

PRESS RELEASE

Depression and anxiety up by almost a third among workers

- Since 2013 rates of moderate to extreme anxiety and depression have risen among workers by almost a third (30.5 per cent).
- Anxiety and depression rates have increased more in part-time workers than in full time workers.
- World Mental Health Day (10 October) is focusing on mental health in the workplace

Workers reporting anxiety and depression have risen by nearly a third in the last four years, according to the leading professional body for psychotherapists.

New research released by the UK Council for Psychotherapy (UKCP) shows that **rates of moderate to extreme anxiety and depression have risen among workers** have risen from around seven per cent in 2013 to around 10 per cent in 2017.

Part-time workers seem to be bearing more of the brunt than full-time colleagues with a rise of 33.6 per cent since 2013.

UKCP is calling for an urgent review of workplace practices.

Chief Executive Professor Sarah Niblock said, "It is extremely worrying. Ministers must realise that the crisis is here, and the crisis is now.

"The Government promised a review of workplace practices and mental health back in January – but we're still waiting for this to materialise. This work must be sped up, as workers cannot wait."

The figures come from analysis of the GP Patient Survey completed by more than 400,000 full or part time workers.

Prof Niblock added: "Compared with the potential cost to the economy in lost productivity, high quality psychotherapies are cheap."

This World Mental Health Day, UKCP are urging the Government to invest more to improve mental health services both within the NHS and through local authority projects.

"We call for better access to therapy, better quality therapy and ring-fencing of the mental health budget." said Prof Niblock.

- **Ends** -

Notes to editors:

- The UK Council for Psychotherapy (UKCP) is the leading professional body for the education, training, accreditation and regulation of psychotherapists and psychotherapeutic counsellors. Our register of over 8,000 individual therapists is accredited by the government’s Professional Standards Authority. As part of our commitment to protecting the public, we work to improve access to psychotherapy, to support and disseminate research, to improve standards and to respond effectively to complaints against therapists on our register. <https://www.psychotherapy.org.uk/>
- You can find full data from the GP Patient Survey here <https://gp-patient.co.uk/>
- The information has been extrapolated from the information replicated from the survey in the table below.

Percent reporting moderate to extreme anxiety or depression

	Full time workers	Part time workers	All workers	Whole Population
June 2013	6.85	8.66	7.28	11.95
December 2013	7.01	8.93	7.47	12.07
July 2014	7.24	9.25	7.72	12.27
January 2015	7.28	9.62	7.84	12.27
July 2015	7.43	9.91	8.02	12.44
January 2016	7.54	9.98	8.11	12.51
July 2016	7.84	10.44	8.45	12.70
Feb/March 2017	8.89	11.57	9.51	13.74

- The GP Patient Survey - 781,174 responded in 2017 – 346,465 were in full time employment and 105,040 were in part time employment. The remainder were either retired, in education, long-term sick or disabled, looking after the home, or unemployed. Earlier surveys have had even larger samples.
- The rise was slightly higher among part-time workers. In 2013, the rate for those in full-time employment was 6.85 per cent, in 2017 this has risen to 8.89 per cent – a rise of 29.7 per cent. For those in part-time employment the rate of 8.66 per cent in 2013 has risen to 11.57 per cent in 2017 – a rise of 33.6 per cent
- There were also rises (though lower) across the population as a whole. Over the same period, rates of moderate to extreme anxiety or depression among the population as a whole have risen by 15 per cent.
- Access to therapy remains restricted. Currently only 17 percent of people with common mental health problems are able to access publically provided therapy services. This target is to rise to 25 per cent by 2021, but this will still leave 75 per cent without treatment.

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