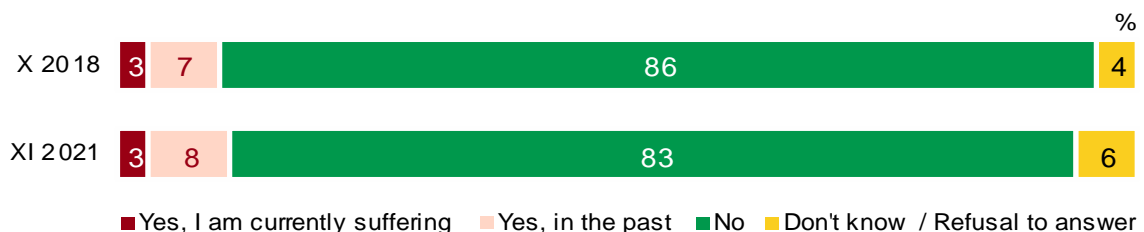


Depression in experiences and opinions

According to the World Health Organization, 350 million people suffer from depression. It is now the fourth most common disease and is predicted to be number one at the end of this decade.

According to declarations, depression has affected more than one-tenth of people in Poland (11%), including three out of one hundred (3%) currently suffering from it. The scale of the phenomenon estimated on the basis of the declarations of CBOS respondents is basically the same as three years ago. Translating the percentages into the number of adult residents of Poland, it can be said that over 3,250,000 people have experienced depression, of which over 950,000 currently suffer.

Have you ever suffered from depression?

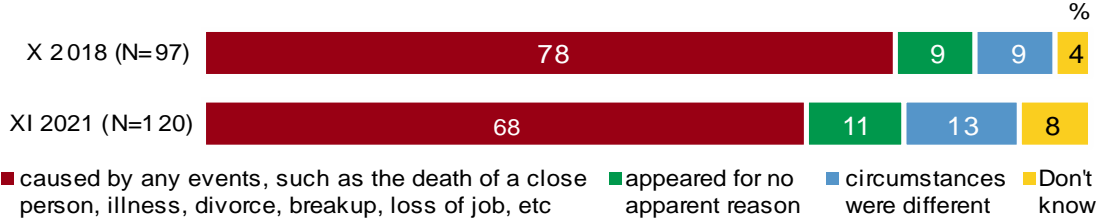


Taking into account the basic socio-demographic characteristics of respondents, seems that the greatest risk factor when it comes to developing depression is young age. As many as 17% of respondents under the age of 25 admit they have suffered from depression, and 11% of them currently do. Among students the figures are 24% and 11%, respectively. The oldest respondents aged at least 75 (15% of whom have had depression) also stand out compared to other age groups. In addition, residents of cities with a population of half a million and more relatively often admit to this ailment, mainly in the past (18% of them in total have experienced it). Such declarations are made by women to a slightly greater extent than by men (14% compared to 8%). The economic situation may also be a risk factor. Responses show above-average rates for people with low income per person in the household (among income group PLN 1,000 to PLN 1,500 the rate is 15%) and among those assessing their financial situation as bad (14%).

Almost half of people who declared suffering from depression (49%, i.e. 5% of all adults) had it once in their life. For a slightly smaller group (45% in total), episodes of depression occurred a few times (30%, i.e. 3% of the total) or frequently (15%, i.e. 2% of the total).

Over two-thirds of those who have suffered from depression (68%, i.e. 7% of all respondents) claim that it was caused by some traumatic event, e.g. death of a close person, illness, separation, loss of job, etc. More than one-tenth (11%, i.e. 1% of all adults) say depression started for no apparent reason. In the case of about one-eighth (13%, i.e. 1% of the total) the circumstances were different.

Was your depression ...



Answers from people who have had depression

Three-quarters of people admitting having had depression (76%, i.e. 8% of all adults) consulted a doctor, psychologist, psychotherapist or other specialist on this matter.

Compared to 2018, the percentage of people seeking help decreased by 6 percentage points, which may be at least partly related to the pandemic.

The vast majority of respondents who consulted a specialist for depression visited a psychiatrist (76%). Much less frequently they went to a psychologist or psychotherapist (43%), and even less frequently they saw a family doctor (23%). Relatively few consulted a physician with another specialization (9%).

More information about this topic can be found in CBOS report in Polish: "Depression – Experiences and Opinions", December 2021. Fieldwork for national sample: November 2021, N=1100. The random sample is representative for adult population of Poland.