



Mood Disorders Around the World

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Only a small number of individuals with mood disorders worldwide receive treatment.

The World Health Organization (WHO) has ranked depression as the fourth leading cause of disability worldwide (Kessler & Bromet, 2013). By 2020, depression is projected to be the second leading cause of disability. The WHO, as part of their mission, has collected data on mental health from countries around the world. Face-to-face household surveys were undertaken with community adult

respondents in low-income or middle-income countries and high-income countries. Prevalence was assessed with the WHO Composite International Diagnostic Interview. Lifetime and 12-month prevalence data in relation to mood disorders have been compiled (see *Tables 6.1* and *6.2*).

These data show that mood disorders are common throughout the world. Although not shown here, Kessler et al. (2009) reported additional data that suggest only a small number of those individuals with a mood disorder receive treatment, and even fewer receive high-quality treatment. This, in turn, results in impaired functioning, which has real costs to a society in terms of productivity, financial resources, and quality of life (see *Figure 6.1*).

This figure shows disability-adjusted life year (DALY). DALY was developed as a measure to reflect the magnitude of nonfatal diseases. DALY measures are seen on a continuum from perfect health to death. Thus, the more severe the disorder, the larger the DALY measure figure would be.

TABLE 6.1 Lifetime Prevalence for Mood Disorders Worldwide

ANY MOOD DISORDER			ANY MOOD DISORDER		
	%	(SE)		%	(SE)
<i>I. High Income</i>			<i>II. Low to middle income</i>		
Belgium	14.1	(1.0)	Brazil (Sao Paulo)	18.4	(.08)
France	21.0	(1.1)	Colombia	13.3	(0.6)
Germany	9.9	(0.6)	India	9.0	(0.5)
Israel	10.1	(.05)	Lebanon	10.9	(0.9)
Italy	9.9	(0.5)	Mexico	8.0	(0.5)
Japan	6.6	(0.5)	PRC (Shenzhen)	6.5	(0.4)
Netherlands	17.9	(1.0)	South Africa	9.8	(0.7)
New Zealand	17.8	(1.0)	Ukraine	14.6	(0.7)
Spain	10.6	(0.5)	TOTAL OF ALL COUNTRIES	11.1	(0.2)
United States	19.2	(0.5)			

Note: SE=standard error

Source: Kessler & Bromet (2013).