

Does everyone with depression go to the GP for treatment?

In data from UK Biobank, we found **1,342** people whose results on questionnaires suggested they **were depressed**. Of those, **67%** had **no mention of depression** in their GP records.

We also asked **26 people** about their experiences

84% had gone to the doctor with **half or less of their episodes**

so most episodes were not taken to a doctor

"I didn't think I was depressed 'enough' to justify going to a doctor"

"[receptionists] would ask why I wanted to see a doctor and made me feel very uncomfortable"

"I was dismissed and told it wasn't that bad and I just needed to buck up"

"My GP wasn't going to offer me talking therapy so there was no point in going once I had decided I didn't want drug treatment"

"What really helped... was the fact that I felt believed, they were supportive and non-judgmental"

"It's asking the impossible of GPs to manage mental illness well without giving them more time... I think the main problem is the overall system they work in"

Half of them had regretted not going afterwards

This research was co-produced with people with lived experience of depression, as part of the user-led citizen science project **Depression Detectives**

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