

Understanding major depressive disorder (MDD): patient, caregiver and public perceptions



What is MDD? Major depressive disorder (MDD) is a serious and debilitating health condition that affects more than **2 million** adults in the UK.^{1,2}

MDD is diagnosed when at least five symptoms of depression, which must include depressed mood and/or loss of interest or pleasure in activities, cause clinically significant distress or impaired functioning almost every day for at least a two-week period.³ Other symptoms may include:³

- 
disturbances
in sleep
- 
appetite
changes
- 
loss of
sexual desire
- 
suicidal
thoughts
- 
slowing of
speech/action

Depressive episodes usually last significantly longer than two weeks, for months or even years and can be recurrent. Symptoms can vary in their severity and persistence.³



Three-quarters of people with MDD are frustrated they can't stop feeling depressed...



and **half** have recurrent thoughts of death.⁴

MDD creates a ripple effect across many aspects of a person's life.

Work or study⁴



Over **a third** have had to **give up work or study** completely.

A quarter take time off due to their condition, an average of **5 days per month**.

Only **half** those in work or study **admit to telling their colleagues** about their condition, yet... **75%** say it affects their ability to work or study.

Half of those with MDD experience **a negative financial impact**.



Relationships⁴



60% say their condition affects their relationships.

Health⁴



58% say MDD impacts their physical health.

Overall quality of life⁴



80% say it has a major impact on their quality of life.

78% say it impacts their social life.

Two-thirds struggle to leave the house.

The burden of depression affects not only patients themselves but can also affect their caregivers and families.

Mental health:⁴



70% say their mental health is impacted.

75% feel disconnected from others.

Quality of life:⁴



Over 9/10 say their quality of life is impacted.

Over 9/10 feel drained or exhausted.

Daily living:⁴



53% say it impacts on their personal relationships.

51% experience an impact on their social life.



People with MDD feel their condition is misunderstood and stigmatised and that others do not realise the full impact of depression.

80% strongly agree that others **don't understand** what it is like to experience depression.⁴

9 out of 10 feel that people are **less sympathetic** to depression than to a physical illness.⁴

Only half feel their doctor understands what they are going through.⁴

Only 39% have **heard** of MDD.⁵

Only 14% could **correctly identify** all the main symptoms.⁵

Two-thirds (66%) didn't know that **1 in 5 people** are **likely to be affected by MDD** at some point in their lives.⁵

Over a third (39%) felt they had a **poor or very poor understanding** about the impact MDD has on someone's life.⁵

79% agree that **stigma and/or discrimination** around depression and mental health still exist.⁵

WHY?



75% said **reluctance to talk openly** about mental health.⁵



47% said **not enough practical advice** about how to break stigma.⁵



55% said **not enough information** about different types of mental health conditions.⁵

Most people with MDD conceal the true impact of their depression:

73% try and keep their **depression** a secret.⁴

Almost 9 out of 10 people try and **hide the effect** it has on them.⁴

48% have **not told** their work colleagues.⁴

51% thought that **someone close to them with MDD** would hide it.⁵

WHY?



66% said **fear of being stigmatised or discriminated against**.⁵



60% said **fear of it impacting their relationships with others**.⁵



72% said **fear of not feeling understood**.⁵

When someone feels they can open up to a friend or loved one about their MDD it can be the first step to getting professional help.

However, some people have concerns about how to approach the conversation with a person with MDD.⁵



41% worried about **upsetting them**.



33% don't know enough about **moderate or severe depression/major depressive disorder**.



31% wouldn't know how to **provide support**.



33% worried about **making their MDD worse**.

ABOUT BREAKING DEPRESSION

Breaking Depression aims to tackle misconceptions and stigma surrounding MDD, encourage open and honest conversations about mental health, and help support people living with or caring for someone with MDD. Empowering those affected by MDD be more open about their condition and have the confidence to seek support is an important first step in the journey to recovery.

This material has been co-created by Janssen-Cilag Limited and SANE mental health charity, and funded by Janssen

Janssen Neuroscience
PHARMACEUTICAL COMPANIES OF Johnson & Johnson

SANE

FOR MORE INFORMATION AND SUPPORT

Learn more about MDD, and find support and resources at

www.breakingdepression.co.uk

Share your support today #BreakingDepressionUK

SANEline is a national out-of-hours mental health helpline offering specialist emotional support, guidance, and information to anyone affected by mental illness, including family, friends, and carers. You can contact SANEline on **07984 967 708**. If you leave your name and a message, a mental health professional will call you back.

1. McManus S, et al. (2016) Mental Health and Wellbeing in England: Adult Psychiatric Morbidity Survey 2014. Available at: https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/556596/apms-2014-full-rpt.pdf. Last Accessed November 2020.

2. Office for National Statistics (2018) Population estimates for the UK, England and Wales, Scotland and Northern Ireland: mid-2017. Available at: www.ons.gov.uk/peoplepopulationandcommunity/populationandmigration/populationestimates/bulletins/annualmidyearpopulationestimates/previousReleases. Last Accessed November 2020.

3. American Psychiatric Association. (2013). Diagnostic and statistical manual of mental disorders (5th ed.). Arlington, VA: American Psychiatric Publishing

4. Major Depressive Disorder: Patient & Caregiver Research conducted by Synergy Health Research on behalf of Janssen and SANE, August-September 2019. Data on file 2019.

5. Perceptions of Depression: Omnibus survey conducted by YouGov on behalf of Janssen, October 2020. Data on file 2020.