

# Mood Disorders

Mood disorders, most commonly diagnosed as depression, not only degrades the quality of employees' lives — it has business costs for employers and the economy at-large. Findings from IBI's series on the health and productivity impact of chronic conditions\* provide a scalable benchmark of what mood disorders costs employers, and shows what they stand to gain from helping employees prevent, treat, and manage this condition.



**Mood disorders are common and costly:**



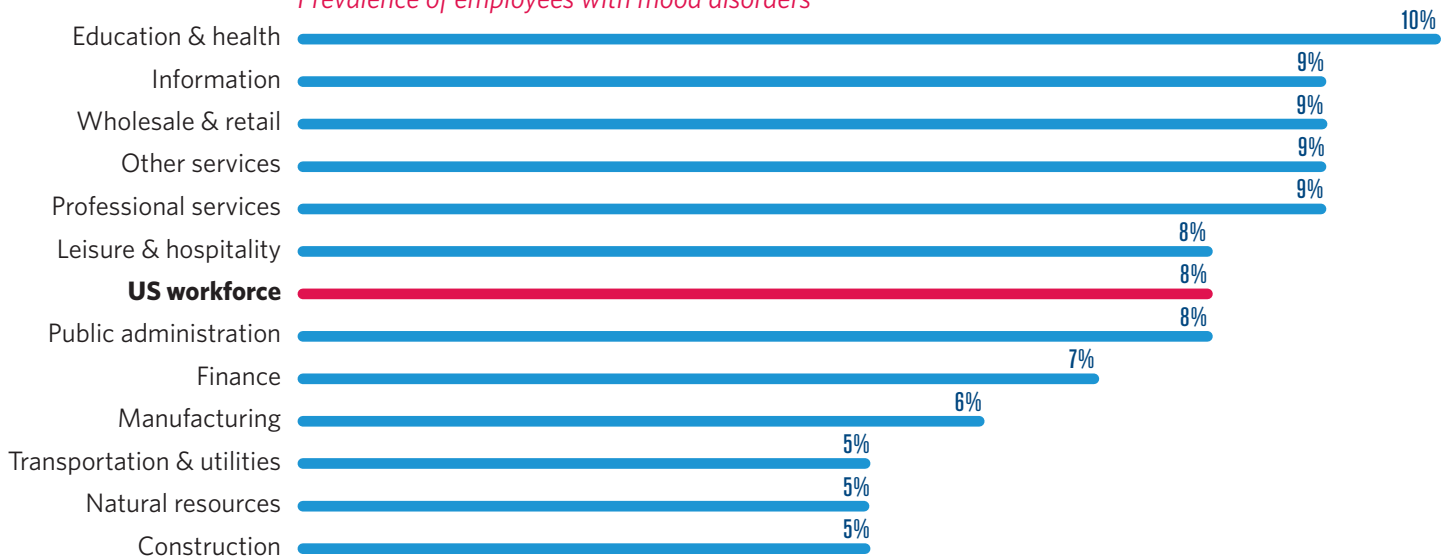
Percentage of a nationally-representative sample of employed U.S. adults had treatments for depression or other mood disorders.



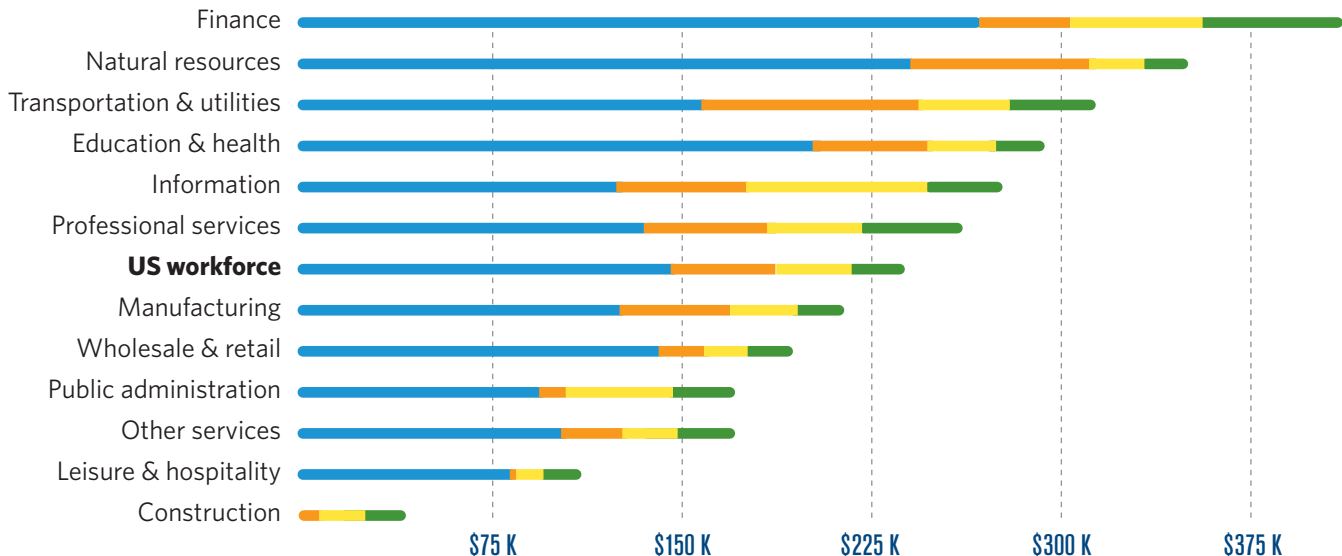
For every 1,000 U.S. employees, mood disorders in the workforce costs about **\$232,000** in excess health care treatments and lost work time.\*

**Here is how it breaks down by industry:**

*Prevalence of employees with mood disorders*



*Annual costs of mood disorders in a 1,000-person workforce*



■ Medical and Rx treatments ■ Illness absences ■ Short-term disability claims ■ Long-term disability claims

\*Integrated Benefits Institute, Health and Productivity Impact of Chronic Conditions, Mood Disorders  
 <<https://ibiweb.org/research-resources/detail/health-and-productivity-impact-of-chronic-conditions-back-pain>>

