



Workdays lost to illness tracked

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U.S. adults who suffer from mental and physical illnesses miss work or are unable to carry out their usual activities for nearly 32 days a year, according to a study published Monday. **Neck and back pain and depression were the two biggest problems**, the report said.

The result is that **2.4 billion days are lost every year to physical problems and 1.3 billion from mental ailments in the population over age 18**, said the report from U.S. government and Harvard Medical School researchers.

The study did not put a price tag on the mental and physical disability but said the lack of measurement for such indirect costs in the past has led to "unrealistically low estimates" of what illness costs society. The study was published in the Archives of Psychiatry and based on a sample of nearly 6,000 adults questioned in person.