

Global Digital Therapy for Depression Supply, Demand and Key Producers, 2026-2032

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Abstracts

The global Digital Therapy for Depression market size is expected to reach \$ 3357 million by 2032, rising at a market growth of 21.5% CAGR during the forecast period (2026-2032).

Digital therapeutics for depression refer to digital medical interventions that utilize clinically validated software programs, AI algorithms, mobile apps, digital platforms, wearable devices, and other digital technologies to prevent, assess, treat, and manage depression over the long term. These interventions employ evidence-based methods—such as cognitive behavioral therapy (CBT), behavioral activation, mindfulness training, psychoeducation, mood monitoring, AI-driven conversational interventions, and neuromodulation support. Unlike standard mental health apps, digital therapeutics typically require clinical trial validation of their efficacy and may be recommended or prescribed by physicians. Their core value lies in enhancing access to psychotherapy, reducing healthcare costs, enabling continuous patient management, and facilitating personalized treatment through data-driven feedback.

Digital therapeutics for depression hold immense promise, with the global market expanding rapidly at a compound annual growth rate exceeding 20%. Driven by the deep integration of artificial intelligence, large language models, wearable devices, and VR technology, these therapies are shifting the diagnosis and treatment of depression from an "experience-driven" approach to a precision-oriented, personalized model powered by data. Meanwhile, digitally delivered interventions—centered on cognitive behavioral therapy—have undergone clinical validation and effectively address challenges such as therapist shortages and high costs associated with traditional psychotherapy. Thanks to their convenience, accessibility, and cost-effectiveness, these solutions are poised to become a vital complement to—or even a substitute

for—traditional treatments, thereby benefiting a broader patient population.

Report Scope

This report studies the global Digital Therapy for Depression demand, key companies, and key regions.

This report is a detailed and comprehensive analysis of the world market for Digital Therapy for Depression, and provides market size (US\$ million) and Year-over-Year (YoY) growth, considering 2025 as the base year. This report explores demand trends and competition, as well as details the characteristics of Digital Therapy for Depression that contribute to its increasing demand across many markets.

Highlights and key features of the study

Global Digital Therapy for Depression total market, 2021-2032, (USD Million)

Global Digital Therapy for Depression total market by region & country, CAGR, 2021-2032, (USD Million)

U.S. VS China: Digital Therapy for Depression total market, key domestic companies, and share, (USD Million)

Global Digital Therapy for Depression revenue by player, revenue and market share 2021-2026, (USD Million)

Global Digital Therapy for Depression total market by Type, CAGR, 2021-2032, (USD Million)

Global Digital Therapy for Depression total market by Application, CAGR, 2021-2032, (USD Million)

This report profiles major players in the global Digital Therapy for Depression market based on the following parameters - company overview, revenue, gross margin, product portfolio, geographical presence, and key developments. Key companies covered as a part of this study include Click Therapeutics, GAIA AG, HelloBetter, Woebot Health,

Otsuka Pharmaceutical, Wysa, Minddistrict, Mindable Health, Selfapy, Ieso Digital Health, etc.

This report also provides key insights about market drivers, restraints, opportunities, new product launches or approvals.

Stakeholders would have ease in decision-making through various strategy matrices used in analyzing the world Digital Therapy for Depression market

Detailed Segmentation:

Each section contains quantitative market data including market by value (US\$ Millions), by player, by regions, by Type, and by Application. Data is given for the years 2021-2032 by year with 2025 as the base year, 2026 as the estimate year, and 2027-2032 as the forecast year.

Global Digital Therapy for Depression Market, By Region:

United States

China

Europe

Japan

South Korea

ASEAN

India

Rest of World

Market Segmentation

Global Digital Therapy for Depression Market, Segmentation by Type:

Cognitive Behavioral Therapy (CBT)-Based

AI-Driven Psychological Intervention

Digital Psychological Training

Neuromodulation-Assisted Digital Therapeutics

Global Digital Therapy for Depression Market, Segmentation by Regulatory Classification:

Prescription Digital Therapeutics

Over-The-Counter (OTC) Digital Mental Health Products

Global Digital Therapy for Depression Market, Segmentation by Application:

Hospital/Clinical (B2B)

Corporate Wellness Management (B2B2C)

Consumer-Facing (B2C)

Companies Profiled:

Click Therapeutics

GAIA AG

HelloBetter

Woebot Health

Otsuka Pharmaceutical

Wysa

Minddistrict

Mindable Health

Selfapy

Ieso Digital Health

SilverCloud Health

Koa Health

Wangli Technology

Key Questions Answered

1. How big is the global Digital Therapy for Depression market?
2. What is the demand of the global Digital Therapy for Depression market?
3. What is the year over year growth of the global Digital Therapy for Depression market?
4. What is the total value of the global Digital Therapy for Depression market?
5. Who are the Major Players in the global Digital Therapy for Depression market?
6. What are the growth factors driving the market demand?

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