

## BACKGROUND ON DEPRESSION

Depression is caused by specific and identifiable changes in an individual's brain network. It is a common and serious medical illness that is the leading cause of disability worldwide.<sup>1</sup> One in five American adults will experience mental illness each year.<sup>2</sup> Despite the pervasiveness of depression, misunderstandings, misinformation, and stigma associated with depression can be a severe impediment to treatment options.

Major Depressive Disorder, or MDD, is an episodic disorder that can last months or years.<sup>3</sup> Treatment-resistant MDD is a condition that impacts over 50% of people with depression who don't respond to medications and psychotherapy.<sup>4</sup> In the U.S., 20% of adults experience depression at some point in their lives,<sup>5</sup> which amounts to approximately 52 million people out of 260 million adults.<sup>6</sup>

Research shows that 10.4% of adults experience MDD within a 12-month period and 20.6% over their lifetime.<sup>7</sup> Considering the total adult population, this means an estimated 26 million Americans struggle with depression each year.

According to Nolan Williams, M.D., assistant professor of Psychiatry and Behavioral Sciences at Stanford University Medical Center, psychiatry is the only field in medicine where biological treatment options on average diminish in the hospital setting.

"If you have a heart attack or a stroke, for example, you can go to the hospital and receive sophisticated treatments that are only available at the hospital," explains Dr. Williams. "The options increase as the acuity of the illness increases. Yet, if a person is experiencing a mental health emergency and goes to the hospital, the same options aren't there, and the ability to receive more effective treatment in the hospital is drastically reduced or non-existent."

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<sup>1</sup> [https://www.who.int/health-topics/depression#tab=tab\\_1](https://www.who.int/health-topics/depression#tab=tab_1)

<sup>2</sup> <https://www.nimh.nih.gov/health/statistics/mental-illness>

<sup>3</sup> <https://apps.who.int/iris/bitstream/handle/10665/254610/WHO-MSD-MER-2017.2-eng.pdf>

<sup>4</sup> Pigott, H. E., Kim, T., Xu, C., Kirsch, I. & Amsterdam, J. What are the treatment remission, response and extent of improvement rates after up to four trials of antidepressant therapies in real-world depressed patients? A reanalysis of the STAR\*D study's patient-level data with fidelity to the original research protocol. *BMJ Open* 13, e063095 (2023).

<sup>5</sup> <https://jamanetwork.com/journals/jamapsychiatry/fullarticle/2671413#:~:text=Findings%20in%20this%20national%20survey,associated%20with%20comorbidity%20and%20impairment>

<sup>6</sup> [https://www.google.com/url?q=https://www.census.gov/library/stories/2021/08/united-states-adult-population-grew-faster-than-nations-total-population-from-2010-to-2020.html%23~:text=%3DIn%25202020%2520C%2520the%2520U.S.%2520Census.from%2520234.6%2520million%2520in%25202010&sa=D&source=docs&ust=1713912031443932&usg=AOvVaw2l\\_UfAmNQEge\\_wWwHnDI1Y](https://www.google.com/url?q=https://www.census.gov/library/stories/2021/08/united-states-adult-population-grew-faster-than-nations-total-population-from-2010-to-2020.html%23~:text=%3DIn%25202020%2520C%2520the%2520U.S.%2520Census.from%2520234.6%2520million%2520in%25202010&sa=D&source=docs&ust=1713912031443932&usg=AOvVaw2l_UfAmNQEge_wWwHnDI1Y)

<sup>7</sup> <https://jamanetwork.com/journals/jamapsychiatry/fullarticle/2671413#:~:text=Findings%20in%20this%20national%20survey,associated%20with%20comorbidity%20and%20impairment>

Therapy for treatment-resistant depression is a critical need in the U.S. and worldwide. More than 550,000<sup>8</sup> adults in the U.S. alone are hospitalized annually for suicidal depression. The highest peak in suicide attempt<sup>9</sup> and completion is immediately after discharge from the hospital.

Depression has a significant impact on America's healthcare and economic system. The financial burden of major depressive disorder among U.S. adults was an estimated \$326.2 billion in 2018, an increase of more than 35% since 2010.<sup>10</sup>

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<sup>8</sup> <https://www.hcup-us.ahrq.gov/db/nation/nis/nisdbdocumentation.jsp>

<sup>9</sup> <https://pubmed.ncbi.nlm.nih.gov/28564699/>

<sup>10</sup> Greenberg, P. E. et al. The Economic Burden of Adults with Major Depressive Disorder in the United States (2010 and 2018). *PharmacoEconomics* 39, 653–665 (2021).

<sup>9</sup> <https://pubmed.ncbi.nlm.nih.gov/28564699/>