

Are people with depression getting what they need from the NHS?

We looked at data from **UK Biobank**, a cohort study of around **500,000** people. We found **1,342** people whose results on depression screening questionnaires suggested they **were depressed**, and who had allowed access to their GP records. Of those, **67%** had **no mention of depression** in their records.

We also asked **26 people in detail** about whether they had gone to a doctor for depression

84%

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

so most episodes were not taken to a doctor

"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"

"The GP who sees you often doesn't know you at all. They are trying to keep appointment times short, and minimise time between appointments"

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

50% had regretted not going afterwards

50% had used private talking therapy instead

which is **not affordable** for most people

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

blogs.ed.ac.uk/depressiondetectives