

## Does everyone with depression go to the GP for treatment?

In data from a large cohort study, 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"

"I did not feel worth bothering the GP. I feared being classed as a time waster or seen as a burden"

"[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"

"I really did not have the energy to keep pushing for appointments"

"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"

**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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