


Mental and Substance Disorders Over Time

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A dark blue diagonal graphic that starts from the bottom left corner and extends towards the top right corner, covering the lower half of the slide.

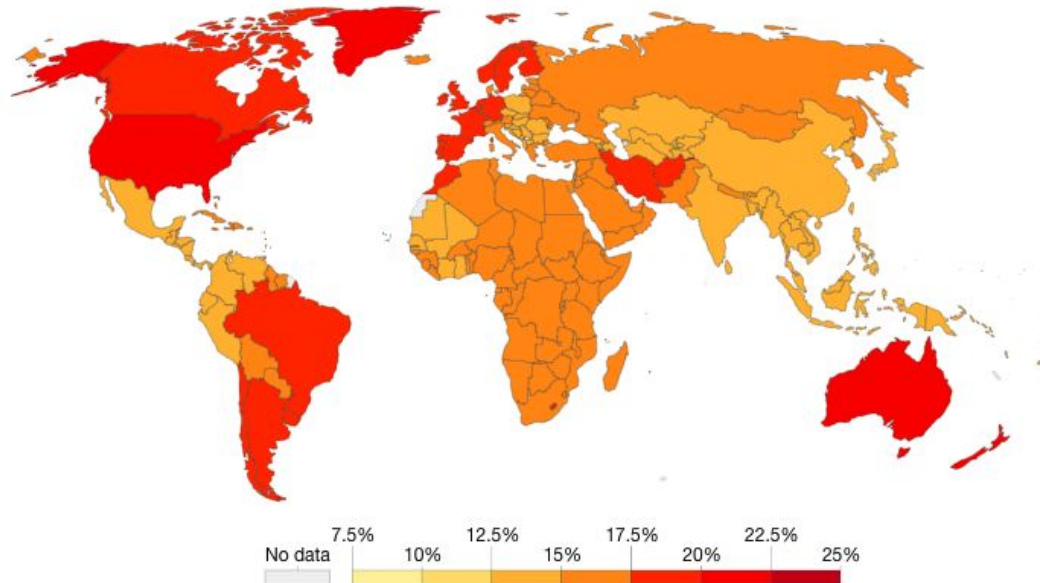
What qualifies as a mental health issue?

- Depression
- Anxiety
- Bipolar
- Eating Disorders
- Schizophrenia
- Intellectual Developmental Disability
- Alcohol and Drug Use Disorder

1.1 Billion Suffer Worldwide

Share of population with mental health and substance use disorders, 2016

Share of population with any mental health or substance use disorder; this includes depression, anxiety, bipolar, eating disorders, alcohol or drug use disorders, and schizophrenia. Due to the widespread under-diagnosis, these estimates use a combination of sources, including medical and national records, epidemiological data, survey data, and meta-regression models.



Why are these countries affected?

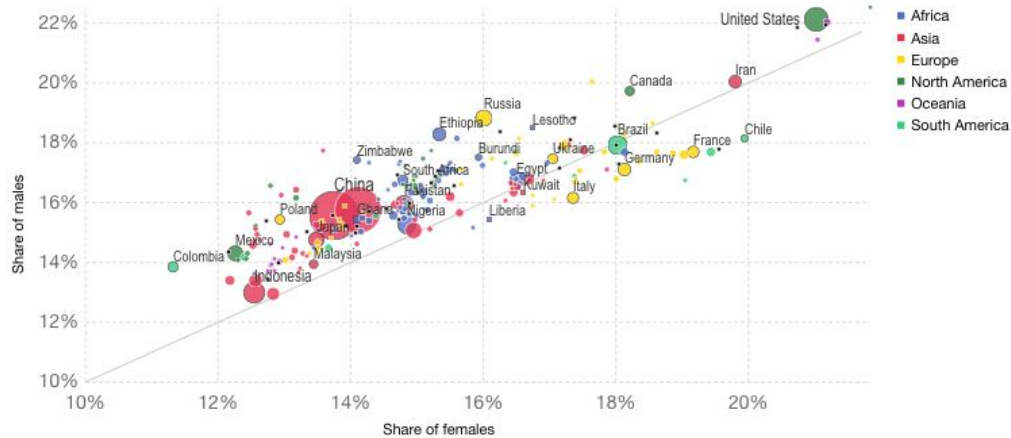
- Largely related to stigmas surrounding mental health and addiction
- Countries with higher percentages generally have a less of a stigma
 - Enables people to seek help from professionals
- Countries with lower percentages generally have a larger stigma
 - Causes people with mental-health/addiction issues to be less likely to seek help
- A country's culture can also play a role in whether someone seeks out help for their disorder or not
 - Japan has one of the highest suicide rates, but reports one of the lowest depression rates

Our Graph

Share of population with mental or substance use disorders, males vs. females, 2016



Share of males vs. females with any mental health or substance use disorder; this includes depression, anxiety, bipolar, eating disorders, schizophrenia, alcohol and drug use disorders, and neurodevelopmental disorders. Due to the widespread under-diagnosis, these estimates use a combination of sources, including medical and national records, epidemiological data, survey data, and meta-regression models.



Source: IHME, Global Burden of Disease

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- X-axis: Percentage of Female Prevalence
- Y-axis: Percentage of Male Prevalence
- Line of Regression
- Data Series

<https://ourworldindata.org/mental-health>

Problems with the data

- We can only rely on what is reported
- Social and cultural stigmas cause mental problems to be under-reported
- Mental illness is a highly complex issue that is hard to define
- This graph is only an estimate of diagnosis data
- Combination of medical data, **SURVEYS**, epidemiological data, and regression modeling (estimation)