

# The True Burden of Depression

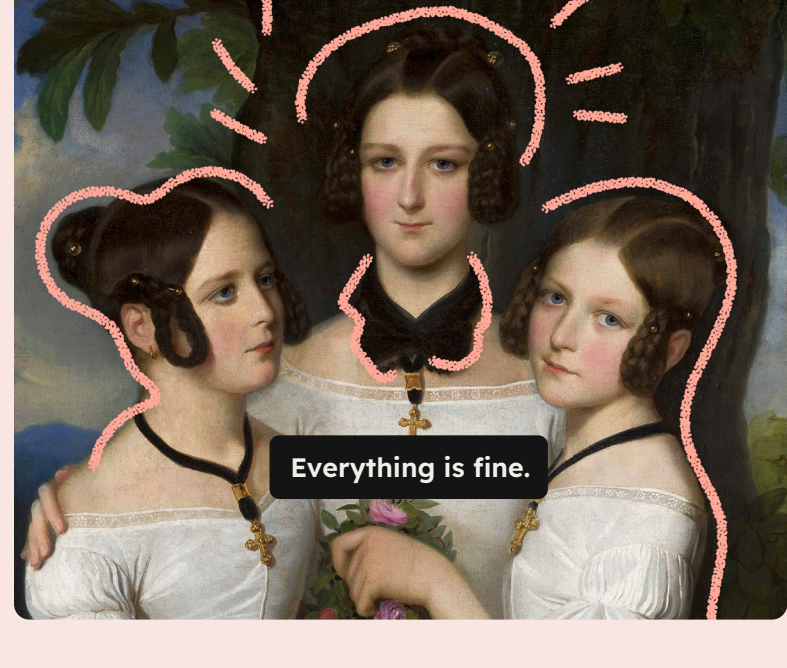
What patients & their healthcare providers say about the invisible burden despite treatment

A global survey spanning seven countries and four continents was conducted to understand how the ongoing symptoms of major depressive disorder (MDD) continue to shape the daily lives of people who take antidepressants.\*

Here's what we found out.



\*Survey methodology: 850 adult patients currently taking an oral antidepressant to treat their MDD and 800 healthcare providers of varying specialties who treat patients with MDD (50% psychiatrists) responded to two separate online communications polls. Respondents were residents of seven countries: U.S., Germany, Italy, Spain, China, Brazil and Canada. Fielding was conducted by Wakefield Research between August 6-17, 2025. Mental Health America reviewed the survey results in advance of publication and received compensation for their contributions to this campaign.



Just "fine" has become the norm when it comes to managing depression – and that's not good enough.

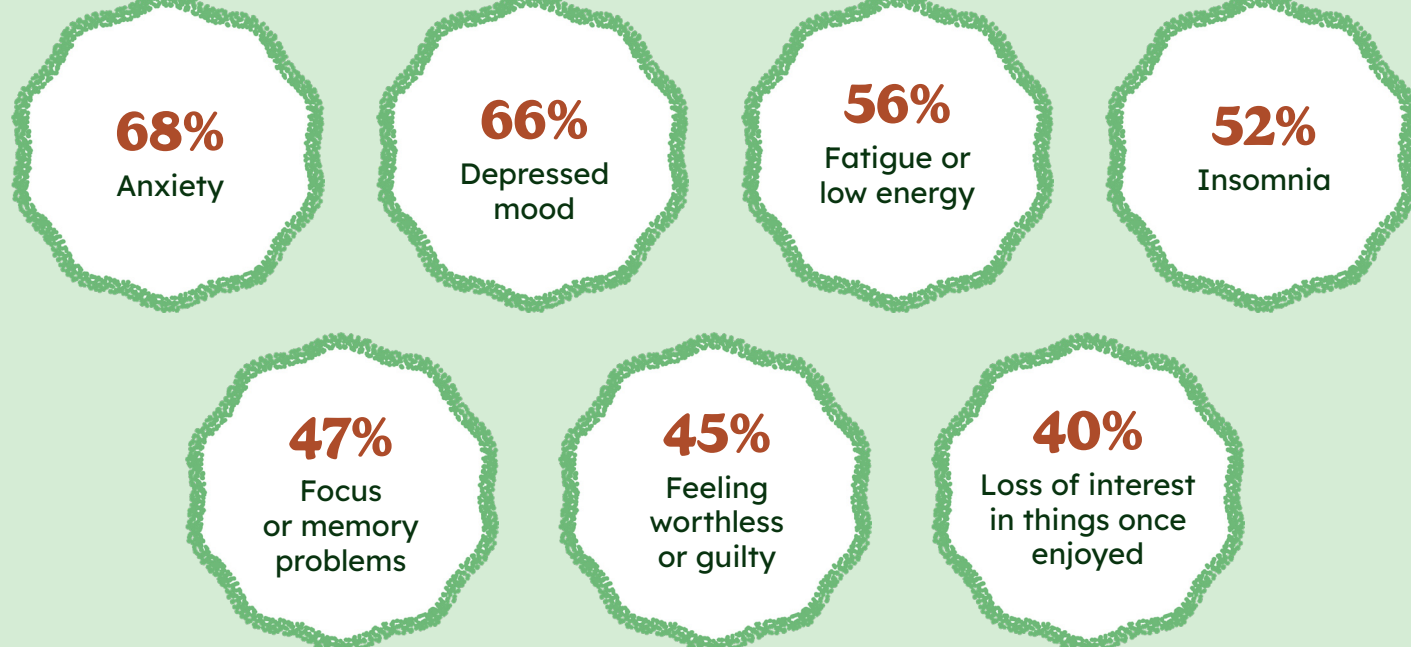


**Nearly 4 in 5** people believe antidepressants are unlikely to address all of their symptoms and think ongoing symptoms while on treatment is the norm



**Only ~1 in 10** people are fully satisfied with their current antidepressant

## Respondents on antidepressants reported experiencing the following symptoms in the past 3-6 months:



And these ongoing symptoms are making life, well, less than "fine."



## Daily Life

**Nearly 3 in 4**

people on antidepressants say their ongoing symptoms have a **moderative to significant impact** on their lives



**More than half** report friendships and social life suffer



**Nearly half** lost interest in hobbies



**46%** struggle to form new friendships or relationships



**37%** report little motivation to do chores or run errands



**~1 in 3** struggle to find motivation to exercise or eat healthy



## At Work

**Nearly 90%**

say their lingering depression symptoms have **impacted how they show up at work**



**>2 in 5** struggle to focus or stay productive at work



**37%** feel less engaged while working



**>1 in 3** have called in sick or taken personal time



**~1 in 3** make more mistakes than usual



**~1 in 5** arrive to work late or leave early more often



## Social Life & Family

**More than half**

say their continued symptoms cause them to **isolate themselves from others**



**Nearly half** stopped participating in activities they used to enjoy



**43%** spend less time with friends and family



**~2 in 5** increased "doom scrolling" on social media or the Internet



**37%** feel less present with loved ones



**36%** have canceled or stopped initiating plans with family and friends

Healthcare providers are the top source of support and information for people treating their MDD - yet the survey results reveal a **troubling communication gap**.

**95%**

of patients have spoken to their healthcare provider about their ongoing symptoms

**Only 17%**

were very satisfied with their provider's response, with many patients feeling **unheard or unsure how to advocate for more help**

**84%**

of healthcare providers say their patients occasionally or often struggle to articulate what's not working with their treatment



**Sound familiar?**

Depression affects everyone differently, and each person may respond differently to antidepressants too. That's normal. **But you deserve to feel better than just "fine" and expect more when it comes to treating your depression.**



Welcome to

**Generation FINE**

Generation Fine is a cultural wake-up call to help redefine what feeling "fine" really means when it comes to depression treatment. Join our movement to stop settling for "good enough" with your antidepressant and feel empowered and equipped to explore treatment options with support from your healthcare provider.

[www.Generation-Fine.com](http://www.Generation-Fine.com)