

JUST THE FACTS<sup>1</sup>**43.8 MILLION**

American adults experience a mental illness in a given year

**1 IN 25**

American adults live with a mental illness

**20%**

of children ages 13 to 18 in the United States have or will have a mental health disorder

**1/2**

of all chronic mental illness begins by the age of 14; three-quarters by the age of 24

Serious mental illnesses cost the U.S. economy more than

**\$300 BILLION**

annually in direct and indirect costs

# MEDICINES IN DEVELOPMENT FOR MENTAL ILLNESSES

## Biopharmaceutical Research Companies are Developing More Than 130 Medicines for Mental Illnesses

Mental illnesses exact a heavy human and economic toll in the United States. The National Institute of Mental Health (NIMH) estimates that one in five American adults and children experience a mental illness in any given year amounting to more than \$317 billion annually in the U.S. in lost wages, health care expenditures and disability benefits.

Over the past half century, biopharmaceutical research has helped transform this misunderstood set of diseases into often highly treatable conditions. However, additional therapeutic options are needed for patients not helped by existing treatments and to address unmet medical needs. Biopharmaceutical companies are working closely with patients, regulators, academia and clinicians on the cutting-edge medicine and research needed to bring new medicines to patients.

## Medicines for Mental Illnesses in the Pipeline

Researchers are seeking to leverage a growing understanding of the innerworkings of mental illnesses. Current studies are examining how existing treatments work and are identifying biomarkers that can be used to both improve diagnoses and also to assess a patients' response to therapies. Biomarkers are also increasingly being used to find new therapeutic targets through identification of the pathologies or mechanisms contributing to mental illness.

Today, 135 medicines<sup>2</sup> are currently in development by biopharmaceutical research companies to help the more than 40 million Americans suffering from some form of mental illness — from anxiety to depression and from schizophrenia to addictive disorders, such as dependence and addiction to alcohol or drugs. All of the medicines in development are either in clinical trials or awaiting review by the U.S. Food and Drug Administration.

These potential treatment advances include:

- 40 for schizophrenia, which affects approximately one percent of U.S. adults.<sup>1</sup>
- 29 for depression, including major depressive disorder which affects 15.7 million adults and 2.8 million adolescents ages 12 to 17 in the United States.<sup>1</sup>
- 28 for substance abuse and addiction disorders. Nearly 25 million Americans ages 12 and older have reported using an illicit drug in the past month.<sup>3</sup>
- 14 for anxiety disorders which affect 18 percent of U.S. adults and 25 percent of adolescents ages 13 to 18.<sup>1</sup>
- 10 for pediatric patients with mental illnesses, which affect one in five children ages 13 to 18.<sup>2</sup>

## Challenges in Research for Mental Illnesses

Development of new and effective treatments for patients with mental illnesses is very challenging. There is a limited understanding of how current treatments work in the brain and a need for robust and qualified biomarkers to help clinicians' diagnose accurately, measure disease progression and assess treatment response.

Conducting pediatric research is especially challenging with special technical, scientific, ethical and medical considerations introducing unique obstacles and smaller patient populations. America's biopharmaceutical companies are working to advance innovative approaches in clinical trial methodology in order to advance treatments for patients with mental illnesses, especially for pediatric patients where there is such urgent need.

For a complete list of the 135 medicines in development, please visit:

<http://phrma.org/sites/default/files/pdf/medicines-in-development-drug-list-mental-illnesses.pdf>

## Sources:

1. National Institute of Mental Health
2. Number of medicines obtained through public, government and industry sources, and the Springer "Adis Insight" database. Current as of March 20, 2016.
3. National Institute on Drug Abuse