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## TOTAL COSTS OF DEPRESSION: RESULTS FROM THE UPPER-MIDDLE INCOME COUNTRY IN EU IN 2018

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### OBJECTIVES

The main objective of this study was to calculate the real costs associated with depression in single EU jurisdiction – Slovak Republic from the payers' perspective in 2018. We cooperated with key state payers and stakeholders (Ministry of Health - MOH, Social Insurance Agency - SIA, General Health Insurance Agency - VsZP) to obtain real-life cost data associated with depression as well as on results verification.

### METHODS

We have performed the retrospective analysis of the total direct and indirect costs associated with the depressive disorder in assistance with the MoH, SIA and VsZP. We used the „bottom-up“ approach to identify, quantify and value resources in a disaggregated way, so that each element of the costs is estimated individually and summed up at the end. Total costs were calculated at the country level for the year 2018.

### RESULTS

Based on the data provided by stakeholders, the distribution of the total costs associated with depression in Slovakia in 2018 were as follows (% from overall costs, EUR 1 = USD 1.1237, ECB): direct health care costs were €22 845 756 (32%, \$25 671 776) from which €5.8M (\$6.5M) were diagnostic costs, €7.7M (\$8.65M) were hospitalisation costs, €9.3M (\$10.45M) were treatment costs. Total indirect costs were €48 401 825 (68%, \$54 389 130) from which €17M (\$19.1M) attributed to absenteeism and disability and €31.4M (\$35.3M) productivity loss based on the friction costs calculation. Total costs associated with depression in 2018 were €71 247 582 (\$80 060 907).

### CONCLUSIONS

We performed unique national cost data analysis associated with patients with depression in partnership with the key state payers and stakeholders. We ensured high accuracy and reliability of our data through the additional verification of the results with mentioned stakeholders. Our results provide first overall picture of the total state funds expenditures on this disease in single EU jurisdiction, Slovak Republic.

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