

## **‘Great Recession’ linked to long-term mental health issues: study**

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Millions of Americans are still recovering from the “Great Recession” of 2008. But it’s not just their finances that took a hit.

Those who suffered financial hardships due to the ruinous economic downturn are also more likely to be depressed, anxious and use drugs now, according to new research [published in Clinical Psychological Science](#).

“Individuals who experienced even a single recession impact still had higher odds of nearly all of the adverse mental health outcomes we examined — including clinically significant symptoms of depression, generalized anxiety, panic and problems with drug use,” [said lead researcher Miriam Forbes](#) of Macquarie University in Sydney. “And these odds were higher still in specific sociodemographic groups who suffered marked losses during the recession or without a strong safety net.”