

24th World Congress on **Pharmacology**
&
7th World Heart Congress

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A prospective cross-sectional study to evaluate the economic burden of patients diagnosed with depression in a tertiary care hospital

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Statement of the Problem: Depression is a common psychiatric disorder having important medical, social and psychological consequences. It is a disorder associated with enormous burden in terms of reduced quality of life as well as direct and indirect costs. It is a well-known fact that the majority of the economic burden of depression results from non-depression expenditures. Hence, the study was undertaken to evaluate economic burden of depression. The purpose of this study is to evaluate the cost of depression in terms of direct and indirect costs.

Methodology & Theoretical Orientation: 150 patients diagnosed with depression attending psychiatry OPD at Sir J.J. Group of Hospitals, Mumbai, fulfilling the inclusion criteria were explained about the study. Written informed consent were taken. Direct and Indirect costs were recorded in Structured Case Record Forms by interviewing the patients. Cost driving factors were identified.

Findings: Total annual direct cost was 6,378.16 INR while annual Indirect Cost was INR 16,860. Annual cost of Depression was 1NR 23,238.16/331.97 USD per patient. Total cost was 16.30% of per capita GDP 2018 among Depression patients in India. The annual economic burden of depression in India is 1.2% of GNP of India.

Conclusion & Significance: The indirect cost was almost thrice the direct costs. Hospitalisation cost and loss of working days due to depression was contributed the most to the direct costs and indirect costs respectively. Economic burden of Depression is found out to be 16.30% of per capita GDP in year 2018-2019.

Recommendation: Multi-centric studies to evaluate pharmaco-economic burden across the country and analyse the burden of the disease. Thus, shifting the approach to prevention rather treatment reducing the economic burden of the illness.

Recent Publications:

1. Bromet E, Andrade LH, Hwang I, Sampson NA, Alonso J, de Girolamo G, et al. Cross-national epidemiology of DSM-IV major depressive episode. *BMC Med* 2011; 9:90.
2. Wittchen HU, Jacobi F. Size and burden of mental disorders in Europe—a critical review and appraisal of 27 studies. *Eur Neuropsychopharmacol.* 2005;15: 357-376
3. Karampampa K, Borgström F, Jönsson B. Economic burden of depression of society. *Medicographia.* 2011;33(2):163-8.
4. Luppá M, Heinrich S, Angermeyer MC, König HH, Riedel-Heller SG. Cost-of-illness studies of depression: a systematic review. *J Affect Disord.* 2007;98: 29-43
5. Sarkar S, Mathan K, Sakey S, Shaik S, Subramanian K, Kattimani S. Cost-of-treatment of clinically stable severe mental illnesses in India. *Indian Journal of Social Psychiatry.* 2017 Jul 1;33(3):262.
6. Sobocki P, Ekman M, Agren H, Runeson B, Jonsson B. The mission is remission: health economic consequences of achieving full remission with antidepressant treatment for depression. *Int J Clin Pract.* 2006; 60:791-798.

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Biography

Femina Dawer a postgraduate resident in department of Pharmacology, Grant Govt Medical College and Sir J.J Group of Hospitals, Mumbai, India is dedicated towards clinical research both in experimental and clinical aspects. Considering different modalities while doing a research helps in giving a wisdom to explore impact of various factors in treating a patient. With the intent of helping the population this study was conducted to explore the financial aspect and calculate the burden of the disease comparing it with international available data. Thus, helping the patients by spreading a word.

Notes: