

# JSNA Health and Wellbeing Profile 2023/24

## Depression

Depression is a common mental health problem which can affect different people in different ways, but it can include some or all of the following symptoms: feeling sad, hopeless; losing interest in things you enjoy; feeling tearful; feeling continuously tired, sleeping badly, having no appetite. It can result in significantly reduced quality of life for the person their family and carers<sup>1</sup>.

In the South West region around 4.2% of adults aged 16 and over have experienced a depressive episode in the past week, according to the Adult Psychiatric Morbidity Survey 2014<sup>2</sup>. The survey also highlighted the link between alcohol and depression stating that common mental disorders including depression often co-exist with alcohol misuse.

## Summary points

- In Bristol, there were 66,815 patients aged 18 and over with depression recorded on GP practice disease registers in 2022/23. That is a 6% increase since 2021/22.
- The prevalence of depression in 2022/23 has increased to 14.6%. The highest depression prevalence rate has been recorded in the South locality.
- There were 8,055 Bristol patients newly diagnosed with depression in 2022/23 – an 18% decrease compared to the previous year. These new diagnoses for depression represent 1.8% of GP registered population aged 18 and over.

## Prevalence

The recorded depression prevalence is the estimated number of people with depression recorded on their GP practice register as a proportion of the practice list size, aged 18 years or over. In 2022/23 in Bristol, there were 66,815 adult patients recorded on GP practice depression registers. This represents 14.6% of all adult patients, significantly higher than in 2021/22 (13.9%) and the England average of 13.2%. The prevalence of depression has been increasing since 2013/14 – see Figure 1.

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<sup>1</sup> Public Health England Mental Health and Wellbeing JSNA: <https://fingertips.phe.org.uk/profile-group/mental-health/profile/mh-jsna>

<sup>2</sup> Adult Psychiatric Morbidity Survey 2014: [Adult Psychiatric Morbidity Survey: Survey of Mental Health and Wellbeing, England, 2014. - NHS Digital](#)

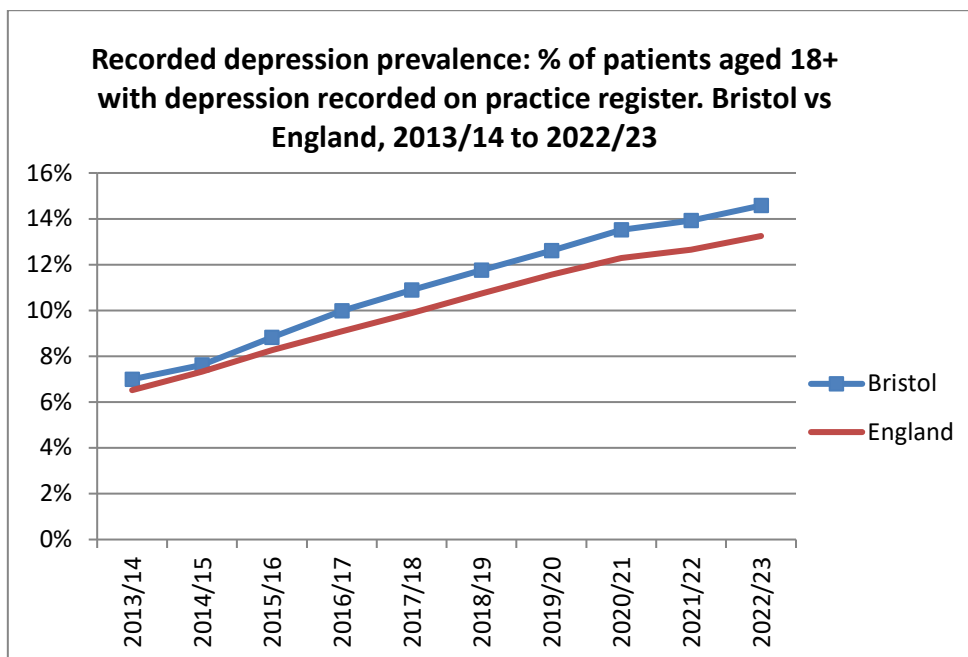


Figure 1: QOF recorded depression prevalence, via OHID Mental Health and Wellbeing JSNA Profiles, November 2023 and Quality and Outcomes Framework 2022/23 via NHS England.

In 2021/22<sup>3</sup> Bristol had the second highest depression prevalence percentage after Liverpool:

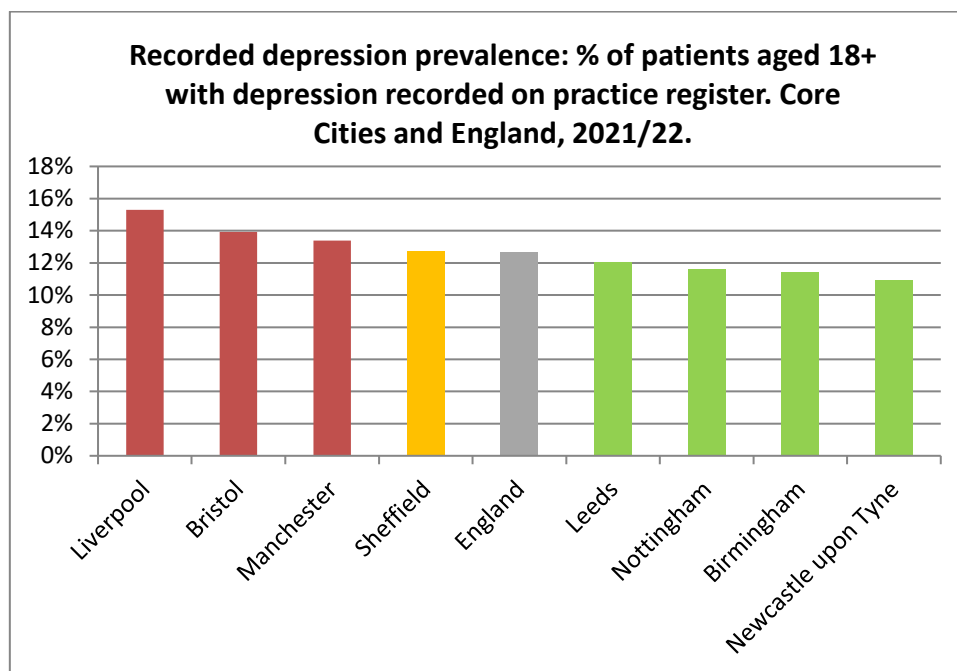


Figure 2: QOF recorded depression prevalence in Core Cities, via OHID Mental Health and Wellbeing JSNA Profiles, November 2023. Red columns show rates statistically significantly higher than England average, yellow columns - rates statistically similar and green columns – rates statistically significantly lower than average.

<sup>3</sup> The latest data available for Core Cities, OHID Mental Health and Wellbeing JSNA

Within Bristol there are significant differences between localities with the South locality having the highest depression prevalence rate and the North West (inner) locality – the lowest. Figures 3 and 4 show that the rate has increased significantly in 2022/23 in all of the localities.

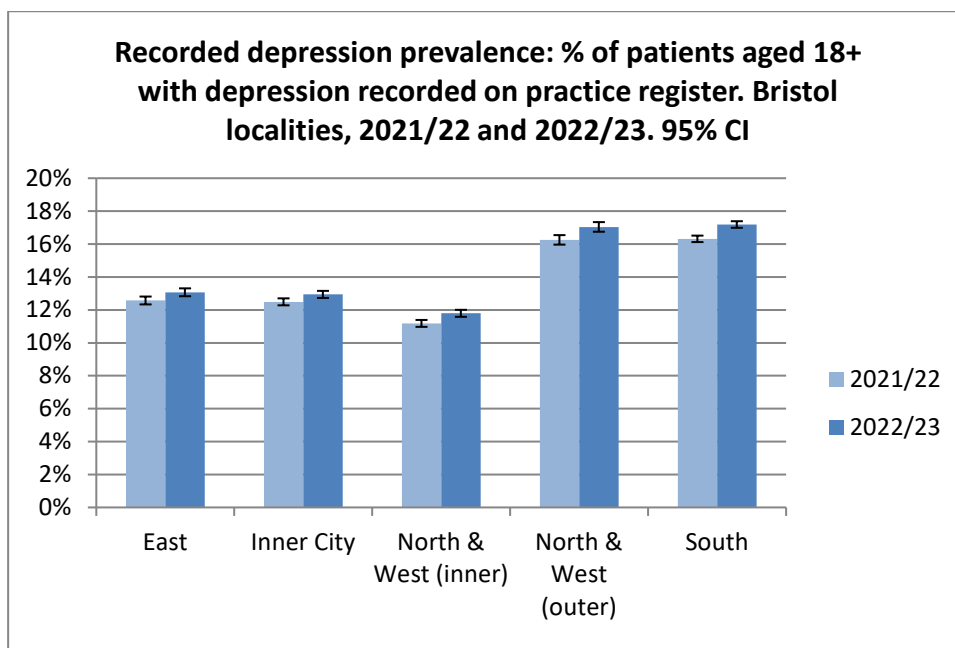


Figure 3: QOF recorded depression prevalence in Bristol by locality, Quality and Outcomes Framework via NHS England

Locality	2021/22	2022/23
East	12.6 (12.3 - 12.8)	13.1 (12.8 - 13.3)
Inner City	12.5 (12.3 - 12.7)	12.9 (12.7 - 13.2)
North & West (inner)	11.2 (11.0 - 11.4)	11.8 (11.6 - 12.0)
North & West (outer)	16.3 (16.0 - 16.5)	17.0 (16.7 - 17.3)
South	16.3 (16.1 - 16.5)	17.2 (17.0 - 17.4)
Bristol	13.9 (13.8 - 14.0)	14.6 (14.5 - 14.7)

Figure 4: The percentage of patients aged 18 and over with depression, as recorded on practice disease registers (95% confidence intervals). Quality and Outcomes Framework via NHS England [Quality and Outcomes Framework, 2022-23 - NHS Digital](#)

### New diagnoses of depression (incidence)

In 2022/23, in Bristol, 8,055 people aged 18 and over received a diagnosis of depression for the first time. That is 1.8% of all adult patients (18+) (Figure 5). Although that is significantly higher than the England average of 1.4%, the incidence rate decreased by the end of 2022/23 (by 19%).

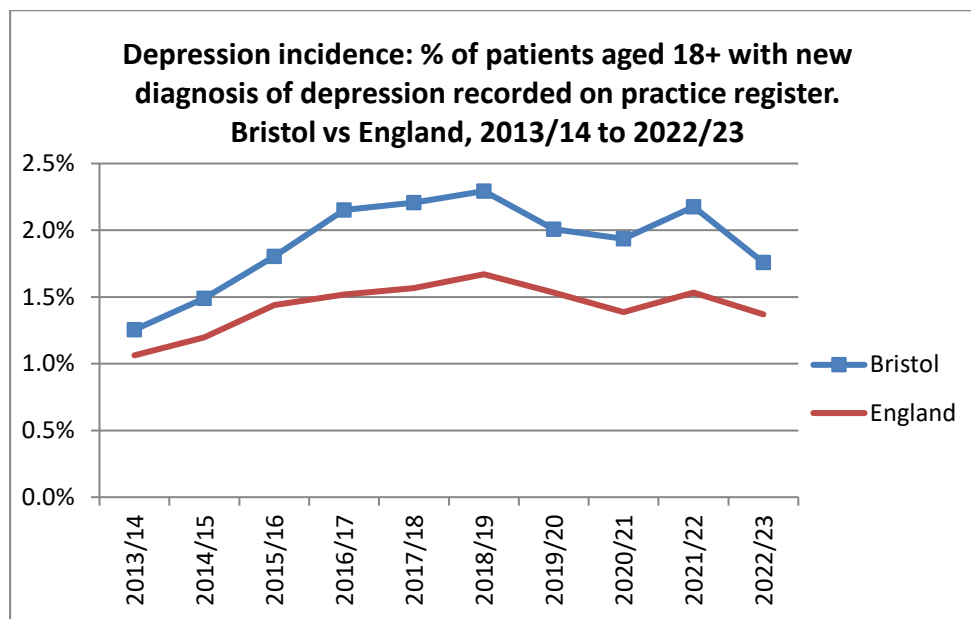


Figure 5: QOF recorded depression incidence, via OHID Mental Health and Wellbeing JSNA Profiles, November 2023 and Quality and Outcomes Framework via NHS England

Within Bristol there are significant differences between localities, with the Inner City locality having the highest depression incidence rate and the North West (inner) locality – the lowest (Figure 6).

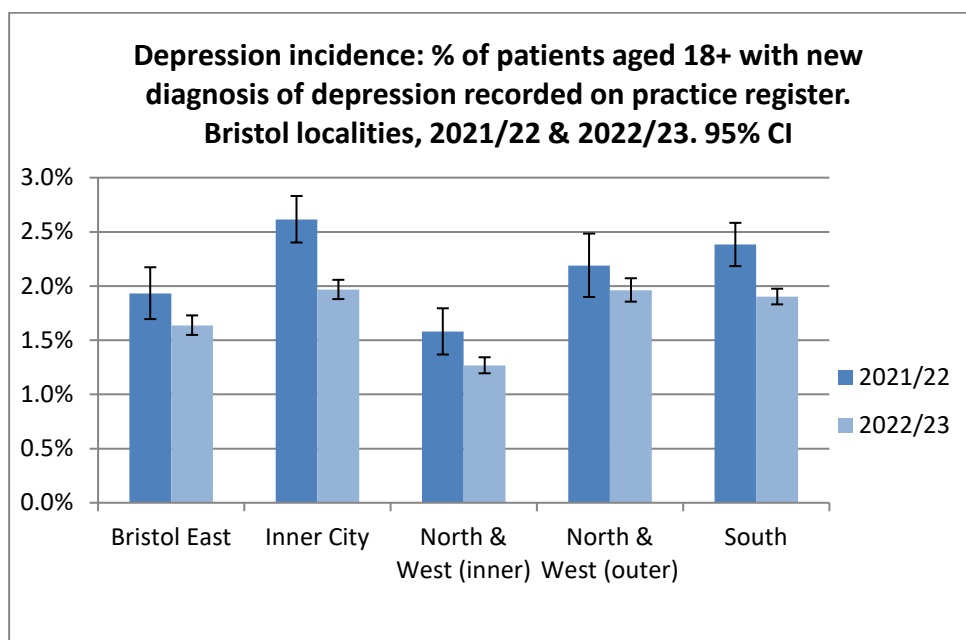


Figure 6: QOF recorded depression incidence in Bristol by locality, Quality and Outcomes Framework via NHS England

**Equalities data:**

The Adult Psychiatric Morbidity Survey (APMS) series provides data on the prevalence of both treated and untreated psychiatric disorders in the English adult population (aged 16 and over)<sup>4</sup>.

<sup>4</sup> [Adult Psychiatric Morbidity Survey: Survey of Mental Health and Wellbeing, England, 2014. - NHS Digital](#)

According to the survey data the common mental health disorders (CMD), like depression and anxiety, are more prevalent in certain groups of the population. These include Black women, adults under the age of 60 who live alone, women who live in large households, adults not in employment, those in receipt of benefits and those who smoke cigarettes.

One in six people (17%) aged 16 and over were identified as having symptoms of CMD a week before the interview. 3.3% of respondents had a depressive episode: 2.9% of men and 3.7% of women. The depressive episode was more common among women aged 35 to 44 (5.5%) and men aged 45 to 64 (4.2%). The highest prevalence of depressive episode was recorded among Black / Black British women at 6.8% and Asian / Asian British men at 5.3%. However, due to small sample sizes, differences between ethnic groups in rates were not statistically significant<sup>5</sup>.

### Further data / links:

- Office for Health Improvement and Disparities Mental Health and Wellbeing JSNA <https://fingertips.phe.org.uk/mh-jsna>
- Quality Outcomes Framework [Quality and Outcomes Framework, 2022-23 - NHS Digital](#)
- Adult Psychiatric Morbidity Survey: Survey of Mental Health and Wellbeing, England, 2014 [Adult Psychiatric Morbidity Survey: Survey of Mental Health and Wellbeing, England, 2014. - NHS Digital](#)
- [Alcohol dependence and mental health - UK Health Security Agency \(blog.gov.uk\)](#)

### Covid-19 impact:

An analysis of the impact of Coronavirus on depression in adults in Great Britain<sup>6</sup>, shows that:

- 17% of adults experienced some form of depression in summer 2021 (21 July to 15 August); this is a decrease compared to early 2021 (21% during 27 January to 7 March) but is still above levels before the coronavirus (COVID-19) pandemic (10%).
- Rates of depressive symptoms peaked earlier in 2021 before falling to 17% at the end of March (31 March to 4 April). Since then, levels have been largely stable.

### In Bristol:

- In 2022/23, the number of adult patients on GP practice depression registers was 14.6%, which is significantly higher than in 2019/20. This increase may be linked with the impact of the Covid-19 pandemic. Although, the prevalence of depression has been increasing since 2013/14.
- The number of patients newly diagnosed with depression in 2021/22 saw a 15% increase, which may be linked to the impact of the Covid-19 pandemic. In 2022/23 the number of new depression diagnoses has decreased.

**Date updated:** November 2023

**Date of next update:** November 2024

<sup>5</sup> Common mental disorders, Stephen Stansfeld | Charlotte Clark | Paul Bebbington | Michael King | Rachel Jenkins | Stephen Hinchliffe; ADULT PSYCHIATRIC MORBIDITY SURVEY 2014 CHAPTER 2 <https://digital.nhs.uk/apm-survey>

<sup>6</sup> Coronavirus and depression in adults, Great Britain: July to August 2021 (ONS) [Coronavirus and depression in adults, Great Britain - Office for National Statistics \(ons.gov.uk\)](#)