

**GOVERNMENT OF INDIA  
MINISTRY OF HEALTH AND FAMILY WELFARE  
DEPARTMENT OF HEALTH AND FAMILY WELFARE**

**LOK SABHA  
UNSTARRED QUESTION NO. 1276  
TO BE ANSWERED ON 9<sup>TH</sup> FEBRUARY, 2018**

**CLINICAL DEPRESSION RATE**

**1276. SHRI TARIQ ANWAR:**

Will the Minister of **HEALTH AND FAMILY WELFARE** be pleased to state:

- (a) whether as per World Health Organisation data India with 36 per cent clinical depression rate is considered as the most depressed country in the world, if so, the details thereof and the schemes/policies formulated to address the issue;
- (b) whether the Government has devised any awareness campaign about anxiety disorder/depression; and
- (c) if so, the details thereof?

**ANSWER  
THE MINISTER OF STATE IN THE MINISTRY OF HEALTH AND  
FAMILY WELFARE  
(SMT. ANUPRIYA PATEL)**

(a) to (c): As per the World Health Organisation's Report "Depression and Other Common Mental Disorders – Global Health Estimates" released in 2017, the estimated prevalence of depressive disorders in India is 4.5% of the total population. However, as per the National Mental Health Survey conducted by the National Institute of Mental Health and Neuro Sciences, Bangalore in 12 States of the country, the prevalence of depressive disorders in India is estimated to be 2.7% of the total population. To address the burden of mental disorders, the Government of India is implementing the National Mental Health Programme (NMHP) since 1982.

The Government is supporting implementation of the District Mental Health Programme (DMHP) under NMHP in 517 districts of the country for detection, management and treatment of mental disorders/ illness. With the objective to address the shortage of mental health professionals in the country and to increase the PG training capacity in mental health as well as improving the tertiary care treatment facility, establishment of 23 Centres of Excellence in Mental Health and strengthening/ establishment of 46 Post Graduate training departments in mental health specialties have been funded. Besides, three Central Institutions viz. National Institute of Mental Health And Neuro Sciences, Bangalore, Lokopriya Gopinath Bordoloi Regional Institute of Mental Health, Tezpur and Central Institute of Psychiatry, Ranchi have been strengthened for augmenting human resources in the area of mental health and for capacity building in the country. The DMHP has been restructured to include additional components like suicide prevention services, work place stress management, life skills training and counseling in schools and colleges. Support is also provided for Central/ State Mental Health Authorities, Research and Training and for Information, Education and Communication (IEC) activities. Under the DMHP various IEC activities such as awareness messages in local newspapers and radio, street plays, wall paintings etc. are undertaken by the States/UTs.