Introduction

Major depressive disorder (MDD) is a serious mental health disorder affecting an estimated 17 million adults each year in the United States (US). MDD may limit a person’s ability to fulfill work, school, family, or social responsibilities; enjoy leisure activities; or maintain health and hygiene (10). MDD is associated with negative changes in affect, cognition, and function and is linked to impairment in quality of life (11). When comparing patients with and without MDD, the incremental cost of MDD extends beyond direct medical costs for depression management and includes increased cost and resource use related to treatment of comorbidities (12). As such, patients with MDD experience a higher level of burden of care than patients without depression management.

Sleep disturbances and anxiety are commonly observed in patients with MDD (13). Both of these often remain present even after a patient experiences remission from depression (14). Patients with these residual symptoms are at an increased risk of functional impairment and interpersonnel impairments as well as a high risk for relapse or recurrence of depression (15).

Objective

To assess anxiety and sleep problems among survey respondents with and without a self-reported diagnosis of depression in the US.

Limitations

All data in this study come from a self-reported patient survey; therefore, responses are subject to recall bias and cannot be validated using claims or medical chart data. This limitation was addressed, in part, through the utilization of short recall periods to reduce bias. Results from these data may not be generalizable to the US population of patients diagnosed with depression (16). Results from these data may not be generalizable to the US population of patients diagnosed with depression (16). The confidence bars represent the standard error of the proportion of respondents. The confidence bars represent the standard error of the proportion of respondents. The confidence bars represent the standard error of the proportion of respondents.

Conclusions

Anxiety and sleep disturbances are common residual symptoms of depression. Survey respondents diagnosed with depression who reported residual depressive symptoms at time of survey had a higher burden of anxiety and sleep problems than respondents without depression without diagnosis.

These results highlight that the burden of depression can remain high, even among those experiencing limited symptoms. Novel and effective treatment options are needed to address the burden associated with depression across varying levels of anxiety severity.