

Research Report Round-up

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A research report summary

Title and Link to Report

Opening Eyes, Opening Minds: The Ontario Burden of Mental Illness and Addictions Report

Author(s)

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Year

2012

Location

Toronto

What this Report is About

This report describes the relative impact of a wide range of mental illnesses and addictions on people living in Ontario.

The researchers used health-adjusted life years to measure the amount of “healthy” life lost to mental illnesses and addictions. Disease burden was calculated using data from various sources, including population health surveys and health administrative data. The researchers focused on the following conditions: agoraphobia; bipolar disorder; major depression; panic disorder; schizophrenia; social phobia; alcohol use disorders; cocaine use disorders; prescription opioid misuse.

Among the report’s findings:

- The burden of mental illness and addictions in Ontario is more than 1.5 times that of all cancers, and more than seven times that of all infectious diseases.
- The nine mental health conditions contributed to the loss of more than 600,000 health-adjusted life years in Ontario, a combination of years lived with less than full function and years lost to early death.

Five conditions have the highest impact on the life and health of Ontarians: depression; bipolar disorder; alcohol use disorders; social phobia; and schizophrenia.

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What this Report is About cont'd

Depression carries the heaviest burden; it has twice the impact of bipolar disorder, the next highest condition. The burden of depression alone is more than the combined burden of lung, colorectal, breast, and prostate cancers.

Disorders associated with alcohol use made up 88% of all deaths and 91% of years of life lost to dying early.

The findings of this study call attention to the need for health care providers, practitioners, policy-makers, and researchers to work together to achieve the following goals:

- Identify effective strategies to promote mental health as well as interventions to prevent mental illness and addiction.
- Improve access to treatment for those with mental illness and addiction.

How can this Report be Used

This report provides key information that may help policymakers and mental health professionals in setting priorities, planning, and decision making in the area of mental illness and addiction.

Population Addressed

Residents of Ontario with mental illnesses or addictions

Type of Study

Qualitative study using data obtained from sources such as population health surveys and health administrative data.

Key Words

Mental health; addiction; mortality; morbidity

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Language

Report available in [English](#) and [French](#)