

## DISABILITY DIAGNOSTICS

# DEPRESSION & ANXIETY

Anxiety is the most common mental health disorder while depression is the leading cause of disability worldwide. A snapshot provided by IBI's Disability Diagnosis Analyzer estimates the business costs and lost work time from employees entering the U.S. disability system due to depression or anxiety.

Employers can and are major players in combatting the ongoing mental health crisis that has only worsened throughout the pandemic. Strategies to promote mental wellness include providing depression screenings, supporting a better work/life balance, engage in mental health conversations and training to reduce stigma, and enhancing benefits to ensure employees have access to mental health resources and services.

### EACH YEAR IN THE U.S.:



167K

New Short-Term Disability Claims Occur for Depression and Anxiety



76.2

Average Number of Days Employees Are Off the Job



7.0K

Average Short Term Disability Payment Per Claim



8%

of Claims Transition To Long-Term Disability



13%

Long-Term Disability Claims Lasting 2+ Years

### OVERALL, DEPRESSION AND ANXIETY COSTS:



1.6B

Dollars in Disability Payments



12.7M

Lost Work Days Due to Disability Leave



Learn more about the disability burden of chronic illnesses and injuries in the workforce at [www.ibiweb.org/disability-diagnosis-analyzer/](http://www.ibiweb.org/disability-diagnosis-analyzer/)