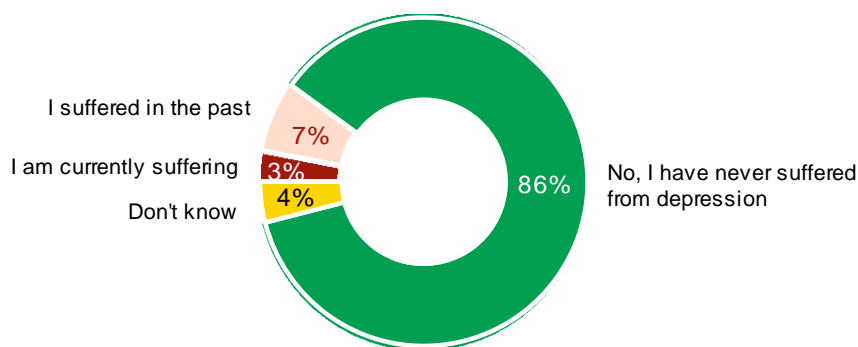


Depression: experiences and opinions

Depression, according to the World Health Organization, ranks among the most common ailments. The forecasts show that in 2030 it will take first place.

Based on the declarations of CBOS respondents, depression has affected one-tenth of adult Poles, including 3% who are currently suffering.

Have you ever suffered from depression?



Analyses indicate that economic and professional factors as well as marital and relationship status are most strongly associated with declarations regarding depression. In general, the professionally inactive are more prone to depression than working people. Among the non-employed categories, it is most often experienced by the disabled and unemployed. In the working categories, based on declarations depression is most common among unskilled

workers. It is the relatively often declared by respondents who badly assess their own material situation and obtain the lowest per capita income. Dependencies related to the socio-economic status are also visible, though slightly less so, in the level of education: depression now or in the past is more frequently experienced by people with primary education than by respondents with a degree. In addition, the risk of depression also increases with the absence of a relationship (formal or informal). It is greatest in case of divorced or separated persons who are not in a relationship.

Over half of respondents who have declared suffering from depression (53%, or 5% of all adults) have suffered once in their lifetime. In case of more than two-fifths, several episodes of depression occurred (28%, i.e. 3% of the total), or even many incidents (17%, or 2% of the total).

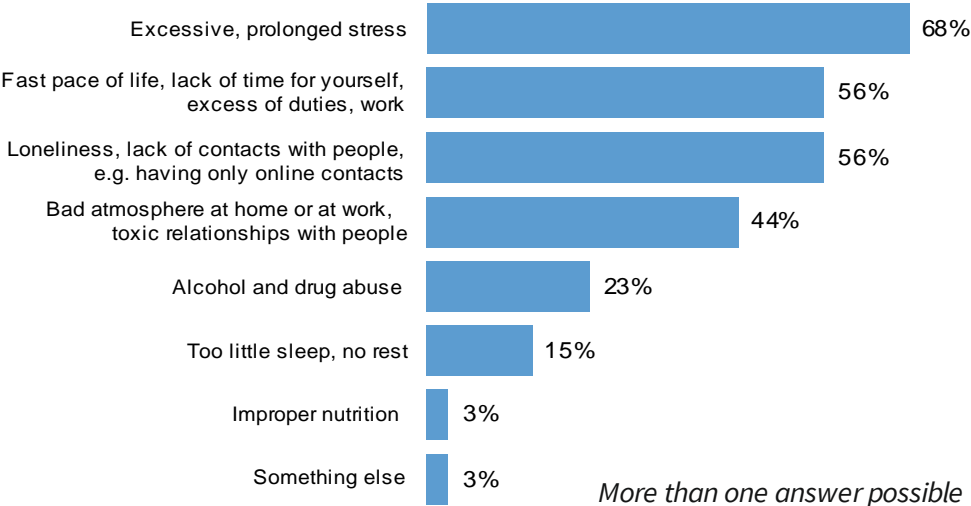
Over three-quarters of those suffering from depression (78%, or 8% of all respondents) declare that it was caused by some traumatic event. By contrast, almost a tenth (9%, or 1% of all adults) claim that it appeared for no apparent reason, and for the same group (9%, also 1% of the total) the causes varied.

More than eight out of ten respondents admitting to suffering from depression (82%, or 8% of all adults) either consulted a doctor (usually a psychiatrist) in this matter, or else sought help from a psychologist or psychotherapist. The few (18%) who did not seek the help of a specialist most often reported that they could cope themselves with the ailment, or (much less often) did not consider it as a serious problem.

We have no influence over many things in our lives which influence our psychological condition. Inborn conditions, tendencies and predispositions, random events and difficult experiences are all beyond our control. However, we can, at least to a certain extent, influence our way of life and thus our mental condition. According to the largest group of respondents, excessive and long-lasting stress (68%) contributes the most to developing depression. Secondly, they mentioned fast pace of life, lack of time for themselves, excess of duties, work (56%) and loneliness, lack of contacts or inadequate contact with people (also 56%). What is worth emphasizing, loneliness and inadequate or superficial relations with people were mentioned more often than bad, toxic relations, which were indicated by

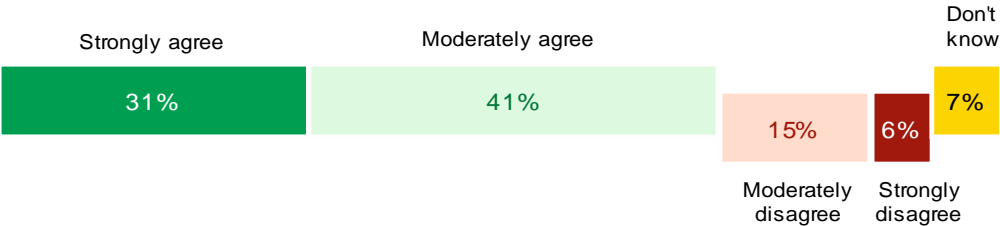
44% of respondents. About a quarter (23%) think that alcohol and drug abuse are responsible for depression, and every seventh (15%) attributes it to lack of sleep or rest. Occasionally poor nutrition was mentioned in this context (3%) and other reasons, including financial problems and poor material conditions, lack of work and various difficult experiences, such as illness (own or close person's), or death of a close person (3% in total).

What way of life, in your opinion, can contribute the most to getting depression?



The vast majority of respondents (72%) perceive depression as a cause for shame that is usually hidden from other people.

Would you agree that depression is a cause for shame that is usually hidden from other people?



More information about this topic can be found in CBOS report in Polish: "Depression - Experiences and Opinions", November 2018. Fieldwork for national sample: October 2018, N=1016. The random address sample is representative for adult population of Poland.