

Health and safety at work

Stress, anxiety and depression statistics 2016



0.5
million

Workers suffering from work-related stress, anxiety and depression (new and long-standing cases) in 2015/16

Source: Estimates based on self-reports from the Labour Force Survey



11.7
million

Working days lost

Source: Estimates based on self-reports from the Labour Force Survey 2015/16



24

Working days lost per case on average

Source: Estimates based on self-reports from the Labour Force Survey 2015/16



37%

Of all work-related ill-health cases

Source: Estimates based on self-reports from the Labour Force Survey 2015/16



45%

Of all working days lost due to ill health

Source: Estimates based on self-reports from the Labour Force Survey 2015/16



5.2
billion

Annual cost of work-related stress, anxiety and depression in Great Britain 2014/15

Source: Estimates based on HSE Cost Model

Main work factors

Workload pressure including:

- Tight deadlines
- Too much pressure
- Too much responsibility

Lack of managerial support including:

- Organisational changes
- Violence at work
- Role uncertainty

Source: Estimates based on self-reports from the Labour Force Survey 2015/16

Public sector most affected

In particular:

- Education
- Health
- Social care

Associated jobs:

- Teaching
- Nursing/midwifery
- Welfare

Source: Estimates based on self-reports from the Labour Force Survey 2015/16

www.hse.gov.uk/stress



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