

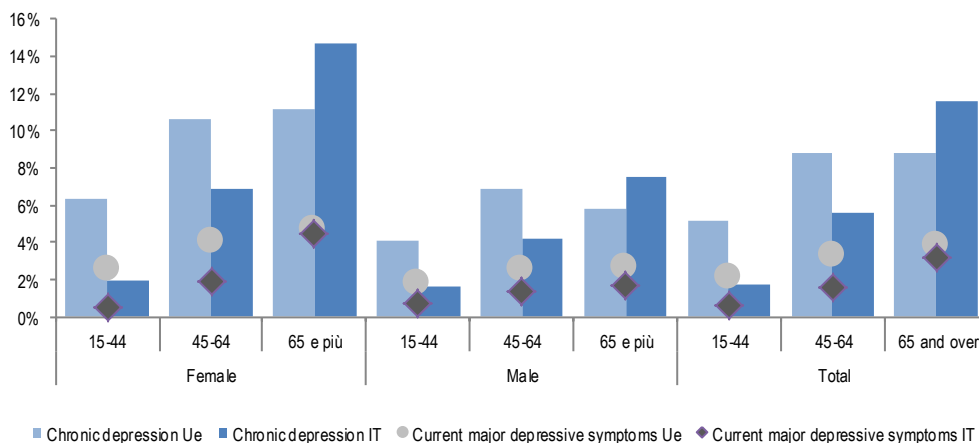
Mental health at various stages of life

Years 2015-2017

Depression is the most common mental disorder in Italian population. Over 2.8 million people suffered from chronic depression during the past 12 months (5.4% people aged 15 and over in 2015). About 1.3 million people (2.5%) suffered from current major depressive symptoms during the past two weeks.

In Italy depression is less widespread than in most European Countries. The prevalence is 1.7% in the age group 15-44 years old compared to 5.2% of the EU-28 average. On the contrary, the prevalence in the elderly population exceeds of 3 percent points the EU-28 average (Graph 1).

GRAPH 1. PEOPLE REPORTING CHRONIC DEPRESSION AND MAJOR DEPRESSIVE SYMPTOMS (a) IN ITALY AND UE-28 (b), BY AGE GROUP AND SEX. Year 2015*, per 100 people aged 15 years and over



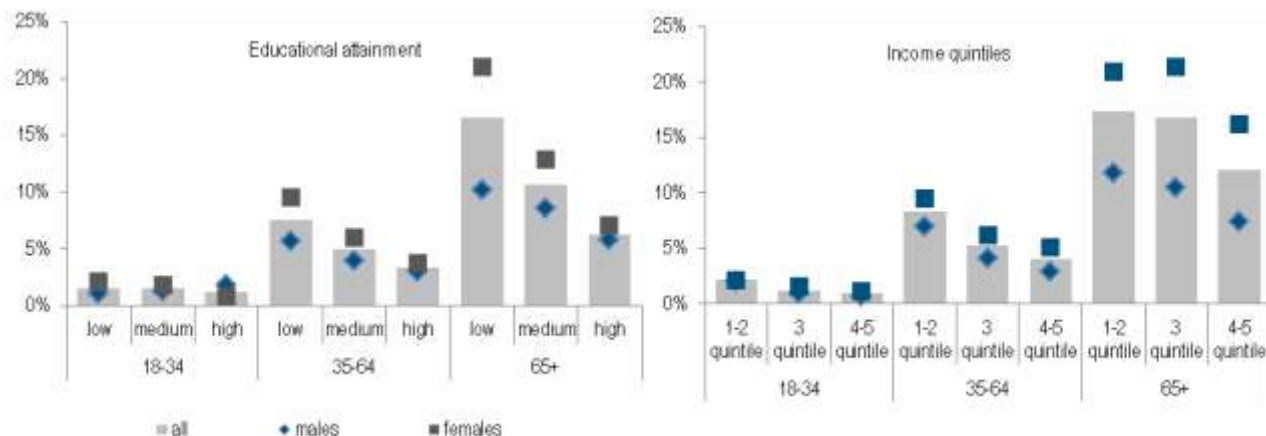
- (a) Chronic depression during the past 12 months and current major depression symptoms during the past two weeks
 - (b) The indicator does not include missing and proxy answers. For these reasons the EU estimates could differ from Istat..
 - (*) Most countries carried out the Ehis wave 2 survey in 2014, Italy and other few countries in 2015
- Source: Eurostat, European Health Interview Survey (EHIS)

Depression is often associated with severe chronic anxiety. Overall, 7% of people aged 15 years and over suffered from anxiety or chronic depression during the past 12 months (3.7 million people).

The prevalence of depression and severe chronic anxiety increases with age (from 5.8% at age 35-64 years to 14.9% after age 64). Compared to men, the disadvantage of women emerges in adulthood and get worse in elderly people.

Low socio-economic status is associated with anxious-depressive disorders. The prevalence of depression and anxiety doubles in adults with low education compared to higher educated people and triples in the elderly (16.6% compared to 6.3%). In this latter group, however, the differences by income are less significant (Graph 2).

GRAPH 2. PEOPLE AGED 18 YEARS AND OVER WITH CHRONIC DEPRESSION AND ANXIETY BY SEX, AGE GROUP, EDUCATIONAL ATTAINMENT AND INCOME QUINTILES. Year 2015, per 100 with the same characteristics

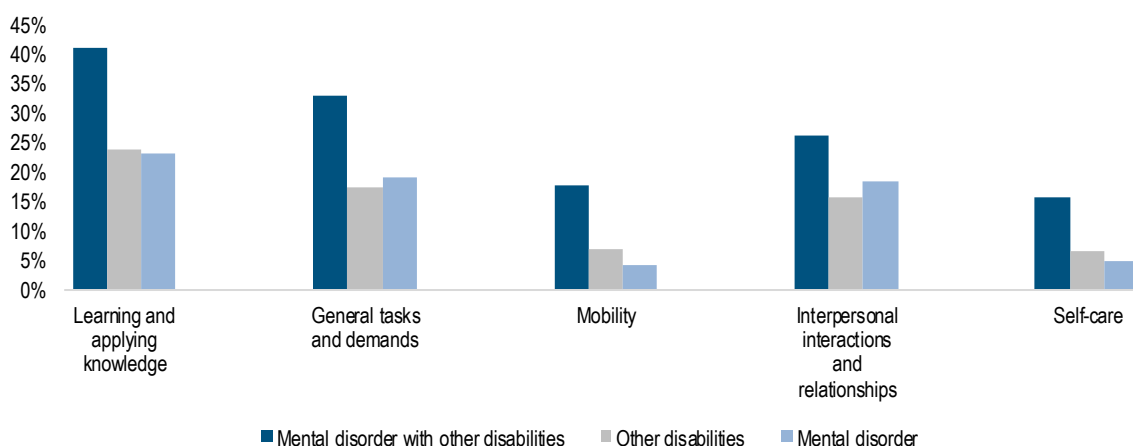


Source: Istat, European Health Interview Survey (EHIS)

In the 2016/2017 school year, two thirds of Italian pupils with disabilities suffered from an intellectual disability (over 170 thousand pupils). People aged less than 18 years with mental development disorders living in local residential care institutions are estimated to be 11 out of 100,000 minor resident population.

Among pupils with exclusively mental disability, 23.2% shows severe problems in the area of learning and applying knowledge (classified according ICF) and reaches 41.2% when another type of disability is associated with the mental one. Mental disability alone has the major impact in the areas of general tasks and demands and interpersonal interactions and relationships. In both areas the percentage of pupils with severe problems is higher compared to pupils with disabilities other than mental disorders. In all examined areas the percentage of pupils with severe problems significantly increases when the mental disability associates with other type of disabilities (Graph 3).

GRAPH 3. PUPILS* WITH SPECIAL NEEDS WITH PRESENCE OF SEVERE PROBLEMS IN ICF FUNCTIONING AREAS BY TYPE OF DISABILITY. School year 2016-2017, per 100 pupils with special needs teacher



(*) of primary and lower secondary schools

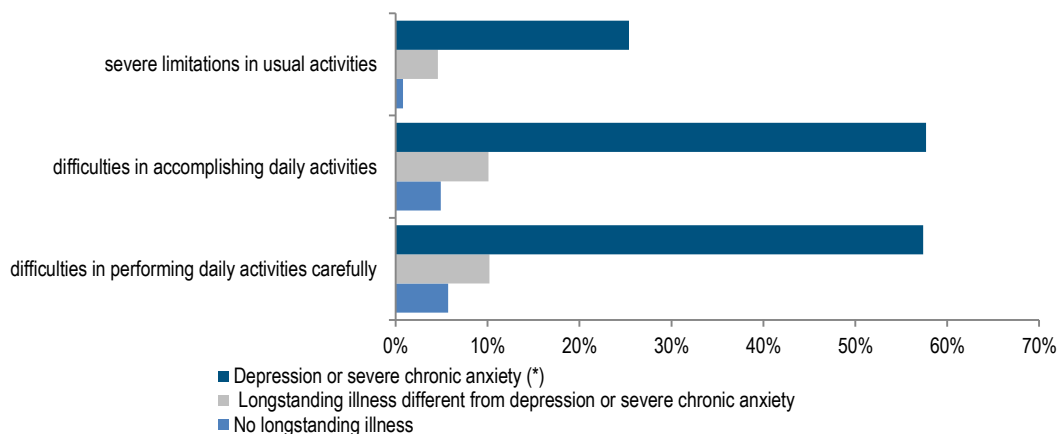
Source: Istat, Survey on integration of students with disability in private and public primary and lower secondary schools

Labour status has a relevant impact on mental health; among adults aged 35-64 years, inactive and unemployed people report having suffered from severe depression or anxiety (10.8% and 8.9%) more often than employed (3.5%). Among employed, the number of days of absence from work triples in presence of depression or anxiety (18 days versus 5 days in the year for the general population).

About one forth (25.4%) of adults (18-64 years old) reporting depression or anxiety suffer from severe limitations in usual activities. Among people reporting other chronic conditions other than depression or

anxiety the percent with limitation is 4.6%. Similarly, mental health disorders impact more than other chronic conditions (Graph 4).

GRAPH 4. PEOPLE AGED 18-64 YEARS BY PRESENCE OF SELF-REPORTED CHRONIC DISEASES AND IMPACT ON DAILY ACTIVITIES. Year 2015, per 100 people



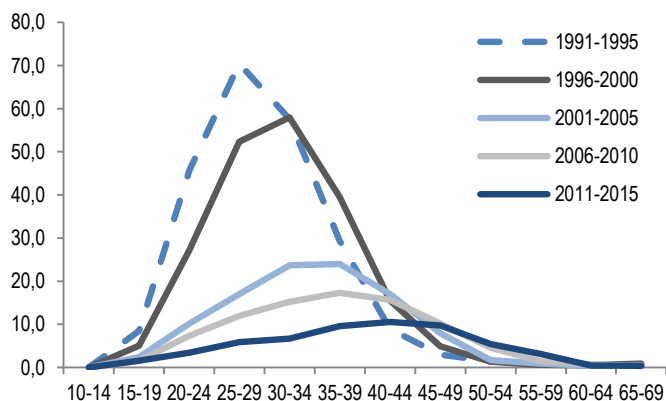
(*) Depression and severe chronic anxiety can occur with other chronic diseases

Source: Istat, European Health Interview Survey (Ehis)

Drug-related hospitalization accounted for 108 discharges per million resident population in 2016 (6,575 discharges +10% compared to the previous year) showing an increase over the last three years especially in age group 15-34 years.

Drug related deaths in Italy were 251 in 2015, corresponding to a mortality rate (crude) of 4 deaths per million residents. Of these deaths, 85.3% were men, 3.6 non-Italian citizens, 21.1% were people aged 20-34 years and 73% were aged between 35 and 64 years. The higher mortality levels were registered in central Italy (period 2013-2015). The most affected age group is 15-34 years. Overall, mortality rates have strongly decreased in the last 12 years and in all age groups and over time an increase of the age of higher risk is observed from 20-29 in the period 1991-1995 to 40-49 in 2011-2015 (Graph 5).

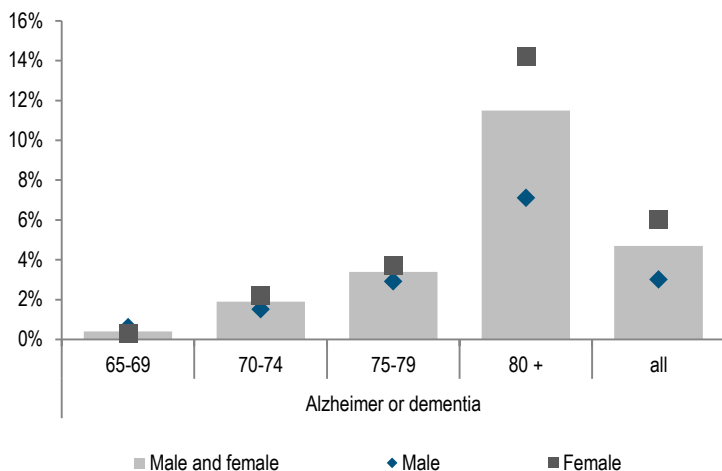
GRAPH 5. DRUG RELATED MORTALITY BY AGE GROUP AND PERIOD. Years 1991-2015, age specific rates per 1 million residents. Residents in Italy.



Source: Istat, Vital statistics on deaths and causes of death

Due to aging population, Alzheimer's disease and dementias are becoming an important public health issue: 4.7% of Italian elderly population suffered from these diseases, especially among women aged 80 years and over (14.2%) (Graph 6). In 2015, these conditions are certified as causes of death in about 52,000 cases.

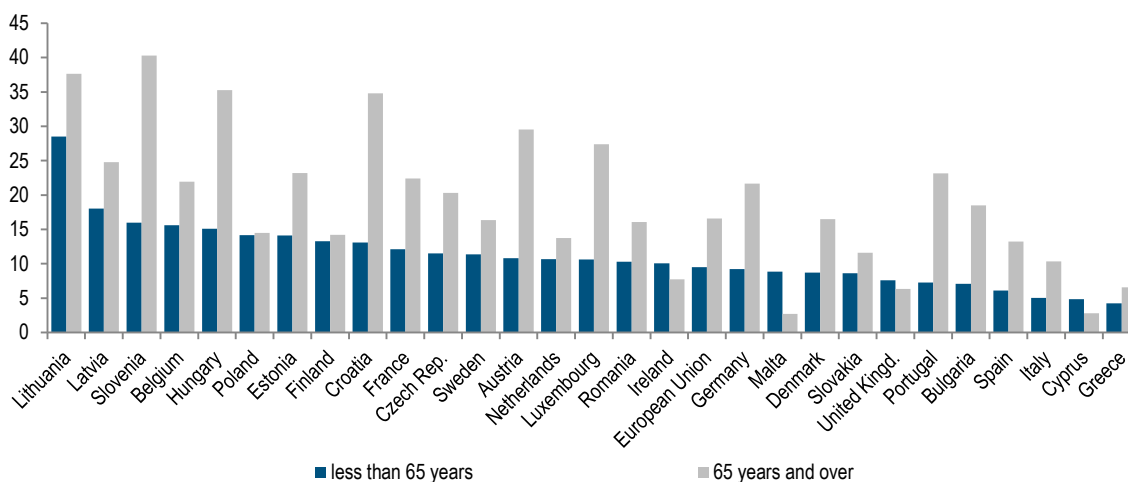
GRAPH 6. PEOPLE AGED 65 YEARS AND OVER SELF-REPORTING ALZHEIMER OR DEMENTIA BY GENDER AND AGE. Year 2015, per 100 people.



Source: Istat, European Health Interview Survey (EHIS)

The suicide rate in Italy was 6 per 100,000 resident population, lower than the Eu-28 average (11 per 100,000). The rate increased with age from 0.7 in young population (until 19 years old) to 10.5 in the elderly (Graph 7). In this age group the rates among men were 4 times higher compared to women. Suicide represented a relevant cause of death among people aged 20-34 years accounting for 12% of total deaths.

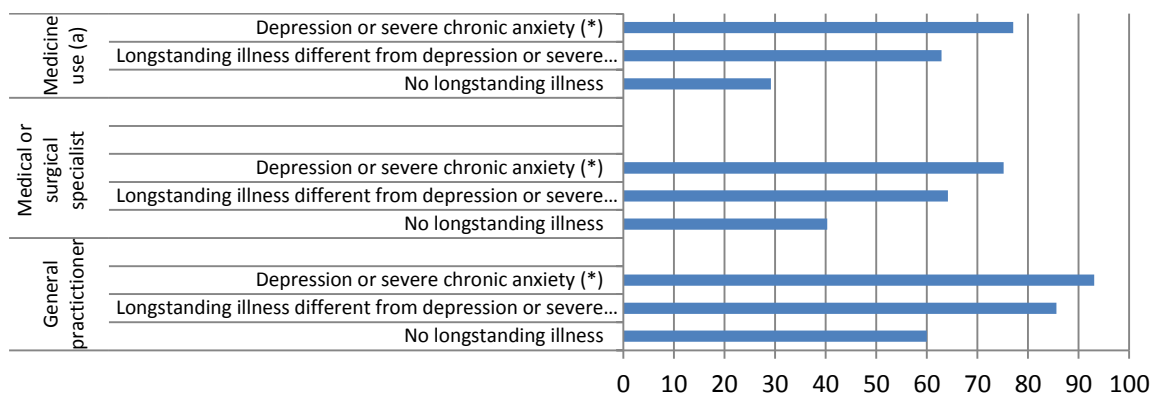
GRAPH 7. SUICIDE IN EUROPEAN COUNTRIES BY AGE GROUP. Year 2015, standardized mortality rates per 100,000 inhabitants



Source: Eurostat, Causes of death

About 15% of adult population reporting a chronic anxious-depressive disorder recurred to the psychiatrist or psychologist during the last 12 months and this percentage was higher in people aged 18-64 years (20.5%). Compared to people referring other chronic conditions, those with depression or anxiety reported more often to have consulted the general practitioner (at least once a year 93.1% versus 85.6%) as well as the specialist (75.2 versus 64.2%). In addition, the use of medicines was higher in this group: 77.1% of people with depression or anxiety used prescribed or non-prescribed medicines in the last 2 weeks, compared to 62.9% in people with other chronic conditions (Graph 8).

GRAPH 8. PEOPLE AGED 18 YEARS AND OVER BY SELF-REPORTED CHRONIC MORBIDITY AND SELF-REPORTED USE OF HEALTH CARE IN THE LAST 12 MONTHS. Year 2015, per 100 people



(*) Depression and severe chronic anxiety can occur with other chronic diseases

(a) During the past two weeks

Source: Istat, European Health Interview Survey (Ehis)

In 2016, about 800,000 people aged 18 years and over received care in a mental health department (161 per 10,000 resident population). In adult men the main treated disorders are schizophrenia and other functional psychoses. In younger women the main treated disorders are neurotic and somatoform syndromes and depression after age 35 years. Depression is also the most commonly treated disorder in the elderly.

According to the estimates of the Ministry of Health, the costs for outpatient and residential psychiatric care in 2016 accounted for 3.6 billion euros corresponding to 3.2% of the total health care expenditure and to a per capita expense of 71 euros ranging between 42 euros in Basilicata to 145 in the Autonomous Province of Trento.

For more details please refer to the Italian version.

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