

■ MENTAL ILLNESS IN SINGAPORE

Mental condition	What it is	Lifetime prevalence (%)	Last 12 mths prevalence (%)	Median age of onset (years)	% that do not seek help
Major Depressive Disorder (MDD)	Depressed, profoundly sad, feels empty, worthless and hopeless.	6.3	2.5	25	59.6
Bipolar Disorder	Swings between periods of being high or irritable and low moods	1.2	0.6	24	73.1
Generalised Anxiety Disorder (GAD)	Worries excessively and irrationally, resulting in sleeplessness, restlessness and irritability	1.2	0.7	25	56.5
Obsessive Compulsive Disorder (OCD)	An anxiety disorder where the sufferer has unreasonable thoughts, feelings, ideas or fears that drive him to do something repeatedly	3.0	1.1	19	89.8
Alcohol Abuse	Drinking too much, causing problems in the sufferer's life although he is not completely dependent on alcohol	3.5	0.6	23	96.2
Alcohol Dependence	Continues to drink despite significant areas of dysfunction, evidence of physical dependence, and/or related hardship	0.5	0.3	21	88.3
Nicotine Dependence	Cannot stop smoking even though it is causing harm	4.5*	-	not established	not established

* This is the overall prevalence since a different methodology was used in this section.

Source: SINGAPORE MENTAL HEALTH STUDY