

# Depression can take a decade off your life

and that calls for better physical healthcare

Source: Chan JKN et al. Life expectancy and years of potential life lost in people with mental disorders. *eClinicalMedicine (The Lancet)*, 2023.



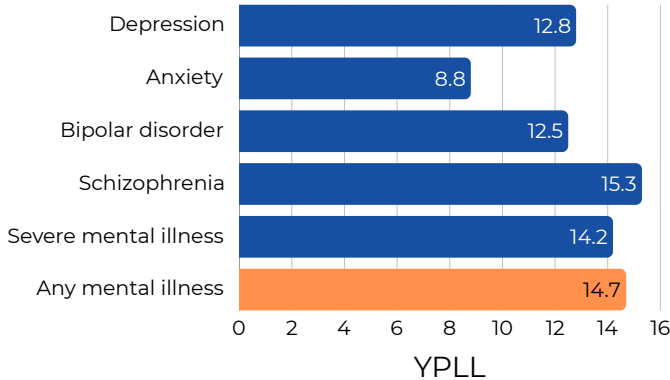
## Quick take

People with depression die approximately 13 years earlier than the general population. Across all mental health conditions, life expectancy is reduced by around 15 years, largely due to chronic physical illness. Drawing on more than 100 international studies, this world-first research highlights the major impact of mental health conditions on physical health.

## Acronym guide

**YPLL** Years of potential life lost

## The life expectancy gap



## Key issues → Practical recommendations

### Chronic illness is the main driver of reduced life expectancy

→ Mental health diagnoses should prompt the same response as other major risk factors

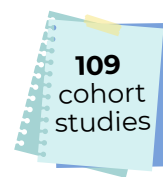
### Mental health care must include physical health care

→ Integrate routine physical health screening into treatment

### This is a global health inequality

→ Combat discrimination and ensure equitable access to quality healthcare

## Methods at a glance



24 countries

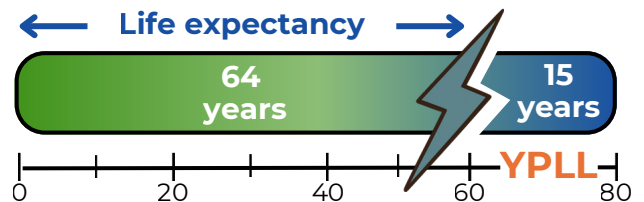


Outcomes: life expectancy + YPLL

Random-effects meta-analysis

## Key findings

Any mental health condition: **15 YPLL**



Depression: **13 YPLL**  
Anxiety: **9 YPLL**  
Schizophrenia: **15 YPLL**  
Severe Mental Illness: **14 YPLL**

This life expectancy gap persists despite overall gains in life expectancy.

## Read more

Visit the Equally Well Australia website for more information and resources.



## Author's conclusion

Comprehensive and multi-pronged preventive... approaches are urgently needed to promote physical health.