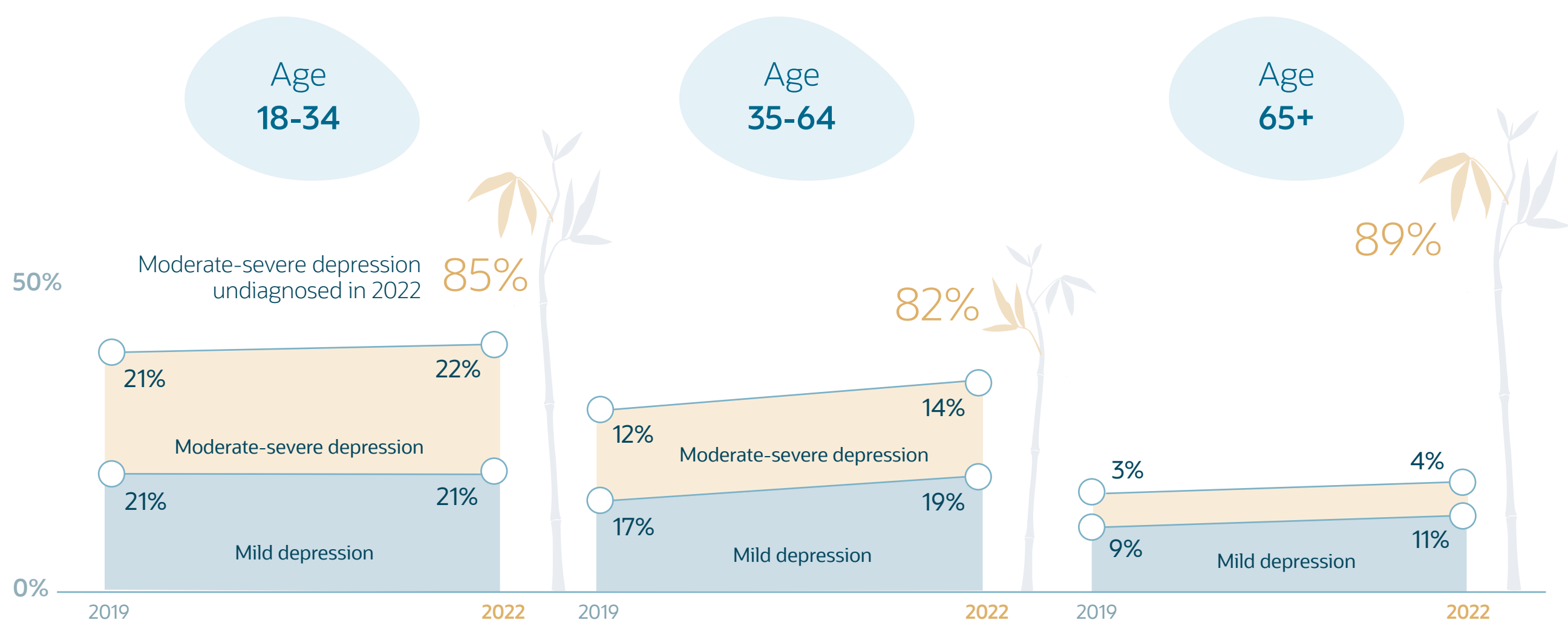


The Unseen Depressed and Anxious Populations in Japan featuring data collected from one of the largest patient-reported studies

Exploring rates of moderate to severe undiagnosed depression symptoms using the PHQ-9 Scale<sup>1</sup> and generalized anxiety disorder symptoms using the GAD-7 Scale<sup>2</sup>

Moderate to Severe Depression: high prevalence of self-reported cases among younger adults in Japan, with elevated undiagnosed rates



Women report higher rates of moderate to severe depression symptoms compared to men



Moderate-severe depression with thoughts of self-harm or suicide

47%  
Male



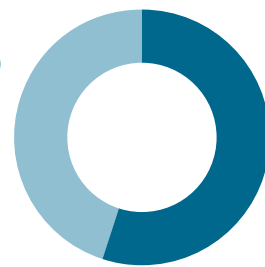
53%  
Female



81%

>1 days

45%



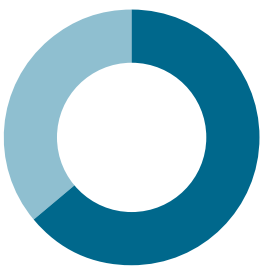
55%



73%

>1 days

36%



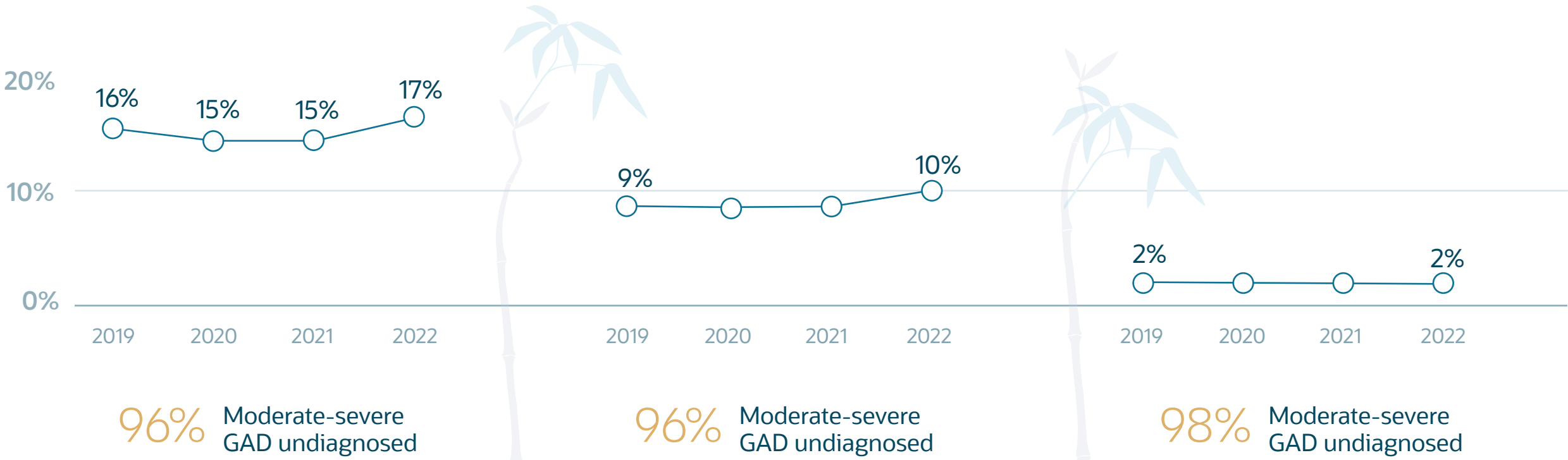
64%



59%

>1 days

Generalized Anxiety Disorder (GAD): high prevalence of self-reported cases among younger adults in Japan, with over 96% remaining undiagnosed across all age groups



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<sup>1</sup> Kroenke, K., Spitzer, R.L., & Williams, J.B. (2001). The PHQ-9: validity of a brief depression severity measure. Journal of General Internal Medicine, 16606-613

<sup>2</sup>Spitzer RL, Kroenke K, Williams JBW, Löwe B. A brief measure for assessing generalized anxiety disorder—The GAD-7. Arch Intern Med. 2006;166(10):1092–7. doi: 10.1001/archinte.166.10.1092