

### Profile

West 36%  
Central 53%  
Atlantic 11%



43%

Someone currently helps with necessities of day-to-day living

Insurance for prescription medications

65% Private

25% Provincial

10% None



Top 3 Antidepressants ever taken

- Wellbutrin 75%
- Effexor/XR 66%
- Celexa 59%

Most common drug currently taking:

Wellbutrin 39%



## Treatment Resistant Depression

### Term 'Treatment Resistant Depression'

Appropriateness for describing (very appropriate: Scores 8-10; 10-pt. scale)

60% *this form* of depression

41% *your* depression

63%

Think the term has *negative connotations*



### Experience with Depression



Diagnosed 11 years ago or more

77%



Make treatment decisions jointly with doctor



See their main doctor 4+ per year

51%

Have experienced 10+ acute depression episodes

### Top 2 Drug Treatment Goals

55% Control of symptoms most of the time

50% Reduce severity of symptoms



Only...



16%

Believe their current therapy is *very* effective in meeting their goals

29%

Highly satisfied with current therapy (8-10 ratings on 10-pt. scale)

49%

Are *NOT* coping well with symptoms (1-5 ratings on 10-pt. scale)

Negative Coping Strategies % who those who resorted to these actions in the past

44% Deliberate self-harm

44% Alcohol

29% Recreational drugs

### Facility & Service Usage



Visited ER for depression



Admitted to hospital for one night or more

Only...

21%

Highly satisfied with outcome of last hospital stay (8-10 ratings on 10-pt. scale)

### Perceptions

8-10 ratings on a 10-pt. agreement scale

76% Depression is a medical condition that is not taken seriously enough

67% I am resigned to taking medications for the rest of my life

60% I am frustrated by the difficulty in accessing mental health services

55% I would try just about anything to treat my depression if there was a chance it would work

36% I would be willing to pay a lot to get medication for depression that works really well

23% I am optimistic about the prospects for treating my depression in the future

### Somatic Treatments

Heard of

ECT 78%  
rTMS 44%  
Vagus Nerve or Deep Brain Stimulation 39%

Only...

16%

Of respondents have tried any of somatic treatments

