



Press Release

Common Disease Burnout-Syndrome: One in Two Germans Has Battled Burnout Symptoms

- 49 percent of Germans have experienced a burnout, have felt like were on the verge of it or know the symptoms from personal experience. In Poland (62 percent), Serbia (66 percent) and Russia (72 percent), the figures are even more alarming.
- 19 percent of German citizens have seen a psychiatrist or psychologist, making Germany the European forerunner in this regard. Still, 15 percent of the population are convinced that there is a stigma attached to seeing a “shrink”.
- This was revealed by the representative STADA Health Report 2019* with 18.000 respondents from nine European countries.

Bad Vilbel, August 12, 2019 – Mental health conditions such as burnout are on the rise to becoming increasingly more common diseases. Two thirds of Germans consider the increasing number of burnout cases a deeply alarming trend. What’s truly extreme: Half of the German population has experienced a burnout, has felt like they were on the verge of it or know the symptoms from personal experience. Thus, it is important to see a psychiatrist when experiencing psychological problems. 15 percent of the German population are nonetheless convinced that visiting a “shrink” would stigmatise them. Other European countries are much more open to the idea – but they do not receive counselling as frequently.

Which part of Europe has the highest occurrence of burnout cases? The majority of Eastern Europe confesses to having personally experienced burnout symptoms or suffered from a burnout. 72 percent of Russians, 66 percent of Serbs and 62 percent of Poles have struggled with this condition. People in Belgium, Italy, Spain and the UK are equally as affected as Germans – between 49 and 52 percent of them have suffered from a burnout before, felt like they were close to experiencing one or are familiar with the symptoms from their own personal experience. With 44 percent, the French are the least likely to be afflicted.

35 to 49-year-olds particularly susceptible to burnout

In Germany, middle-aged people are affected by burnout more frequently than their elders: This

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holds especially true for 35- to 49-year-olds, the age group struggling to juggle children and a job. 15 percent of them claim to have already suffered from burnout. An additional 14 percent explain that they feel like they are close to having one, and 26 percent have experienced typical symptoms. Generally, women in Germany are more at risk of a burnout than men, and are simultaneously more open about their psychological problems: They find the rising number of burnout cases truly alarming (70 to 63 percent) and are convinced that seeing a psychiatrist is nothing to be ashamed of (53 to 43 percent).

Seeing a psychiatrist

How many Germans have already seen a psychiatrist or psychologist? 19 percent in total, so 1 in 5 people – this makes Germany number one in Europe. Only Belgium (16 percent) and Spain (15 percent) have comparably high scores. In comparison, only 4 to 7 percent of Serbs, Poles and Russians have seen a psychiatrist – although (or rather, wherefore) they have the highest number of burnout cases. Simultaneously, Germans most frequently think that seeing a “shrink” stigmatises people. In the federal republic, 15 percent feel this way – in Italy and Spain it is only 6 to 8 percent.

A closer look at the German results reveals that divorcees (25 percent) and singles (23 percent) are much more likely to seek psychological counselling than those who are married (15 percent). This goes for low-income households as well: 30 percent of people with a net income below 1.500 Euros have been to a shrink.

A call upon employers?

Many respondents classified the rising number of illnesses due to psychological issues as a problem of the modern working world. Especially Germans call upon their employers with regards to preventative healthcare measures: 40 percent demand workshops for burnout prevention (European average: 32 percent) and 55 percent want fair overtime compensation to avoid feeling overly stressed (European average: 41 percent).



***About the STADA Health Report 2019**

The survey was conducted by market research institute Kantar Health on behalf of STADA Arzneimittel AG. The 18,000 respondents included around 2,000 people each from Germany, Belgium, France, Italy, Poland, Russia, Serbia, Spain and the United Kingdom. Further information on the STADA Health Report and much more can be found at:

www.yourhealth.stada

About STADA Arzneimittel AG

STADA Arzneimittel AG is a publicly-listed company with headquarters in Bad Vilbel, Germany. The company focuses on a two pillar strategy consisting of generics, including specialty pharmaceuticals and non-prescription Consumer Health products. Worldwide, STADA Arzneimittel AG sells its products in approximately 120 countries. In financial year 2018, STADA achieved adjusted Group sales of Euro 2,330.8 million and adjusted earnings before interest, taxes, depreciation and amortization (EBITDA) of Euro 503.5 million. As of December 31, 2018, STADA employed 10,416 people worldwide.

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