

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 Waterfield Research between August 6-17, 2023. 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:

68%

Anxiety

66%

Depressed mood

56%

Fatigue or low energy

52%

Insomnia

47%

Focus or memory problems

45%

Feeling worthless or guilty

40%

Loss of interest in things once enjoyed

And these ongoing symptoms can negatively affect daily life, work and relationships.



Daily Life

Nearly 3 in 4

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



More than half report friendships and social life suffer



Nearly half lost interest in hobbies



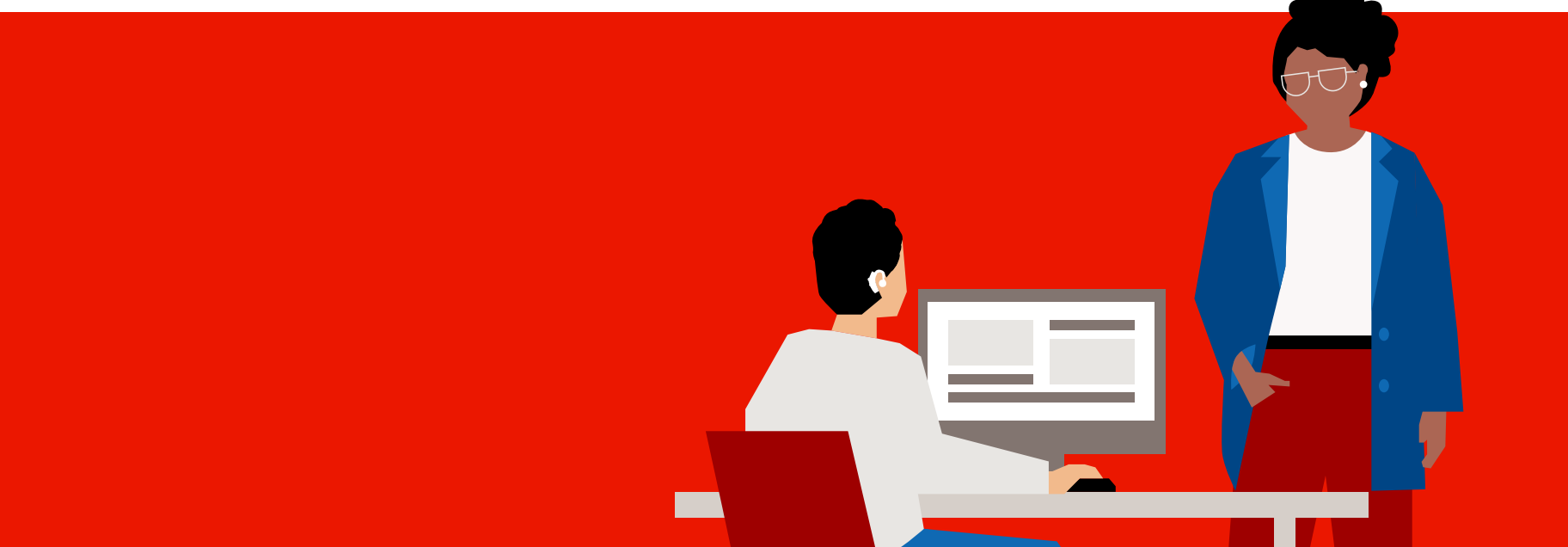
46% struggle to form new friendships or relationships



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

Depression affects everyone differently, and each person may respond differently to antidepressants too. That's normal. But people living with MDD should feel empowered to expect more than feeling just “fine” when it comes to treating their depression.



About Generation Fine

Generation Fine is a global initiative from Johnson & Johnson designed to challenge the idea that “fine” is good enough in depression care. Developed in collaboration with leading mental health advocates and drawing on the expertise of Mental Health America, Generation Fine highlights the real experiences of people living with depression and provides valuable resources to support more productive conversations about their care—including the possibility of remission, where depressive symptoms significantly improve or go away.

Learn more at www.Generation-Fine.com

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