

Note on
Country-wise Prevalence of Depressive Disorders 2015 and
Averaged Ranking of Happiness Index of 2013-2015

- Compilation

iosnewdelhi@gmail.com

Institute of Objective Studies,
162, Jogabai Main Road,
Jamia Nagar, New Delhi – 110025

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Definitions of Depressive Disorders

Depressive Disorders are characterized by sadness, loss of interest or pleasure, feelings of guilt or low self-worth, disturbed sleep or appetite, feelings of tiredness, and poor concentration. Depression can be long-lasting or recurrent, substantially impairing an individual's ability to function at work or school or cope with daily life. At its most severe, depression can lead to suicide. Depressive disorders include two main sub-categories:

- **Major Depressive Disorder / Depressive Episode**, which involves symptoms such as depressed mood, loss of interest and enjoyment, and decreased energy; depending on the number and severity of symptoms, a depressive episode can be categorized as mild, moderate, or severe; and
- **Dysthymia** a persistent or chronic form of mild depression; the symptoms of dysthymia are similar to depressive episode, but tend to be less intense and last longer.

A further important distinction concerns depression in people with or without a history of manic episodes. Bipolar affective disorder typically consists of both manic and depressive episodes separated by periods of normal mood. Manic episodes involve elevated mood and increased energy, resulting in over-activity, pressure of speech and decreased need for sleep. Bipolar affective disorder is not included in the data below.

Anxiety disorders refer to a group of mental disorders characterized by feelings of anxiety and fear, including **generalised anxiety disorder (GAD)**, **panic disorder**, **phobias**, **social anxiety disorder**, **obsessive-compulsive disorder (OCD)** and **post-traumatic stress disorder (PTSD)**. As with depression, symptoms can range from mild to severe. The duration of symptoms typically experienced by people with anxiety disorders makes it more a chronic than episodic disorder.

World Happiness Index

The **World Happiness Index** is an alteration of the Human Development Index as it adopts the same statistical aggregation method. It aims to measure the happiness of countries and it defines the following themes as preconditions for a happy country:

- **Peace and Security**
- **Freedom, Democracy and Human Rights**
- **Living Standards**
- **Research, Education, Information, Communication and Culture**

For the calculation of the index, it considers 10 indicators under each of the above four themes.

Small percentage of population is suffering from depressive disorders. Rest of the population is part of Happiness Index which is the base for calculation of Happiness Index.

Country-wise Prevalence of Depressive Disorders 2015 and Averaged Ranking of Happiness Index of 2013-2015

S. No.	Country	Prevalence of Depressive Disorders 2015		Happiness Index - Averaged Ranking of 2013-2015
		Total Cases	% of Population	
1	Afghanistan	1038610	3.3	154
2	Albania	131048	4.8	109
3	Algeria	1 683 914	4.5	38
4	Angola	892 128	3.6	141
5	Argentina	1 914 354	4.7	26
6	Armenia	142712	5.0	121
7	Australia	1318599	5.9	9
8	Austria	415916	5.1	12
9	Azerbaijan	428873	4.6	81
10	Bahrain	62 549	4.8	42
11	Bangladesh	6 391 760	4.1	110
12	Belarus	510764	5.6	61
13	Belgium	502075	4.8	18
14	Belize	14 956	4.4	52
15	Benin	411 695	3.9	153
16	Bhutan	30 947	4.2	84
17	Bolivia	453 716	4.4	59
18	Bosnia and Herzegovina	185557	5.1	87
19	Botswana	102 065	4.7	137
20	Brazil	11 548 577	5.8	17
21	Bulgaria	360724	5.2	129
22	Burkina Faso	640 502	3.6	145
23	Burundi	448 822	4.2	157
24	Cambodia	508823	3.4	140
25	Cameroon	886 273	3.9	114
26	Canada	1 566 903	4.7	6
27	Chad	478 228	3.5	144

S. No.	Country	Prevalence of Depressive Disorders 2015		Happiness Index - Averaged Ranking of 2013-2015
		Total Cases	% of Population	
28	Chile	844 253	5.0	24
29	China	54815739	4.2	83
30	Colombia	2 177 280	4.7	31
31	Costa Rica	216 608	4.7	14
32	Croatia	205541	5.1	74
33	Cyprus	42662	5.1	69
34	Czeck Rep	525488	5.2	27
35	Denmark	267213	5.0	1
36	Dominican Republic	464 164	4.7	89
37	Ecuador	721 971	4.6	51
38	Egypt	2 995 824	3.5	120
39	El Salvador	255 032	4.4	46
40	Estonia	75667	5.9	72
41	Ethiopia	4 480 113	4.7	115
42	Finland	293921	5.6	5
43	France	2949572	4.8	32
44	Gabon	73 303	4.3	134
45	Georgia	189241	5.0	126
46	Germany	4116728	5.2	16
47	Ghana	1 100 048	4.2	124
48	Greece	593136	5.7	99
49	Guatemala	580 994	3.7	39
50	Guinea	474 541	3.9	151
51	Haiti	437 639	4.3	136
52	Honduras	308 862	4.0	104
53	Hungary	493783	5.1	91
54	Iceland	12533	4.1	3
55	India	56 675 969	4.5	118
56	Indonesia	9 162 886	3.7	79
57	Iran	3 637 308	4.9	105
58	Iraq	1 263 249	3.7	112
59	Ireland	212555	4.8	19

S. No.	Country	Prevalence of Depressive Disorders 2015		Happiness Index - Averaged Ranking of 2013-2015
		Total Cases	% of Population	
60	Israel	342181	4.6	11
61	Italy	3049986	5.1	50
62	Jamaica	134 054	4.8	73
63	Japan	5058124	4.2	53
64	Jordan	287 844	4.0	80
65	Kazakhstan	732699	4.4	54
66	Kenya	1 952 981	4.4	122
67	Kyrgyzstan	229637	4.1	85
68	Latvia	102702	4.9	68
69	Lebanon	255 280	4.7	93
70	Liberia	155 406	3.5	150
71	Libya	265 833	4.5	67
72	Lithuania	169685	5.6	60
73	Luxembourg	26350	5.0	20
74	Madagascar	1 041 000	4.4	148
75	Malawi	679 385	4.1	132
76	Malaysia	1127643	3.8	47
77	Mali	605 969	3.6	135
78	Malta	20049	5.1	30
79	Mauritania	160 624	4.1	130
80	Mauritius	52 570	4.4	66
81	Mexico	4 936 614	4.2	21
82	Montenegro	28627	4.8	88
83	Morocco	1 484 441	4.5	90
84	Myanmar	1 917 983	3.7	119
85	Namibia	104 001	4.4	113
86	Nepal	890 361	3.2	107
87	New Zealand	221338	5.4	8
88	Nicaragua	238 161	4.2	48
89	Niger	653 348	3.4	142
90	Nigeria	7 079 815	3.9	103
91	Pakistan	7 436 224	4.2	92

S. No.	Country	Prevalence of Depressive Disorders 2015		Happiness Index - Averaged Ranking of 2013-2015
		Total Cases	% of Population	
92	Panama	162 293	4.4	25
93	Paraguay	332 628	5.2	70
94	Peru	1 443 513	4.8	64
95	Philippines	3298652	3.3	82
96	Qatar	105 684	5.1	36
97	Rwanda	425 516	3.8	152
98	Saudi Arabia	1 339 976	4.5	34
99	Senegal	560 991	3.9	128
100	Sierra Leone	243 895	3.9	111
101	Singapore	162203	4.6	22
102	Somalia	420 387	4.0	76
103	South Africa	2 402 230	4.6	116
104	South Sudan	529 011	4.4	143
105	Sri Lanka	802 321	4.1	117
106	Sudan	1 376 305	3.6	133
107	Syria	688 074	3.9	156
108	Tanzania	2 138 939	4.1	149
109	Thailand	2 885 221	4.4	33
110	Togo	277 532	3.9	155
111	Trinidad and Tobago	67 614	5.2	43
112	Tunisia	518 432	4.9	98
113	Uganda	1 747 769	4.6	146
114	United Arab Emirates	444 016	5.1	28
115	United States of America	17 491 047	5.9	13
116	Uruguay	158 005	5.0	29
117	Venezuela	1 270 099	4.2	44
118	Viet Nam	3564934	4.0	96
119	Zambia	636 819	4.0	106
120	Zimbabwe	603 529	4.0	131

Source: 1. WHO, 2015; 2. <http://worldhappiness.report/ed/2017/>

South East Asia Region countries are in yellow colour

Averaged Ranking of Happiness Index of 2013-2015 is highest (1) for Denmark.