

Are GP records a good measure of depression episodes and treatment?

We looked at the results of depression screening questionnaires taken by around **157,000** UK Biobank participants

For **1,342** people with results suggesting depression, we asked...

Was depression **ever mentioned** in their GP records?

67% had no mention of depression in their records

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

50% had used private talking therapy instead

Many had managed their episodes using things like exercise, meditation, yoga or social contact

Meaning many of the ways they treated their depression **would not be visible in health records**

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