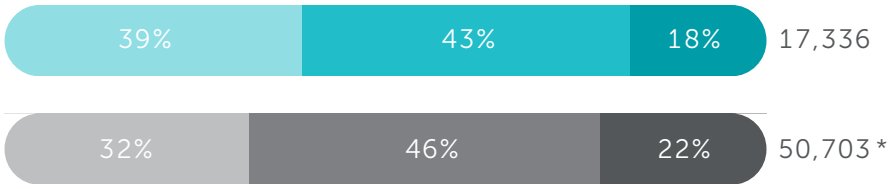
National Depression Screening Day 2018

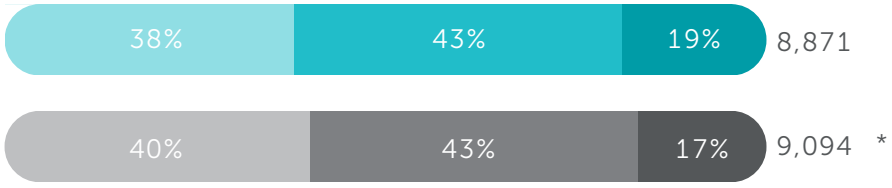
Summary

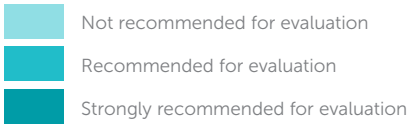
National Depression Screening Day (NDSD) in an annual initiative to raise awareness about depression and offers a free, online, anonymous test that screens for symptoms of depression. The test is made available to anyone to check in with their mental health. The online depression-screening tool, developed by the Harvard Department of Psychiatry, and adopted by CCC, was open from **October 1-7, 2018**. The test gives 3 possible results: *not recommended for further evaluation*, *recommended for further evaluation*, or *strongly recommended for further evaluation*. Suggested resources are provided at the end of the test. This year, we were pleased to offer the test in 3 additional languages. Along with English and French, participants had the options of Punjabi, Spanish, and Chinese. This summary highlights the results from the 2018 campaign and compares statistical data of previous years.

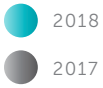
TOTAL



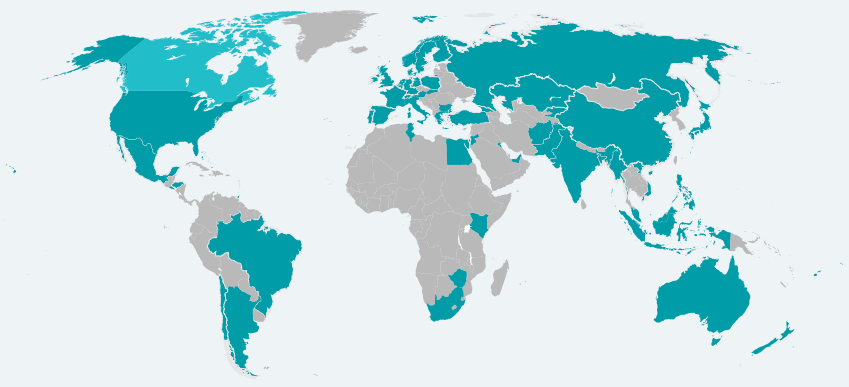
CALGARY







* The unusually high participation in 2017 was an anomaly compared to other years. 26,901 participants found the test through Facebook. We are not able to confirm the cause of the high number of tests taken.



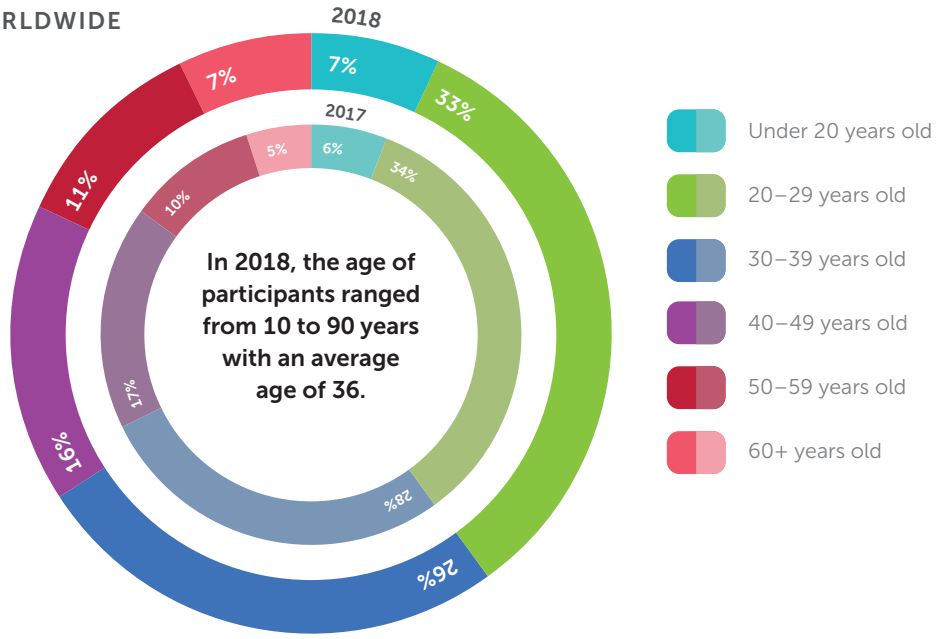
93% **Canada**

7% **Other**

Top five:

- United States (4.7%)
- Great Britain (0.4%)
- Australia (0.3%)
- Mexico (0.1%)
- India (0.1%)

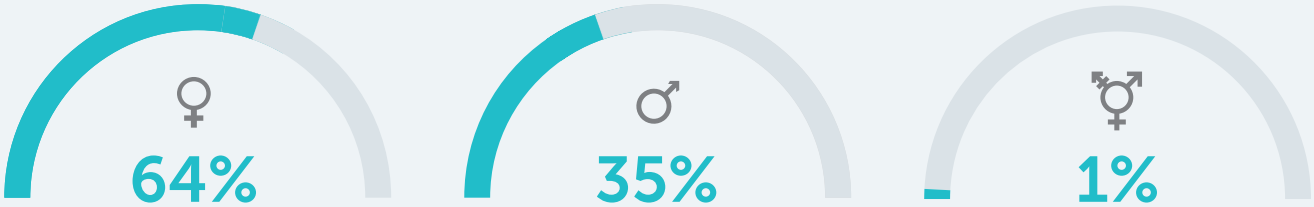
AGE OF PARTICIPANTS WORLDWIDE



GENDER OF PARTICIPANTS WORLDWIDE

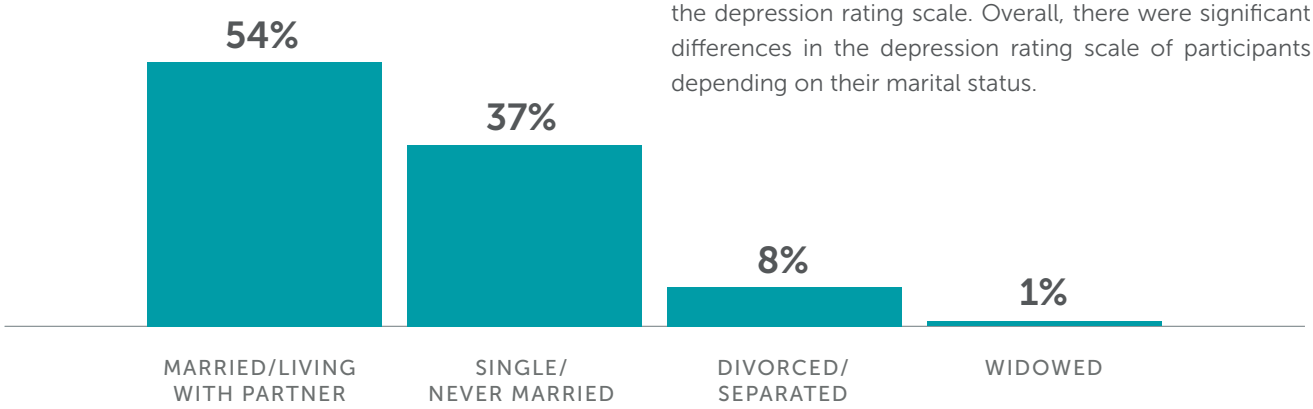
In 2018, we recorded our highest male participation ever, with 35% men completing the screening test compared to less than 25% last year. This is a positive indicator of reducing stigma surrounding men's mental health.

Female participants more often had a higher depression score than men. For all genders, there was a significant difference in the recommendation for evaluation.



MARITAL STATUS OF PARTICIPANTS WORLDWIDE

This year, we saw a higher participation rate from single and never married participants at 37%, up from 32% last year. Participants who were married or living with a partner had the lowest score on the depression rating scale. Overall, there were significant differences in the depression rating scale of participants depending on their marital status.

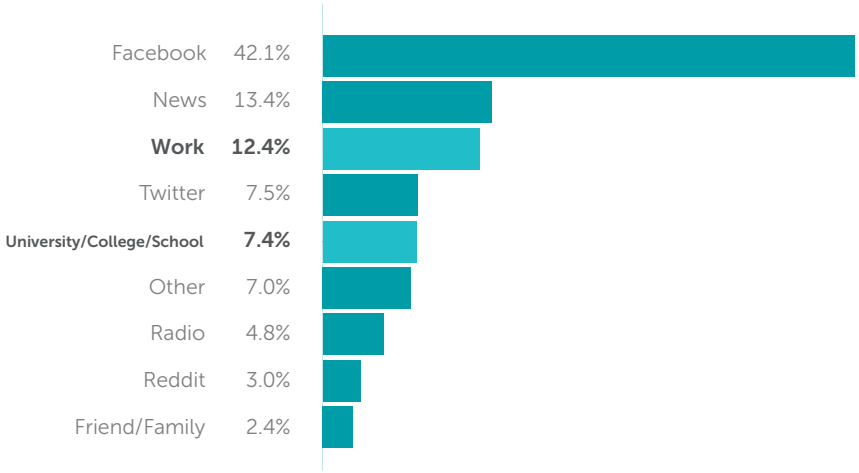


HOW DID PARTICIPANTS WORLDWIDE HEAR ABOUT NDSD?

Similar to last year, the largest source of test referrals was from Facebook, with over 42% of total participants finding it through the platform. 48% of female test takers found the test through Facebook.

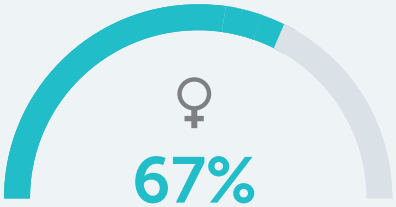
In Canada, 5% of test takers found the test through Twitter, compared to 56% of U.S. participants.

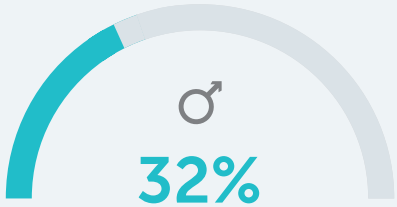
In Calgary, 38% of 9–19 year olds heard about the test from school, and 66% of 60+ participants found it via the news.

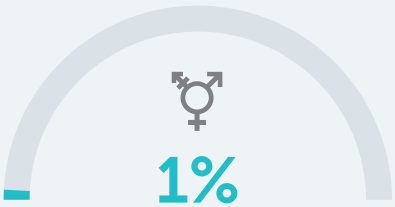


Bold text indicates referral categories with more detail in this report.

POST-SECONDARY STUDENT & FACULTY PARTICIPANTS WORLDWIDE

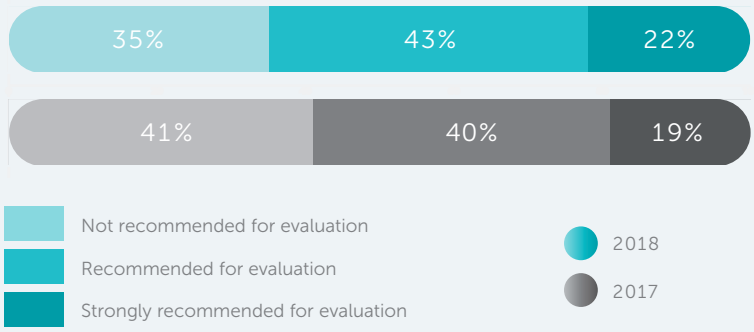






This year's test was taken by a greater percentage of males from post-secondary institutions than last year, with 32% compared to 27% in 2017. Last year, 72% of post-secondary test-takers were female, and 1% of diverse genders.

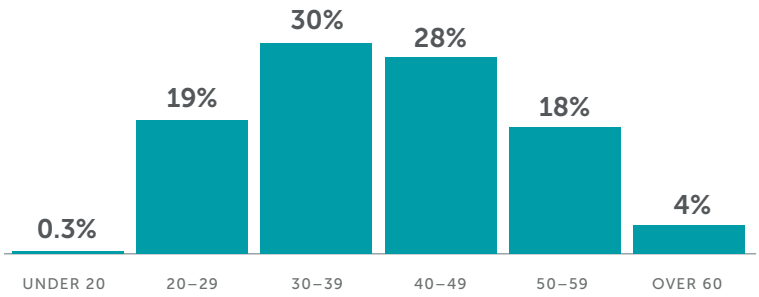
Fewer test takers in 2017 were recommended or strongly recommended for evaluation compared to 2018, indicating higher levels of distress among post-secondary test-takers.

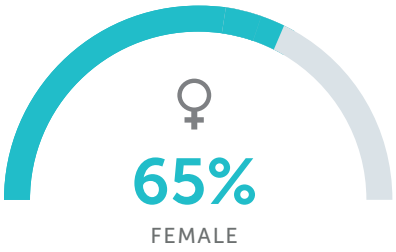


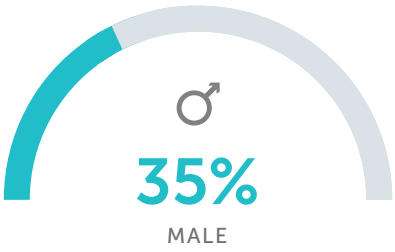
WORKPLACE PARTICIPANTS WORLDWIDE

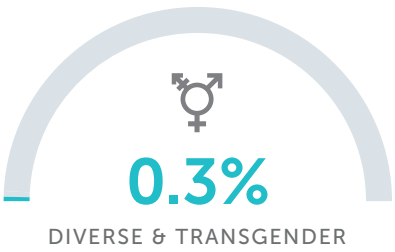
This year, 2,089 people heard about the depression screening test through their workplace. That's about twice as many people compared to last year.

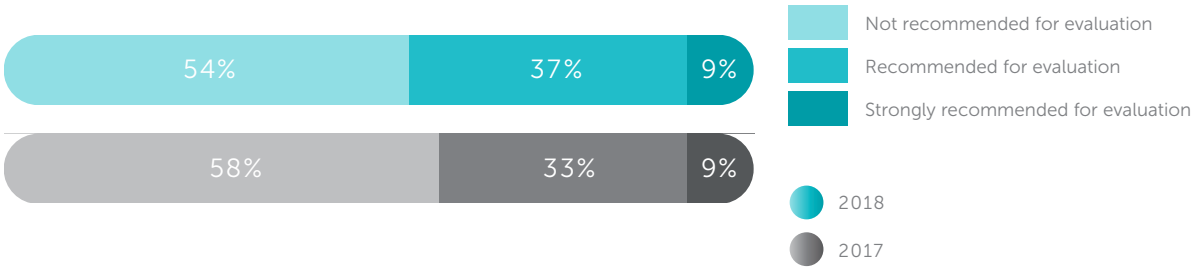
We saw a greater percentage of workplace test takers aged 40–59, and 35% of workplace participants were male. We saw a 4.0 percentage point increase in the number of workplace test takers recommended for evaluation.











Our corporate partners this year included: ATB Financial; YMCA of Calgary; Calgary Arts Academy; MAXgreen Windows and Doors Ltd.; Building Trades of Alberta; Calgary Chamber of Commerce; Bell; CMHA Calgary Region; Simplex Legal; Alberta Energy Regulator; Alberta Health Services; YYC Cycle; Alberta Blue Cross; Royal Bank of Canada; Elevated HR.

We would also like to acknowledge Bell Let's Talk, our television advertising sponsor.

EXERCISE EFFECTS

Exercise is important for our physical and mental health. This year we partnered with the YMCA for a "Sweat the City" event and included additional questions on the NDSD test on exercise habits.

The Canadian Physical Activity Guidelines recommend 150 minutes of exercise per week. For the 2018 NDSD test, those who exercised between 150 to 300 minutes per week typically had the lowest depression score.

Those who exercised scored 1.6 points less on the depression rating scale than non-exercisers.

Those who exercised with others scored 1 point less on the depression rating scale than those who exercised alone.

Those who exercised for 45 to 59 minutes per session scored 2.4 points less on the depression rating scale than non-exercisers.

CONCLUSION

This year saw a significant increase in the number of men taking the test – this is a positive indicator that some of the stigma surrounding men's mental health is beginning to decrease.

The need for awareness of depression in our communities is still present. With the help of our partners, over 17,000 people worldwide, 8,871 of which from Calgary, took the time to check in with their mental health and hopefully gained awareness of the resources that are available to them, should they need help.

NDSD NATIONAL DEPRESSION SCREENING DAY

CALGARY counselling centre

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