

# Depression Prevention in the Workplace

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## CRITERIA FOR MAJOR DEPRESSIVE DISORDER:

**Five or more** of the following **symptoms** should be present daily for **most of the day** for **at least 2 weeks**:

- At least one symptom is depressed mood or anhedonia
- Change in appetite or weight
- Insomnia or hypersomnia
- Psychomotor agitation or reduction
- Fatigue or loss of energy
- Feelings of guilt or worthlessness
- Difficulty thinking, concentrating or making decisions
- Suicidal ideation or suicide attempts

## KEY FACTS



Depression is a **DISABLING MENTAL HEALTH CONDITION**

# 1.3+ MILLION

Canadians **aged 15 and above** will have a **MAJOR DEPRESSIVE EPISODE** a year

In a **12-month period**, **5/100** **individuals** will experience depression



**WOMEN** are **more likely to experience depression** than men

THE **SECTORS** THAT HAVE THE **HIGHEST PREVALENCE OF MAJOR DEPRESSION** ARE:



Accommodation & Food Services



Health care, social assistance



Wholesale and retail trade



Information, culture, recreation



Education



Public administration



**Prevention** is really “an intervention that occurs before it is known who will develop a disorder and who will not”

**Prevention over intervention** is essential in shaping a psychologically healthy workplace

## THE RESEARCH SHOWS

- ✓ Cognitive Behavior Therapy (CBT) and Problem-Solving Therapy (PST) and non-CBT based studies are effective at reducing symptoms of depression
- ✓ CBT/ PST via telephone and the Internet has been shown to be effective
- ✓ Exercise has been shown to be effective.
- ✓ Guided interventions by mental health professionals have been shown to be effective.
- ✗ Psychoeducation only and short-term intervention are not proven to be effective.



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