

DEPRESSION IN THE TRANSPORT INDUSTRY QUICK FACTS

The presence and severity of depression and driver performance:

4 times greater risk



of severe and extremely severe depressive symptomatology

Courtesy: Hilton MF, Staddon Z, Sheridan J, Whiteford HA. The impact of mental health symptoms on heavy goods vehicle drivers' performance. Accident Analysis and Prevention. 2009;41(3):453-61.

Drivers who had been diagnosed with depression:

7 times



as likely to have been involved in a crash as those who had not

Courtesy: Meuleners L, Fraser ML, Govorko MH, Stevenson MR. Obstructive sleep apnea, health-related factors, and long distance heavy vehicle crashes in Western Australia: a case control study. Journal of clinical sleep medicine. JCSM: official publication of the American Academy of Sleep Medicine. [Research Support, Non-U.S. Gov't]. 2015 Apr;11(4):413-8.

Using the Major Depression Inventory to assess typical symptoms depression and the Externalising Symptoms Scale to assess atypical depression symptoms found:

21.97%



of drivers met the retrospective criteria for a major depressive episode

Courtesy: Rice S. Depression in Men: Development of the Male Depression Risk Scale (Doctoral dissertation, Australian Catholic University). 2011.

Assessing negative emotional states of depression, anxiety and stress:

13.3%



of Australian heavy vehicle truck drivers demonstrated some form of depression

Courtesy: Hilton MF, Staddon Z, Sheridan J, Whiteford HA. The impact of mental health symptoms on heavy goods vehicle drivers' performance. Accident Analysis and Prevention. 2009;41(3):453-61.

How much does mental health cost Australian businesses:

\$10.9 billion ↓

Each year for failing to appropriately manage mental health issues in the workplace

\$2.80 ↑

Transport organisations that take steps to manage mental health have an increased return, with every \$1 invested



Courtesy: PricewaterhouseCoopers. beyondblue. Creating a mentally healthy workplace: return on investment analysis. <http://apoorgau/node/39705>. 2014.