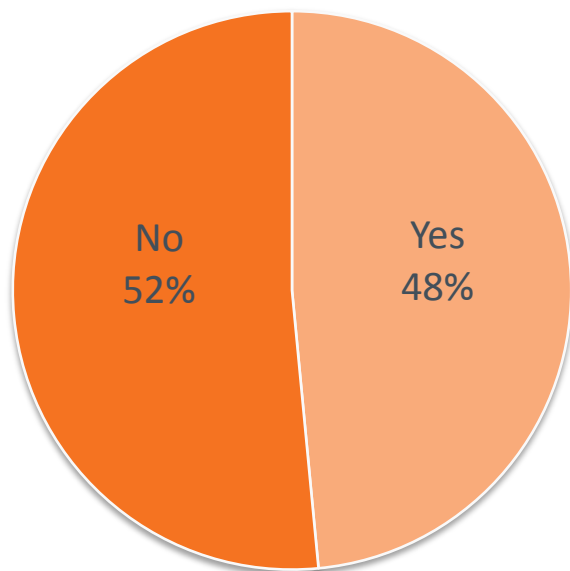
BASE: CG n=263; LWD n=513

Q615 Whom do you know that has been diagnosed with depression?  
Please select all that apply.

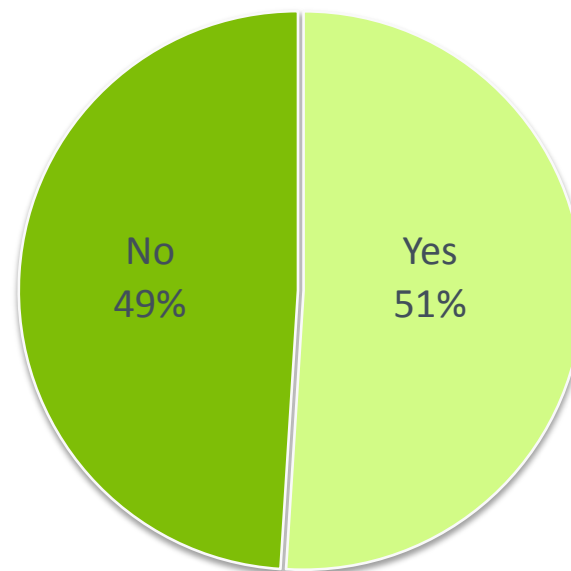
## Caregivers' Depression Status

Of those in the caregiver group who have been diagnosed with depression (48%), approximately half (51%) are currently engaged in treatment for depression. This represent 25% of all caregivers.

### Depression Diagnosis



### Engaged in Treatment



BASE: CG n=263

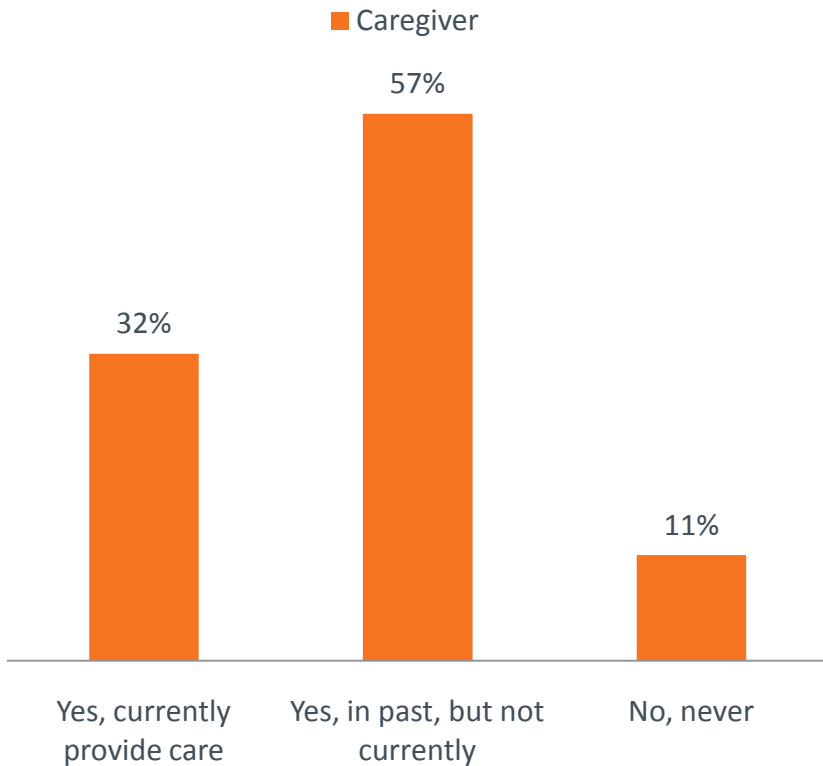
Q615 Whom do you know that has been diagnosed with depression?

Q630 Are you currently engaging in treatment for depression?

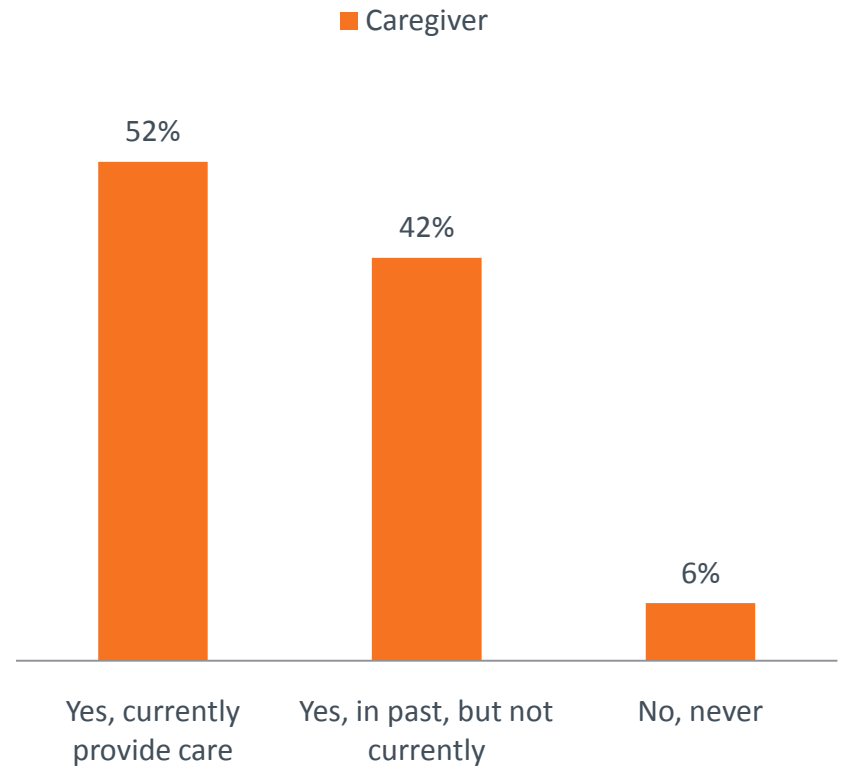
# Caregivers' Relationships

Nearly one-third (32%) of caregivers with a family member diagnosed with depression currently provide care for them. Slightly over half (52%) of caregivers with significant others who were diagnosed with depression are currently providing care.

### Ever Provided Care for Family Member w/Depression



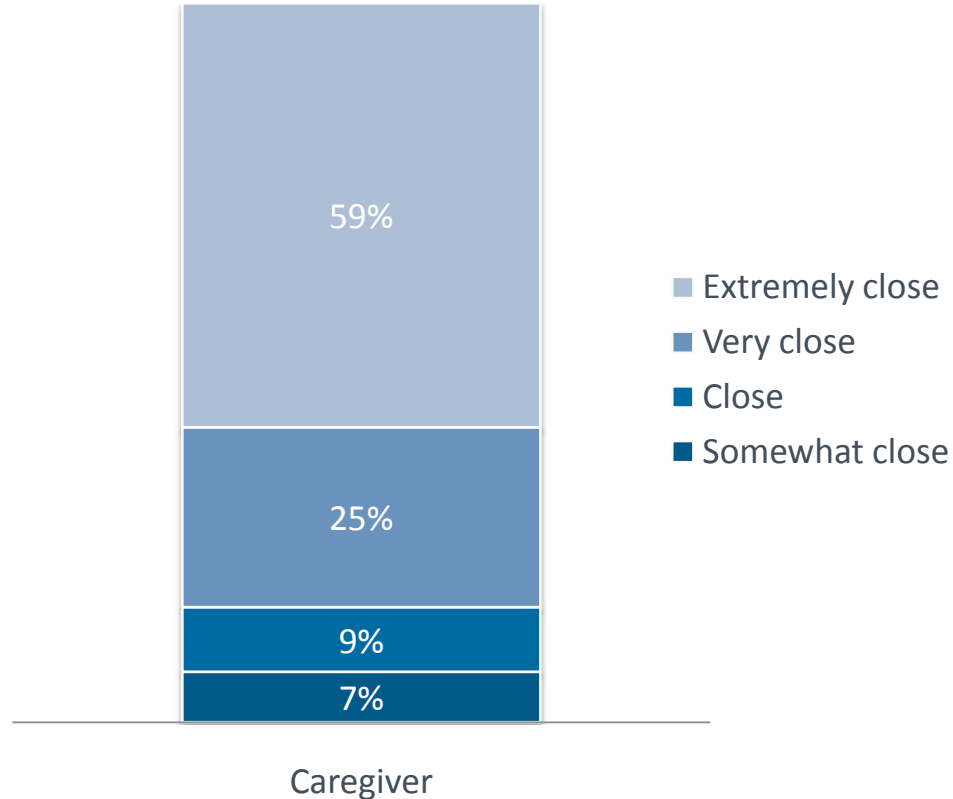
### Ever Provided Care for Significant Other w/Depression



**BASE: CG (Family Member) n=249; CG (Significant Other) n=60**  
Q620 Have you ever provided care or support for your family member/significant other diagnosed with depression?

# Strength of Caregivers' Relationships

The majority of caregivers (59%) view their relationship with the person they care for as extremely close.



BASE: CG n=263

Q625 How close are/were you to this person you know diagnosed with depression?



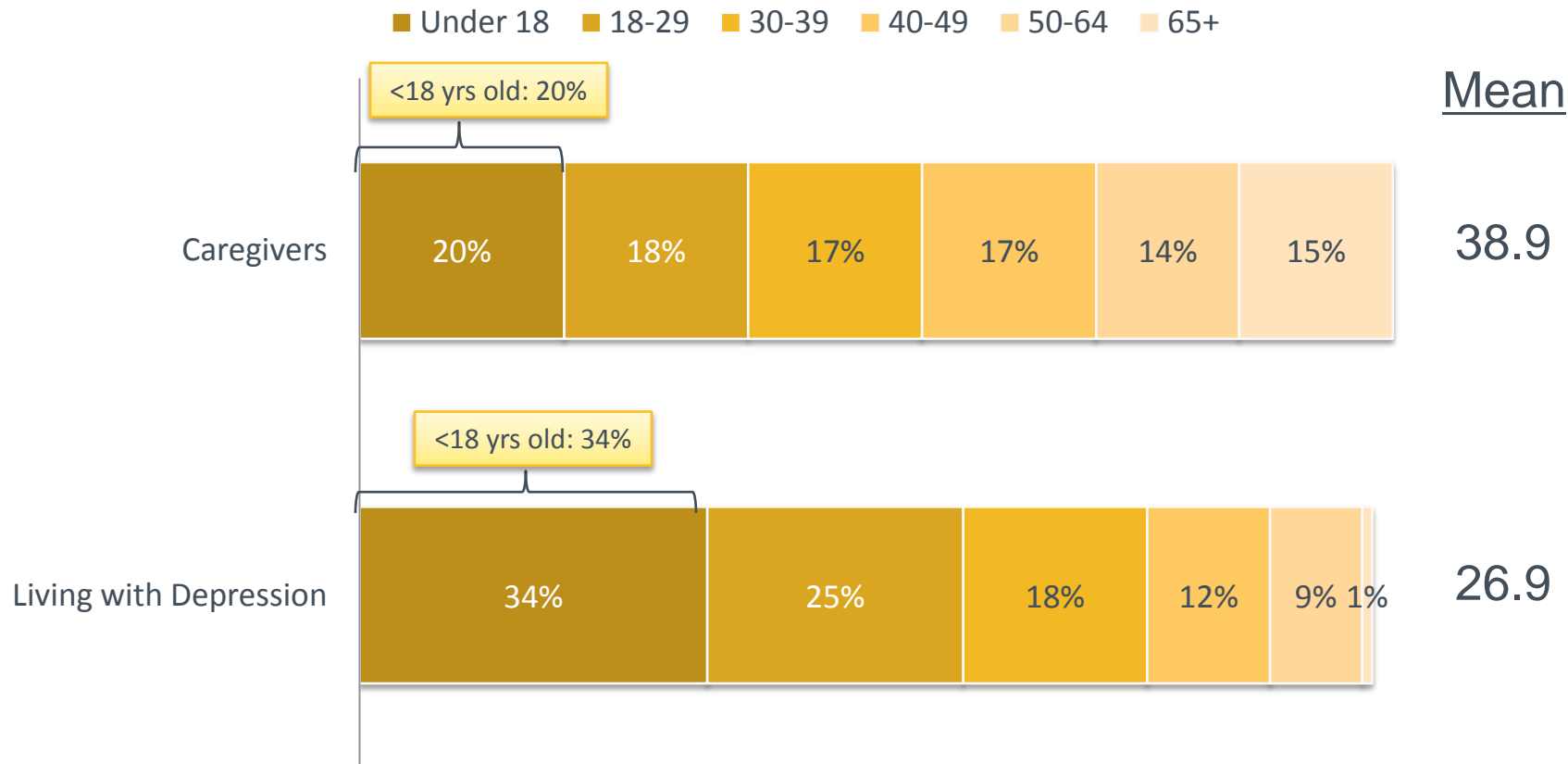
## People Living with Depression - Profile

## Key Findings – People Living with Depression Profile

- **Those living with depression report the onset of depression symptoms and their depression diagnosis as occurring earlier in life compared to what caregivers estimate.**
  - The average age of onset of symptoms estimated by caregivers is 38.9 years whereas those living with depression report an average of 26.9 years.
  - Caregivers also report the diagnosis of depression occurring later in life compared to what those living with depression report (40.8 and 31.9 years, respectively).
- **About half (49%) of adults living with depression report they are currently covered by employer provided health insurance.**
  - Less than one-fifth (16%) of those living with depression report they are currently on Medicaid.
- **One-quarter (25%) of adults living with depression report they have received at least one form of government assistance.**
  - The most common forms of government assistance received are SSDI (Social Security Disability benefits), SSI (Social Security benefits), and food stamps.

# Age First Experienced Symptoms of Depression

While one-fifth (20%) of caregivers estimate the age of onset of symptoms of depression for the person they care(d) for occurring when the person was under 18 years of age, 34% of people living with depression indicated they experience symptoms before the they reached adulthood. The difference between the mean is 12 years.



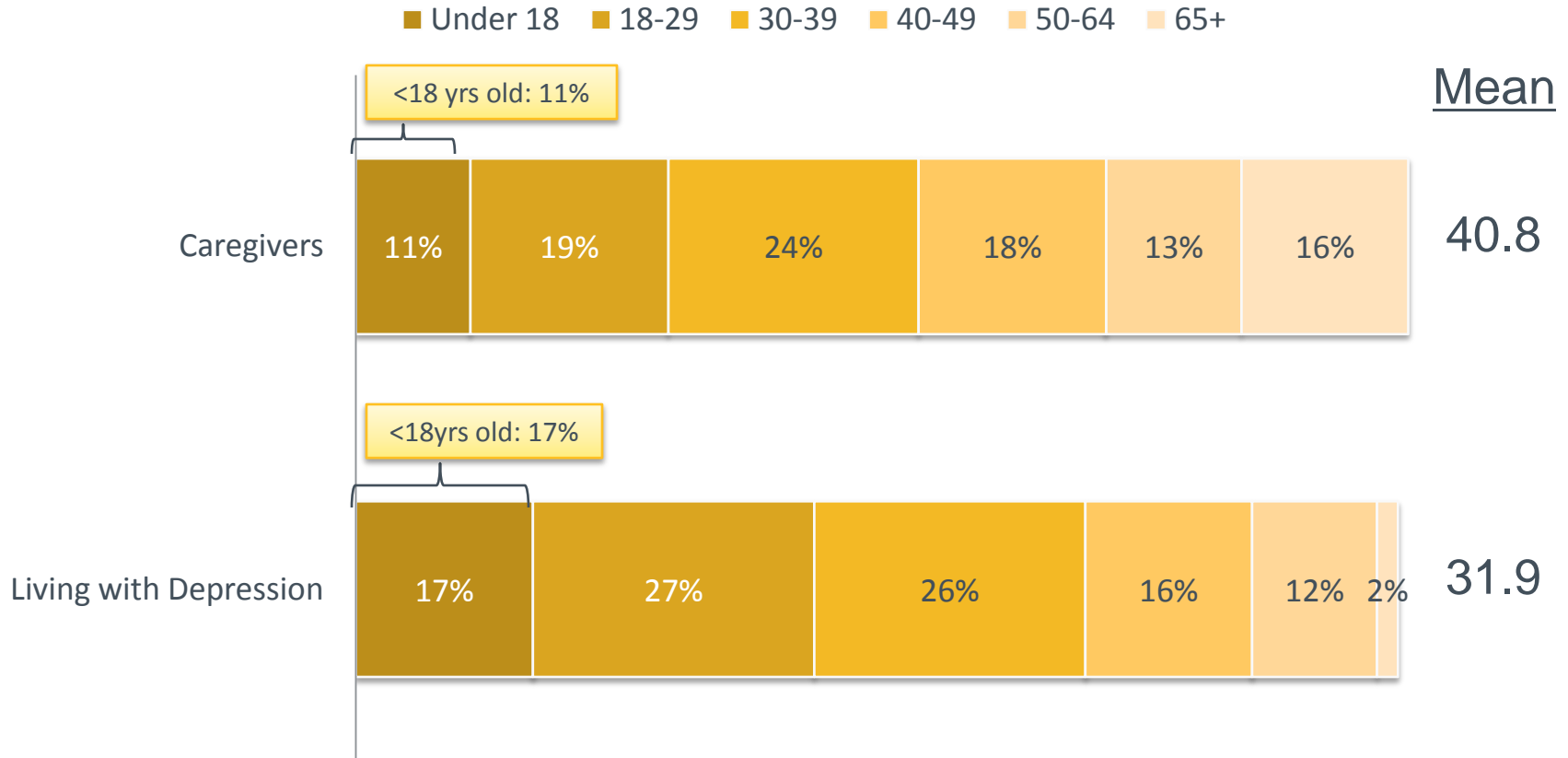
BASE: CG n=174; LWD n=513

Q800 At what age did you/the person experience the onset of symptoms of depression?



# Age First Diagnosed with Depression

Approximately one-tenth of caregivers (11%) report the age of diagnosis to be when the person they care(d) for was under 18 but nearly one-fifth (17%) of people living with depression reported they were diagnosed while still under 18. The difference between the averages is 8.9 years.

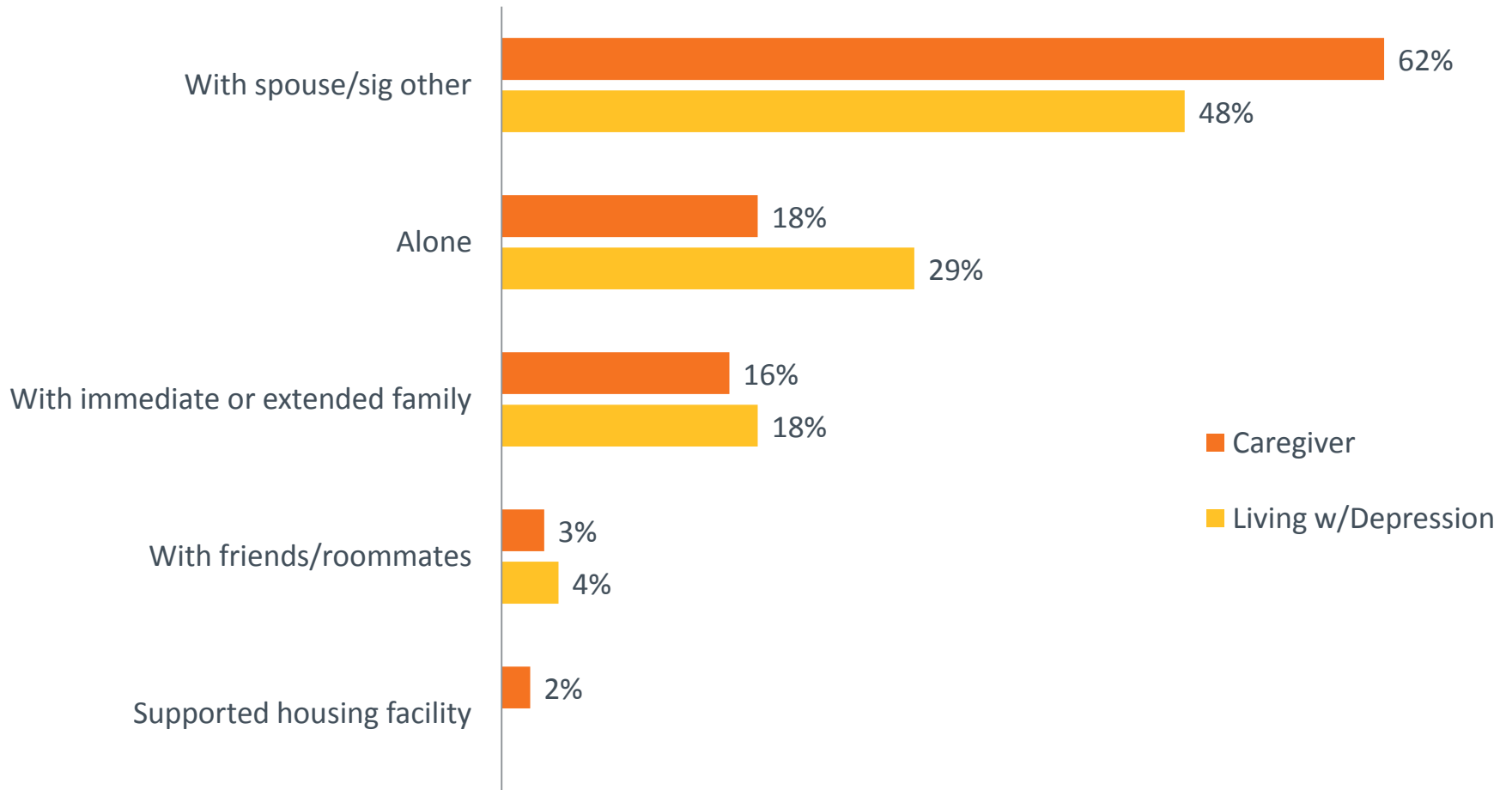


BASE: CG n=164; LWD n=513

Q815 At what age were you/was the person first diagnosed with depression?

# Current Living Situation of People with Depression

More adults in the depressed group report they are currently living alone compared to the caregiver group's report.



BASE: CG n=234; LWD n=513

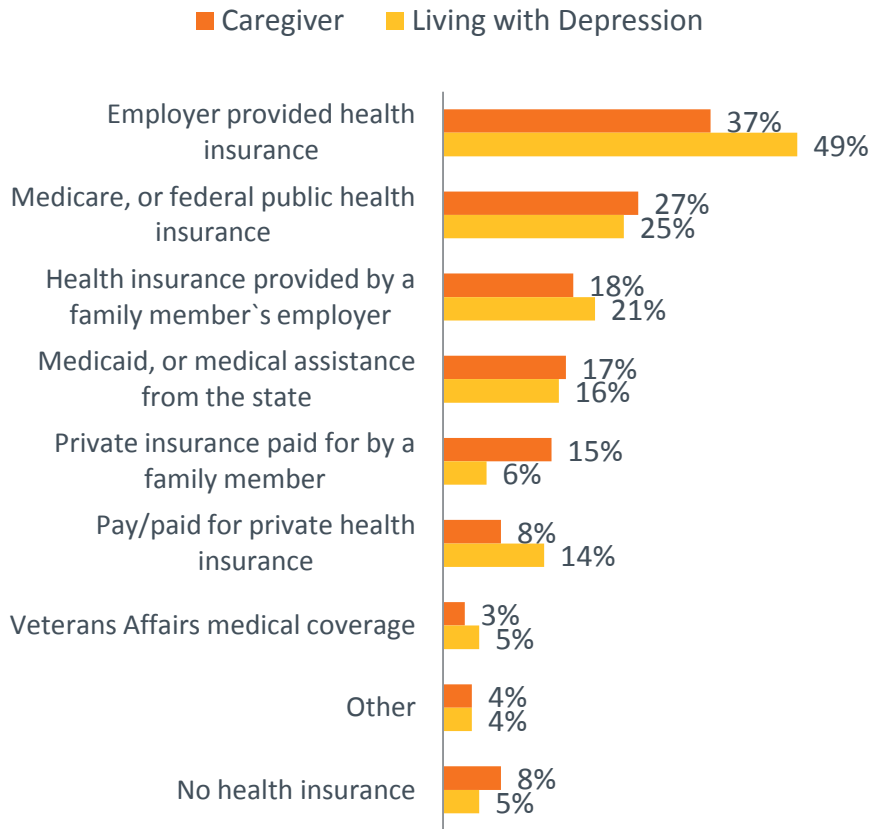
Q820 Which best describes your current living situation?

Q825 Which best describes the person's current living situation?

# Insurance Coverage While Dealing with Depression

About half (49%) of people living with depression report they are currently covered under employer provided health insurance. One in ten (40%) of people living with depression report ever being uninsured since being diagnosed with depression.

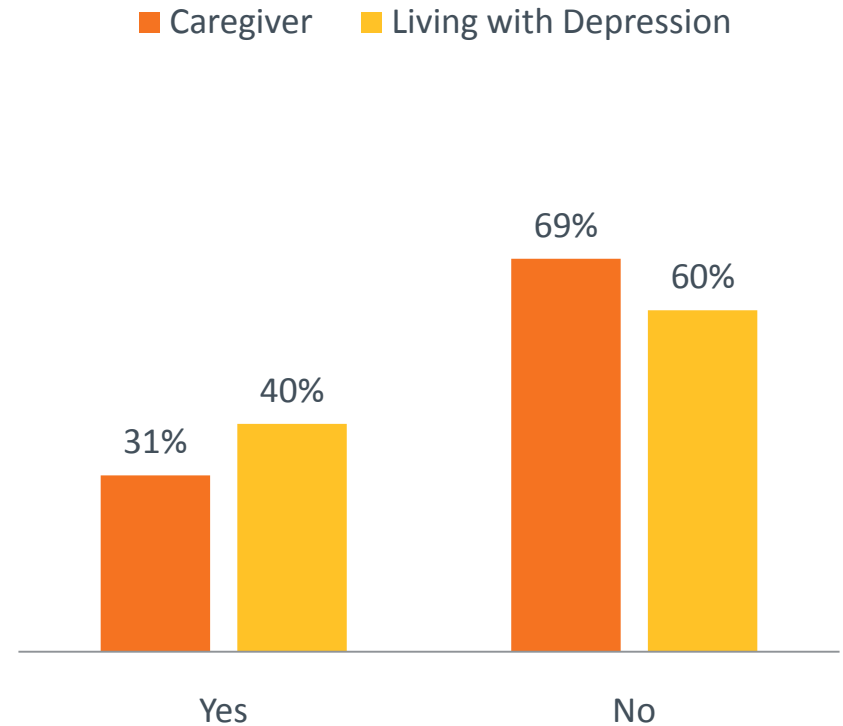
## Types of Health Insurance



**BASE: CG n=238; LWD n=511**

Q830 Which of the following types of health insurance, if any, have you/has the person had while dealing with depression?

## Uninsured During Diagnosis



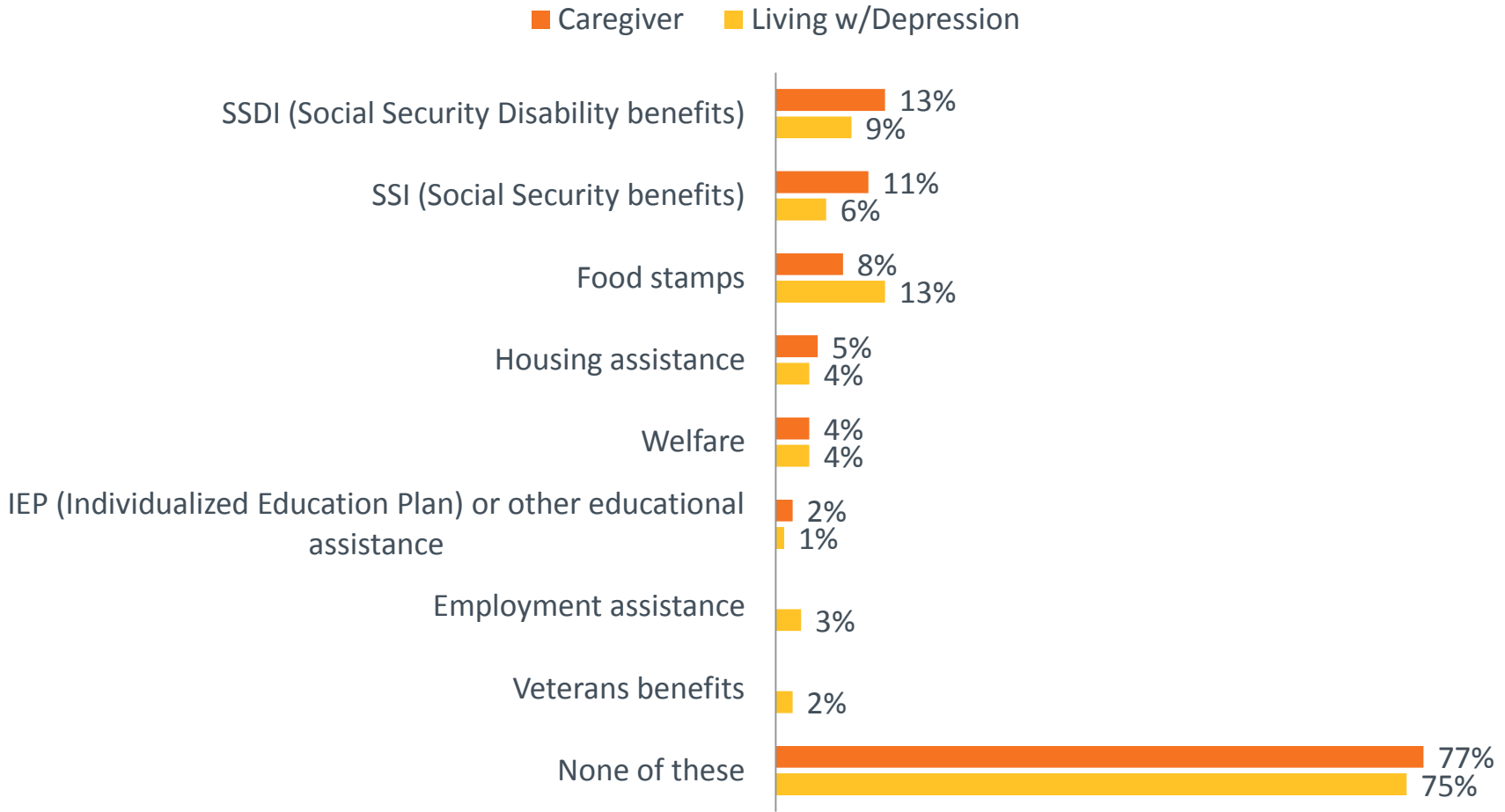
**BASE: CG n=230; LWD n=513**

Q835 Have you ever been uninsured since your depression diagnosis?

Has this person ever been uninsured since his/her depression diagnosis?

# Government Assistance for Those Living with Depression

Three-quarters (75%) of adults living with depression report they have not received any of the types of assistance listed below. One-quarter of those living with depression report receiving at least one type of government assistance.



BASE: CG n=238; LWD n=513

Q840 Which of the following, if any, have you/has the person received as a result of living with depression? Please select all that apply.



# General Knowledge of Depression

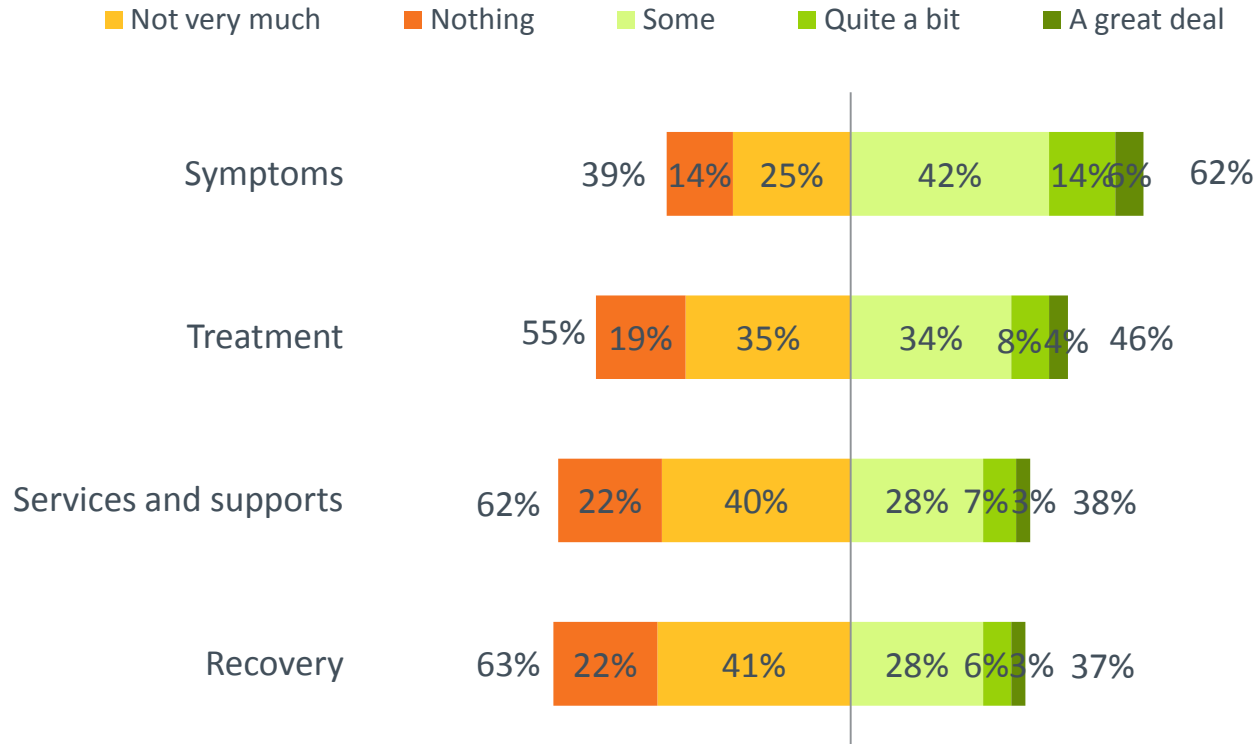
## Key Findings - General Knowledge of Depression

- **Many adults in the general population who do not know anyone with depression are unfamiliar with the illness and are unaware of how many people in the American population are affected by depression.**
  - As it was noted earlier, only 29% of the general population reported they were very/extremely familiar with depression.
  - As evidenced by the range of responses, many adults in the general population are unaware of the incidence of depression within the American population.
- **Very few adults in the general population reported they know a great deal about treatments, services/supports, and recovery as it pertains to depression.**
  - Approximately six in ten (62%) adults in the general population report some knowledge of symptoms of depression. However, when asked to identify specific symptoms, many adults are unable to separate the facts from the myths.
- **Nearly all of the adults in the general population (94%) agree that depression can affect all types of people and they would want a family member or friend to be open with them about their depression (91%). However, over half (55%) report they would be uncomfortable dating a person diagnosed with depression.**

# Level of Knowledge About Depression

When it comes to specific aspects of depression, the majority of the general population is not very knowledgeable about treatment, services/supports, and recovery. Approximately six in ten (62%) report some knowledge of the symptoms of depression.

## Level of Knowledge About Depression



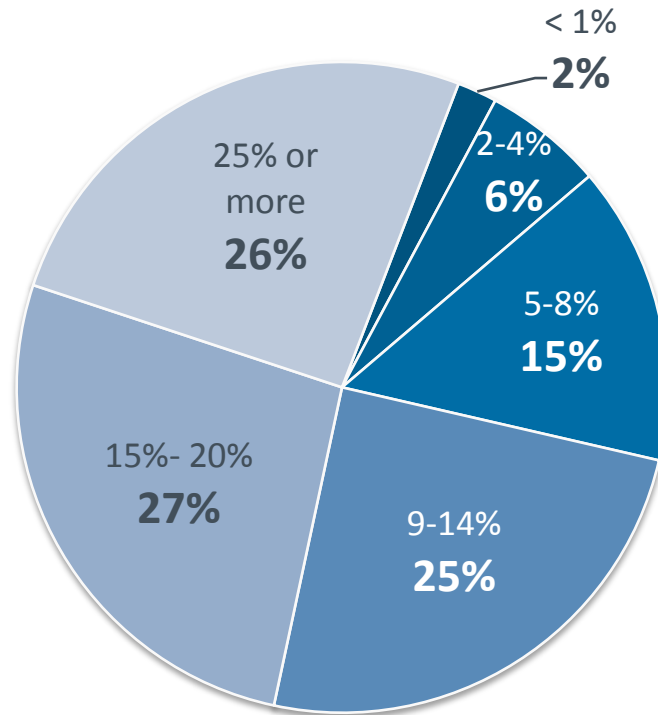
BASE: GP n=1015

Q900 How much do you know about the following, in the context of depression?

# Perceived Percentage of Americans Diagnosed with Depression

When estimating the percentage of Americans diagnosed with depression, the response from the general population varied greatly signaling a lack of knowledge of what the actual incidence is within the American population.

### Perceived Percentage of American Adults Who Have Depression



According to NAMI's website, major depression affects 5-8% of the American in a given year.

**BASE: GP n=1015**

Q905 About what percentage of the adult American population do you think is diagnosed with depression?

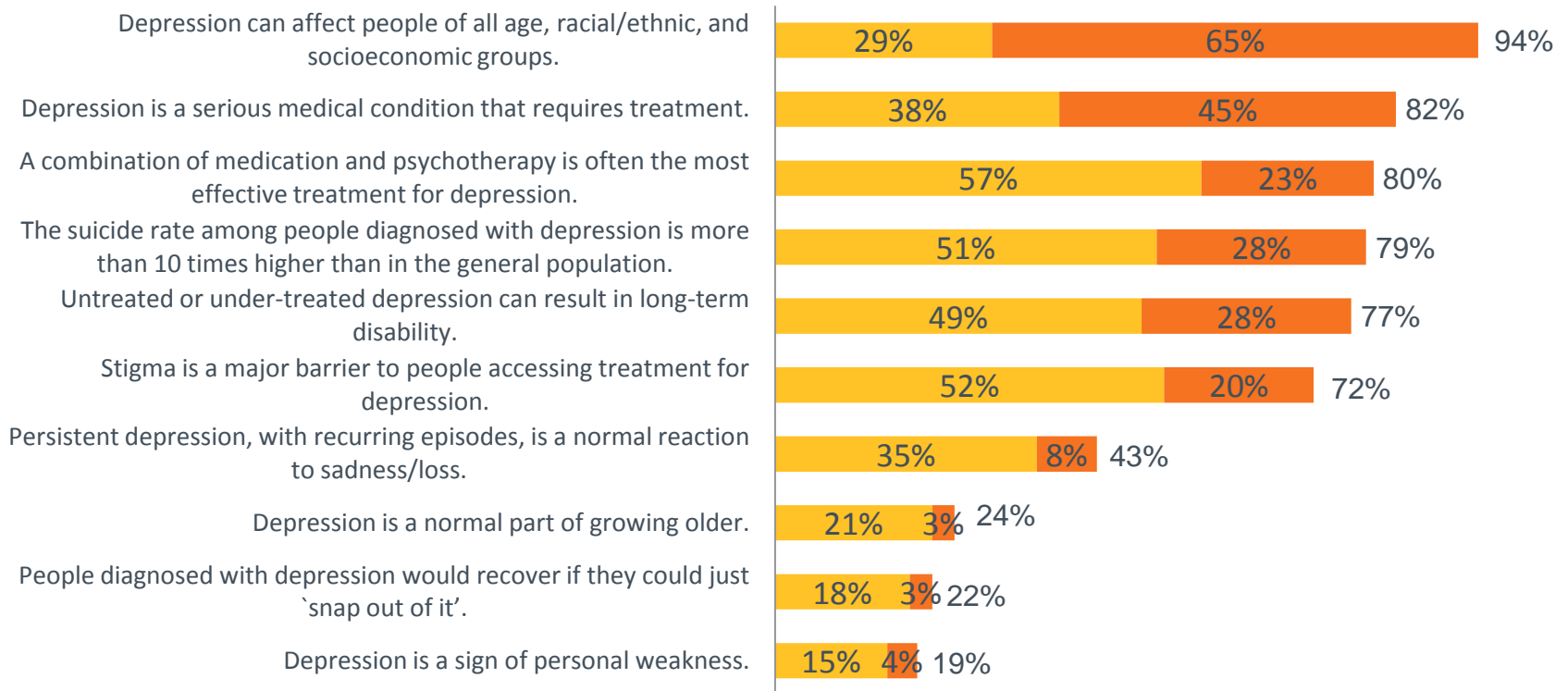


# Attitudes About Depression

The majority of the general population agree that depression can affect all types of people, it is a serious medical condition requiring treatment, and combination of medication and psychotherapy is often an effective treatment for depression.

## Summary Table of Agree

■ Somewhat agree ■ Strongly agree

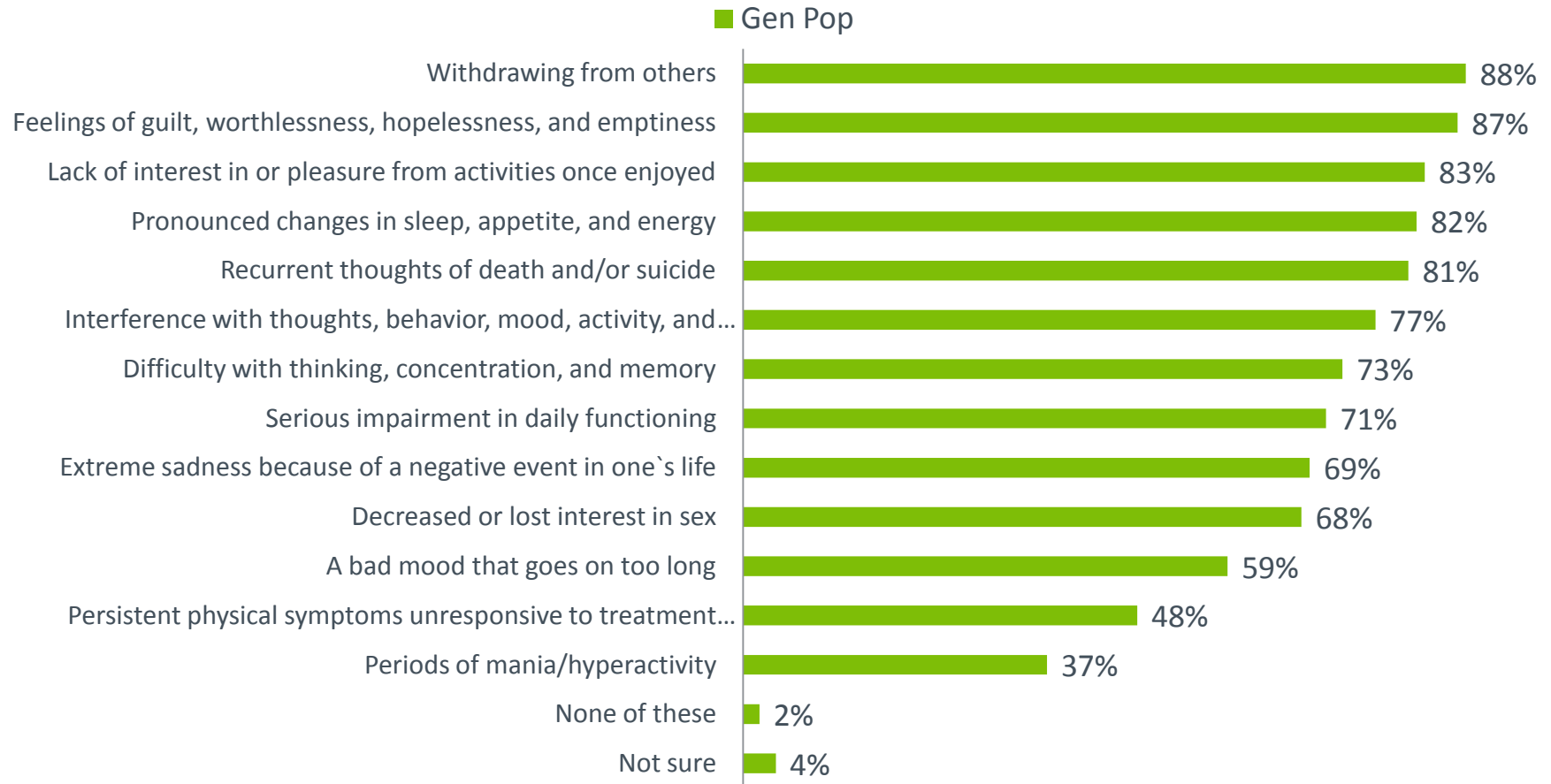


**BASE: GP n=1015**

Q910 Please indicate how strongly you agree or disagree with the following statements. If you are not sure, please provide your best guess.

# Awareness of Depression Symptoms

When examining the general population's attempt to identify symptoms of depression, it is clear that misconceptions about depression exist within the general public; nearly four in ten believe periods of mania/hyperactivity are associated with depression.



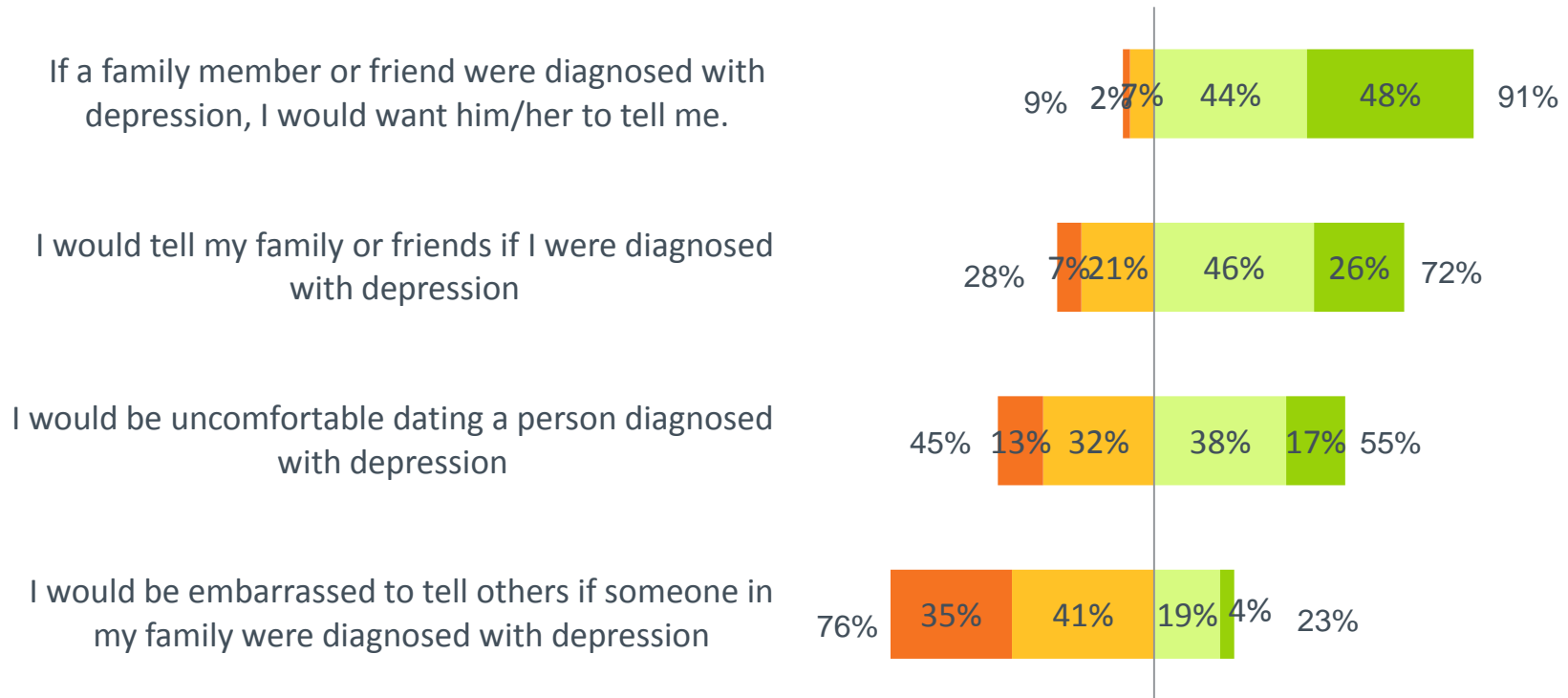
**BASE: GP n=1015**

Q915 Which of the following do you think are symptoms of depression? Please select all that apply.

# Attitudes About Communicating Depression

Though the nearly all of the general population (91%) either strongly/somewhat agree they would want a family member or friend to be open about their depression diagnosis, the majority of the general population (55%) reported they would be uncomfortable dating someone with depression.

■ Somewhat disagree  
 ■ Strongly disagree  
 ■ Somewhat agree  
 ■ Strongly agree



**BASE: GP n=1015**

Q920 Please indicate how strongly you agree or disagree with the following statements.



# Experience with Depression Diagnosis

## Key Findings - Experience with Depression Diagnosis

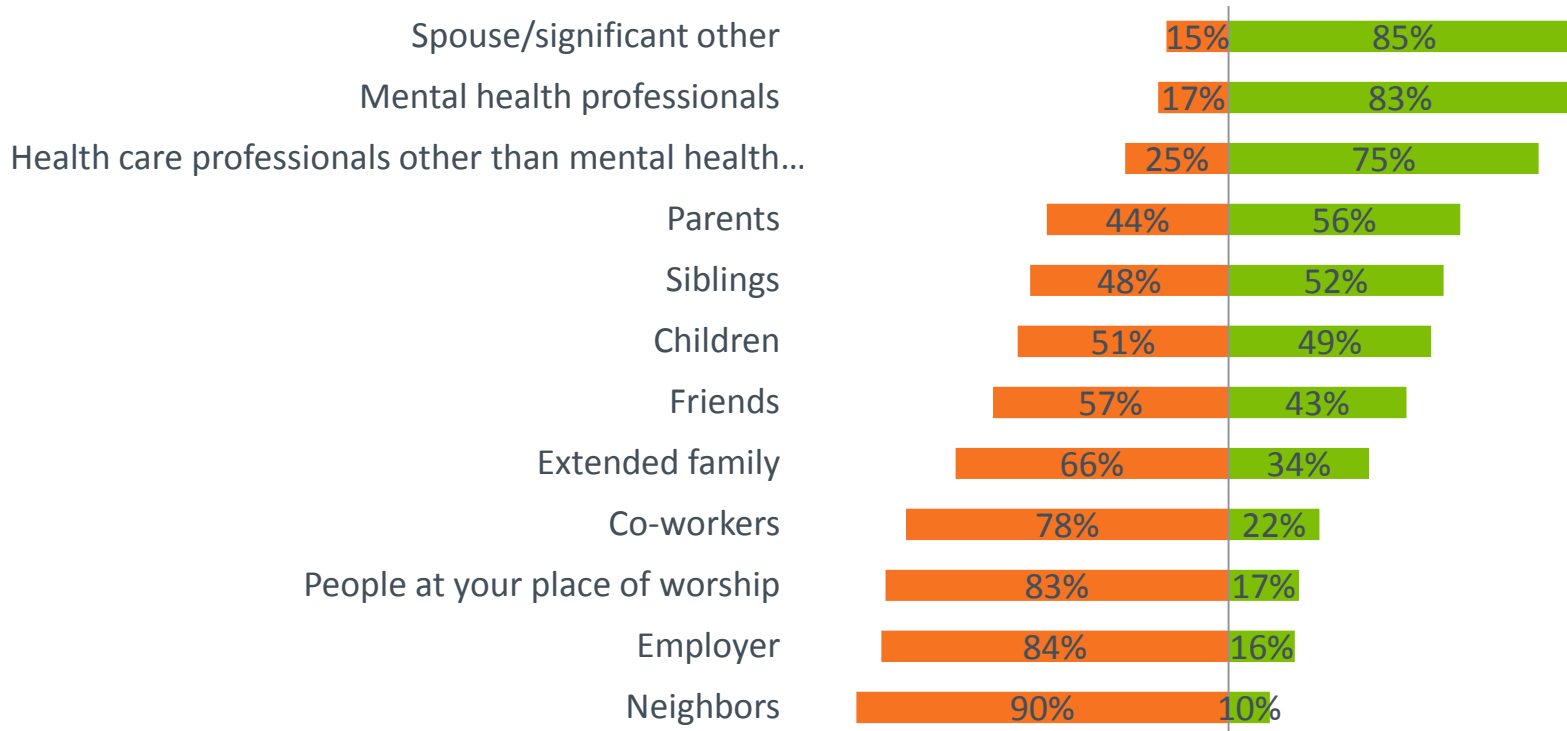
- **When adults living with depression were asked to identify people with which they have been open about their depression diagnosis a clear hierarchy was identified.**
  - Adults living with depression report being most open with their spouses/significant others (85%), mental health care providers (83%), and other types of health care providers (75%).
    - Approximately nine in ten (89%) of adults reported they know they can rely on their spouse/significant other to help them when they need it.
  - Adults indicate less openness with extended family including parents (56%), siblings (52%), and children (49%).
  - Fewer adults indicated they have been open with co-workers (22%), people at their place of worship (17%), employers (16%), and neighbors (10%) about their diagnosis.
- **Reasons for not discussing their depression diagnosis were most commonly attributed to wanting to maintain privacy.**
  - Though less than one-fifth (18%) indicated shame keeps them from telling people about their condition, it is possible that adults would be reluctant to admit they felt ashamed about their diagnosis.

# Openness of People Living with Depression

Adults living with depression report being most open with their spouses/significant others about their depression diagnosis. Many also report they are completely/quite a bit open with health care providers (mental and otherwise).

## Openness About Depression Diagnosis

■ Somewhat/Not at all ■ Completely/Quite a bit

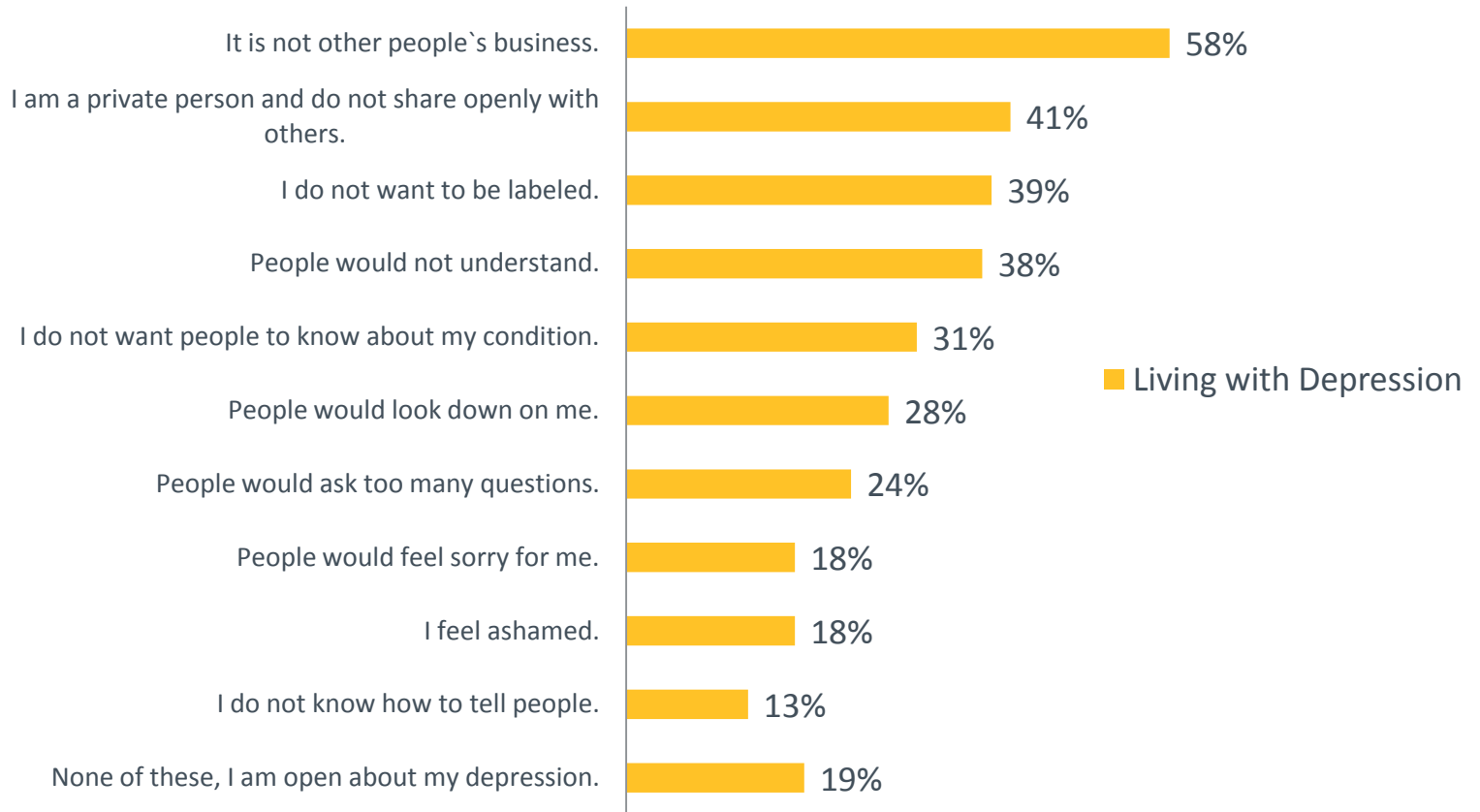


BASE: LWD n=varies

Q1005 How open have you been with the following people about being diagnosed with depression?

# Barriers to Discussing Depression Diagnosis

Over half of the depressed group (58%) mentioned the reason they refrained from discussing their depression diagnosis was because they felt it was not other people's business. Four in ten (41%) indicate that they are private and do not openly share with others.



Note: Only responses >1% are shown.

**BASE: LWD n=513**

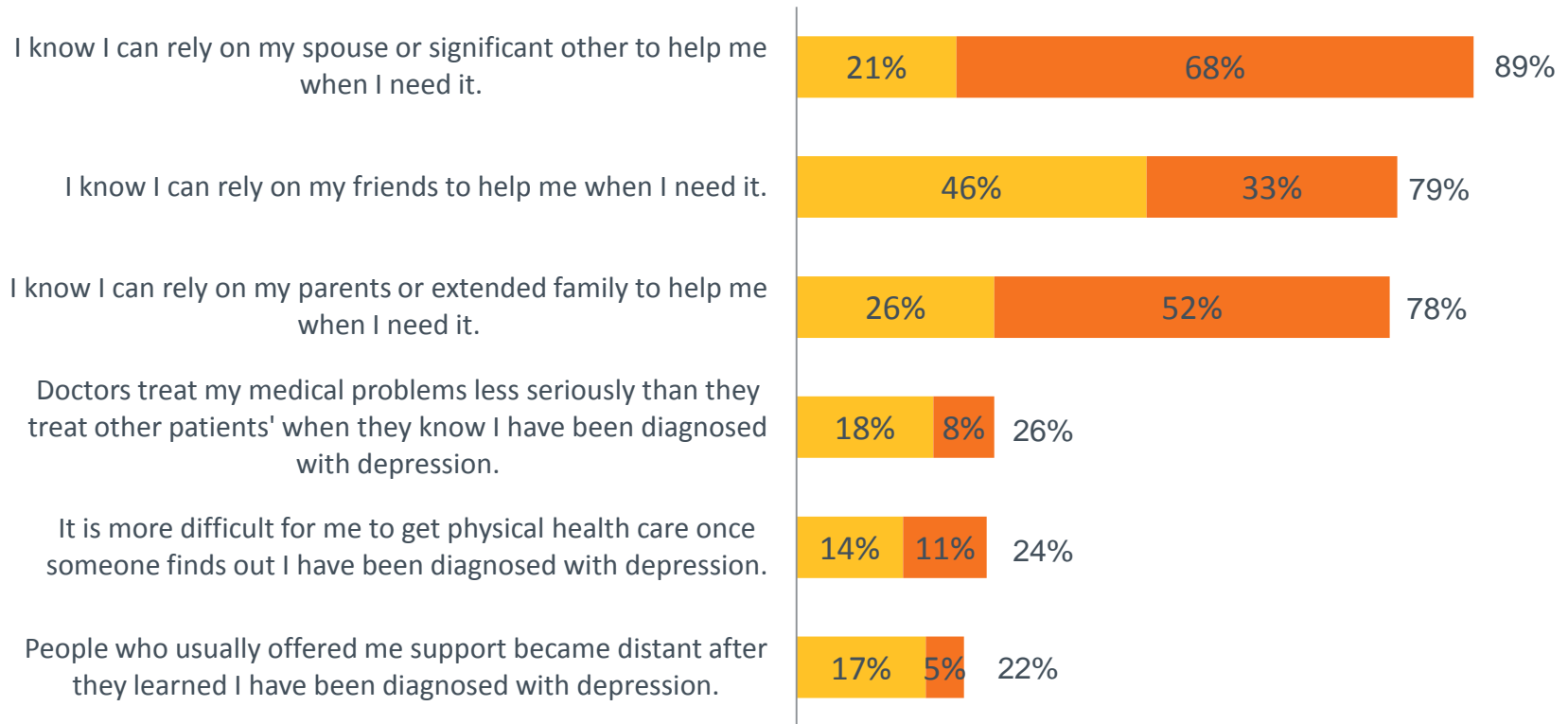
Q1010 Which of the following reasons, if any, have kept you from telling people about your condition? Please select all that apply.

# Statements Among People Living with Depression

The majority of adults living with depression (89%) report they know they can rely on their significant other to help them when they need it. Nearly eight in ten feel the same about their friends (79%) and parents and extended family (78%).

## Summary Table of Agree

■ Somewhat agree ■ Strongly agree



**BASE: LWD n=varies**

Q1015 Please indicate the extent to which you agree or disagree with the following statements.

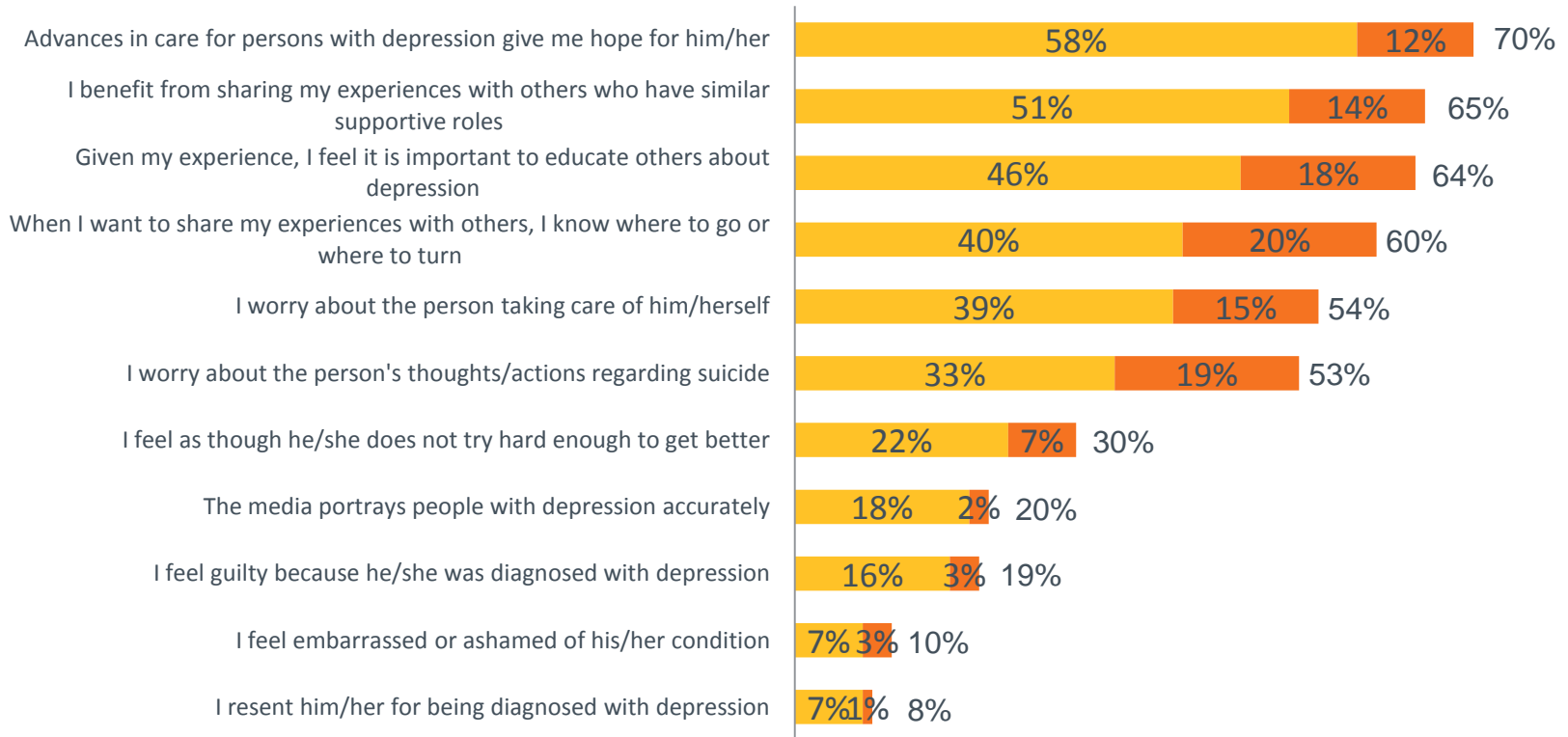


# Caregivers' Attitudes Concerning Depression

The majority of caregivers do not strongly agree with any of the statements below. However, many (70%) report they somewhat/strongly agree advances in care for the person with depression gives them hope.

## Summary Table of Agree

■ Somewhat agree ■ Strongly agree



BASE: CG n=263

Q1000 Please rate your level of agreement with the following statements about being a family member or significant other of someone diagnosed with depression.



# Effects of Depression

## Key Findings – Effects of Depression

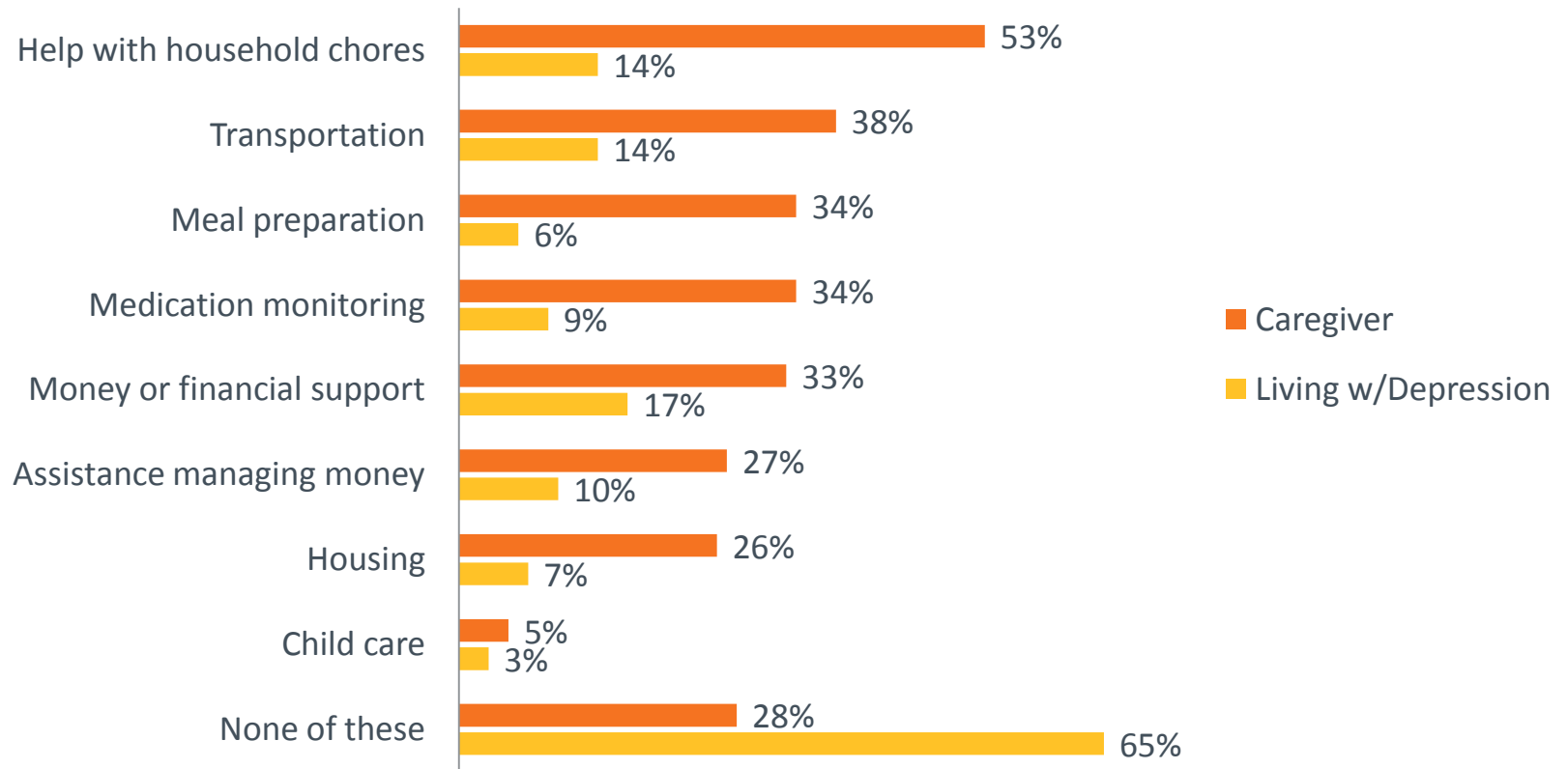
- **When asked to rate the extent to which different aspects of life are disrupted by their depression symptoms, adults reported it had the strongest impact on their feelings/mood and overall sense of well-being.**
  - Adults living with depression report their depression symptoms also disrupt many daily activities including sleep patterns and thinking/concentration.
- **Caregivers and those with living with depression perceive disruptions in daily life differently.**
  - Caregivers report a higher average rate of disruption of family relationships when compared to the average rating from adults living with depression (6.3 and 4.4, respectively).
    - Overall, caregivers perceive greater disruption from depression than those with depression.
  - When asked to identify challenges of caring for someone with depression, the most commonly selected responses were all related to balancing or managing time.

## Key Findings – Effects of Depression (cont.)

- **Approximately two-thirds of adults living with depression (65%) report they have not accepted any type of assistance from their family or significant other.**
  - Far fewer (28%) of caregivers report they have not provided any type of assistance to the person for which they provide care.
  - The disconnect between the two groups could be attributed to the nature of depression (i.e., feelings of loneliness and isolation), adults living with depression are not aware of how much assistance they are receiving from loved ones, or even that those adults who are being cared for by a loved one require more care than other adults living with depression.

# Assistance Accepted/Provided as a Result of Depression

Caregivers more frequently report they are providing more services than the depressed group reports accepting. Over one-third (35%) of adults living with depression reported receiving at least one form of assistance as a result of their depression whereas nearly one-quarter (72%) of caregivers say they provide at least one of the types of assistance listed below.



**BASE: CG n=263; LWD n=513**

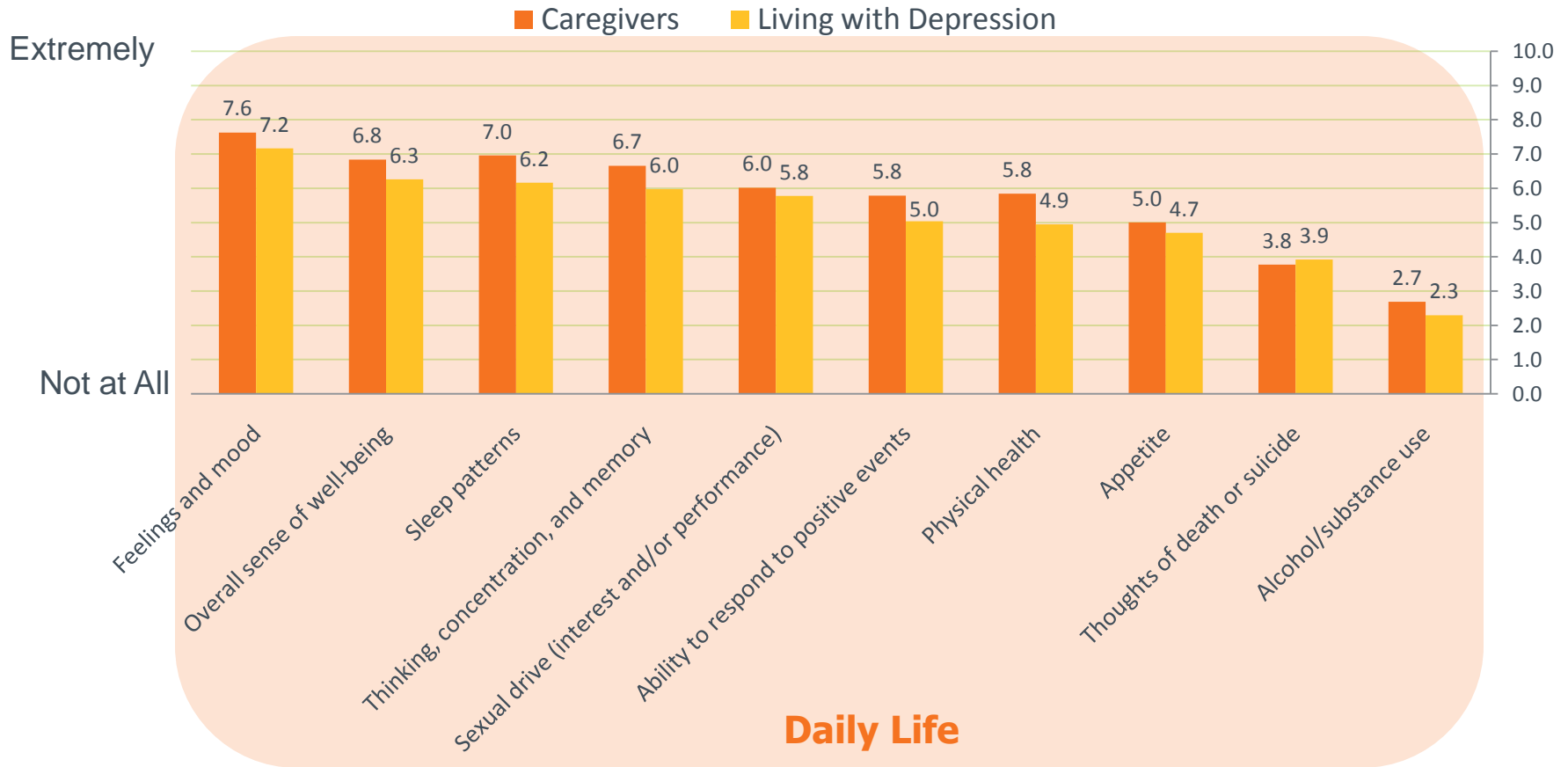
Q1100 (LWD) Have you accepted any of the following assistance from family members, friends, or others as a result of your depression?

(CG) Have you provided any of the following assistance to the family member or significant other diagnosed with depression as a result of depression?

# Impact of Depression Symptoms on Sufferer's Life

Overall, caregivers tend to rate the extent to which symptoms of depression are affecting the depressed person's life higher than the adults living with depression.

## Areas of Life Affected by Depression Symptoms



### Daily Life

BASE: CG n=varies; LWD n=varies

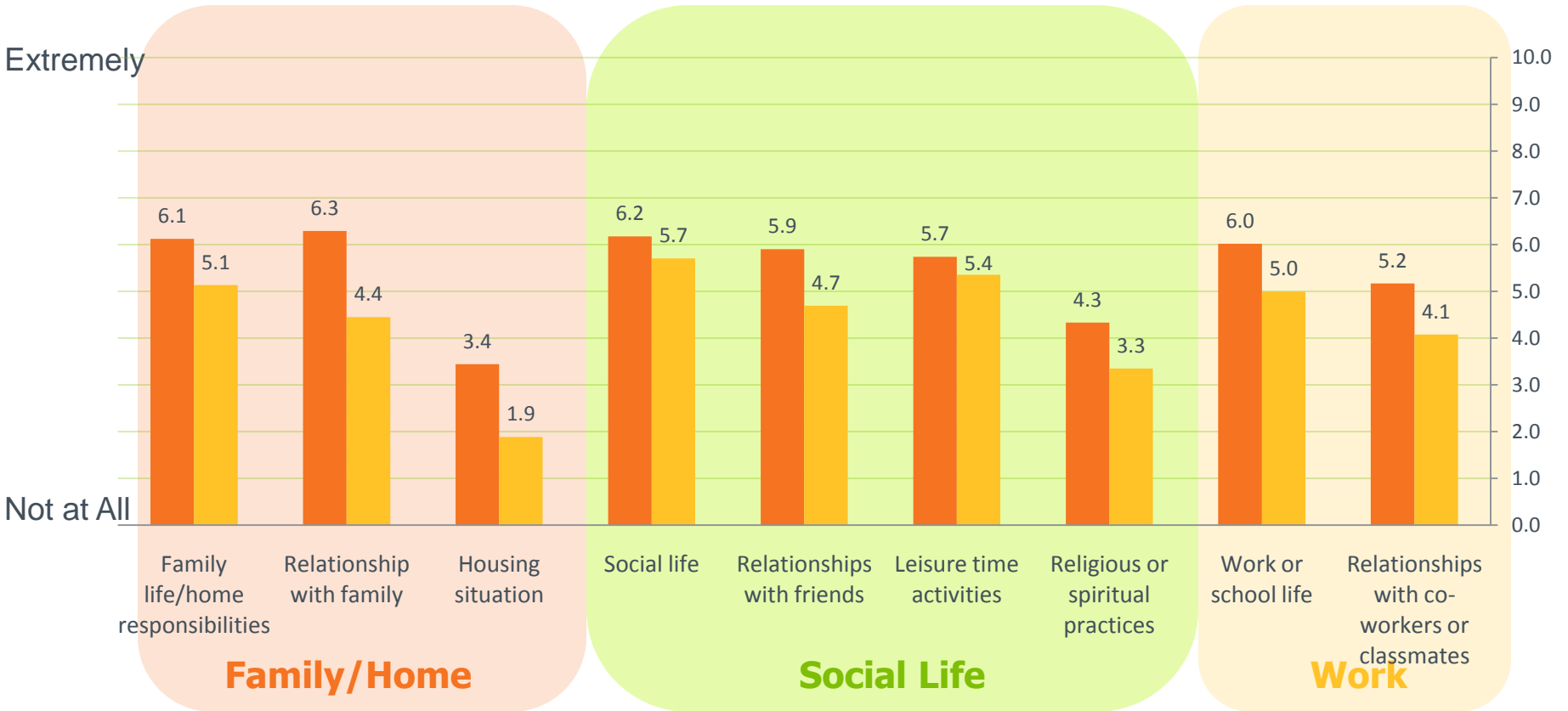
Q1105 Please rate the extent to which the symptoms of depression have disrupted the following aspects of your/ the person's life. (0=not at all; 10=extremely)

# Impact of Depression Symptoms on Sufferer's Life (cont.)

Caregivers report the symptoms of depression are more disruptive of family and home life compared to those living with depression.

## Areas of Life Affected by Depression Symptoms

Caregivers Living with Depression



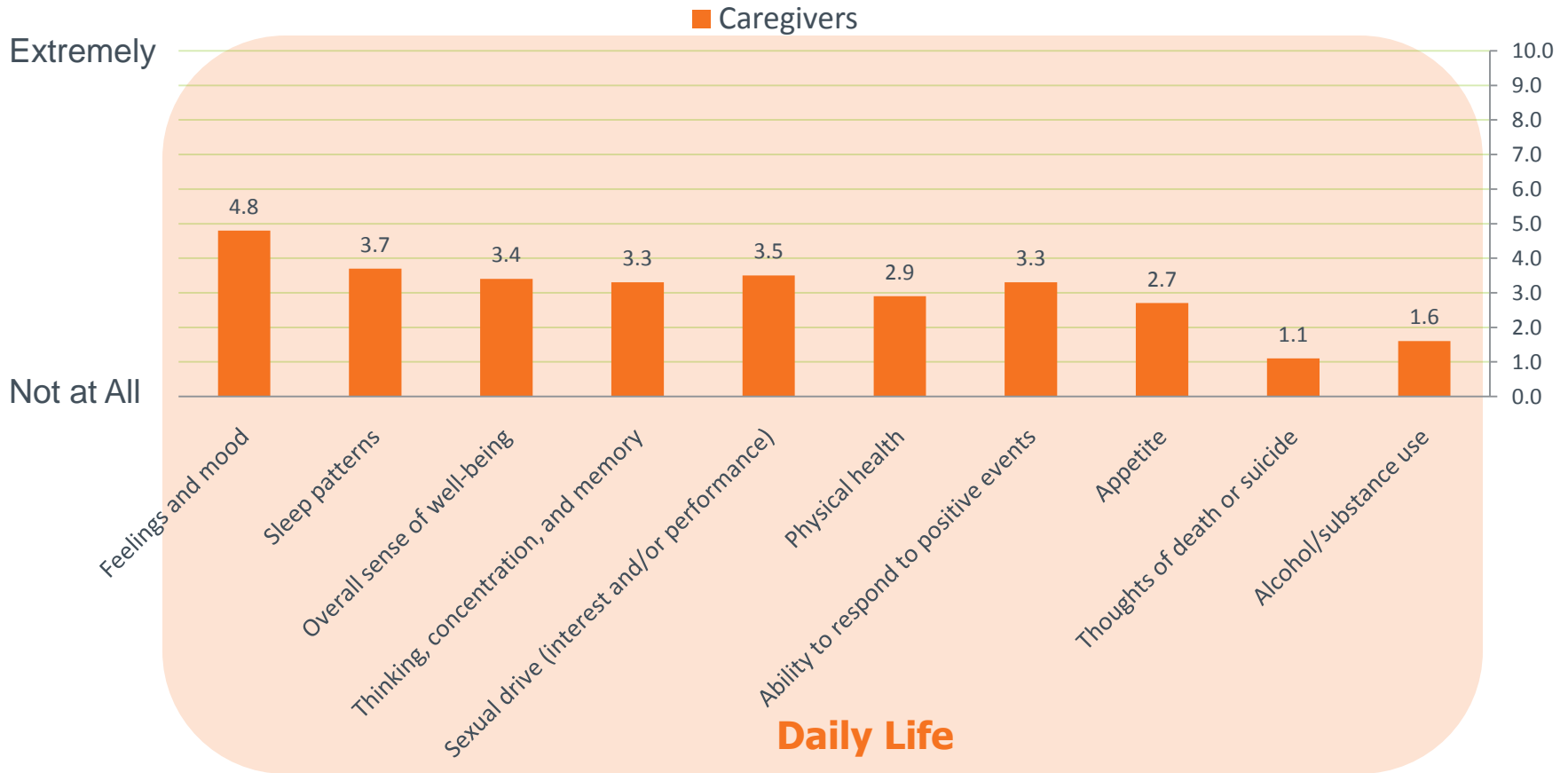
BASE: CG n=varies; LWD n=varies

Q1105 Please rate the extent to which the symptoms of depression have disrupted the following aspects of your/ the person's life. (0=not at all; 10=extremely)

# Impact of Depression Symptoms on Caregiver's Life

When asked to report how much the depressed person's symptoms affect aspects their (i.e., caregivers) lives, caregivers on average do not report extreme disruption. Feelings and mood is the area with the highest average disruption rating.

## Areas Caregiver's of Life Affected by Depression Symptoms



BASE: CG n=varies

Q1110 Please rate the extent to which the person's symptoms of depression have ever disrupted the following aspects of your life. (0=not at all; 10=extremely)

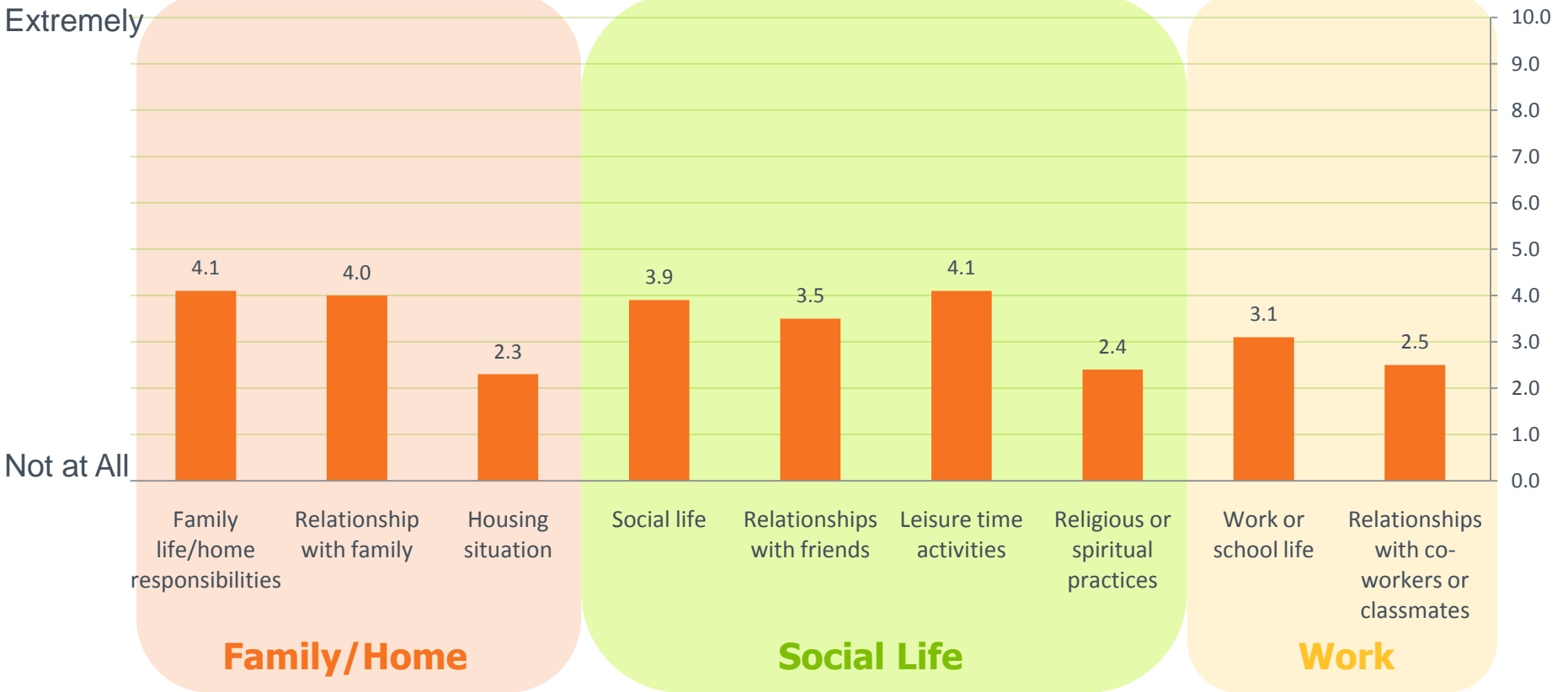


# Impact of Depression Symptoms on Caregiver's Life (cont.)

Besides feelings and mood, caregivers report their family/home life and leisure time activities are disrupted the most by the person's symptoms of depression.

## Areas of Caregiver's Life Affected by Depression Symptoms

■ Caregivers

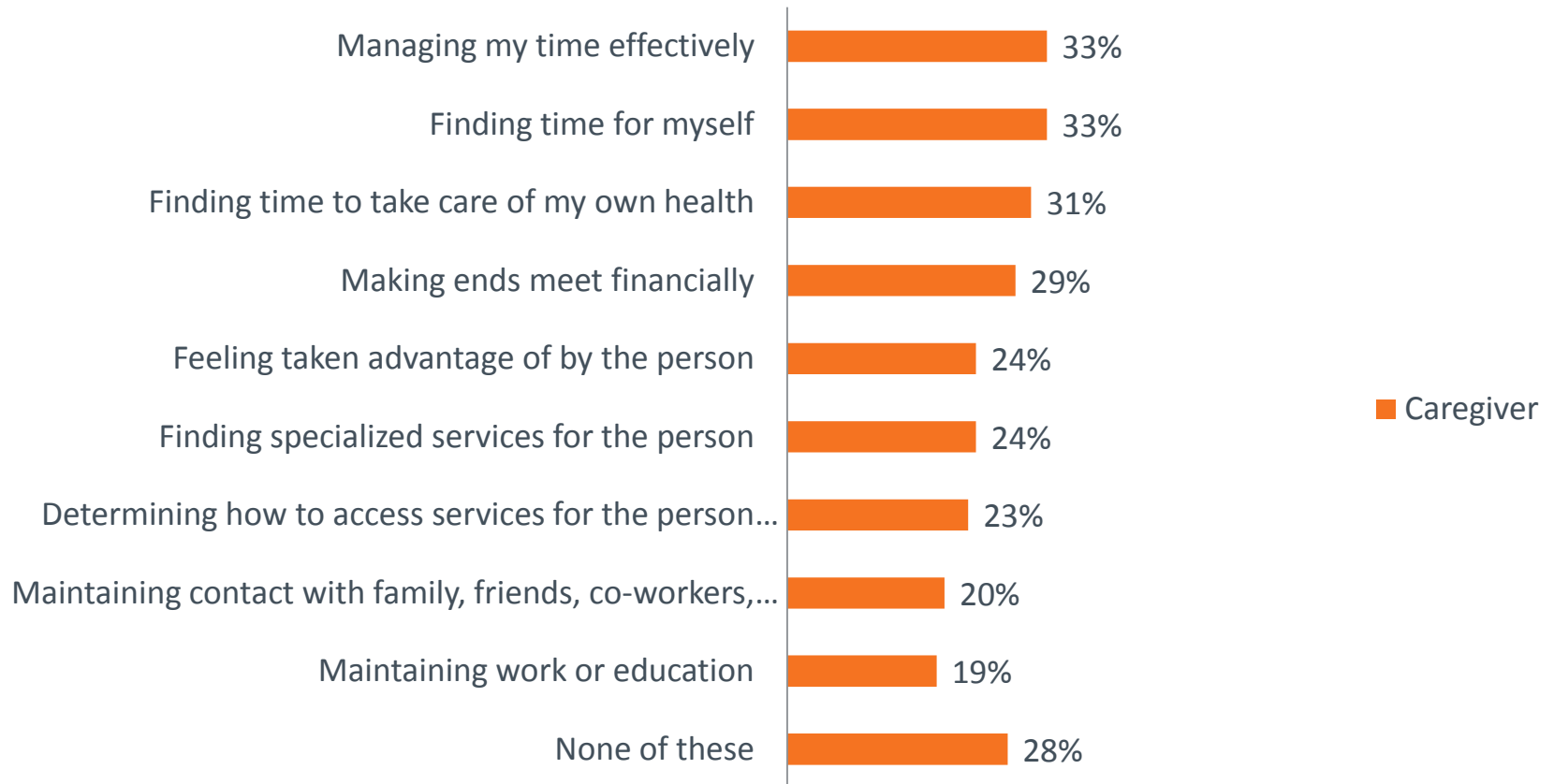


BASE: CG n=varies

Q1110 Please rate the extent to which the person's symptoms of depression have ever disrupted the following aspects of your life. (0=not at all; 10=extremely)

# Challenges of Caring for Someone with Depression

The top three most commonly identified statements by caregivers as challenges of caring for someone with depression are all related to time though over one-quarter (28%) of caregivers report they have not faced any of the challenges listed.



**BASE: CG n=263**

Q1115 Which of the following challenges have you faced when trying to provide support for the person? Please select all that apply.



# Experience with Treatment

## Key Findings - Experience with Treatment

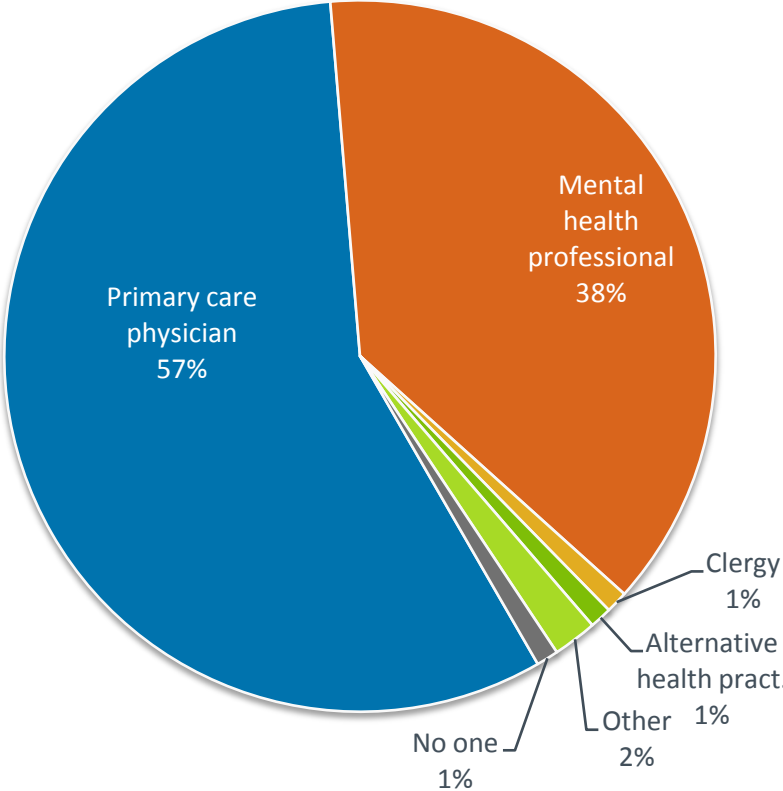
- **For most (57%) their primary care physician is the primary provider of treatment for depression.**
  - Regardless of the type of primary provider, approximately seven in ten (71%) of adults living with depression report they have been treated with respect and dignity and nearly two-thirds (63%) report their primary provider has compassion and concern for their treatment and well-being.
  - Although many seem to have a positive view of the manner in which they are treated by their provider, nearly one-fifth (19%) report they have experienced difficulty in finding the right medication and dosage.
  - One-third (33%) of adults with depression report they are receiving a “whole health” approach to care and fewer adults (8%) indicated they received a family centered approach to treatment.
- **Over one-third of adults living with depression (35%) report they are very/extremely satisfied with their current treatment. However, a similar amount (33%) report some dissatisfaction.**
  - Although the rates of use differ, both adults living with depression (67%) and caregivers (47%) report the use of psychiatric medication as the most common form of treatment.
    - When rating how helpful specific types of treatments they have used or currently use have been in improving symptoms, more adults living with depression report psychiatric medication (64%) has been helpful compared to other forms of treatment.

## Key Findings - Experience with Treatment (cont.)

- **The general population is unaware of many aspects of the treatment of depression including perceived consequences of inadequate treatment and the importance of relationships in dealing with depression.**
  - Over half of adults in the general population (53%) are unaware of the high treatment cost associated with inadequate treatment.
  - When estimating the importance of certain relationships in helping a person deal successfully with depression, the general population think most relationships are more important than what the adults living with depression report.
    - When compared to the ratings given by adults living with depression, the general public greatly over estimates the helpfulness of certain relationships including relationships with parents (70% vs. 43%), friends (62% vs. 38%), and siblings (64% vs. 35%).

# Primary Provider of Treatment

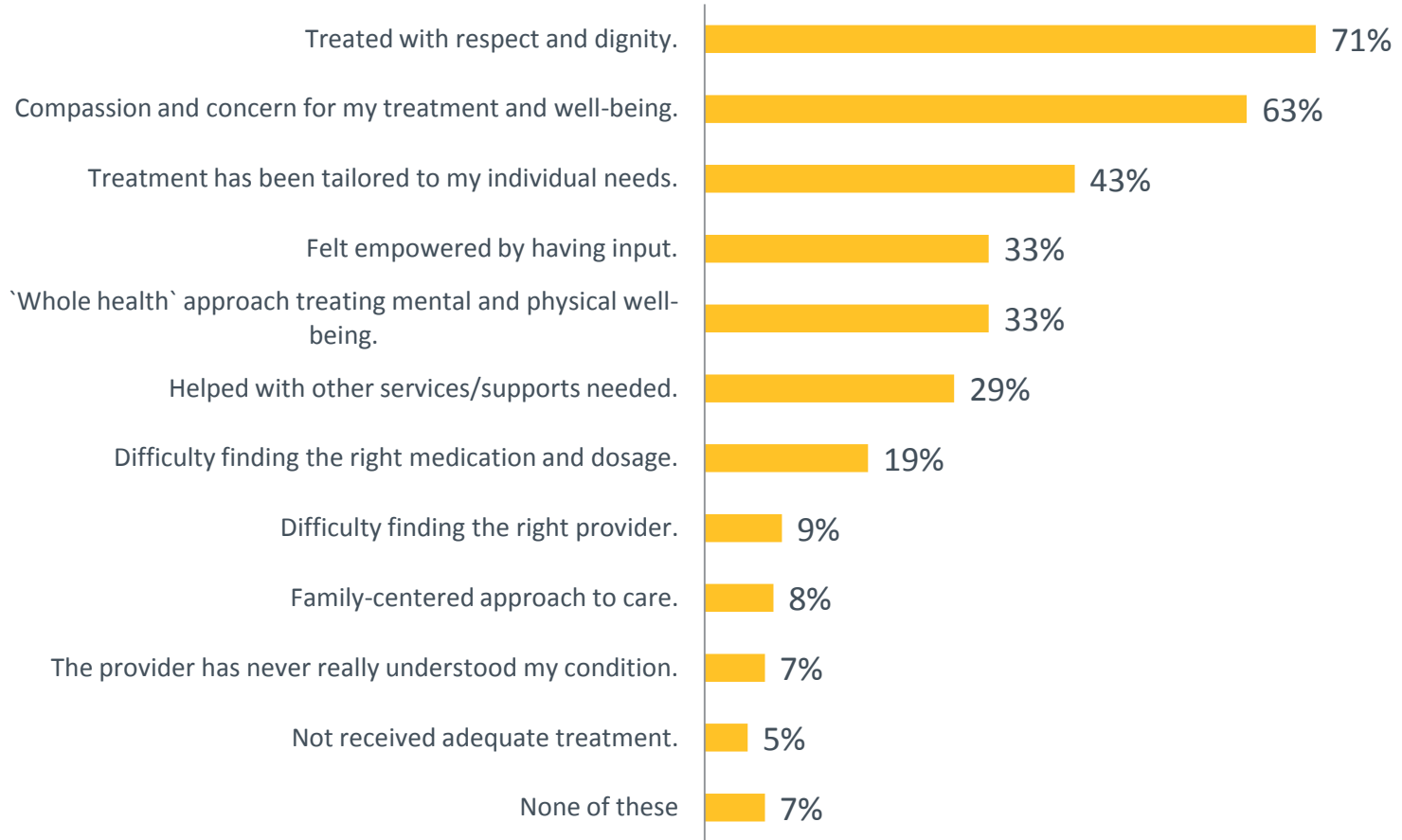
Most adults living with depression (57%) report their primary care physician is the primary provider of treatment for their depression. Approximately four in ten (38%) use a mental health professional as their primary provider.



**BASE: LWD n=513**  
Q1265 Who is the primary provider of treatment for your depression?

# Experience with Primary Provider

Over seven in ten of adults living with depression (71%) report they have been treated with respect and dignity and nearly two-thirds (63%) report their primary provider has compassion and concern for their treatment and well-being.

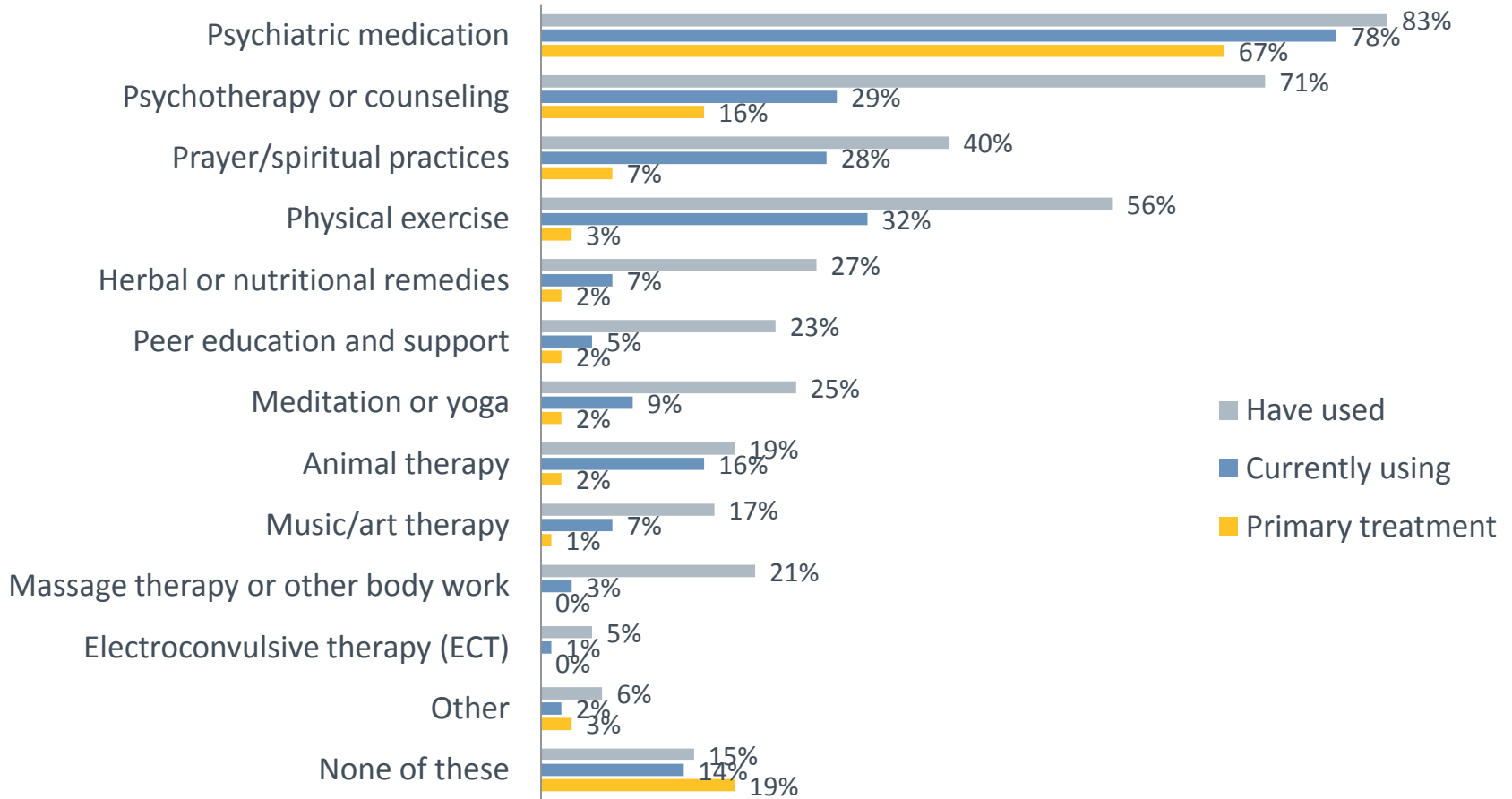


**BASE: Have PCP; LWD n=508**

Q1270 Which of the following describe your experiences with your primary treatment provider?

# Types of Treatment Used for Depression

Approximately two-thirds (67%) of adults in the depressed group report currently using psychiatric medication as their primary treatment.



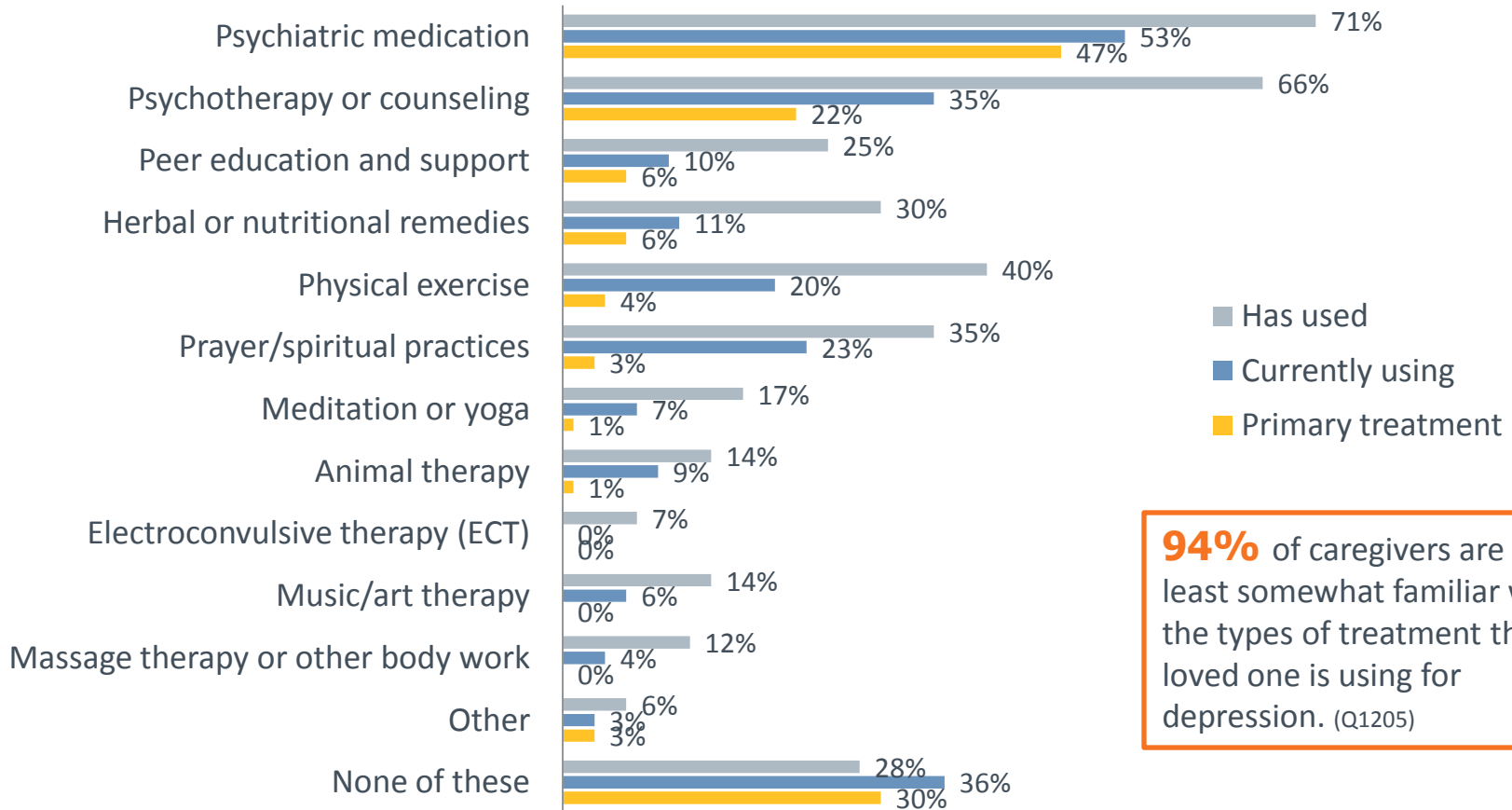
**BASE: LWD n=513**

Q1200 Please indicate which treatments you have used, are currently using and which you consider to be your primary form of treatment.



# Types of Treatment Used for Depression: Caregivers' Report

Caregivers report the person they care(d) for uses/used psychiatric medication and psychotherapy or counseling most commonly compared to other forms of treatment.



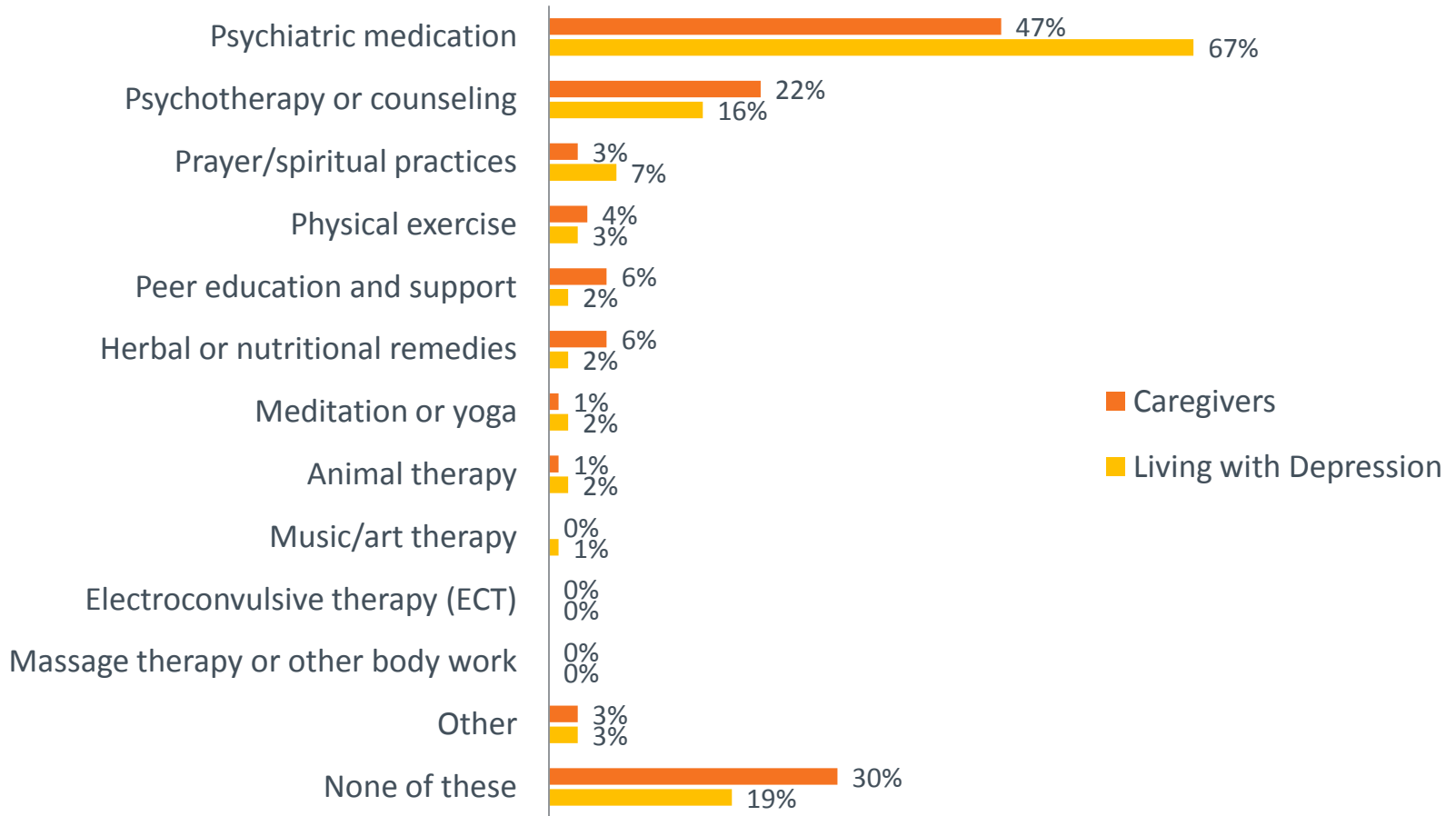
**94%** of caregivers are at least somewhat familiar with the types of treatment their loved one is using for depression. (Q1205)

**BASE: CG familiar with treatment n=245**

Q1210 Please indicate which treatments this person has used, is currently using and which you consider to be his/her primary form of treatment.

# Primary Treatment: Caregivers vs. Depressed Group

Approximately two-thirds (67%) of adults living with depression report currently using psychiatric medication as their primary treatment whereas less than half of caregivers (47%) report it is the primary treatment for the person for whom they provide care.

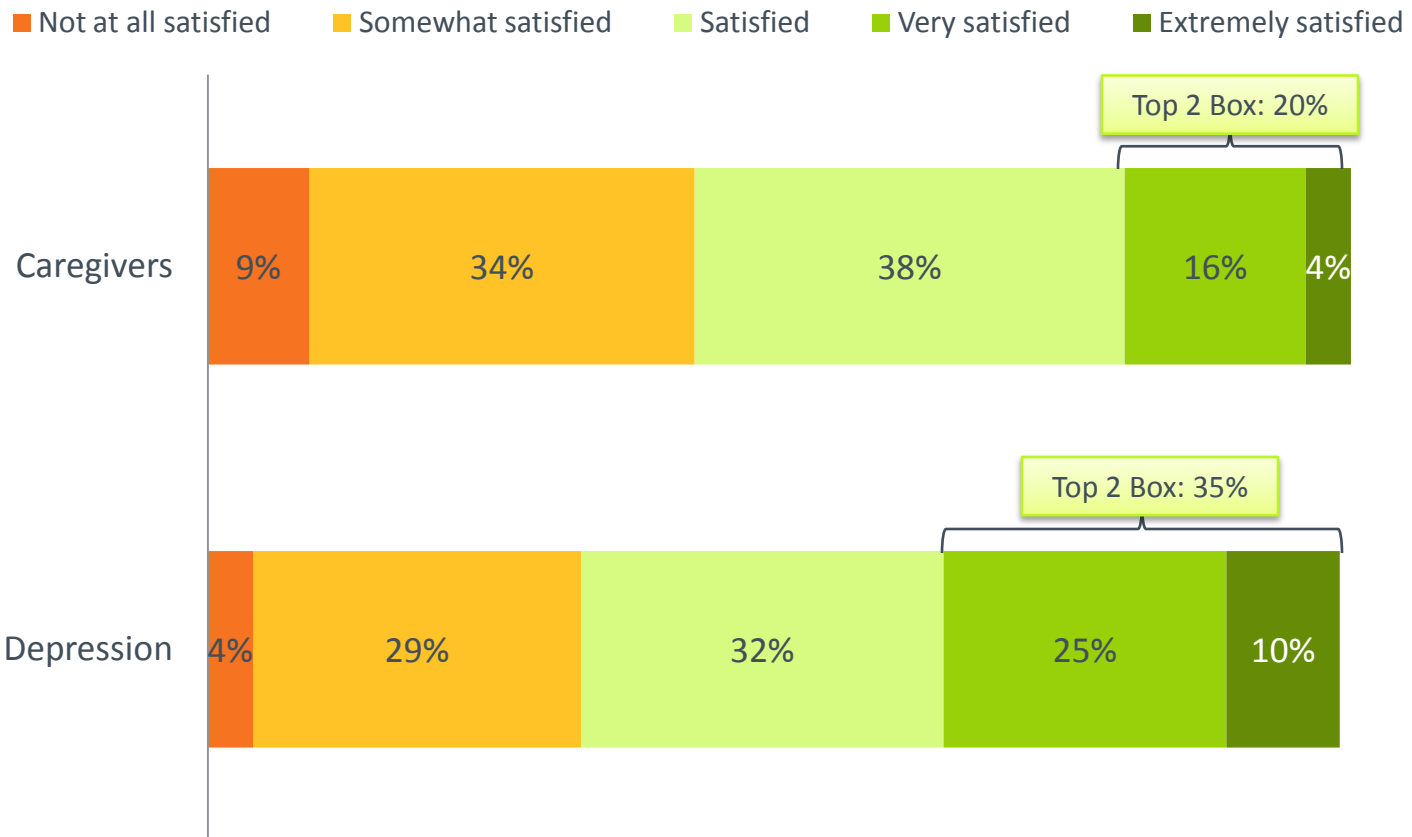


**BASE: CG n=245; LWD n=513**

Q1210 Please indicate which treatments this person has used, is currently using and which you consider to be his/her primary form of treatment.

# Satisfaction with Current Treatment

Approximately one-third (35%) of adults living with depression are very/extremely satisfied with their current treatment. Caregivers report fewer of the people (20%) they care for are satisfied with their current treatment.



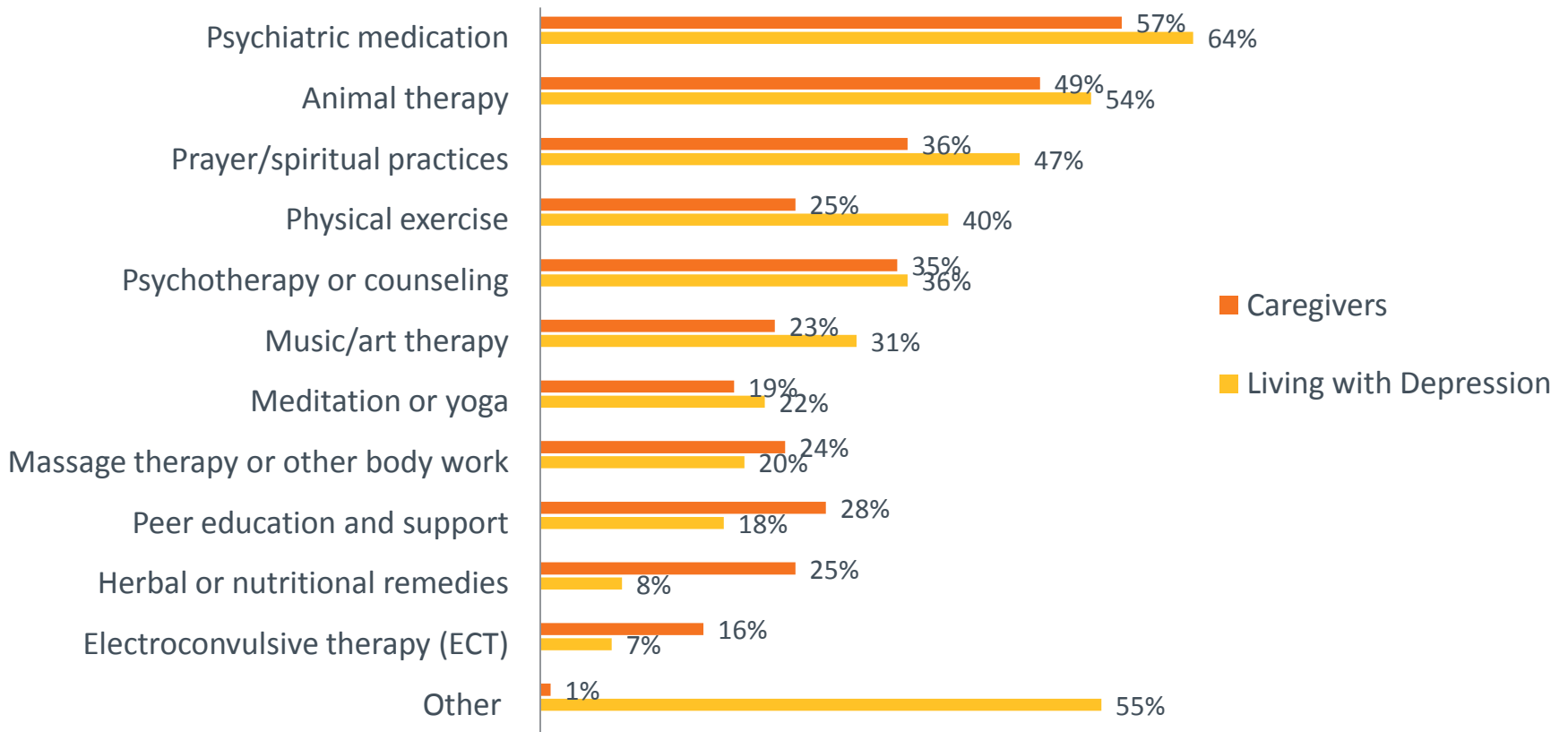
BASE: CG n=186; LWD n=513

Q1215 Overall, how satisfied are you/is the person with your/his/her current treatment?

# Helpfulness of Treatments

Nearly two-thirds of adults living with depression who have used/are using psychiatric medication report it has been extremely/quite a bit helpful. Although animal therapy was not used by as many adults, it over half of users (54%) found it to be extremely/quite a bit helpful.

Percentage Extremely/Quite a Bit Helpful



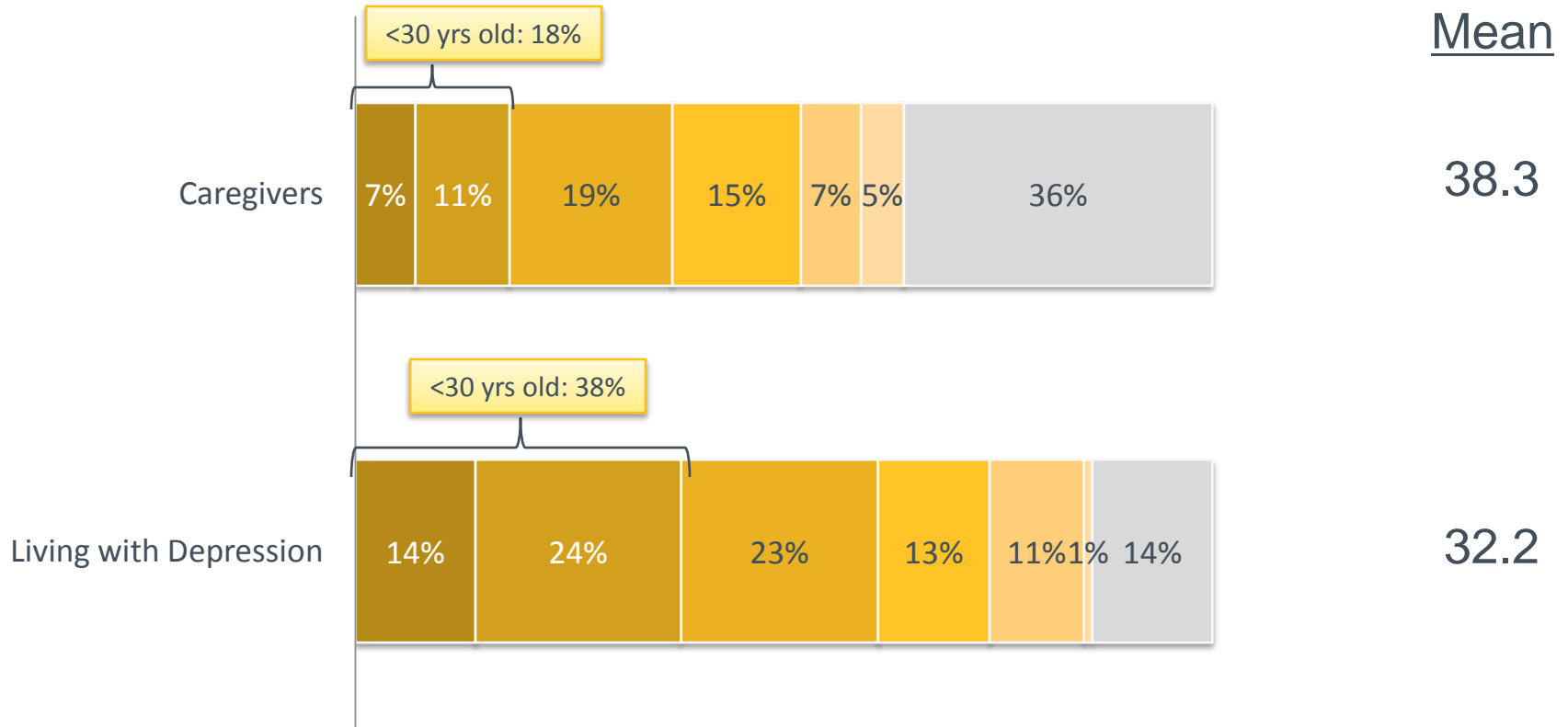
BASE: variable

Q1220 For the treatments you have/the person has used, please rate how helpful each has been in improving symptoms of your/his/her] depression.

# Age First Received Psychiatric Medication

Caregivers report the person they care(d) for first received psychiatric medication at mean of 38.3 years whereas those living with depression reported they first received medication at a mean of 32.2 years.

■ Under 18 ■ 18-29 ■ 30-39 ■ 40-49 ■ 50-64 ■ 65+ ■ Unsure

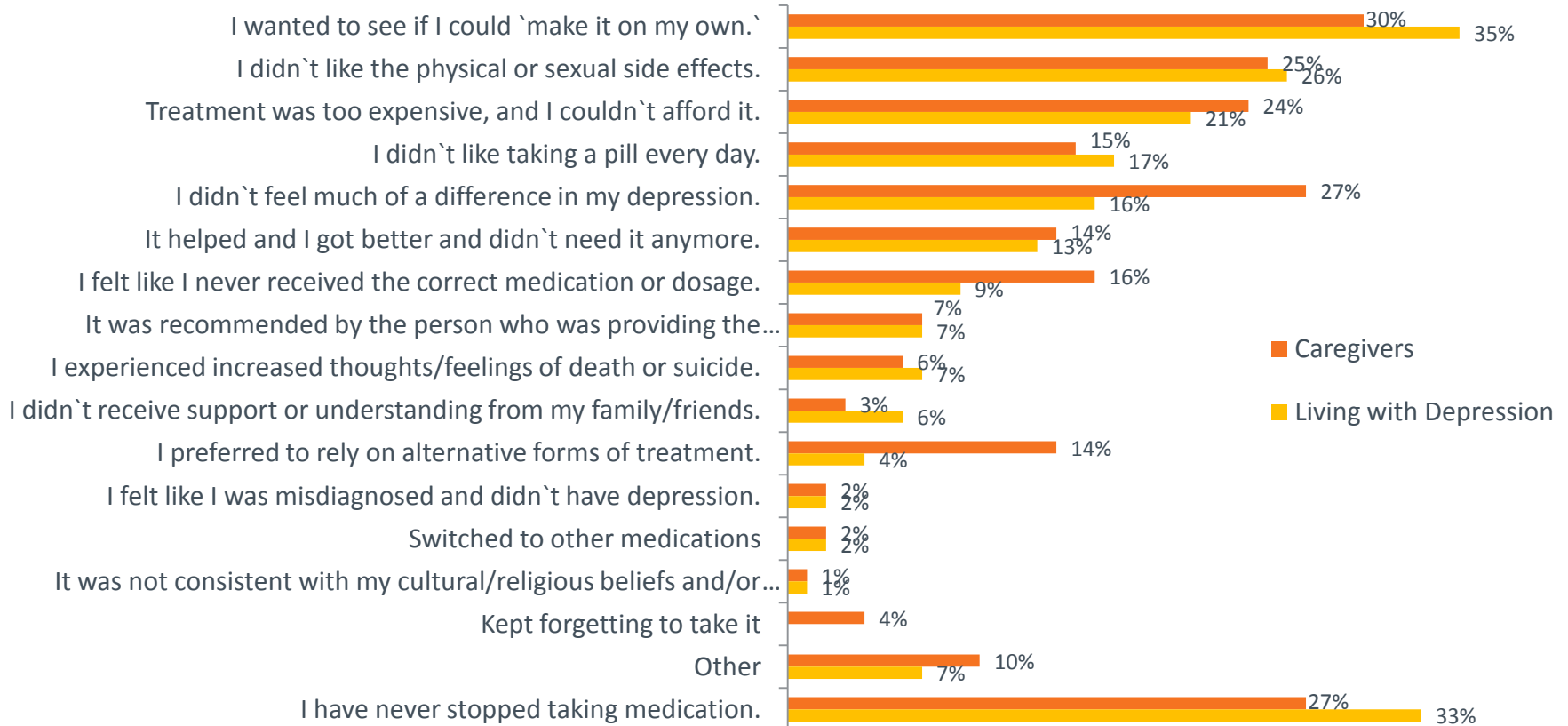


BASE: CG n=187; LWD n=430

Q1225 At what age did you/the person first receive psychiatric medication as treatment for depression? Enter 999 if you are not sure.

# Reasons for Stopping Medication

If an adult stopped taking their medication, the most commonly chosen reason was because they wanted to see if they could make it on their own. One-third of adults living with depression (33%) report they have never stopped taking their medication.



Note: Only responses ≥1% are shown.

**BASE: CG n=177; LWD n=430**

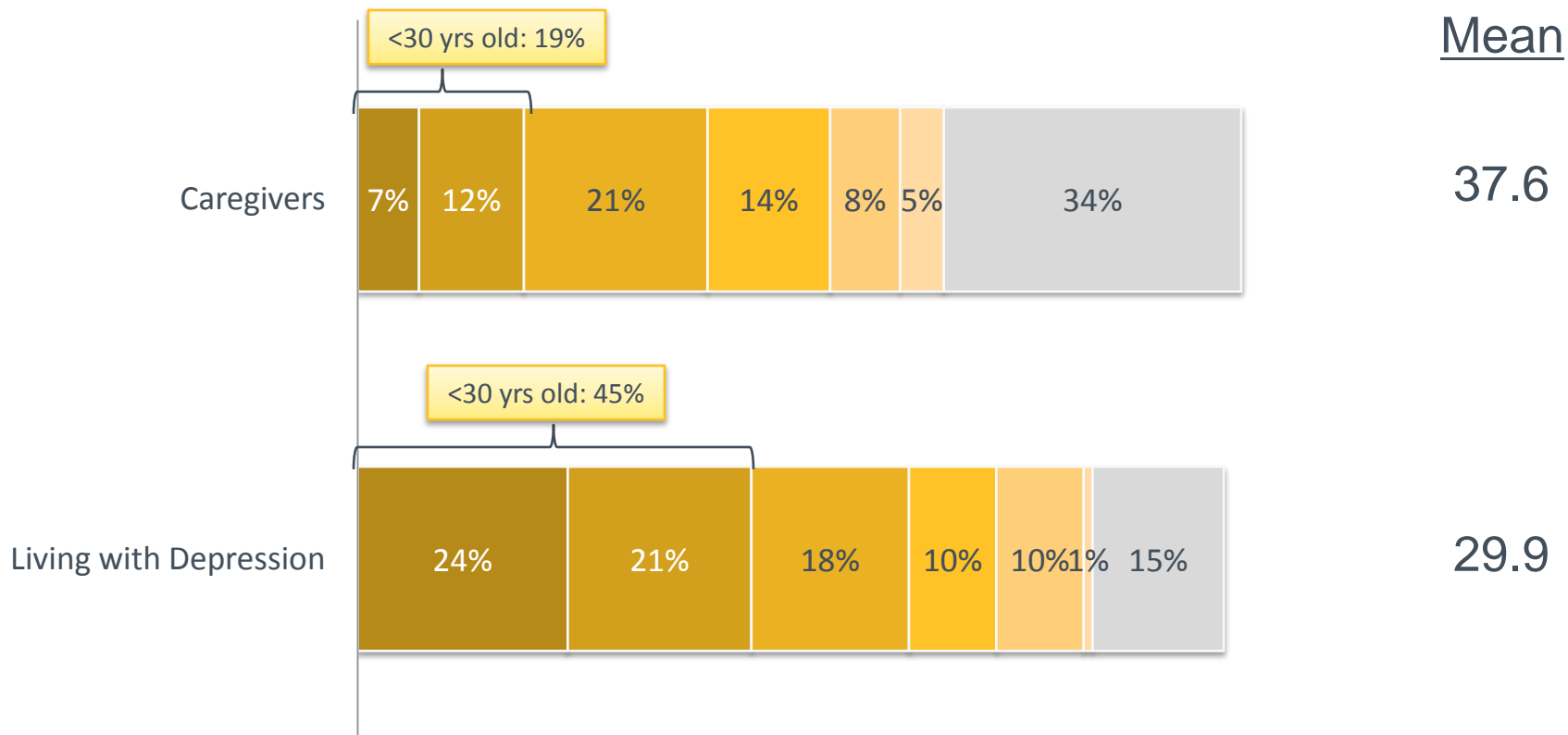
Q1230 If you ever stopped taking medication, which of the following were the reasons why you did so? Please select all that apply.

Q1235 If the person ever stopped taking medication, which of the following were the reasons why he/she did so? Please select all that apply.

# Age First Received Psychotherapy or Counseling

Again, caregivers estimate the average age of when psychotherapy or counseling was initiated with the person they care(d) for to be higher than what adults living with depression report (37.6 years vs. 29.9 years, respectively).

■ Under 18 ■ 18-29 ■ 30-39 ■ 40-49 ■ 50-64 ■ 65+ ■ Unsure

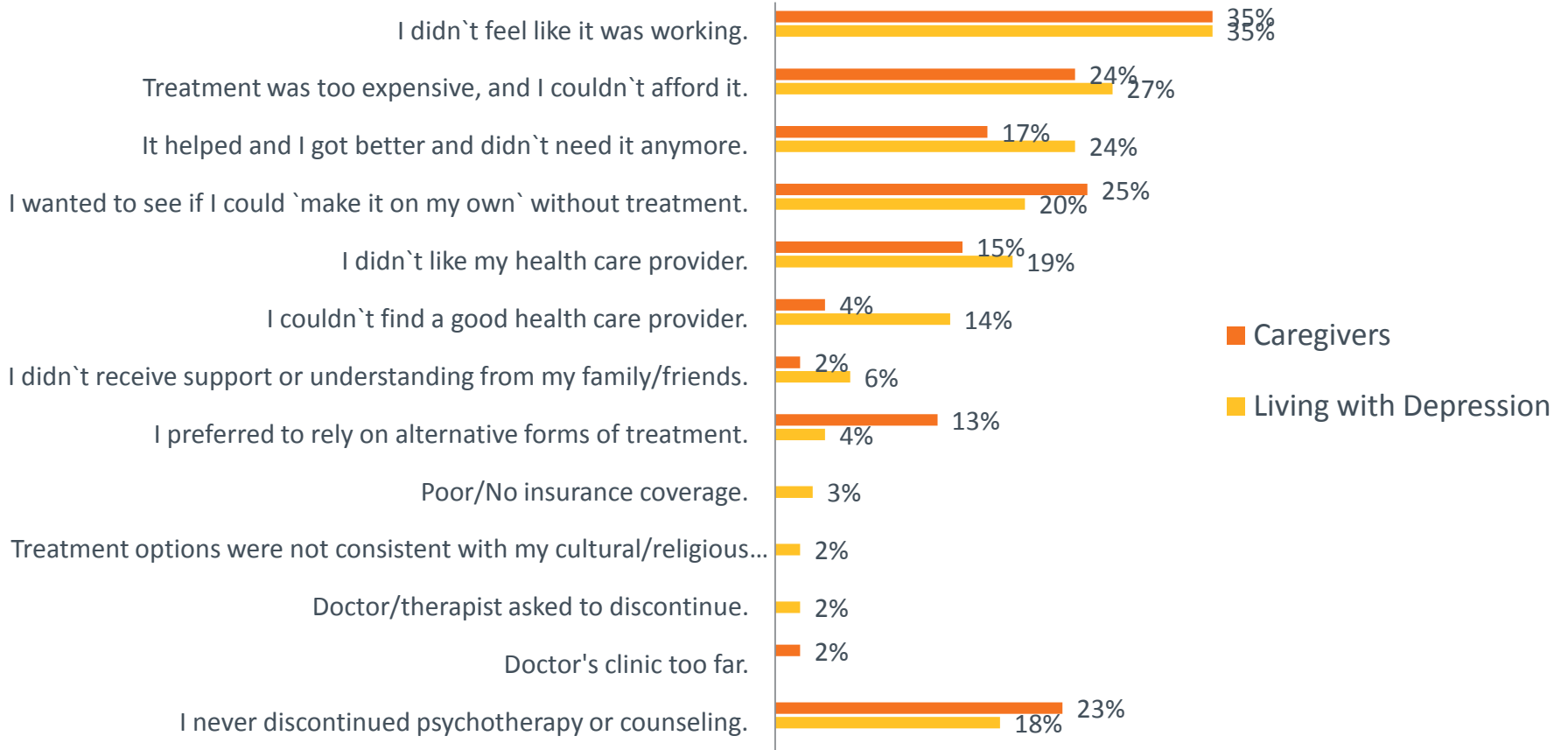


BASE: CG n=174; LWD n=361

Q1240 At what age did you/the person first receive psychotherapy or counseling as treatment for depression?

# Reasons for Stopping Psychotherapy or Counseling

If an adult stopped psychotherapy or counseling, the most commonly chosen reason was because they did not feel as though it was working. This was also the reason most commonly selected by caregivers.



Note: Only responses >1% are shown.

**BASE: CG n=153; LWD n=361**

Q1245 If you ever discontinued psychotherapy or counseling, which of the following were the reasons why you did so? Please select all that apply.

Q1250 If the person ever discontinued psychotherapy or counseling, which of the following were the reasons why he/she did so? Please select all that apply.

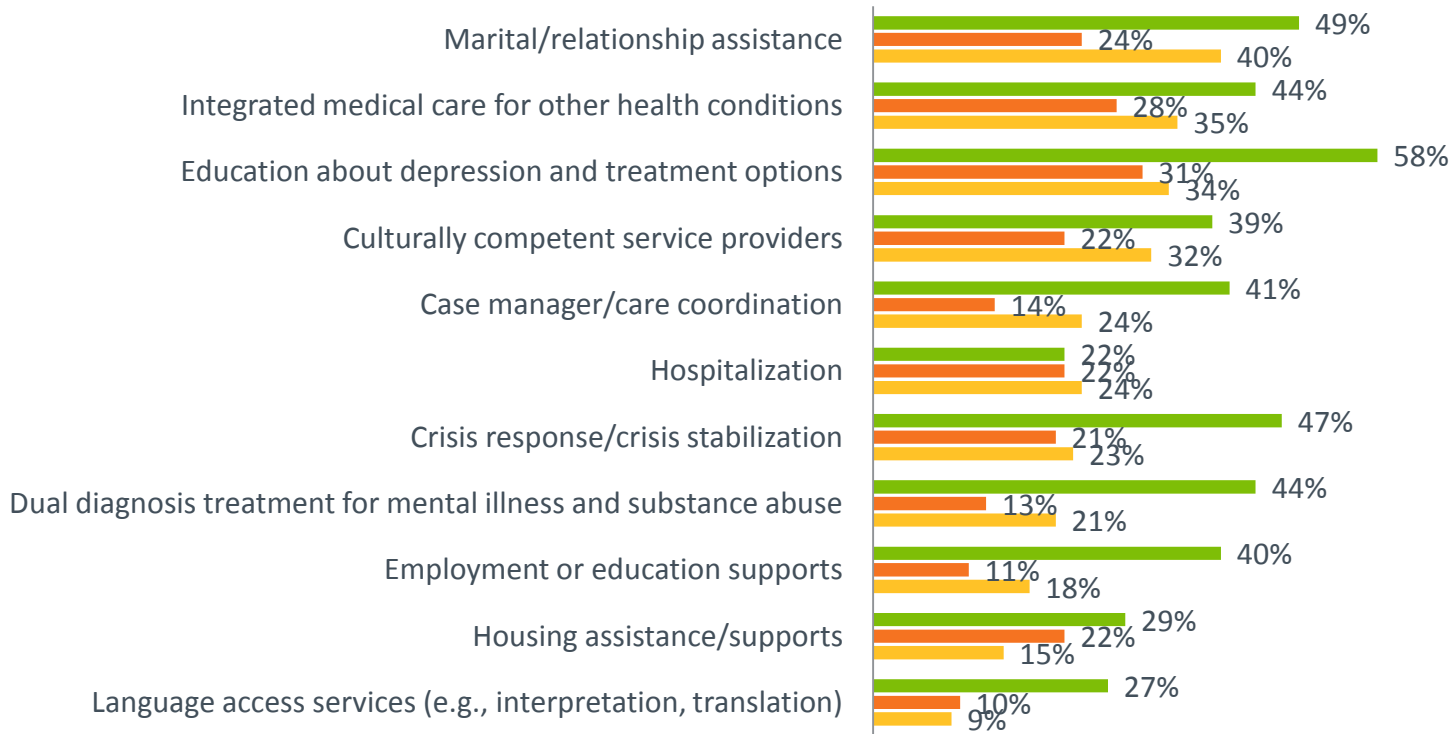


# Helpfulness of Services/Supports

When comparing the general population with adults living with depression, it is clear there is a disconnect between what the general population assumes would be helpful and what those living with depression find helpful while dealing with symptoms of depression.

## Top 2 Box: Extremely/Quite a bit helpful

■ Gen Pop ■ Caregiver ■ Living w/Depression



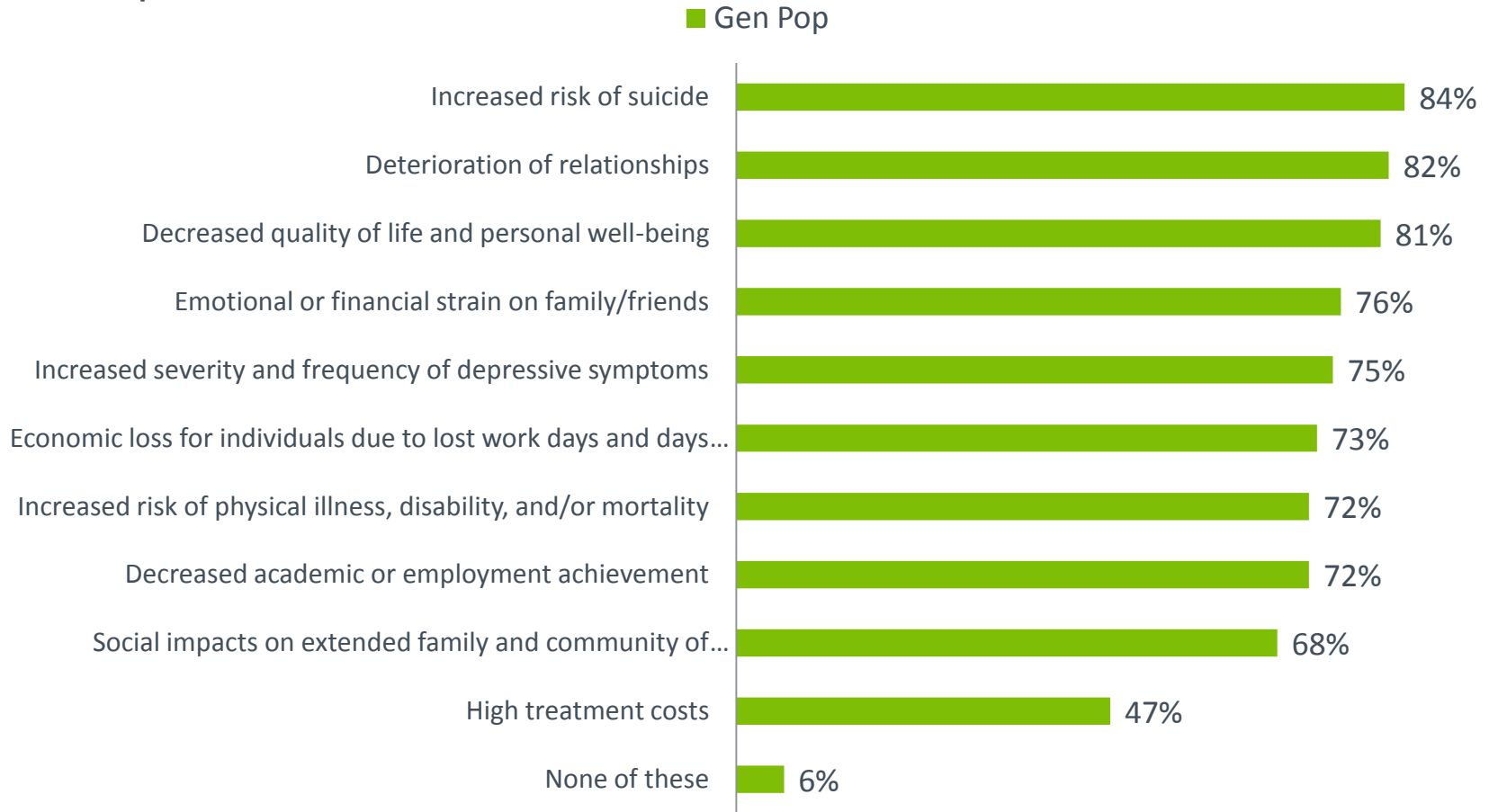
**BASE: GP n=1015; CG n=varies; LWD n=varies**

Q1255 For the following list of services/supports, please rate how helpful each has been while dealing with symptoms of your/his/her depression.

Q1260 For the following list of services/supports, please rate how helpful you think each would be to a person while dealing with his/her symptoms of depression.

# Perceived Consequences of Inadequate Treatment

More adults in the general population selected increased risk of suicide, deterioration of relationships, and decreased quality of life and personal well-being as consequences of inadequate treatment compared to the other consequences listed below.



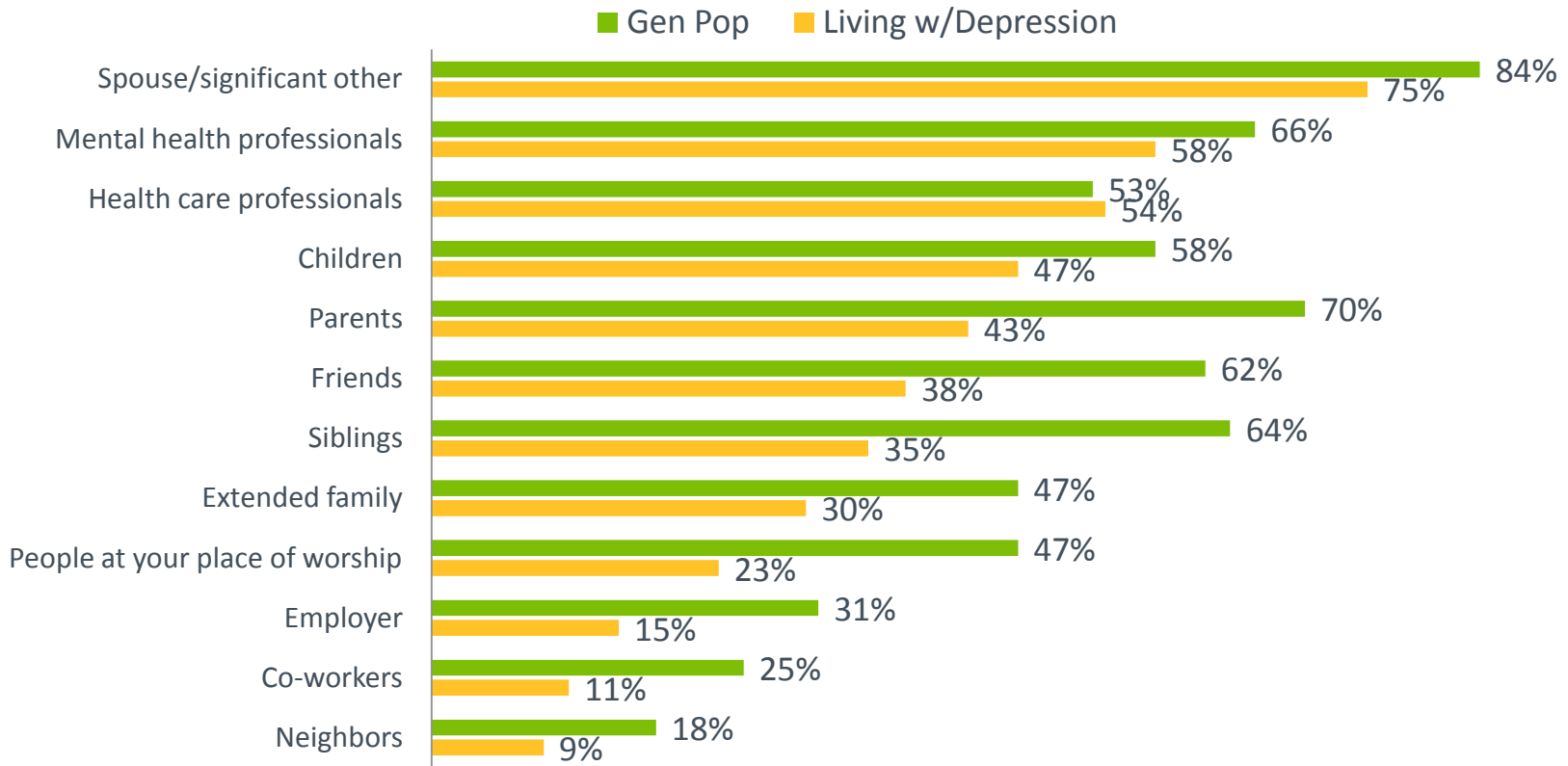
**BASE: GP n=1015**

Q1275 Which of the following, if any, can be consequences of not adequately receiving treatment for depression? Please select all that apply.

# Importance of Relationships in Dealing with Depression

When estimating how important certain relationships are in helping a person deal successfully with depression, the general population reports that nearly all relationships are important though adults living with depression do not report that that has been their experience.

## Top 2 Box: Extremely/Very important



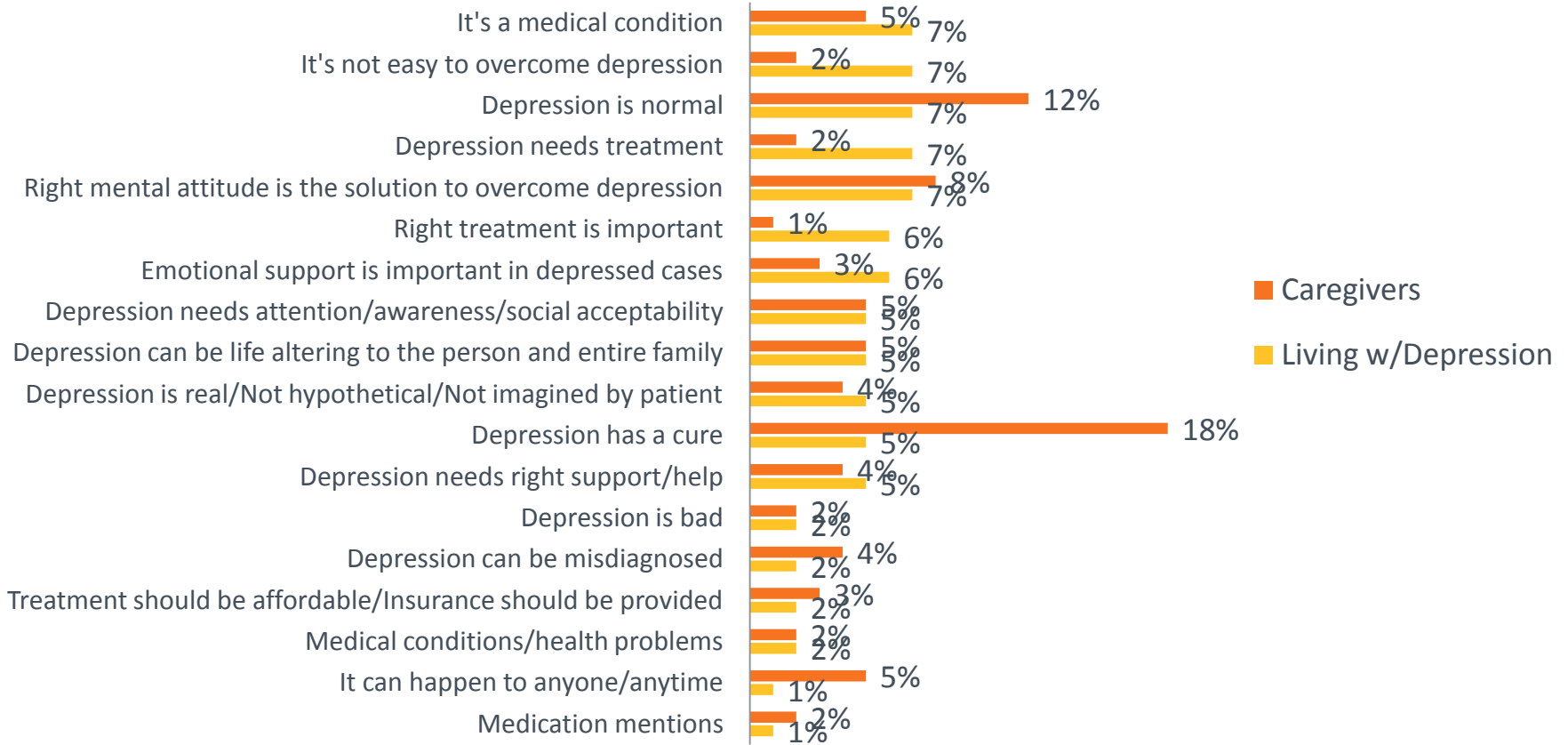
**BASE: GP n=1015; LWD n=varies**

Q1300 How important are the following relationships in helping you deal successfully with your depression?

Q1305 How important do you think the following relationships are in helping a person deal successfully with depression?

# Messages for the General Public From Adults Living with Depression and Caregivers

When adults living with depression were asked to share information they felt was important for the general public to know, responses included descriptions of depression, the importance of supports and services, as well as causes of depression. Caregivers were more likely to mention that depression is normal and it has a cure.



BASE: CG n=120; LWD n=272

Q1320 (D 50/CG 51) Would you like to share any additional information you feel is important for the general public to know about depression?



# Demographic Data

# Demographic Data

	GP	CG	LWD
<b>Gender</b>			
Male	56%	41%	38%
Female	44%	59%	62%
<b>Age</b>			
18-24	16%	5%	7%
25-34	12%	11%	16%
35-44	17%	17%	19%
45-54	19%	24%	26%
55-64	16%	29%	17%
65+	20%	14%	15%
<i>Mean</i>	<i>46.1</i>	<i>50.0</i>	<i>47.4</i>
<b>Region</b>			
East	21%	22%	17%
Midwest	21%	27%	27%
South	36%	35%	32%
West	23%	17%	24%

	GP	CD	LWD
<b>Employment Status</b>			
Full-time	43%	44%	41%
Part-time	23%	25%	18%
Self-employed	12%	23%	12%
Not employed, looking	11%	6%	6%
Not employed, not looking	23%	22%	16%
Retired	22%	25%	20%
Unable to work	5%	14%	24%
Student	16%	9%	12%
Stay-at-home	10%	15%	14%
<b>Education</b>			
High school or less	50%	36%	36%
Attend college or college grad	42%	47%	50%
Attended grad school or graduate degree	8%	17%	14%

# Demographic Data

	GP	CG	LWD
<b>Comparative Income</b>			
Very much below average	4%	5%	9%
Below average	6%	17%	10%
Somewhat below average	14%	16%	15%
About average	22%	18%	20%
Somewhat above average	15%	17%	17%
Above average	7%	6%	6%
Very much above average	2%	3%	2%
Decline to answer	6%	2%	4%
Unknown	24%	15%	18%