Mental Health: the Economic Dimension

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Presentation structure

- Adults of working age – costs impacts and solutions
- Children and young people – economic impacts and solutions
- C. Older people – economic impacts and solutions
- D. Efficiency, opportunity, equity
Adults of working age
Adults of working age

How many people are affected?
- 20 million people in EU-25 in 2004 had affective disorders; 40 million had anxiety disorders
- Many other family members are affected

With what consequences?
- Impoverished quality of life
- Damaged family relations
- Destroyed careers
- High costs to businesses, State, wider economy

Prevalence figures from European Brain Council, 2005
Costs of depression (adults) in England, 2000

Excluding ‘morbidity’ costs

- Mortality: 61%
- Primary care medication: 33%
- In-patient: 3%
- Out-patient: 2%
- Day care: 0%
- General practitioners: 1%

Thomas & Morris Brit J Psychiatry 2003
Costs of depression (adults) in England, 2000

Total cost = £9 billion

- Productivity: 90%
- Mortality: 6%
- Service cost: 4%

Thomas & Morris *Brit J Psychiatry* 2003
The business costs of mental ill-health

**Absenteeism (UK)**
- The average employee has 7 ‘sick days’ off per year ... and 40% are for mental health problems
- Cost to business = £8.4 billion

**‘Presenteeism’ (UK)**
- Mental health problems can make people less productive in the workplace
- Cost to business = £15.1 billion

**Staff turnover (UK)**
- Replacing staff who leave because of mental ill-health
- Cost to business = £2.4 billion

Sainsbury Centre for Mental Health, Policy Paper, 2007
Adults of working age

How many people are affected?
- 20 million people in EU-25 in 2004 had affective disorders; 40 million had anxiety disorders
- Many family are also affected

With what consequences?
- Impoverished quality of life
- Damaged family relations
- Destroyed careers
- Costs to businesses, State, wider economy

What can we do about it?
- Better access to evidence-based treatments
- Break links with economic hardship: debt, poverty
- Targeted employment support

Prevalence figures from European Brain Council, 2005
Better access to recommended treatments: costs and benefits

- Working-age adults, England 2008
- Depression treatment as in NICE guidelines
- Average costs for all people with depression (£)

Better access to recommended treatments: costs and benefits – adding the productivity benefits

There are also important health and quality of life gains

Children and young people
Children and young people

How many people are affected?

- 10-20% of European children and adolescents suffer from mental health problems
- Suicide is one of the 3 most common causes of death
- Other family members are affected

With what consequences?

- Poor quality of life; damaged family relations
- Disrupted education; failure to fulfil potential
- Enduring problems into adulthood
- High costs to individuals, families, State & economy

See Jane-Llopis & Braddick, consensus paper for EC, 2008
Children with persistent antisocial behaviour: costs in childhood

Total cost *excluding* benefits averaged £5960 per child per year, at 2000/01 prices (benefits = £4307)

Long-term consequences
Earnings (£) at age 30 by childhood ‘problem’ at age 10

Knapp, King, Yeh, work in progress, 2008
Children and young people

How many people are affected?
- 10-20% of European children and adolescents suffer from mental health problems.
- Suicide is one of the 3 most common causes of death.
- Other family members are affected.

With what consequences?
- Poor quality of life; damaged family relations.
- Disrupted education; failure to fulfil potential.
- Enduring problems into adulthood.
- High costs to individuals, families, State & economy.

What can we do about it?
- Parenting support.
- Prevent bullying & violence.
- Support in schools.
- Work with communities.
- Tackle poverty.
- Better treatment access.

Older people
Older people

How many people are affected?
- 5 million or more older Europeans have dementia
- 10-15% of people aged 65+ have depression
- Suicide rate is highest for older people

With what consequences?
- Again – devastating impacts on quality of life
- Heavy burdens falling to family carers
- But often these consequences remain hidden
- High costs to individuals, families, State & economy

See Jane-Llopis & Gabilondo, consensus paper for EC, 2008
Costs of dementia in the UK

Knapp, Prince et al, *Dementia UK, 2007*
Care-giving reduces employment rates

**Spiess & Schneider:**
- Starting or increasing care-giving reduces women’s (paid) working hours in northern European countries; less effect in southern Europe

**Henz:**
- About 1/3 carers in Britain reported effects on their work routines – most commonly they stopped work

**Heitmueller & Michaud:**
- Employment rates for co-resident carers in England reduced by up to 6 percentage points

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Henz, *Ageing & Society*, 2004

Expenditure on long-term care for older people, 2000-2050 (% of GDP)

- Long-term care (home care and institutional care) for people aged 65+
- Projected public & private expenditure as % of GDP

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What can we do about it?
- Better treatment access
- Better preventative efforts
- Support for carers
- Biomarkers?
- Social integration
- Choice and control

See Jane-Llopis & Gabilondo, consensus paper for EC, 2008
Efficiency, opportunity, equity
Mental health problems are often ...

- devastating - for individuals
- burdensome - for families
- challenging - for communities
- very expensive - for economies

But – with personal, national and European action – we can do something about it ... in pursuit of EU objectives.