

GeneSight® Mental Health Monitor Summary of Responses

Depression Disconnect: New Survey Finds Most People with Depression Feel Deeply Misunderstood

Released April 28, 2021

The following information is summarized from a national poll of Americans aged 18+ to gauge perceptions of depression and its treatment.

Perceptions of Depression

Survey Question	Responses
<i>Life would be easier if others could understand how depression makes me feel. (agree/disagree)</i>	83% of people diagnosed with depression say life would be easier if others could understand their depression
<i>Which of the following does your depression make you feel like? (select any that apply)</i>	<p>Among those diagnosed with depression:</p> <ul style="list-style-type: none"> • I want to cry, but I can't (53%) • Wearing a weighted backpack (49%) • Sinking in quicksand (49%) • Hearing constant negative thoughts on repeat (48%) • Uncontrollably tearful (41%) • In a dark room (46%) • Constantly bothering others (41%) • Trying to complete an impossible puzzle (40%) • Being tethered or trapped (40%)
<i>Which of the following symptoms do you associate with depression? (select any that apply)</i>	<p>Among those diagnosed with depression</p> <ul style="list-style-type: none"> • Feeling down/sadness (86%) • Isolation/loneliness (79%) • Sleeping all the time/too much (78%) • Low self-esteem (76%) • Moodiness (76%) • Irritation and frustration (75%) • Inability to concentrate/easily distracted (74%) • Insomnia/inability to sleep (73%) • Thoughts of self-harm (73%) • Feeling lethargic or weighed down (72%)

<i>Survey Question</i>	<i>Responses</i>
<i>How do you feel when someone finds out that you suffer from depression? (select any that apply)</i>	<p>Among those diagnosed with depression:</p> <ul style="list-style-type: none"> • Ashamed/Embarrassed (48%) • Weak (29%) • Overwhelmed (22%) • Relieved (21%) • Hopeful (18%) • Scared (15%) • Frustrated (15%) • Ambivalent (10%) • Strong (9%)
<i>Which of the following would you like someone to SAY TO YOU when you tell them about your depression? (select single most accurate)</i>	<p>Three out of four people living with depression said they desire support from their loved ones including just listening or saying supportive things like:</p> <ul style="list-style-type: none"> • [I don't want them to say anything] — I just want them to listen (28%) • "How can I help?" (26%) • "Do you want to talk about it?" (22%)
<i>What are you most likely to HEAR when you tell someone about your depression? (select single most accurate)</i>	<p>Nearly half of those with depression said they were likely to hear one of the following statements:</p> <ul style="list-style-type: none"> • "You need to get over it/snap out of it" (22%) • "We all get sad sometimes." (20%)

Depression Medication and Treatment

<i>Survey Question</i>	<i>Responses</i>
<i>When/if you are prescribed a medication for depression, do you feel confident that it will work? (yes/no)</i>	<p>2 in 5 (39%) of those diagnosed with depression say they are not confident that their depression medications will work for them</p>
<i>Have you ever taken antidepressants? (yes/no)</i>	<p>Yes</p> <ul style="list-style-type: none"> • Diagnosed with depression (88%) • All adults (40%)
<i>Have you experienced medication trial and error? (yes/no)</i>	<p>Yes</p> <ul style="list-style-type: none"> • Diagnosed with depression (56%)

<i>Survey Question</i>	<i>Responses</i>
<i>Which of the following does depression medication trial and error feel like? (select any that apply)</i>	<p>Those who experience the trial-and-error process describe it as:</p> <ul style="list-style-type: none"> • “On a rollercoaster” (51%) • “I’m just waiting for the next side effect” (45%) • “Walking through a maze blindfolded” (44%) • “I’m doing the best I can for my mental health (44%) • “Playing a game of darts, only I’m the dartboard” (42%) • “I’m one step closer to feeling better” (28%) • “Trying to push an elephant through the eye of a needle (25%) • “I’m at the end of my rope” (25%) • “Nailing Jell-O to a tree” (22%)
<i>How do you feel when you’ve experienced an antidepressant ‘failure’? (select any that apply)</i>	<p>Among those diagnosed with depression:</p> <ul style="list-style-type: none"> • Frustrated (80%) • Angry (32%) • Scared (30%) • Hopeful (8%) • Ambivalent (8%)
<i>How many antidepressants have you taken in your lifetime? (select one)</i>	<p>More than half of those diagnosed with depression said they have tried 4 or more depression medications in their lifetime, with nearly 1 in 4 respondents reporting they have tried 6 or more medications to try to find relief</p> <p>Diagnosed with depression (# of antidepressants ever taken):</p> <ul style="list-style-type: none"> • 1 (16%) • 2-3 (32%) • 4-5 (29%) • 6 or more (23%)
<i>How would you feel if your doctor recommended that you take a genetic test that could help predict how you would react/respond to certain medications for depression? (select any that apply)</i>	<p>7 in 10 (70%) of those diagnosed with depression would feel “hopeful” if their doctor recommended a genetic test as part of their treatment plan</p>

Depression Recognition and Empathy

Survey Question	Responses
<p><i>How confident are you that you would recognize it if a loved one was suffering from depression? (select single most accurate)</i></p>	<p>Less than half of all adults are very/completely confident that they can recognize if a loved one suffers from depression</p> <p>Among all adults:</p> <ul style="list-style-type: none"> • 47% are very/completely confident • 30% are somewhat confident • 23% are not at all or slightly confident <p>Among those diagnosed with depression:</p> <ul style="list-style-type: none"> • 67% are very/completely confident • 21% are somewhat confident • 12% are not at all or slightly confident
<p><i>Which of the following statements best describes you?</i></p> <ul style="list-style-type: none"> • <i>I can completely relate to people who suffer from depression</i> • <i>I try to relate to people who suffer from depression, but I'm not sure I completely "get" what they're going through</i> • <i>I can't relate to people who suffer from depression</i> 	<p>Of those diagnosed with depression:</p> <ul style="list-style-type: none"> • I can completely relate to people/others who suffer from depression (82%) • I try to relate to people/others who suffer from depression, but I'm not sure that I completely "get" what they're going through (15%) • I can't relate to people who suffer from depression (3%) <p>Of all adults:</p> <ul style="list-style-type: none"> • I can completely relate to people/others who suffer from depression (45%) • I try to relate to people/others who suffer from depression, but I'm not sure that I completely "get" what they're going through (47%) • I can't relate to people who suffer from depression (7%)

COVID-19 and Mental Health

Survey Question	Responses
<p><i>How has the COVID-19 pandemic changed your personal perceptions of mental health? (agree/disagree)</i></p> <ul style="list-style-type: none"> <i>I am more conscious of my mental health and when I should take action</i> <i>I am more conscious of the mental health of those around me</i> 	<p>Half of adults (48%) are more conscious of their mental health, and when they should take action, compared to when the pandemic began</p> <p>7 out of 10 adults (70%) say they are more conscious about their own or others' mental health challenges than they were before the pandemic began</p>
<p><i>Which of the following treatment options or tools have you tried or considered for the first time during the COVID-19 pandemic? (select any that apply)</i></p> <ul style="list-style-type: none"> <i>Medication</i> <i>Genetic testing</i> <i>Counseling/therapy</i> <i>Self-help techniques, like meditation or mindfulness</i> <i>Clinical procedures, like transcranial magnetic stimulation</i> <i>Other</i> <i>None</i> 	<p>More than half of those diagnosed with depression indicated they've tried or considered started a new medication since the start of the pandemic.</p> <p>Among those diagnosed with depression:</p> <ul style="list-style-type: none"> Medication (52%) Self-help techniques (50%) Counseling/therapy (43%) Self-help techniques, like meditation or mindfulness (50%) Clinical procedures, like transcranial magnetic stimulation (9%) Other (5%) None (15%)

The GeneSight® Mental Health Monitor

The GeneSight Mental Health Monitor is a nationwide survey of U.S. adults conducted by ACUPOLL Precision Research, Inc. in March 2021. The survey was conducted among a statistically representative sample of U.S. adults age 18+, including a U.S. representative sample of adults who have been diagnosed with depression. The margin of error in survey results for the total base population at a 95% confidence interval is +/- 3%.

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