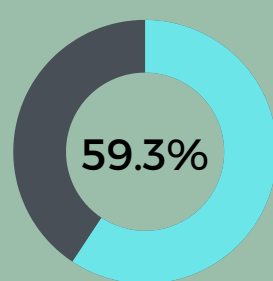


DEPRESSION IN THE WORKPLACE

NICHOLAS MCBRIDE

Depression is a well-known mental illness affecting almost 6% of older adults (older than 60 yrs) globally and a leading cause of disability worldwide (WHO, 2021).

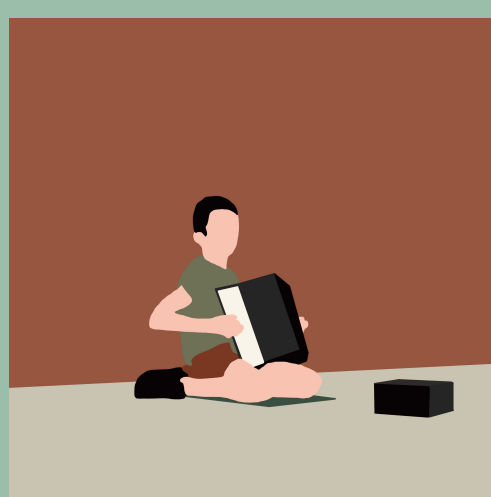
Unemployment itself has an estimated worldwide rate of 5.9%, with an estimated labor force participation rate of 59.3% (ILOSTAT, 2022).



UNDER/OVER & SELF EMPLOYMENT

RESOURCE DEPRIVATION

Work does not provide enough income to cover essential needs which have been found to correlate with **lower** wellbeing and meaningful work (Allan, 2022).



RELATIVE DEPRIVATION

Negative self-comparisons can result in cases such as status-based underpayment, underpayment, field mismatch, and overqualification (Allan, 2022).



OCCUPATION MATTERS

Occupational environment can **increase** the risk of developing depression and/or mood disorders, especially those in which workplace injuries are more common (Kim, 2013; Woo & Postolache, 2008).



SELF EMPLOYMENT

Has been shown to have a negative correlation with depression in older adults. This negative correlation diminishes around the age of 65 years, the typical age for retirement (Paterl et al., 2020)



IMPLICATION

The importance of finding and creating opportunities to allow working individuals to take care of their mental health as well as targeted mental health services are essential to addressing the growing mental health issues worldwide.

