

Global Digital Therapy for Depression Market 2026 by Company, Regions, Type and Application, Forecast to 2032

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Abstracts

According to our (Global Info Research) latest study, the global Digital Therapy for Depression market size was valued at US\$ 856 million in 2025 and is forecast to a readjusted size of US\$ 3357 million by 2032 with a CAGR of 21.5% during review period.

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 is a detailed and comprehensive analysis for global Digital Therapy for Depression market. Both quantitative and qualitative analyses are presented by company, by region & country, by Type and by Application. As the market is constantly changing, this report explores the competition, supply and demand trends, as well as key factors that contribute to its changing demands across many markets. Company profiles and product examples of selected competitors, along with market share estimates of some of the selected leaders for the year 2025, are provided.

Key Features:

Global Digital Therapy for Depression market size and forecasts, in consumption value (\$ Million), 2021-2032

Global Digital Therapy for Depression market size and forecasts by region and country, in consumption value (\$ Million), 2021-2032

Global Digital Therapy for Depression market size and forecasts, by Type and by Application, in consumption value (\$ Million), 2021-2032

Global Digital Therapy for Depression market shares of main players, in revenue (\$ Million), 2021-2026

The Primary Objectives in This Report Are:

To determine the size of the total market opportunity of global and key countries

To assess the growth potential for Digital Therapy for Depression

To forecast future growth in each product and end-use market

To assess competitive factors affecting the marketplace

This report profiles key 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.

Digital Therapy for Depression market is split by Type and by Application. For the period 2021-2032, the growth among segments provides accurate calculations and forecasts for Consumption Value by Type and by Application. This analysis can help you expand your business by targeting qualified niche markets.

Market segmentation

Market segment by Type

Cognitive Behavioral Therapy (CBT)-Based

AI-Driven Psychological Intervention

Digital Psychological Training

Neuromodulation-Assisted Digital Therapeutics

Market segment by Regulatory Classification

Prescription Digital Therapeutics

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

Market segment by Application

Hospital/Clinical (B2B)

Corporate Wellness Management (B2B2C)

Consumer-Facing (B2C)

Market segment by players, this report covers

Click Therapeutics

GAIA AG

HelloBetter

Woebot Health

Otsuka Pharmaceutical

Wysa

Minddistrict

Mindable Health

Selfapy

Ieso Digital Health

SilverCloud Health

Koa Health

Wangli Technology

Market segment by regions, regional analysis covers

North America (United States, Canada and Mexico)

Europe (Germany, France, UK, Russia, Italy and Rest of Europe)

Asia-Pacific (China, Japan, South Korea, India, Southeast Asia and Rest of Asia-Pacific)

South America (Brazil, Rest of South America)

Middle East & Africa (Turkey, Saudi Arabia, UAE, Rest of Middle East & Africa)

Chapter Outline

Chapter 1, to describe Digital Therapy for Depression product scope, market overview, market estimation caveats and base year.

Chapter 2, to profile the top players of Digital Therapy for Depression, with revenue, gross margin, and global market share of Digital Therapy for Depression from 2021 to 2026.

Chapter 3, the Digital Therapy for Depression competitive situation, revenue, and global market share of top players are analyzed emphatically by landscape contrast.

Chapter 4 and 5, to segment the market size by Type and by Application, with consumption value and growth rate by Type, by Application, from 2021 to 2032.

Chapter 6, 7, 8, 9, and 10, to break the market size data at the country level, with revenue and market share for key countries in the world, from 2021 to 2026. and Digital Therapy for Depression market forecast, by regions, by Type and by Application, with consumption value, from 2027 to 2032.

Chapter 11, market dynamics, drivers, restraints, trends, Porters Five Forces analysis.

Chapter 12, the key raw materials and key suppliers, and industry chain of Digital Therapy for Depression.

Chapter 13, to describe Digital Therapy for Depression research findings and conclusion.

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