

Data to drive change in the prevention and treatment of depression

Reliable data play an integral role in the effective delivery of treatment and prevention of depression.

Current data are often insufficient, of a poor quality or not publicly shared. This makes it difficult for service providers and decision-makers to allocate resources effectively.



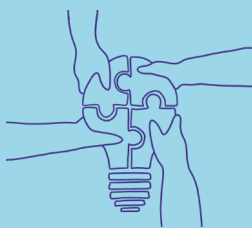
Acknowledge global differences

Country-level data on depression are often not comparable due to varying criteria and study methods.¹ Stigma contributes to the underestimation of depression and suicide rates.²



Invest in real-world data

To prevent and treat depression, we need greater investment in real-world data on its epidemiology, people's use of services and the impact of interventions.



Encourage shared knowledge

Publishing data on depression can encourage shared learning, help secure visibility for programmes and drive improvement. Clinicians and service providers should be supported to see this constructively and understand that it is not a review of their own performance.³



Monitor patient outcomes

This helps to identify good practice, giving hope to service users that mental health can improve. It can also serve to gain support from policymakers who want to see change.³

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1. Kessler RC, Bromet EJ. 2013. The epidemiology of depression across cultures. *Annu Rev Public Health* 34: 119-38
2. Nock MK, Borges G, Bromet EJ, et al. 2008. Suicide and suicidal behavior. *Epidemiol Rev* 30: 133-54
3. Clark D. 2018. Interview with Sandra Evans at The Health Policy Partnership [Telephone]. 2/7/18

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