The Burden of Diagnosed Depression and Sleep Difficulties on Quality of Life, Work Productivity, and Resource Use

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ABSTRACT

Objective: To compare quality of life (QoL), work productivity, and resource use between respondents diagnosed or not diagnosed with depression and experiencing sleep difficulties.

Methods: This analysis used data from the 2010 U.S. National Health and Wellness Survey (NHWS), a self-administered, national survey of adults aged 18 to 85 years. Respondents were asked about health status, health behaviors, sleep difficulties, and healthcare utilization.

RESULTS

Table 1. Baseline characteristics of respondents

<table>
<thead>
<tr>
<th>Age (years)</th>
<th>Gender</th>
<th>Race/Ethnicity</th>
<th>Income</th>
<th>Education</th>
<th>Employment</th>
<th>Health Insurance</th>
<th>CCI</th>
<th>No DP and No SD</th>
<th>DP and SD</th>
<th>DP only</th>
<th>No DP with SD only</th>
</tr>
</thead>
<tbody>
<tr>
<td>41.2 (15.0)</td>
<td>Female</td>
<td>White, non-Hispanic</td>
<td>&lt;$50,000</td>
<td>4 years high school</td>
<td>No</td>
<td>TRICARE</td>
<td>0.11</td>
<td>No DP and No SD</td>
<td>DP and SD</td>
<td>DP only</td>
<td>No DP with SD only</td>
</tr>
<tr>
<td>45.0 (14.0)</td>
<td>Female</td>
<td>White, non-Hispanic</td>
<td>&lt;$50,000</td>
<td>4 years high school</td>
<td>No</td>
<td>TRICARE</td>
<td>0.11</td>
<td>No DP and No SD</td>
<td>DP and SD</td>
<td>DP only</td>
<td>No DP with SD only</td>
</tr>
</tbody>
</table>

The findings indicate that respondents with depression and sleep difficulties reported lower QoL, greater work productivity loss, and higher resource use than those without depression and sleep difficulties.

DISCUSSION

The results of this study highlight the importance of addressing depression and sleep difficulties concurrently to improve patient outcomes. The findings also underscore the need for effective surveillance and management of co-occurring conditions, as they have significant impacts on quality of life, work productivity, and resource use.