

- In 2017, 197.3 million Indians (14.3% of the total population) were suffering from various mental disorders. Of these, 45.7 million had depression and 44.9 million had anxiety disorders.
- The contribution of mental disorders to the total disease burden in India in terms of DALYs increased from 2.5% in 1990 to 4.7% in 2017.
- Mental disorders were the leading contributor in India to years lived with disability (YLDs), contributing 14.5% of all YLDs in 2017.
- Depression contributed 33.8% of all mental disorder DALYs in India in 2017, followed by anxiety disorders (19.0%),

- idiopathic developmental intellectual disability (10.8%), and schizophrenia (9.8%).
- Among the major mental disorders that manifest predominantly during adulthood, the prevalence of depression was 3.3%, anxiety disorders 3.3%, bipolar disorder 0.55%, and schizophrenia 0.25%.
  - Among the mental disorders that have onset predominantly during childhood and adolescence, the prevalence for idiopathic developmental intellectual disability was 4.5%, conduct disorder 0.80%, attention-deficit hyperactivity disorder 0.42%, and autism spectrum disorders 0.35%.
  - The prevalence of predominantly childhood and adolescent onset mental disorders was higher in the less developed northern states, and that of the ICMR/ PR UNIT/IIFO/2019/50 mental disorders manifesting predominantly during adulthood higher in the more developed southern states.
  - There was a significant association between the prevalence of depression and suicide death rate at the state level, with this association slightly stronger in females than in males.
  - The prevalence of depression, anxiety disorders, and eating disorders was significantly higher among females, and the prevalence of conduct disorder, autism spectrum disorders, and attention-deficit hyperactivity disorder was significantly higher among boys.
  - The prevalence of depressive disorders increased with age in India in 2017, with the highest prevalence in elderly.
  - The burden of mental disorders which manifest predominantly during adulthood increased in India from 1990 to 2017.
  - The burden of mental disorders of predominantly childhood and adolescent onset decreased in India from 1990 to 2017, but this decrease was relatively less in the less developed states.