

# 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**<sup>1,2</sup>

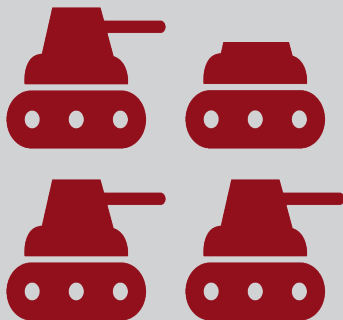
1. World Bank. Total population. Available at: <http://data.worldbank.org/country/mexico> Last accessed: August 2016;  
2. Kessler et al. *Epidemiology and Psychiatric Sciences*. 2015;24(03):210–226

## Depression costs Mexico more than US\$14 billion in lost productivity (absence from work, and attending work while unwell)<sup>1</sup>



**US\$14b**  
Lost Productivity

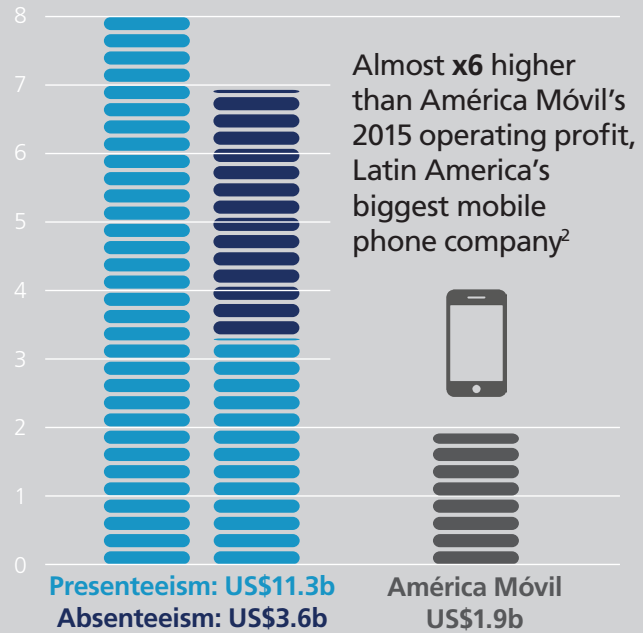
Almost **x2** higher than the total Mexican budget for defence<sup>2</sup>



**US\$7.5**  
Mexican Defence Budget

1. Evans-Lacko, S. & Knapp, M. *Soc Psychiatry Psychiatr Epidemiol* (2016). doi:10.1007/s00127-016-1278-4;  
2. Refurbishing the force: Mexico's 2015 defense spending. Available at: [www.eldailypost.com/security/2015/04/re-equipping-the-force-mexicos-2015-defense-spending-2/](http://www.eldailypost.com/security/2015/04/re-equipping-the-force-mexicos-2015-defense-spending-2/) Last accessed: August 2016

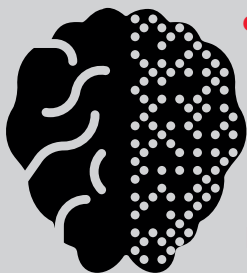
## Depression-related presenteeism\* costs Mexico US\$11.3 billion<sup>1</sup> (\*attending work while unwell)



**Pr** Key: Presenteeism (attending work while unwell)  
**Ab** Absenteeism (unscheduled absence from work)  
● 2015 operating profit of América Móvil

1. Evans-Lacko, S. & Knapp, M. *Soc Psychiatry Psychiatr Epidemiol* (2016). doi:10.1007/s00127-016-1278-4;  
2. América Móvil annual profits fall despite fourth quarter recovery. Available at: [www.ft.com/cms/s/0/5f2ba6b8-cf8c-11e5-986a-62c79fcbcead.html#axzz40SFPTBNt](http://www.ft.com/cms/s/0/5f2ba6b8-cf8c-11e5-986a-62c79fcbcead.html#axzz40SFPTBNt) Last accessed: August 2016

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<sup>1</sup>, causing significant impairment in work function and productivity<sup>2</sup>

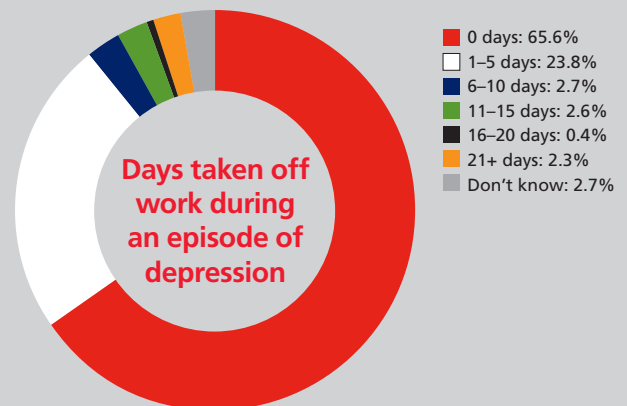


Cognitive symptoms are a crucial factor affecting workplace performance in people with depression

1. Conradi HJ et al. *Psychological Medicine*. 2011;41:1165–1174;  
2. Greer TL et al. *CNS Drugs*. 2010;24(4):267–284

McIntyre RS et al. *Compr Psychiatry*. 2015;56:279–82

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



Evans-Lacko, S. & Knapp, M. *Soc Psychiatry Psychiatr Epidemiol* (2016). doi:10.1007/s00127-016-1278-4.