

Global Digital Therapy for Depression Market Growth (Status and Outlook) 2026-2032

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Abstracts

The global Digital Therapy for Depression market size is predicted to grow from US\$ 814 million in 2025 to US\$ 3409 million in 2032; it is expected to grow at a CAGR of 22.8% from 2026 to 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

LPI (LP Information)' newest research report, the “Digital Therapy for Depression Industry Forecast” looks at past sales and reviews total world Digital Therapy for Depression sales in 2025, providing a comprehensive analysis by region and market sector of projected Digital Therapy for Depression sales for 2026 through 2032. With Digital Therapy for Depression sales broken down by region, market sector and sub-sector, this report provides a detailed analysis in US\$ millions of the world Digital Therapy for Depression industry.

This Insight Report provides a comprehensive analysis of the global Digital Therapy for Depression landscape and highlights key trends related to product segmentation, company formation, revenue, and market share, latest development, and M&A activity. This report also analyses the strategies of leading global companies with a focus on Digital Therapy for Depression portfolios and capabilities, market entry strategies, market positions, and geographic footprints, to better understand these firms' unique position in an accelerating global Digital Therapy for Depression market.

This Insight Report evaluates the key market trends, drivers, and affecting factors shaping the global outlook for Digital Therapy for Depression and breaks down the forecast by Type, by Application, geography, and market size to highlight emerging pockets of opportunity. With a transparent methodology based on hundreds of bottom-up qualitative and quantitative market inputs, this study forecast offers a highly nuanced view of the current state and future trajectory in the global Digital Therapy for Depression.

This report presents a comprehensive overview, market shares, and growth opportunities of Digital Therapy for Depression market by product type, application, key players and key regions and countries.

Market Segmentation

Segmentation by Type:

Cognitive Behavioral Therapy (CBT)-Based

AI-Driven Psychological Intervention

Digital Psychological Training

Neuromodulation-Assisted Digital Therapeutics

Segmentation by Regulatory Classification:

Prescription Digital Therapeutics

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

Segmentation by Application:

Hospital/Clinical (B2B)

Corporate Wellness Management (B2B2C)

Consumer-Facing (B2C)

This report also splits the market by region:

Americas

United States

Canada

Mexico

Brazil

APAC

China

Japan

Korea

Southeast Asia

India

Australia

Europe

Germany

France

UK

Italy

Russia

Middle East & Africa

Egypt

South Africa

Israel

Turkey

GCC Countries

The below companies that are profiled have been selected based on inputs gathered from primary experts and analyzing the company's coverage, product portfolio, its market penetration.

Click Therapeutics

GAIA AG

HelloBetter

Woebot Health

Otsuka Pharmaceutical

Wysa

Minddistrict

Mindable Health

Selfapy

Ieso Digital Health

SilverCloud Health

Koa Health

Wangli Technology

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