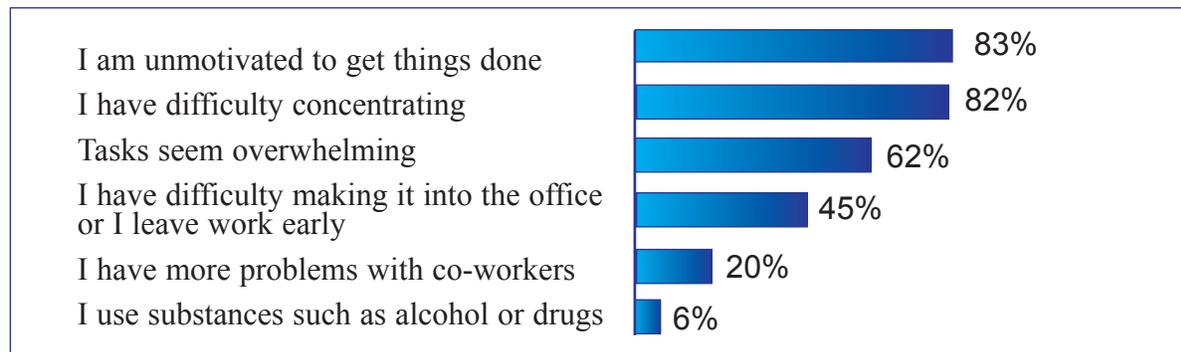


# RESEARCH MEASURES THE IMPACT DEPRESSION HAS ON THE WORKPLACE

*In a study, researchers surveyed 443 employees at companies with at least 500 employees. The survey was sponsored by the University of Michigan Depression Center and supported by Eli Lilly and Company.*

## Employees State How Depression Interferes in Their Performance

Employees were asked: Which, if any, of the following ways does your depression interfere with your ability to carry out your normal responsibilities while at work?



The study states that Benefit Managers believe loss in productivity due to depression is five times more costly to companies than treating disease.

## The Majority of Employees Are Not Receiving The Help They Need

Though many businesses provide employees with comprehensive benefits packages and offer some form of Employee Assistance Program (EAP), the research suggests that the majority of their employees who are depressed or suicidal are not receiving care or treatment.

- 89% of benefit managers and 76% of middle managers said employees with depression can acknowledge their illness and still get ahead at their company but *only 40% of the employees agreed.*
- over 90% of managers said people at their company can acknowledge they have depression and be treated with compassion but *only 50% of the employees themselves felt the same way.*
- most middle managers believe assisting employees with depression is part of their job but *only 18% have received the training necessary to identify depression and intervene successfully.*
- 65% of benefits managers report having an employee assistance program (EAP) for depression but *only 14% of employees with depression have ever accessed one.*

## Support and Treatment Improves Workplace Productivity

88% of those who felt depression had interfered in their ability to work answered "Yes" when asked: Would you say your effectiveness at work and your ability to meet your work responsibilities improved once you received treatment for your depression?

From "Is Depression a Roadblock to Career Success? A Study of Depression in the Workplace" presentation by Thomas Carli, MD, Director, Community and Corporate Programs, University of Michigan Depression Center, 2004; "Employer/Employees See Depression Differently," WebMD Health News, March 22, 2004