

DEPRESSION IN THE TRANSPORT INDUSTRY

The presence and severity of depression can affect driver performance. It is proven that depressive symptoms can increase crash risk by 4 times.

Drivers who have been diagnosed with depression are:

7 times



more likely to be involved in a crash, than those who are not diagnosed.

Using the Major Depression Inventory to assess typical symptoms of 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.

Assessing negative emotional states of depression, anxiety and stress shows that:

13.3%



of Australian heavy vehicle truck drivers demonstrated some form of depression.

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