



Flash Eurobarometer 530

Mental health

Report

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Flash Eurobarometer 530 – Ipsos European Public Affairs

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Directorate-General for Health and Food Safety

Survey coordinated by the European Commission, Directorate-General for Communication
(DG COMM “Media Monitoring and Eurobarometer” Unit)

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Introduction

Before the COVID-19 pandemic, one in six people in the EU suffered from mental health issues. This situation has worsened with the unprecedented crises experienced over the past years, such as the pandemic, the war on Ukraine, the climate crisis, unemployment and rising living costs. This has placed additional pressures on people's mental health, especially among the young and those with pre-existing mental health conditions.¹

Mental health is an integral part of health. It is a priority for the European Commission, which has supported actions and projects over the past 25 years that improve people's mental health in the EU and beyond. On 7 June 2023, the Commission adopted the **Communication on a comprehensive approach to mental health**, which will help Member States and stakeholders to take **swift action to deal with mental health challenges**.² With this new Communication, the European Commission is putting mental health on par with physical health.

To get a better overview of the views of EU citizens towards mental health, the European Commission, Directorate-General for Health and Food Safety, commissioned a Flash Eurobarometer survey. In the context of this survey, **mental health is understood as being a state of well-being that enables people to cope with the various challenges and stresses of life, realise their own abilities, learn and work productively, and contribute to their community.** Mental health is an **integral and essential component of health** and is more than just the absence of mental disorders or disabilities. This survey concerns issues such as worries, anxieties and feelings of depression; neurological mental disorders such as Alzheimer or Parkinson, although they can be associated, are not addressed.

Ipsos European Public Affairs interviewed a representative sample of EU citizens, aged 15 and over, in each of the 27 Member States of the EU. Between 14 June 2023 and 21 June 2023, 26 501 interviews were conducted via computer-assisted web interviewing (CAWI), using Ipsos online panels and their partner network. Survey data presented in this report are weighted to known population proportions. The EU27 averages are weighted according to the size of the 15+ population of each country. A technical note on the methods applied to conduct the survey is appended as an annex to this report.

¹ Source: https://commission.europa.eu/strategy-and-policy/priorities-2019-2024/promoting-our-european-way-of-life/european-health-union/comprehensive-approach-mental-health_en

² See: https://health.ec.europa.eu/publications/comprehensive-approach-mental-health_en

Notes:

- 1) Survey results are subject to sampling tolerances meaning that not all apparent differences between groups may be statistically significant. Thus, only differences that are statistically significant (at the 5% level) – i.e. where it can be reasonably certain that they are unlikely to have occurred by chance – are highlighted in the text.
- 2) Percentages may not add up to 100%, as they are rounded to the nearest percent. Due to rounding, it may also happen that the percentages for separate response options shown in the charts do not exactly add up to the totals shown in charts and tables or mentioned in the text. Response percentages will exceed 100% if the question allowed respondents to select multiple responses.
- 3) In this report, countries are referred to by their official abbreviation. The abbreviations used in this report correspond to:

BE		Belgium	LT		Lithuania
BG		Bulgaria	LU		Luxembourg
CZ		Czechia	HU		Hungary
DK		Denmark	MT		Malta
DE		Germany	NL		Netherlands
EE		Estonia	AT		Austria
IE		Ireland	PL		Poland
EL		Greece	PT		Portugal
ES		Spain	RO		Romania
FR		France	SI		Slovenia
HR		Croatia	SK		Slovakia
IT		Italy	FI		Finland
CY		Rep. of Cyprus*	SE		Sweden
LV		Latvia			

* Cyprus as a whole is one of the 27 EU MS. However, the ‘acquis communautaire’ has been suspended in the part of the country which is not controlled by the government of the Republic of Cyprus. For practical reasons, only the interviews carried out in the part of the country controlled by the government of the Republic of Cyprus are included in the ‘CY’ category.

Key findings

The state of mental well-being in the EU

- **About three in ten respondents reply that they felt calm and peaceful (29%) in their day-to-day life during the past four weeks.** A similar share reply they felt **tired/worn out (27%)**, followed by those who **felt tense (14%)** or **downhearted/low (10%)**. About one in ten respondents (11%) felt **happy** and less than one in ten (7%) felt **full of energy** in the past four weeks.
- Older respondents are more likely to have felt calm and peaceful: 38% of those aged 55 and above report this, compared to 25% of those aged 40-54 and 20% of those aged 25-39 or aged 15-24. Respondents aged 55 and above are also less likely than those in younger age categories to have felt tired/worn out (22% vs 30%-32%). **Respondents aged 15-24 or 25-39 are more likely than those aged 40-45 or 55 and above to have felt 'happy' (14% vs 9%).**
- **A majority of respondents reply that recent world events (i.e. the COVID-19 pandemic, Russian aggression against Ukraine, climate crisis, unemployment, food and energy costs rising) have influenced their mental health 'somewhat' (44%) or 'to a great extent' (18%).** A quarter of respondents reply that there was 'very little' impact, and 12% that their mental health was 'not at all' influenced by recent world events. In almost all Member States, the largest share of respondents reply that recent world events have 'somewhat' influenced their mental health (between 32% in Sweden and 52% in Portugal).
- **Both the youngest and the oldest respondents are somewhat less likely than those on the middle age categories to report that recent world events have influenced their mental health 'to a great extent' (17% of those aged 15-24 and 15% of those aged 55 and above compared to 19%-21% of those aged 25-39 and 40-54).**

What contributes to good mental health?

- **Being in contact with nature and green spaces (35%), sleeping habits (35%), sport/physical activity (34%) and social contact (33%) are the four activities and behaviours selected most frequently as contributing the most to good mental health.** Somewhat smaller shares mention 'doing something enjoyable' (30%), 'healthy eating habits' (29%), 'relaxation' (27%) and 'work/life balance' (26%) as activities and behaviours that contribute the most to good mental health. One in five respondents (20%) select 'leisure activities', while less than one in ten (9%) mention 'reducing the use of digital/social media'.
- **The younger the respondents, the more likely they are to reply that sport/physical activity contributes to good mental health:** 39% of those aged 15-24 select this activity, compared to 30% of those aged 55 and above.

- **A majority of respondents (60%) think that (one of) the most important factor(s) to achieve good mental health are living conditions; this factor is followed by financial security (selected by 53%).** 'Physical activity' and 'social contact' are each selected by 41% of respondents; these factors are followed by selfcare (selected by 35%). Smaller shares select 'work environments' (18%) and 'healthcare facilities (primary care, hospital care, etc.)' (17%) as the most important factors to achieve good mental health. Less than one in ten respondents select 'educational settings (kindergarten, schools, etc.)' (6%) or 'digital spaces (internet, social media, etc.)' (3%).
- Older respondents are more likely to select 'living conditions' and 'financial security' as the most important factors for achieving good mental health. **The proportion selecting selfcare, on the other hand, decreases with age** (from 40% for those aged 15-24 to 33% for those aged 55 and above).
- **In all Member States, a vast majority of respondents believe that the use of social media can negatively impact the mental health of children and young people.** There are, however, differences across the Member States in the proportion answering that children and young people's mental health can be negatively affected **even if social media are used only sporadically** (from 29% in Romania to 61% in Sweden).

The EU's contribution to improve mental health

- **The largest share of respondents selects 'improving Europeans' overall quality of life' (45%)** as an area in which the EU can contribute the most to improve the mental health of European citizens; this is followed by **'improving access and support to diagnosis, improving treatment and care of mental health patients'** (37%), and **'supporting the mental health of the most vulnerable, including children, youth and elderly'** (35%). Around three in ten respondents (29%) select tackling psychosocial risks at work, followed closely by 'early detection and screening of mental health problems at the population level' (27%) and 'promoting good mental health and preventing mental health problems' (27%). About one in five respondents (21%) think that the EU can contribute the most by breaking the stigma of mental health and tackling discrimination (21%) and a similar share (20%) think this can be done via promoting mental health awareness programmes.
- **In 21 of the 27 Member States, improving Europeans' overall quality of life is the highest-ranking area** in which the EU can contribute the most to improve Europeans' mental health. The share of respondents selecting this area ranges from 24% in Sweden to 63% in Croatia.
- Overall, **the youngest (aged 15-24) and oldest respondents (aged 55 or above) are more likely to think that the EU can contribute the most by supporting the mental health of the most vulnerable, including children, youth and the elderly** (36%-39% vs 31%-32% in the middle age groups).

Perceptions about people with mental health issues

- **About three-quarters of respondents (77%) think mental health patients are judged differently than other patients by society in general.** Six in ten respondents (60%) think mental health patients are judged differently than other patients by people **in educational and professional settings**. A much smaller share **(41%) reply that mental health patients are judged differently by medical professionals**, while a similar proportion (43%) do not think that medical professionals make such a difference.
- About three-quarters of respondents (76%) 'totally agree' or 'tend to agree' that people with **mental health issues are perceived as less capable and contribute less to society**; the same proportion (76%) agree that people with mental health issues get **less opportunities at work, in finding housing, in social activities, etc.** About seven in ten respondents (69%) agree that people with mental health issues are seen as **less sociable**.
- **Across all Member States, a large majority of respondents 'totally agree' or 'tend to agree' that mental health promotion is as important as physical health promotion** (from 74% in Malta to 95% in Portugal). However, **less than half of respondents, in total, agree people with mental health issues receive the same level of care as those with a physical condition** (from 23% in Finland to 47% in Czechia).
- **The youngest respondents (aged 15-24) are less likely to agree that mental health promotion is as important as physical health promotion** (82% vs 86% vs 93% across older age groups); they are, **however, also less likely to agree that people with mental health issues are perceived as less capable and contributing less to society** (69% vs 75%-78%), that people with mental health issues are seen as **less sociable** (65% vs 69%-70%), and that people with mental health issues get **less opportunities at work**, in finding housing, in social activities etc. (66% vs 71%-81%).

Quality mental health services

- Presented with ten attributes of good quality mental healthcare, 39% of respondents select **'is equally accessible for everyone'** as an attribute that they see as a priority. This attribute is followed by **'is provided by skilled well-resourced professionals'** (selected by 37%), **'is timely and available when needed'** (34%) and **'is person-centred, addressing the specific needs of, and options for every individual'** (33%). Smaller shares reply that good quality mental healthcare should be 'affordable' (23%), 'reliable and safe' (21%) and 'respectful of human rights, fundamental freedoms, dignity and different cultures and norms' (21%). Less than a fifth of respondents (18%) think that an important attribute of good quality mental healthcare is that this care 'takes the support system of the patients (family, carers – formal or informal, etc.) into consideration'.
- **The youngest respondents (aged 15-24) are somewhat more likely to select 'is respectful of human rights, fundamental freedoms, dignity and different cultures**

and norms' (25% vs 20%-21% of older respondents) and **'breaks stigmas and is non-discriminatory'** (16% vs 11%-14%) as priority attributes of good quality mental healthcare.

- For the periods before and after the COVID-19 pandemic, the largest shares of respondents give a score of between five and seven (out of 10) for the quality of mental health services, resulting in **a mean score of 5.2 for the quality of mental health services before the COVID-19 pandemic and 4.9 for the period following the COVID-19 pandemic**. Thinking back about the period during the COVID-19 pandemic, the largest share of respondents select the middle scores on the scale (from four to six), but there is also a somewhat larger share selecting the bottom scores (e.g. 11% for '0 – Poor' vs 6%-7% in the periods before and after the pandemic); this results in **a lower average score of 4.3 for the period during the COVID-19 pandemic**.
- **Overall, 50% of respondents think mental health problems can be detected at an early stage in primary and community care. Educational settings** are mentioned by 43% of respondents, while 29% select **'in the working environment'**. Less than one in five respondents mention hospitals (16%) or social services (15%), and one in ten respondents (10%) refer to sport, creative or leisure activities.
- **Younger respondents are more likely to think that mental health problems can best be detected at an early stage in educational settings:** among those aged 15-24, 50% select this response, compared to 40%-43% of those in older age categories.

Accessing mental health services

- **Across the EU, 25% of respondents report that either they themselves, or a family member have encountered one or more issues accessing mental health services.** At the individual country level, this proportion ranged from 13% in Italy to 43% in Portugal and 44% in Ireland.
- **The younger the respondents, the more likely they are to have encountered issue(s) accessing mental health services** (from 19% for those aged 55 or above to 32% for those aged 15-24 and 33% for those 25-39).
- By far the most frequently selected issue in accessing mental health services is **'long waiting lists/delays before diagnostic or treatment'** (mentioned by 67% of respondents who having encountered problems accessing mental health services). More than a third of respondents (35%) who have experienced issues accessing mental health services, find these services **too expensive**. Additionally, 30% of these respondents report **not knowing any good doctors or specialists**. About one in five respondents (22%) mention that they opted to **wait and see if their problems would improve on their own**.

Personal experiences with mental health problems

- **Close to one in two respondents across the EU (46%) reply that, in the last 12 months, they have experienced an emotional or psycho problem (such as feeling depressed or feeling anxious).** At the individual country level, this figure varies between 34% in Denmark and 69% in Lithuania.
- **Younger respondents are also more likely to report having experienced an emotional or psychosocial problems in the last 12 months** (59% of those aged 15-24, 56% of those aged 25-39, compared to 48% of those aged 40-54 and 35% of those aged 55 and above).
- Respondents who reported having faced an emotional or psychosocial in the past year were asked about the specific symptoms they had experienced. **The largest share (69%) report having felt sad/down, and 50% mention excessive fears or worries. Low self-esteem (42%), difficulties concentrating (41%) and social withdrawal, loss of interest/enjoyment from activities previously enjoyed (40%)** are each selected by about four in ten respondents. About one-third of respondents mention the **inability to cope with daily problems or stress** (34%) or **extreme mood changes** (33%), while about a quarter have experienced **extreme changes in eating and or sleeping habits** (23%).
- **The youngest respondents (aged 15-24) are more likely** to have experienced symptoms such as **low self-esteem** (60% vs 28%-49%), **difficulty to concentrate** (52% vs 34%-43%) and **social withdrawal, loss of interest/enjoyment** from activities previously enjoyed (47% vs 36%-41%).
- **More than half of respondents (54%) with a mental health issue reply that they have not received help from a professional.** At the individual country level, this proportion varies between 35% in Denmark and 75% in Hungary. Less than one in five of these respondents report having received assistance from **a general practitioner** (19%), **a psychiatrist** (14%) or **a psychologist** (14%).
- **The youngest respondents (aged 15-24) are more likely to report not to have receive professional help for a mental health problem** (56% vs 49% of those aged 25-39).
- **More than four in ten of these respondents (43%) think that, for them personally, counselling and therapy is the most effective solution to tackle a mental health issue.** Around one-third (37%) mention **physical activity** as a solution and a similar proportion (36%) select **discussing with close ones**. Additionally, 29% view **social activities** as an effective solution for them personally. About one in five respondents (19%) think that **medication** is an effective solution to tackle their mental health issue(s).
- **The youngest respondents (aged 15-24) are more inclined than older ones to mention discussing with close ones as the most effective solutions to tackle mental health issues** (42% vs 22%-36% among older age groups). Older respondents are more inclined than younger ones to mention medication as a solution to tackle their mental health problems.

Section 1. The state of mental well-being in the EU

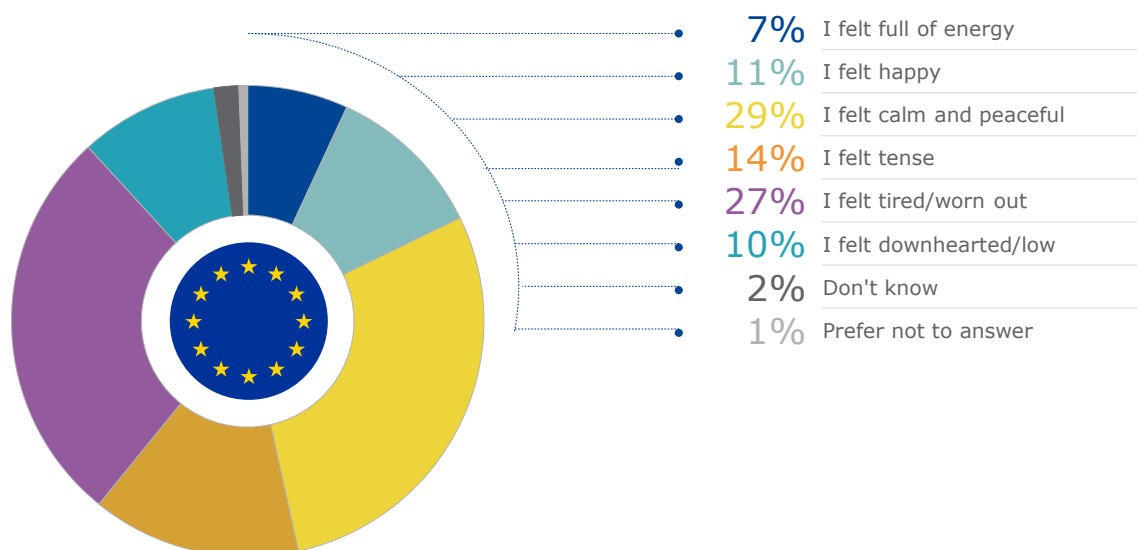
As a starting point, this first section of the report presents the results of two questions assessing the state of mental well-being in the EU: (1) how EU citizens felt in their day-to-day life during the past four weeks, and (2) to what extent they feel that recent world events have affected their mental health status.

1.1. Mental well-being over the past four weeks

Respondents were presented with a list of statements – from 'I felt full of energy' to 'I felt downhearted/low' – and were asked to select the one best describing how they felt in their day-to-day life at home, at work or elsewhere in the past four weeks.

About three in ten respondents reply that they felt calm and peaceful (29%) in their day-to-day life during the past four weeks. A similar share reply they felt **tired/worn out (27%)**, followed by those who **felt tense (14%)** or **downhearted/low (10%)**. About one in ten respondents (11%) felt **happy** and less than one in ten (7%) felt **full of energy** in the past four weeks.

Q1 Which of the following statements best describes how you felt in your day-to-day life, whether at home, at work or elsewhere, during the past 4 weeks? (% EU27)



Base: all respondents (n=26 501)

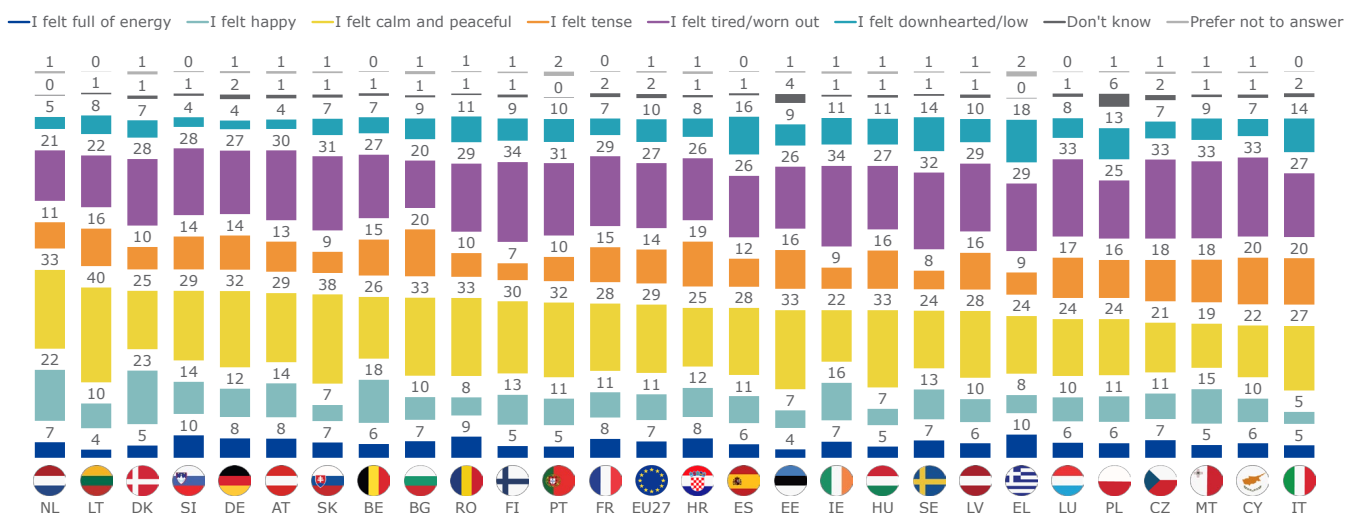
In all Member States, at least one in five respondents select 'tired/worn-out' as the statement best describing how you felt in their day-to-day life, whether at home, at work or elsewhere, during the past four weeks. The highest proportions selecting this response are observed in Ireland and Finland (both 34%), and Cyprus, Czechia, Luxembourg and Malta (all 33%), while the lowest proportions are found in the Netherlands (21%) and Bulgaria (20%). **Similar proportions are observed for the share who felt calm and peaceful** in their day-to-day life during the past four weeks. Respondents

are most likely to have felt calm and peaceful in Lithuania (40%) and Slovakia (38%), while they are the least likely to have felt this way in Malta (19%), Czechia (21%), Cyprus and Ireland (both 22%).

Less than one in ten respondents report having felt **happy** in their day-to-day life during the past four weeks in Italy (5%), Estonia, Hungary and Slovakia (all 7%), and Greece and Romania (both 8%), while three times as many respondents report having felt this way in the Netherlands (22%) and Denmark (23%). Similarly, the proportion of respondents reporting they felt **tense** in the past four weeks ranges from 7% in Finland to 20% in Bulgaria, Cyprus and Italy.

The share of respondents having felt **downhearted/low** during the past four weeks ranges from 4% in Austria, Germany and Slovenia to 18% in Greece. Lower proportions are observed for the share of respondents who felt **full of energy**, with the highest proportions being observed in Greece and Slovenia (both 10%) and the lowest in Estonia and Lithuania (4%).

Q1 Which of the following statements best describes how you felt in your day-to-day life, whether at home, at work or elsewhere, during the past 4 weeks? (% by country)



Base: all respondents (n=26 501)

Socio-demographic considerations

The socio-demographic analysis shows that male respondents are more likely than their female counterparts to have felt calm and peaceful (34% vs 24% of women respondents) in their day-to-day life during the past four weeks. On the other hand, women are more likely to have felt tired/worn out (31% vs 24% of men respondents).

Differences are also observed between younger and older respondents. Older respondents are more likely to have felt calm and peaceful: 38% of those aged 55 and above report this, compared to 25% of those aged 40-54 and 20% of those aged 25-39 or aged 15-24. Respondents aged 55 and above are also less likely than those in the younger age categories to have felt tired/worn out (22% vs 30%-32%). Those aged 15-24 and 25-39 are more likely than those aged 40-45 and 55 and above to have felt 'happy' (14% vs 9%).

Some differences are also observed across levels of education. For instance, those who are still studying are the least likely to have felt calm and peaceful (21% vs 27%-31% of those who have completed their full-time education). On the other hand, 31% of those who are still studying report having felt tired/worn out, compared to 27% of those who have completed their education.

Q1 Which of the following statements best describes how you felt in your day-to-day life, whether at home, at work or elsewhere, during the past 4 weeks? (% by socio-demographics)

	I felt calm and peaceful	I felt tired/worn out	I felt tense	I felt happy	I felt downhearted/low	I felt full of energy
EU27	29	27	14	11	10	7
Gender						
Men	34	24	13	11	8	8
Women	24	31	15	10	11	6
Age						
15-24	20	30	15	14	10	8
25-39	20	31	14	14	12	7
40-54	25	32	15	9	10	7
55+	38	22	14	9	8	7
Education (age when completed)						
Up to 15	27	27	17	9	10	7
16-19	31	27	15	10	9	7
20+	30	27	14	11	9	7
Still studying ³	21	31	15	14	12	7

Base: all respondents (n=26 501)

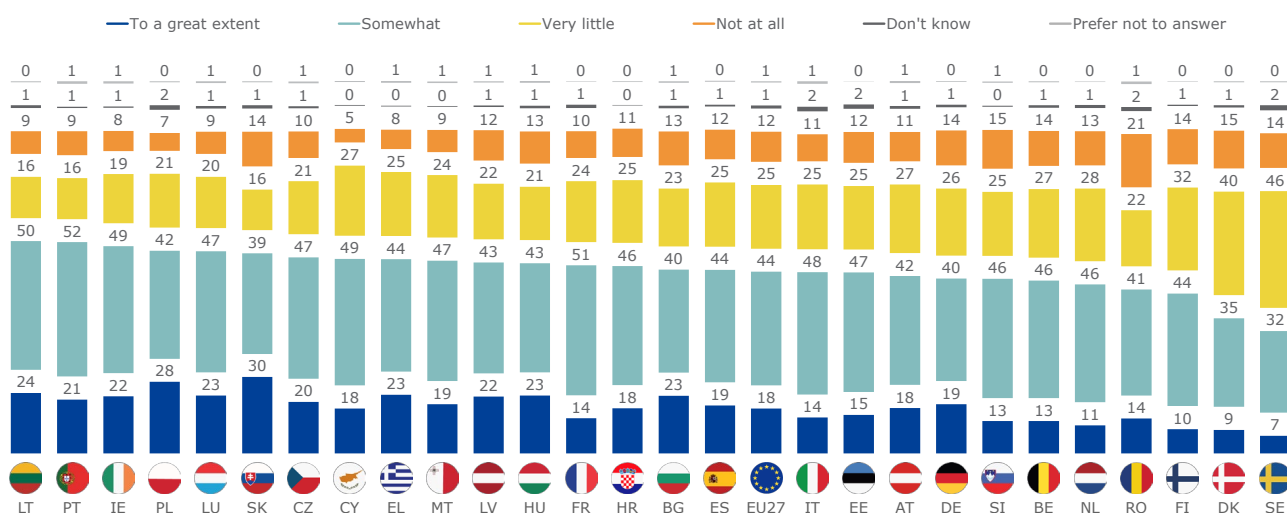
³ To assess respondents' level of education, they were asked how old they were when they stopped full-time education? Respondents could provide an exact age, or answer that that they are still in full-time education (i.e. have not yet completed their studies).

1.2. Perceived impact of recent world events on mental health

Respondents were also asked about the extent to which their mental health is influenced by recent world events (i.e. the COVID-19 pandemic, Russian aggression against Ukraine, climate crisis, unemployment, rising food and energy costs). **A majority of respondents reply that recent world events have influenced their mental health 'somewhat' (44%) or 'to a great extent' (18%).** A quarter of respondents reply that there was 'very little' impact, and 12% that their mental health was 'not at all' influenced by recent world events.

In almost all Member States, the largest share of respondents reply that recent world events have 'somewhat' influenced their mental health; this view is shared by 52% of respondents in Portugal, 51% in France and 50% in Lithuania. In Sweden and Denmark, on the other hand, the largest share of respondents reply that their mental health was influenced *very little* by recent world events (46% and 40%, respectively).

Q2 To what extent have the recent world events (the COVID-19 pandemic, Russian aggression against Ukraine, climate crisis, unemployment, food and energy costs rising) influenced your mental health? (% by country)



Base: all respondents (n=26 501)

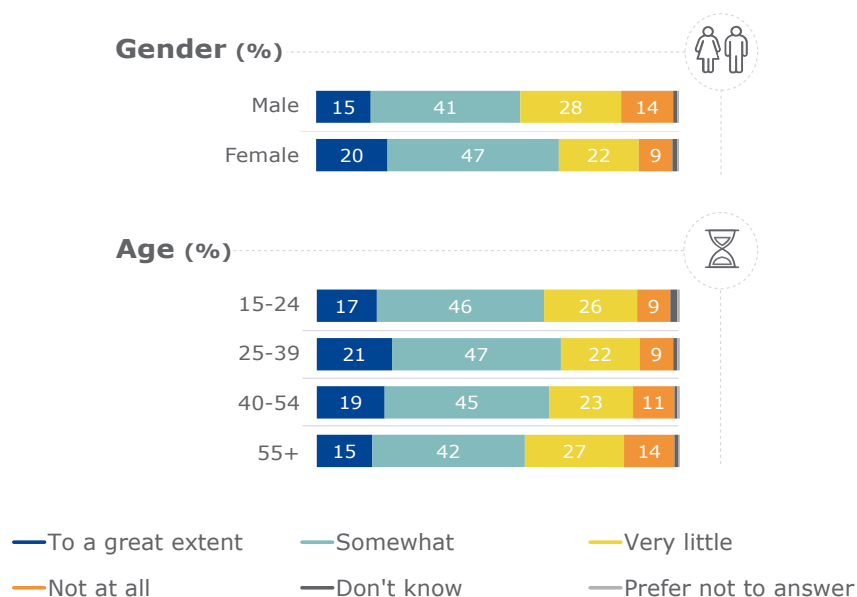
Socio-demographic considerations

Compared to men, women are more likely to reply that recent world events have influenced their mental health to 'a great extent' (20% vs 15%) or 'somewhat' (47% vs 41%). Men are more likely than women to answer that recent world events have influenced their mental health 'very little' (28% vs 22%) or 'not at all' (14% vs 9%).

Respondents aged 25-39 or aged 40-54 are somewhat more likely to reply that recent world events have influenced their mental health to 'a great extent' (19%-21% vs 15% of those aged 55 and over and 17% of those aged 15-24). Those aged 55 and above and those aged 15-24, in turn, are somewhat more likely than those aged 25-39 and 40-54 to report that recent world events have influenced their mental health 'very little' (26%-27% vs 22%-23%). Older respondents are also somewhat more likely to report that recent world events have 'not at all' influenced their mental health (14% of those aged 55 and above against 11% of those aged 40-54, and 9% of both those aged 15-24 or aged 25-39).

Differences across the educational levels are minor or do not reach statistical significance.

Q2 To what extent have the recent world events (the COVID-19 pandemic, Russian aggression against Ukraine, climate crisis, unemployment, food and energy costs rising) influenced your mental health? (% by socio-demographics)



Base: all respondents (n=26 501)

Section 2. What contributes to good mental health?

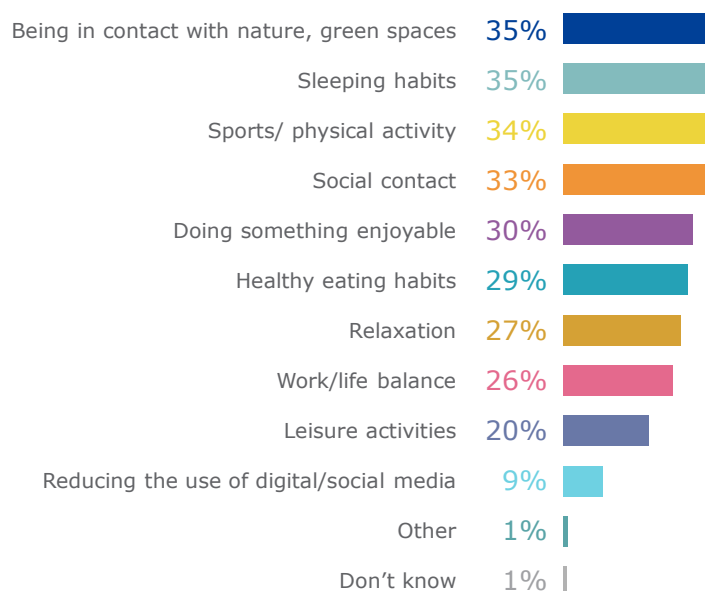
This section looks at EU citizens' views about activities and behaviours contributing the most to good mental health, along with factors being most important to achieve good mental health. Respondents were also asked about the impact of social media use on the mental health of children.

2.1. Activities and behaviours contributing to good mental health

Respondents were presented with ten activities and behaviours that can contribute to good mental health and they were asked to select those contributing the most to good mental health (respondents could select up to three responses).

Being in contact with nature and green spaces (35%), sleeping habits (35%), sport/physical activity (34%) and social contact (33%) are the four activities and behaviours selected most frequently as contributing the most to good mental health. Somewhat smaller shares mention **'doing something enjoyable'** (30%), **'healthy eating habits'** (29%), **'relaxation'** (27%) and **'work/life balance'** (26%) as activities and behaviours that contribute the most to good mental health. One in five respondents (20%) select **'leisure activities'**, while less than one in ten (9%) mention **'reducing the use of digital/social media'**.

Q3 In your opinion, which of the following activities and behaviours contribute the most to good mental health? (Please choose three answers) (% by EU27)



Base: all respondents (n=26 501)

In seven Member States, being in contact with nature, green spaces is the most frequently mentioned activity expected to contribute the most to good mental health, with the share selecting this activity ranging from 17% in the Netherlands to 49% in Slovenia. Slovenia is joined at the higher end of the country ranking by Bulgaria (47%) and Lithuania (45%), while the Netherlands is joined at the lower end by Spain (24%).

In eight Member States, sleeping habits are the highest-ranking behaviour contributing the most to good mental health. The proportion of respondents selecting this activity is the highest in Slovakia (51%) and Sweden (48%). On the other hand, in Bulgaria and Croatia, sleeping habits are mentioned by less than half as many respondents (both 20%). **In Croatia (43%) and Romania (38%), respondents are more likely to think that doing something enjoyable** contributes the most to good mental health. This activity is also selected by 43% of respondents in Sweden, compared to just 20% of respondents in France.

In **Denmark (46%), Luxembourg (46%), Greece (44%) and Germany (43%)**, respondents are most likely to think that **social contact** contributes the most to good mental health. In the remaining Member States, the share of respondents selecting 'social contact' ranges from 17% in Latvia to 41% in Austria.

Respondents in **Malta (44%), Latvia (40%), Cyprus (39%), and Hungary (38%)** are more likely to believe that **work/life balance** contributes the most to good mental health. Portugal (40%) joins these Member States at the higher end of the country ranking. In the remaining countries, the share choosing 'work/life balance' ranges from 17% in Slovenia to 36% in Lithuania.

In **Czechia (49%) and the Netherlands (46%)**, respondents are more likely to think that **relaxation** is the activity contributing the most to good mental health. In the remaining countries, the share of respondents selecting 'relaxation' ranges from 11% in France to 40% in Bulgaria.

There is less variation across the Member States for **sports/physical activity**. The highest proportions mentioning this activity are observed in Sweden and Spain (both 41%), while the lowest are found in Finland and Bulgaria (26%), and Czechia (25%). Similar proportions are observed for **healthy eating habits**, with the share selecting this response ranging from 19% in Greece and Lithuania to 43% in France.

The share of respondents mentioning **leisure activities** as contributing the most to good mental health is low across most Member States, varying between 11% in Malta and 28% in Hungary. The proportions are even lower for **reducing the use of digital/social media**. In most Member States, not more than about one in ten respondents think this activity contributes the most to good mental health.

Q3 In your opinion, which of the following activities and behaviours contribute the most to good mental health? (Please choose three answers) (% by country)

		Being in contact with nature, green spaces	Sleeping habits	Sports/ physical activity	Social contact	Doing something enjoyable	Healthy eating habits	Relaxation	Work/life balance	Leisure activities	Reducing the use of digital/social media
EU27		35	35	34	33	30	29	27	26	20	9
BE		27	41	31	35	21	36	29	25	21	10
BG		47	20	26	31	30	20	40	29	20	8
CZ		44	26	25	25	24	22	49	22	23	11
DK		30	41	32	46	28	24	27	28	14	8
DE		38	31	29	43	31	24	35	21	18	6
EE		44	40	31	23	37	26	24	28	21	7
IE		28	42	27	34	28	30	24	32	14	13
EL		35	21	33	44	37	19	20	28	21	11
ES		24	42	41	31	32	30	23	25	20	11
FR		36	46	37	24	20	43	11	24	21	12
HR		42	20	31	34	43	28	28	25	21	10
IT		39	27	37	31	33	28	24	22	26	10
CY		35	29	35	37	35	21	24	39	20	9
LV		32	29	29	17	30	24	37	40	23	8
LT		45	38	27	25	31	19	27	36	26	7
LU		31	31	36	46	35	23	21	33	16	11
HU		35	37	29	34	22	32	18	38	28	6
MT		37	25	35	24	35	23	28	44	12	13
NL		17	35	30	39	27	30	46	25	19	7
AT		44	31	35	41	30	21	28	19	21	7
PL		44	24	33	28	36	24	36	31	13	10
PT		29	45	39	25	23	30	14	40	25	8
RO		35	32	27	30	38	31	34	31	12	12
SI		49	26	36	31	23	27	38	17	21	13
SK		37	51	29	25	24	20	26	24	22	11
FI		28	44	26	35	36	23	31	31	22	6
SE		28	48	41	37	43	23	20	27	11	6

The higher the proportion selecting an activity/a behavior, the **darker blue** the cell. The most-frequently selected action/behaviour for each country is shown in **green**.

Base: all respondents (n=26 501)

Socio-demographic considerations

Men (38%) are more likely than women (29%) to believe that sport/physical activity contribute the most to good mental health. On the other hand, women are more likely to think that important contributors to good mental health are being in contact with nature and green spaces (38% vs 33% of men) and good sleeping habits (37% vs 32% of men).

Older respondents are more likely to believe that being in contact with nature, green spaces contribute the most to good mental health (35% for respondents aged 40-54 and 44% for those aged 55 and above, compared to 28% of respondents aged 25-39 and 22% of those aged 15-24). Respondents aged 55 and above are also more likely to mention 'doing something enjoyable' and 'healthy eating habits'; for example, 'doing something enjoyable' is selected by 34% of those aged 55 and above, compared to 26%-28% of those in younger age categories. Conversely, the younger the respondents, the more likely they are to reply that sport/physical activity contributes to good mental health: 39% of those aged 15-24 select this activity, compared to 30% of those aged 55 and above. Respondents aged 25-39 or aged 40-54 are more likely to mention work/life balance (32%-33% vs 24% of those aged 15-24 and 18% of those aged 55 and above).

Some differences are also observed across levels of education. For instance, higher educated respondents are more likely to mention sport/physical activity as an important contributor to good mental health: 36% of those who completed their full-time education aged 20 or above select this activity, compared to 29% of those who left full-time education aged 16-19 and 28% of those who left school aged 15 or earlier.

Q3 In your opinion, which of the following activities and behaviours contribute the most to good mental health? (Please choose three answers) (% by socio-demographics)

	Being in contact with nature, green	Sleeping habits	Sports/ physical activity	Social contact	Doing something enjoyable	Healthy eating habits	Relaxation	Work/life balance	Leisure activities	Reducing the use of digital/ social media
EU27	35	35	34	33	30	29	27	26	20	9
Gender										
Men	33	32	38	31	29	27	27	26	21	9
Women	38	37	29	35	32	30	27	25	18	10
Age										
15-24	22	35	39	38	26	21	25	24	24	11
25-39	28	35	36	31	28	26	29	33	20	9
40-54	35	37	35	29	27	27	28	32	19	8
55+	44	33	30	35	34	34	27	18	19	9
Education (age when completed)										
Up to 15	35	30	28	34	32	33	28	13	19	10
16-19	38	34	29	31	31	29	31	22	21	9
20+	36	36	36	33	29	30	25	30	19	9
Still studying	23	36	42	40	26	25	25	24	22	11

Base: all respondents (n=26 501)

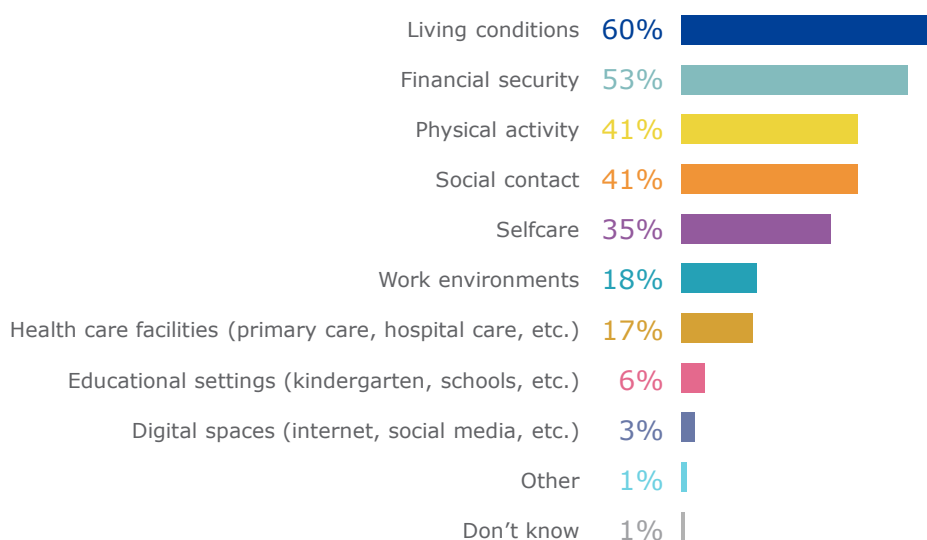
2.2. Key factors to achieve good mental health

Respondents were presented with nine factors that can be important to achieve good mental health and they were asked to select those that in their view are the most important (respondents could select up to three responses).

A majority of respondents (60%) think that (one of) the most important factor(s) to achieve good mental health are living conditions; this factor is followed by financial security (selected by 53%). 'Physical activity' and 'social contacts' are each selected by 41% of respondents; these factors are followed by selfcare (selected by 35%).

Smaller shares select **'work environments'** (18%) and **'healthcare facilities (primary care, hospital care, etc.)'** (17%) as the most important factors to achieve good mental health. Less than one in ten respondents select **'educational settings (kindergarten, schools, etc.)'** (6%) or **'digital spaces (internet, social media, etc.)'** (3%).

Q4 In your opinion, which of the following factors are the most important to achieve good mental health? (Please choose three answers) (% by EU27)



Base: all respondents (n=26 501)

In 17 Member States, living conditions is the (joint) most-mentioned factor for achieving good mental health. Across most Member States, at least half of respondents mention this factor, with the highest proportions observed in Hungary (68%), Romania and Poland (both 67%). The lowest shares are found in Cyprus (49%), Ireland (48%) and Denmark (40%).

In 12 Member States, financial security is the (joint) most-cited factor for achieving good mental health. With the exceptions of France (47%), Ireland (44%) and Italy (43%), in all Member States, at the least half of respondents select this as (one of) the most important factor(s) for achieving good mental health. The highest proportions selecting this factor are found in Cyprus and Poland (both 66%).

The share of respondents selecting **physical activity** as (one of) the most important factor(s) for achieving good mental health ranges from 34% in Greece to 61% in Slovenia. There is somehow more variation across countries for social contact and selfcare. In Finland (52%), Austria (51%) and Denmark (51%), more than half of respondents select **social contact** as the most important factor for achieving good mental health. In contrast, just 15% of respondents in Latvia select this factor. Similar proportions are observed for **selfcare**, ranging from 11% in Slovenia to 53% in Croatia.

The share of respondents thinking that (one of) the most important factor(s) for achieving good mental health is **work environments** ranges from 12% in both France and the Netherlands to 31% in Malta. Large differences across countries are also observed for **healthcare facilities**, with the proportion mentioning this factor varying between 9% in Sweden to 33% in Finland.

Finally, between 2% of respondents in Malta and Portugal and 11% in Italy reply that **educational settings** (kindergarten, school, etc.) are the most important factor for achieving good mental health. Even smaller proportions of respondents mention the **digital spaces** (internet, social media, etc.), with the proportion remaining below 10% in all Member States.

Q4 In your opinion, which of the following factors are the most important to achieve good mental health? (Please choose three answers) (% by country)

		Living conditions	Financial security	Physical activity	Social contact	Selfcare	Work environments	Healthcare facilities (primary care, hospital care, etc.)	Educational settings (kindergarten, schools, etc.)	Digital spaces (internet, social media, etc.)
EU27		60	53	41	41	35	18	17	6	3
BE		55	54	37	42	45	14	15	3	3
BG		59	58	37	33	40	20	18	6	4
CZ		55	53	43	43	36	20	10	4	4
DK		40	53	42	51	31	22	23	6	4
DE		57	52	39	49	34	15	17	4	3
EE		53	58	41	33	50	24	14	6	5
IE		48	44	43	41	45	19	24	5	4
EL		55	65	34	44	25	19	22	6	5
ES		58	53	42	42	31	22	19	5	4
FR		66	47	42	32	48	12	14	4	2
HR		52	56	46	38	53	16	13	4	3
IT		60	43	40	36	43	20	16	11	3
CY		49	66	38	44	28	30	18	8	4
LV		58	65	37	15	48	20	20	4	3
LT		57	59	36	31	43	24	25	3	3
LU		50	57	43	47	48	20	11	4	1
HU		68	59	36	37	20	21	25	7	3
MT		54	59	38	24	49	31	21	2	3
NL		59	55	44	50	27	12	16	5	4
AT		53	53	41	51	31	18	20	5	3
PL		67	66	45	40	13	17	17	3	3
PT		62	54	44	30	33	24	18	2	2
RO		67	52	44	38	32	18	17	9	3
SI		62	59	61	47	11	18	12	6	4
SK		52	50	36	35	52	22	15	4	4
FI		57	61	37	52	18	15	33	4	5
SE		60	60	44	49	22	24	9	8	3

The higher the proportion selecting a factor, the **darker blue** the cell. The most-frequently selected factor for each country is shown in **green**.

Base: all respondents (n=26 501)

Socio-demographic considerations

Men are more inclined than women to consider physical activity as (one of) the most important factor(s) for achieving good mental health (46% of men vs 37% of women select this response). Conversely, women tend to prioritise 'selfcare' more than men do (40% of women vs 30% of men).

Older respondents are more likely to select living conditions as (one of) the most important factor(s) for achieving good mental health: 67% of those aged 55 or above and 59% of those aged 40-54 select this factor, compared to 49%-53% of those in younger age categories. Similarly, 58% of those aged 55 or above and 53% of those aged 40-54 select 'financial security' compared to 42%-48% of those in younger age categories. The proportion selecting selfcare, on the other hand, decreases with age (from 40% for those aged 15-24 to 33% for those aged 55 and above).

Differences across educational groups tend to be smaller. Nonetheless, those with a higher level of education are more likely to mention 'physical activity' and 'work environments' as the most important factors for achieving good mental health. For instance, 43% of respondents who completed their education aged 20 or above and 40% of those who completed their education aged 16-19 mention 'physical activity', compared to 35% of respondents who left school aged 15 or younger.

Q4 In your opinion, which of the following factors are the most important to achieve good mental health? (Please choose three answers) (% by socio-demographics)

	Living conditions	Financial security	Physical activity	Social contact	Selfcare	Work environments	Healthcare facilities (primary care, hospital care, etc.)	Educational settings (kindergarten, schools, etc.)	Digital spaces (internet, social media, etc.)
EU27	60	53	41	41	35	18	17	6	3
Gender									
Men	59	51	46	40	30	19	16	6	4
Women	61	54	37	42	40	16	18	5	3
Age									
15-24	49	42	40	44	40	19	14	9	7
25-39	53	48	39	37	37	24	15	8	4
40-54	59	53	42	39	34	23	14	4	3
55+	67	58	42	43	33	11	20	4	2
Education (age when completed)									
Up to 15	58	51	35	41	34	12	22	4	4
16-14	62	54	40	39	35	15	17	5	3
20+	61	54	43	42	34	20	16	5	3
Still studying	51	44	41	46	41	18	15	10	6

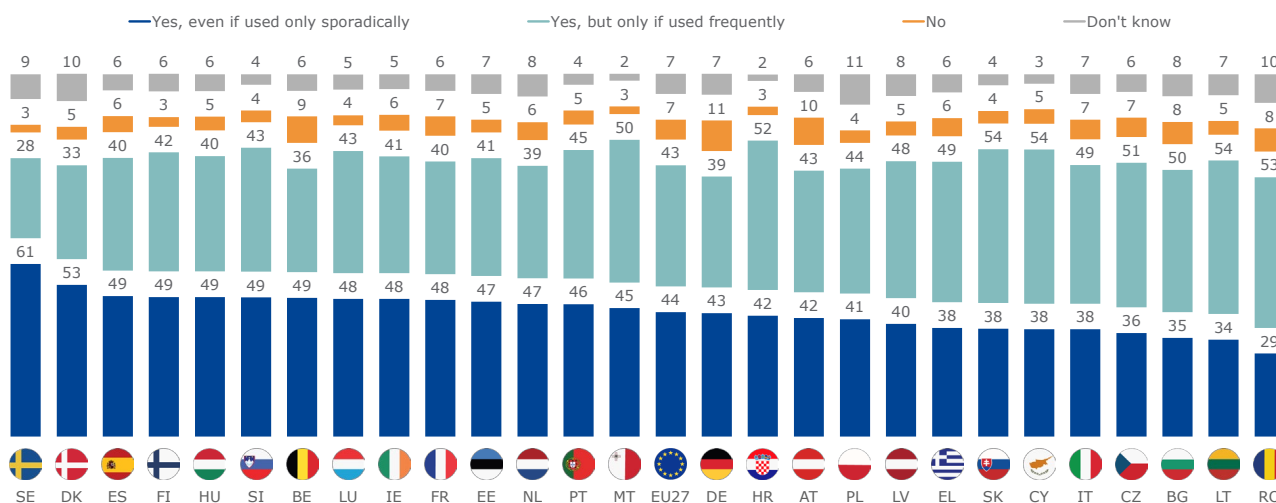
Base: all respondents (n=26 501)

2.3. Mental health and social media

Although a large majority of respondents think that the use of social media by children and young people can have a negative impact on their mental health, respondents are divided into two groups: one group thinks that social media can negatively affect children's mental health when used frequently (43%), while the other group believes the negative effects can also be present if social media are used only sporadically (44%).

In all Member States, a vast majority of respondents believe that the use of social media can negatively impact the mental health of children and young people. There are, however, more substantial differences across the Member States in the proportion answering that children and young people's mental health can be negatively affected **even if social media are used only sporadically**. This view is shared by 61% of respondents in Sweden, followed by 53% of respondents in Denmark, compared to 29% of respondents in Romania.

Q11 Can the use of social media by children and young people have a negative impact on their mental health (low self-esteem/body image, peer pressure, bullying etc.)? (% by country)



Base: all respondents (n=26 501)

Socio-demographic considerations

There are few significant differences across socio-demographic groups, except for some differences related to gender. Women are slightly more likely than men to believe that the use of social media has a negative impact on the mental health of children and young people, even if it is used only sporadically. Specifically, 47% of women hold this view, compared to 40% of men.

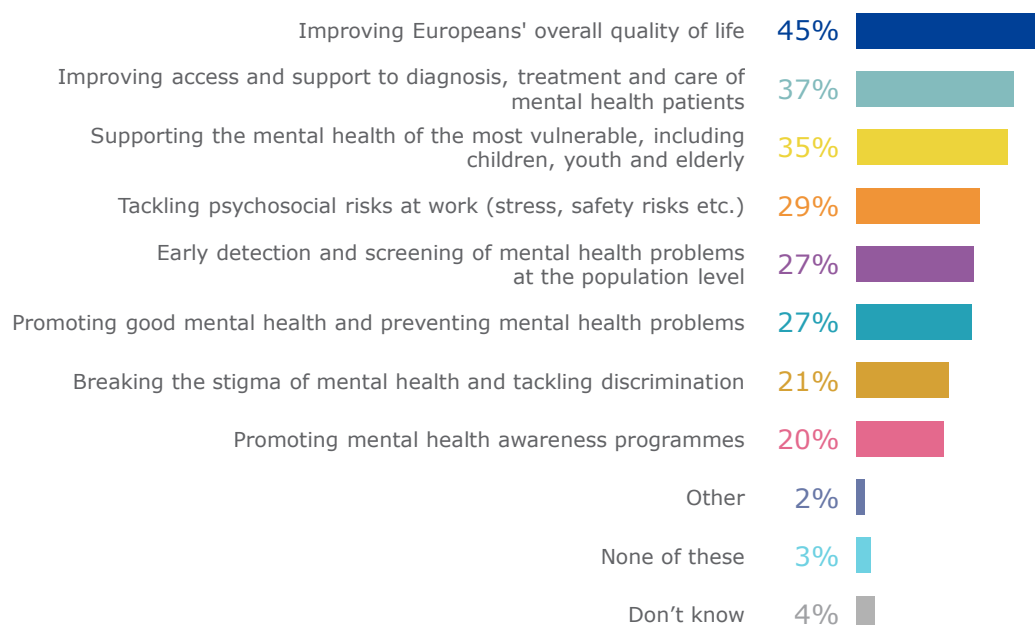
Section 3. The EU's contribution to improve mental health

Respondents were also asked about the areas in which the EU can contribute the most to improve the mental health of European citizens. Respondents could select up to three areas from a list of eight.

The largest share of respondents select 'improving Europeans' overall quality of life' (45%) as an area in which the EU can contribute the most to improve the mental health of European citizens; this is followed by **'improving access and support to diagnosis, improving treatment and care of mental health patients' (37%)**, and **'supporting the mental health of the most vulnerable, including children, youth and elderly' (35%)**.

Additionally, around three in ten respondents (29%) select **tackling psychosocial risks at work**, followed closely by **'early detection and screening of mental health problems at the population level' (27%)** and **'promoting good mental health and preventing mental health problems' (27%)**. About one in five respondents (21%) think that the EU can contribute the most by **breaking the stigma of mental health and tackling discrimination** (21%), and a similar share (20%) think this can be done via **promoting mental health awareness programmes**.

Q5 In your opinion, in which areas can the European Union contribute the most to improve the mental health of European citizens? (Please choose three answers) (% by EU27)



Base: all respondents (n=26 501)

In 21 of the 27 Member States, improving Europeans' overall quality of life is the highest-ranking area in which the EU can contribute the most to improve Europeans' mental health. The share of respondents selecting this area ranges from 24% in Sweden to 63% in Croatia.

In Spain (48%), Ireland (46%) and Sweden (42%), respondents are more likely to think that the EU can contribute the most to enhance the mental health of EU citizens by **improving access and support to diagnosis, treatment and care of mental health patients**. In the remaining countries, this figure ranges from 27% in Croatia to 47% in Finland.

In Finland (51%), Estonia (49%) and Denmark (40%), respondents are most likely to think that the EU can contribute the most to improve the mental health of EU citizens by **supporting the mental health of the most vulnerable, including children, youth and elderly**. These countries are joined by Ireland, Latvia, Lithuania Sweden (all 41%), and Cyprus (42%); France (32%), on the other hand, is found at the lower end of the country ranking. In Finland (42%), Denmark (40%) and Estonia (39%), about four in ten respondents mention **promoting good mental health and preventing mental health problems**; in the other countries, this proportion varies between 20% in France and 34% in Czechia.

The share of respondents thinking that the EU can contribute the most to improve the mental health of EU citizens by **tackling psychosocial risks at work (stress, safety risks etc.)** ranges from 17% in Ireland to 39% in Romania. Similar differences across countries are observed for **early detection and screening of mental health problems at the population level**, with the proportion varying between 20% in Germany and 36% in Spain, Finland and Greece.

There is somewhat more variation in the proportion of respondents thinking that the EU can contribute the most to improve the mental health of EU citizens by **breaking the stigma of mental health and tackling discrimination**. About one third of respondents select this item in Malta and Ireland (34%), while three time less respondents do so in Bulgaria (10%). Somewhat lower proportions are observed for the share of respondents thinking the EU can contribute the most to improve the mental health of EU citizens by **promoting mental health awareness programmes**, ranging from 14% in Finland and 15% Latvia to 26% in Croatia and Malta.

Q5 In your opinion, in which areas can the European Union contribute the most to improve the mental health of European citizens? (Please choose three answers) (% by country)

		Improving Europeans' overall quality of life	Improving access and support to diagnosis, treatment and care of mental health patients	Supporting the mental health of the most vulnerable, including children, youth and elderly	Tackling psychosocial risks at work (stress, safety risks etc.)	Early detection and screening of mental health problems at the population level	Promoting good mental health and preventing mental health problems	Breaking the stigma of mental health and tackling discrimination	Promoting mental health awareness programmes
EU27		45	37	35	29	27	27	21	20
BE		43	32	33	30	24	26	22	19
BG		58	32	36	34	31	25	10	16
CZ		51	29	35	22	21	34	15	19
DK		30	38	40	25	25	40	20	16
DE		40	37	33	22	20	30	23	23
EE		43	39	49	25	29	39	17	19
IE		35	46	41	17	31	30	34	25
EL		53	40	34	28	36	28	21	19
ES		39	48	33	32	36	25	25	25
FR		48	32	32	36	30	20	17	16
HR		63	27	37	29	28	26	29	26
IT		51	30	36	29	26	25	22	21
CY		56	36	42	35	32	28	23	23
LV		45	28	41	30	25	27	19	15
LT		46	33	41	37	27	32	20	18
LU		42	35	39	31	27	29	29	17
HU		55	30	37	22	33	31	18	19
MT		54	30	33	33	33	26	34	26
NL		37	31	34	26	21	33	22	19
AT		46	42	34	22	21	33	20	23
PL		45	44	38	29	28	23	23	20
PT		54	41	36	33	32	33	26	22
RO		59	38	39	39	30	25	16	17
SI		54	30	33	31	33	28	23	22
SK		58	29	39	29	23	28	13	20
FI		28	47	51	23	36	42	23	14
SE		24	42	41	25	32	29	26	20

The higher the proportion selecting an area, the **darker blue** the cell. The most-frequently selected area for each country is shown in **green**.

Base: all respondents (n=26 501)

Socio-demographic considerations

Some differences are observed across socio-demographic groups. For instance, respondents thinking that the EU can enhance the mental health of EU citizens the most by improving Europeans' overall quality of life are slightly more likely to be male (48% of men select this response vs 43% of women). Conversely, respondents thinking that the EU can contribute the most by improving access and support to diagnosis, treatment and care of mental health patients are more likely to be female (40% vs 33% of men).

The older the respondents, the more likely they are to reply that the EU can contribute the most to improve the mental health of EU citizens by improving overall quality of life: 49% of those aged 55 and above and 47% of those aged 40-54 mention this, compared to 41% of those aged 25-39 and 35% of those aged 15-24. Those aged 55 or above (39%), together with those aged 15-24 (36%), are also more likely to think that the EU can contribute the most by supporting the mental health of the most vulnerable, including children, youth and the elderly (vs 31%-32% in the other age groups).

Minor differences are visible across levels of education. Notably, respondents who are still in education are slightly more likely to think that the EU can contribute the most to improve the mental health of EU citizens by tackling psychosocial risks at work (stress, safety risks etc.) (35% vs 22%-31% among respondents who have completed their education).

Q5 In your opinion, in which areas can the European Union contribute the most to improve the mental health of European citizens? (Please choose three answers) (% by -socio-demographics)

	Improving Europeans' overall quality of life	Improving access and support to diagnosis, treatment and care of mental health patients	Supporting the mental health of the most vulnerable, including children, youth and elderly	Tackling psychosocial risks at work (stress, safety risks etc.)	Early detection and screening of mental health problems at the population level	Promoting good mental health and preventing mental health problems	Breaking the stigma of mental health and tackling discrimination	Promoting mental health awareness programmes
EU27	45	37	35	29	27	27	21	20
Gender								
Men	48	33	33	27	27	26	20	21
Women	43	40	37	30	28	28	23	20
Age								
15-24	35	38	36	32	26	28	24	23
25-39	41	36	31	32	26	28	24	23
40-54	47	35	32	31	26	26	22	20
55+	49	38	39	25	29	27	19	18
Education (age when completed)								
Up to 15	42	34	36	22	31	26	24	20
16-14	46	36	35	26	27	27	19	20
20+	47	38	36	31	28	27	22	20
Still studying	39	40	35	35	28	27	24	26

Base: all respondents (n=26 501)

Section 4. Perceptions about people with mental health issues

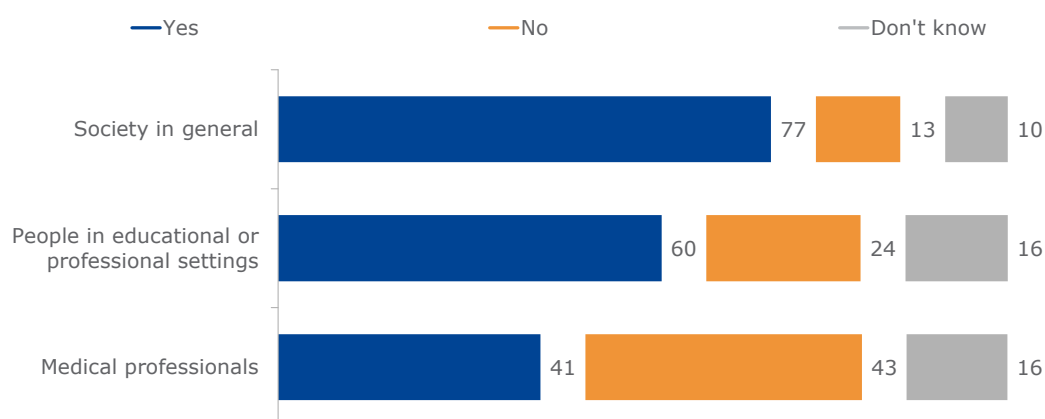
Respondents were also asked some questions related to stigmas about mental health patients (e.g. are mental health patients judged differently?) and they were presented with a set of statements to measure more general opinions about how people with mental health issues are seen by society.

4.1. Stigma against mental health patients

About three-quarters of respondents (77%) think mental health patients are judged differently than other patients by society in general. In contrast, 13% of respondents believe this is not the case, and a similar share (10%) 'don't know'. Six in ten respondents (60%) think mental health patients are judged differently than other patients by **people in educational and professional settings**; about a quarter of respondents (24%) think otherwise and 16% 'don't know'.

Finally, a much smaller share (41%) reply that mental health patients are judged differently by **medical professionals**, while a similar proportion (43%) do not think that medical professionals make such a difference; close to one in six respondents (16%) reply they 'don't know'.

Q12 Do you think that mental health patients are judged differently than other patients by...
(% by EU27)



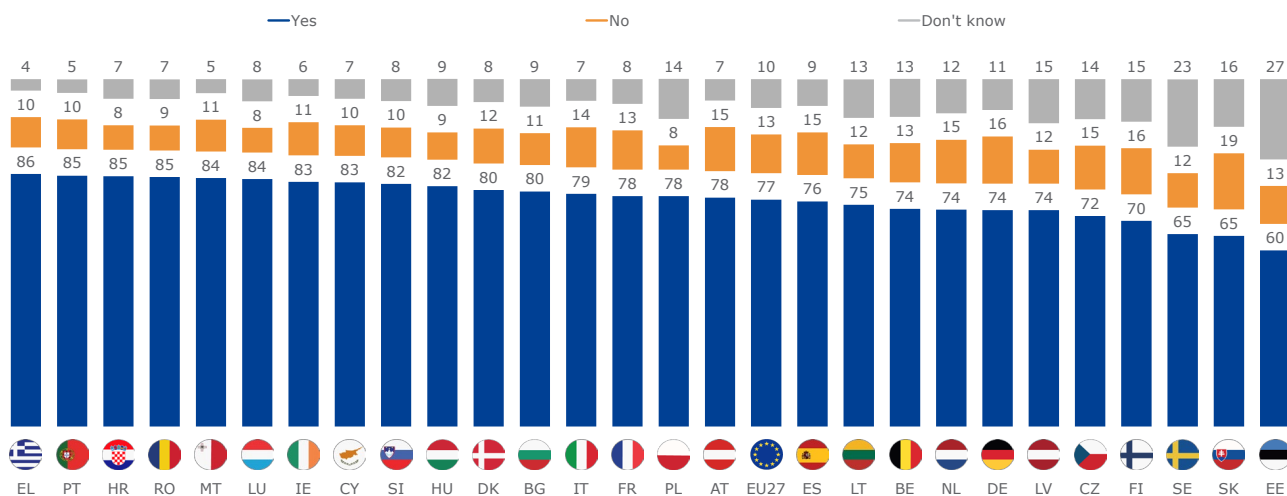
Base: all respondents (n=26 501)

In all Member States, a majority of respondents believe that mental health patients are judged differently than other patients by society in general. The highest proportions sharing this view are found in Greece (86%), Portugal, Croatia and Romania (all 85%), while the lowest ones are observed in Estonia (60%), Slovakia and Sweden (both 65%).

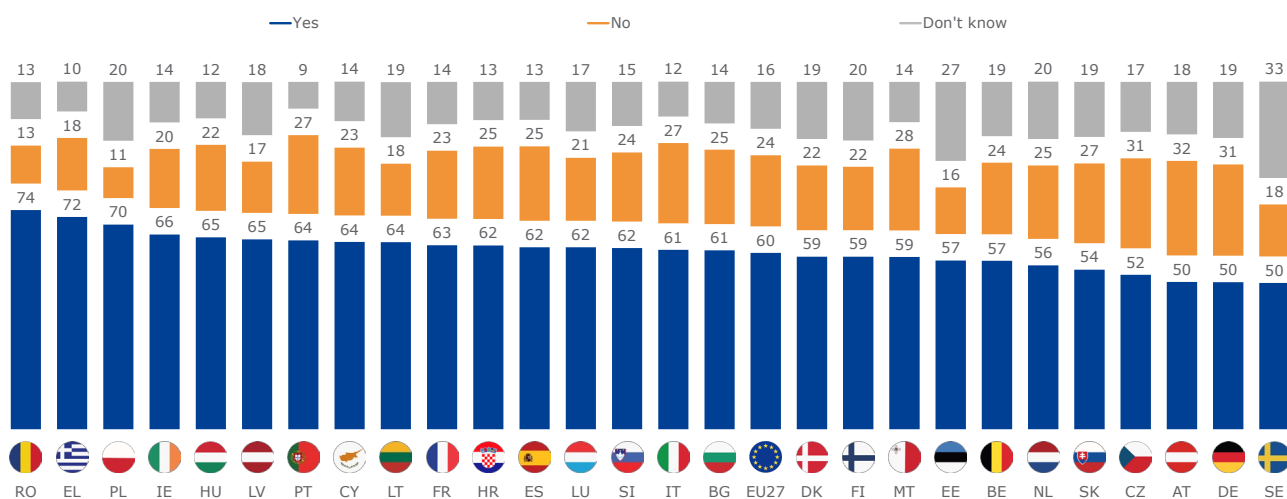
In all Member States, at least half of respondents think mental health patients are judged differently by people in educational and professional settings. This proportion is the lowest in Germany, Austria and Sweden (all 50%) and is the highest in Romania (74%), Greece (72%) and Poland (70%).

Q12 Do you think that mental health patients are judged differently than other patients by...
(% by country)

Society in general



People in educational or professional settings

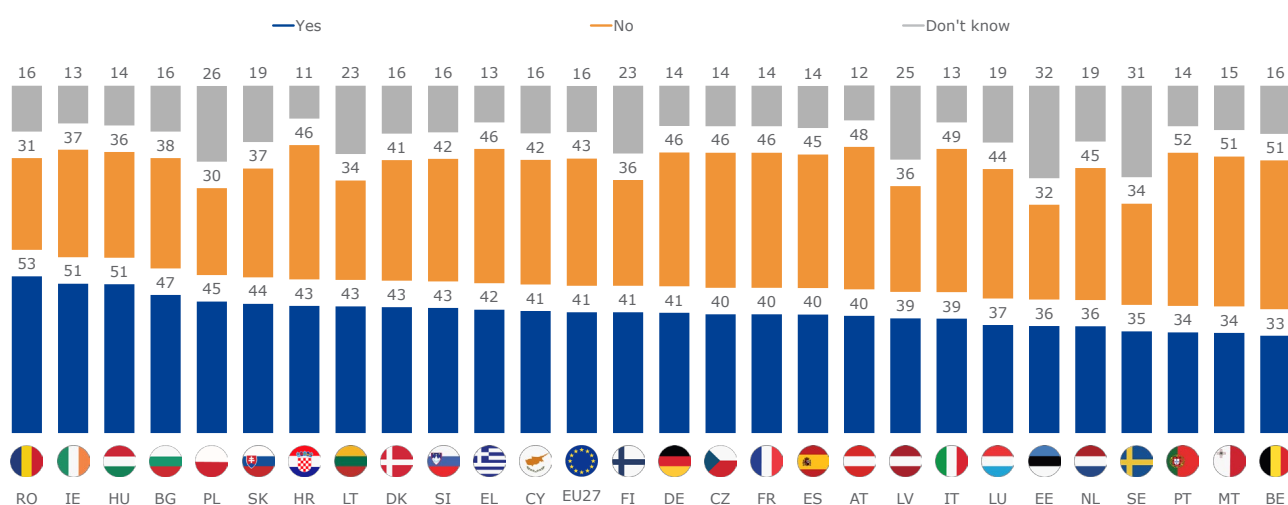


Base: all respondents (n=26 501)

A different picture emerges for medical professionals. In 14 Member States, the largest share of respondents do *not* think mental health patients are judged differently than other patients by medical professionals. In Italy (49%), Belgium and Malta (both 51%) and Portugal (52%), respondents are the most likely to share this view. In sharp contrast, **about half of respondents in Romania (53%), Hungary and Ireland (both 51%) do believe that mental health patients are judged differently by medical professionals.** Across all Member States, a considerable share of respondents reply that they 'don't know' (from 11% in Croatia to 32% in Estonia).

Q12 Do you think that mental health patients are judged differently than other patients by...
(% by country)

Medical professionals



Base: all respondents (n=26 501)

Socio-demographic considerations

Women are more likely than men to think that mental health patients are judged differently than other patients by society in general (80% vs 74%), by people in educational and professional settings (62% vs 57%) and by medical professionals (43% vs 39%).

Respondents aged 55 or above are less likely than respondents aged 25-54 to think that mental health patients are judged differently by medical professionals (38% vs 43%-47%) and are less likely than younger respondents to think that they are judged differently by people in educational and professional settings (56% vs 61%-64%).

Respondents who completed their full-time education at the age of 20 or above are the most likely to think that mental health patients are judged differently by society in general (78%) and by people in educational or professional settings (62%).

Q12 Do you think that mental health patients are judged differently than other patients by...?
(% 'Yes', by socio-demographics)

	Society in general	People in educational or professional settings	Medical professionals
EU27	77	60	41
Gender			
Men	74	57	39
Women	80	62	43
Age			
15-24	77	64	40
25-39	76	64	47
40-54	78	61	43
55+	77	56	38
Education (age when completed)			
Up to 15 years	74	54	39
16-19 years	77	58	40
20+ years	78	62	42
Still studying	80	66	41

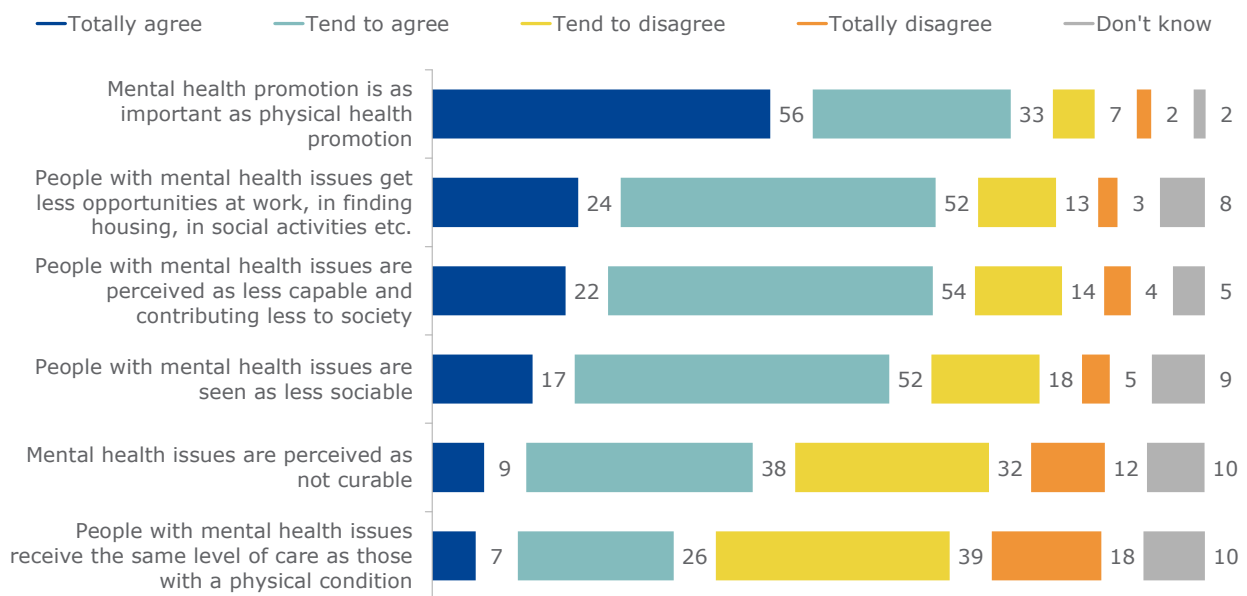
Base: all respondents (n=26 501)

4.2. Perceptions about various aspects of mental health

About nine in ten respondents (89%) ‘totally agree’ or ‘tend to agree’ that **mental health promotion is as important as physical health promotion**. In contrast, one in three respondents (33%), in total, agree that **people with mental health issues receive the same level of care as those with a physical condition**. Less than one in two respondents (46%) agree **mental health issues are perceived as not curable**,⁴ while a similar proportion disagree with this statement (44%).

About three-quarters of respondents (76%) ‘totally agree’ or ‘tend to agree’ that **people with mental health issues are perceived as less capable and contribute less to society**; the same proportion (76%) agree that **people with mental health issues get less opportunities at work, in finding housing, in social activities etc.** About seven in ten respondents (69%) agree that **people with mental health issues are seen as less sociable**.

Q13 To what extent do you agree or disagree with the following statements about people with mental health issues in [YOUR COUNTRY]? (% by EU27)



Base: all respondents (n=26 501)

⁴ Due to rounding, the totals mentioned in the text do not always exactly add up to the percentages for separate response options shown in the charts.

Across all Member States, a large majority of respondents ‘totally agree’ or ‘tend to agree’ that mental health promotion is as important as physical health promotion. The total level of agreement varies between 74% in Malta and 95% in Portugal.

In all countries, less than half of respondents, in total, agree people with mental health issues receive the same level of care as those with a physical condition. The share agreeing with this statement ranges from 23% in Finland to 47% in Czechia.

In all Member States, more than two-thirds of respondents agree that **people with mental health issues get less opportunities at work, in finding housing, in social activities etc.** (from 68% in Belgium to 85% in Croatia and Latvia). Similarly, between 63% of respondents in Malta and 83% in Austria, in total, agree that **people with mental health issues are perceived as less capable and contributing less to society.** In Portugal and Croatia, 80% of respondents agree that **people with mental health issues are seen as less sociable**; this figure decreases to 57% in Belgium, Denmark and Latvia.

In four Member States, more than half of respondents agree that **mental health issues are perceived as not curable**: Italy (60%), Spain (58%), Slovenia (54%) and Lithuania (51%). In the remaining countries, the level of agreement for this statement varies between 27% in Sweden and 50% in Bulgaria and France.

Q13 To what extent do you agree or disagree with the following statements about people with mental health issues in [YOUR COUNTRY]? (% **'Total Agree'** by country)

		Mental health promotion is as important as physical health promotion	People with mental health issues get less opportunities at work, in finding housing, in social activities etc.	People with mental health issues are perceived as less capable and contributing less to society	People with mental health issues are seen as less sociable	Mental health issues are perceived as not curable	People with mental health issues receive the same level of care as those with a physical condition
EU27		89	76	76	69	46	33
BE		86	68	68	57	38	34
BG		89	81	81	75	50	33
CZ		90	76	70	68	44	47
DK		88	69	65	57	47	25
DE		88	69	80	65	36	33
EE		92	74	71	60	32	25
IE		89	73	74	74	49	23
EL		91	83	68	70	37	31
ES		87	78	76	76	58	25
FR		88	79	72	71	50	38
HR		94	85	75	80	44	31
IT		87	81	82	70	60	36
CY		93	82	64	70	32	31
LV		90	85	68	57	43	36
LT		92	82	75	65	51	45
LU		93	78	81	67	39	35
HU		92	78	71	71	43	30
MT		74	73	63	72	38	36
NL		88	71	70	58	33	32
AT		90	75	83	69	37	32
PL		91	78	75	67	46	30
PT		95	84	79	80	48	25
RO		90	84	76	73	46	43
SI		92	79	78	58	54	33
SK		88	75	65	67	33	43
FI		94	78	82	70	39	23
SE		92	72	70	61	27	26

The higher the proportion Total 'Agree', the **darker blue** the cell. The statement with the highest proportion Total 'Agree' for each country is shown in **green**.

Base: all respondents (n=26 501)

Socio-demographic considerations

Women are somewhat more likely than men to 'totally agree' or 'tend to agree' that mental health promotion is as important as physical health promotion (91% vs 86%). On the other hand, men agree to a larger extent that people with mental health issues receive the same level of care as those with a physical condition (36% vs 30%).

Respondents aged 15-24 are less likely to agree that mental health promotion is as important as physical health promotion (82% vs 86% vs 93% across older age groups); they are, however, also less likely to agree that people with mental health issues are perceived as less capable and contributing less to society (69% vs 75%-78%), that people with mental health issues are seen as less sociable (65% vs 69%-70%), and that people with mental health issues get less opportunities at work, in finding housing, in social activities etc. (66% vs 71%-81%). The proportion agreeing that people with mental health issues receive the same level of care as those with a physical condition is the highest among respondents aged 25-39 (37% vs 31%-33% in the other age groups) and respondents aged 25-39 or 40-54 are more inclined to agree that mental health issues are perceived as not curable (49%-50% vs 42%-44% in the other two age groups).

Higher educated respondents are more likely to agree that mental health promotion is as important as physical health promotion (90% of respondents who have completed their education at the age of 16 or older vs 84% of those who left school aged 15 or younger).

Q13 To what extent do you agree or disagree with the following statements about people with mental health issues in [YOUR COUNTRY]? (% **'Total 'Agree'**, by socio-demographics)

	Mental health promotion is as important as physical health promotion	People with mental health issues are perceived as less capable and contributing less to society	People with mental health issues get less opportunities at work, in finding housing, in social activities etc.	People with mental health issues are seen as less sociable	Mental health issues are perceived as not curable	People with mental health issues receive the same level of care as those with a physical condition
EU27	89	76	76	69	46	33
Gender						
Men	86	75	76	68	44	36
Women	91	77	77	70	48	30
Age						
15-24	82	69	66	65	42	32
25-39	86	75	71	69	49	37
40-54	88	78	78	70	50	33
55+	93	78	81	69	44	31
Education (age when completed)						
Up to 15 years	84	73	75	71	44	34
16-19 years	90	77	78	69	47	35
20+ years	90	77	78	70	47	32
Still studying	86	72	68	67	43	30

Base: all respondents (n=26 501)

Section 5. Quality mental health services

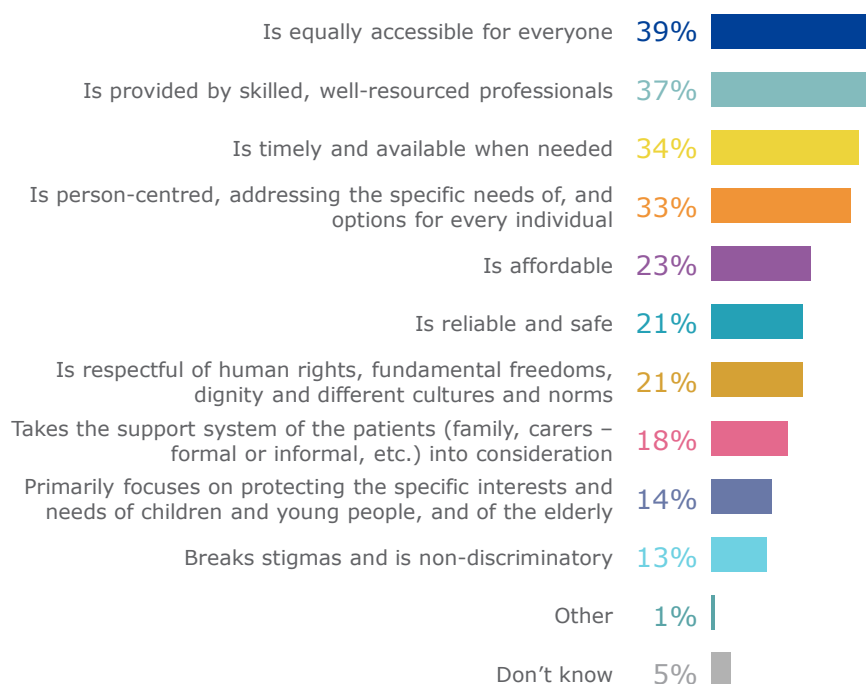
This section covers EU citizens' views about attributes of good mental healthcare, whether the quality of mental health services was different before, during and after the COVID-19 pandemic and in what settings early detection of mental health problems is possible.

5.1. Attributes of good quality mental healthcare

Presented with ten attributes of good quality mental healthcare, 39% of respondents select **'is equally accessible for everyone'** as an attribute that they see as a priority. This attribute is followed by **'is provided by skilled well-resourced professionals'** (selected by 37%), **'is timely and available when needed'** (34%) and **'is person-centred, addressing the specific needs of, and options for every individual'** (33%).

Smaller shares reply that good quality mental healthcare should be **'affordable'** (23%), **'reliable and safe'** (21%) and **'respectful of human rights, fundamental freedoms, dignity and different cultures and norms'** (21%). Less than a fifth of respondents (18%) think that an important attribute of good quality mental healthcare is that this care **'takes the support system of the patients (family, carers – formal or informal, etc.) into consideration'**. Finally, 14% select **'primarily focuses on protecting the specific interests and needs of children and young people, and of the elderly'** and 13% **'breaks stigmas and is non-discriminatory'**.

Q7 When thinking about good quality mental healthcare, which of the following attributes would you select as priorities? (Please select three answers) (% EU27)



Base: all respondents (n=26 501)

In six Member States, equally accessible for everyone is the most frequently-mentioned attribute of good quality mental healthcare. This applies, for instance, to Hungary (46%) and the Netherlands (48%). Finland joins those countries at the higher end of the country ranking (48%). Nonetheless, in Finland, respondents are also very likely to mention that good quality mental healthcare **is timely and available when needed** (selected by 53% of respondents). This item is also the most-frequently attribute in another seven Member States: Denmark, Estonia, Germany, Lithuania, Poland, Slovenia and Slovakia (between 35% and 45%).

In another eight countries, the (joint) most-selected attribute of good quality mental healthcare is that the care is provided by skilled, well-resourced professional. The highest shares this attribute are found in Portugal (44%) and Spain (47%), while the lowest are observed in Finland and Croatia (both 25%).

Mental healthcare that is **person-centred, addressing the specific needs of, and options for every individual** is the most-selected attribute **in Sweden (49%), Czechia (36%) and Croatia (35%)**. Lithuania and Romania (both 39%) join Sweden at the higher end of the country ranking. On the other hand, Greece and Latvia (both 24%) are found at the lower end of the country ranking.

There is more variation across the Member States for some of the other attributes. For instance, affordable mental healthcare is the highest-ranking attribute in Belgium (44%) and Greece (39%). In the other countries, the proportions selecting this attribute varies between 10% in Sweden and 38% in Cyprus. Similar proportions are observed for **'reliable and safe'**, ranging from 11% in Romania to 34% in the Netherlands.

The share of respondents thinking that quality mental healthcare **is respectful of human rights, fundamental freedoms, dignity and different cultures and norms** ranges from 16% in Finland and Germany to 34% in Cyprus.

In all Member States, smaller shares of respondents think that good quality mental healthcare should:

- **take the support system of the patients (family, carers – formal or informal, etc.) into consideration** (between 9% in Hungary and 23% in Portugal)
- **primarily focus on protecting the specific interests and needs of children and young people, and of the elderly** (between 9% in Belgium and Netherlands and 23% in Croatia and Cyprus)
- **break stigmas and is non-discriminatory** (between 9% in Denmark, Finland and Slovakia and 25% in Croatia).

Q7 When thinking about good quality mental healthcare, which of the following attributes would you select as priorities? (Please select three answers) (% by country)

		Is equally accessible for everyone	Is provided by skilled, well-resourced professionals	Is timely and available when needed	Is person-centred, addressing the specific needs of, and options for every individual	Is affordable	Is reliable and safe	Is respectful of human rights, fundamental freedoms, dignity and different cultures and norms	Takes the support system of the patients (family, carers – formal or informal, etc.) into consideration	Primarily focuses on protecting the specific interests and needs of children and young people, and of the elderly	Breaks stigmas and is non-discriminatory
EU27		39	37	34	33	23	21	21	18	14	13
BE		38	32	24	32	44	26	17	16	9	13
BG		35	37	33	35	27	19	21	17	18	13
CZ		32	33	34	36	28	22	22	14	16	10
DK		38	39	42	29	19	22	19	22	13	9
DE		38	32	43	33	20	22	16	17	14	10
EE		37	36	42	38	37	30	19	14	12	10
IE		43	32	36	31	32	24	20	19	15	17
EL		37	37	32	24	39	21	31	17	19	13
ES		39	47	37	31	20	18	17	22	16	15
FR		35	43	24	29	25	23	22	18	12	15
HR		33	25	33	35	22	17	27	20	23	25
IT		39	36	33	32	12	22	26	21	14	13
CY		36	43	27	26	38	20	34	19	23	15
LV		34	41	39	24	30	19	17	15	18	12
LT		32	42	45	39	19	17	29	10	19	13
LU		41	43	36	37	19	15	18	14	15	15
HU		46	43	25	33	28	24	28	9	17	12
MT		45	43	40	30	33	16	17	21	13	21
NL		48	32	30	31	32	34	17	13	9	11
AT		45	31	41	35	30	19	17	17	14	11
PL		40	32	41	33	26	19	24	15	12	14
PT		34	44	24	35	31	14	27	23	17	18
RO		38	39	24	39	29	11	29	19	22	14
SI		39	27	43	31	19	19	31	15	19	16
SK		34	35	35	33	26	22	23	15	15	9
FI		48	25	53	38	29	31	16	18	13	9
SE		45	38	38	49	10	21	18	17	12	12

The higher the proportion selecting an attribute, the **darker blue** the cell. The most-frequently selected attribute for each country is shown in **green**.

Base: all respondents (n=26 501)

Socio-demographic considerations

When asked to think about good quality mental healthcare, women are more likely to mention that this type of care should be timely and available when needed (37% vs 32% of men). Men more frequently reply that good mental healthcare should be 'reliable and safe' (24% vs 19% of women).

Older respondents are slightly more inclined to reply that good quality mental healthcare is provided by skilled, well-resourced professionals (from 30% for those aged 15-24 to 43% for those aged 55 or above) and is timely and available when needed (39% of those aged 55 or above vs 28%-33% of younger respondents). The youngest respondents (aged 15-24) are somewhat more likely to select 'is respectful of human rights, fundamental freedoms, dignity and different cultures and norms' (25% vs 20%-21% of older respondents) and 'breaks stigmas and is non-discriminatory' (16% vs 11%-14%) as priority attributes of good quality mental healthcare.

Highly educated respondents reply that good quality mental healthcare should be provided by skilled, well-resourced professional: 39% of respondents who completed their education aged 20 or above select this attribute, compared to 36% of those who completed their education aged 16-19 and 33% of those who completed their education aged 15 or younger.

Q7 When thinking about good quality mental healthcare, which of the following attributes would you select as priorities? (Please select three answers) (% by socio-demographics)

	Is equally accessible for everyone	Is provided by skilled, well-resourced professionals	Is timely and available when needed	Is person-centred, addressing the specific needs of, and options for every individual	Is affordable	Is reliable and safe	Is respectful of human rights, fundamental freedoms, dignity and different cultures and norms	Takes the support system of the patients (family, carers – formal or informal, etc.) into consideration	Primarily focuses on protecting the specific interests and needs of children and young people, and of the elderly	Breaks stigmas and is non-discriminatory
EU27	39	37	34	33	23	21	21	18	14	13
Gender										
Men	37	36	32	31	23	24	21	16	15	13
Women	41	38	37	35	23	19	21	19	13	13
Age										
15-24	36	30	28	30	23	21	25	18	16	16
25-39	36	31	32	32	25	23	20	17	14	14
40-54	39	36	33	32	25	23	21	17	12	13
55+	41	43	39	34	21	19	21	19	15	11
Education (age when completed)										
Up to 15	35	33	32	29	19	19	22	19	19	15
16-14	39	36	34	34	22	21	20	18	14	12
20+	39	39	36	33	24	22	21	18	13	13
Still studying	40	35	31	31	24	21	25	18	15	16

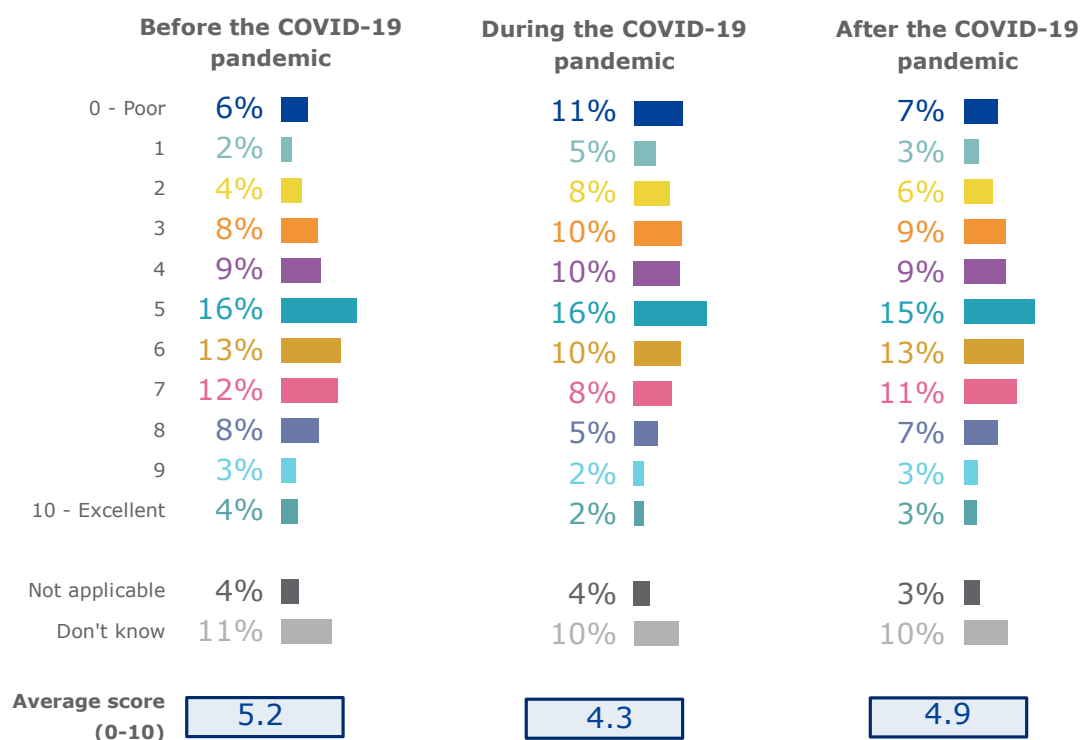
Base: all respondents (n=26 501)

5.2. Quality of mental health services before, during and after the COVID-19 pandemic

Respondents were asked to rate the quality of mental health services before, during and after the COVID-19 pandemic using an eleven-point scale where 0 refers to 'poor quality' and 10 refers to 'excellent quality'. The figure below shows the distribution of responses, and the mean score calculated for each period.

For the periods before and after the COVID-19 pandemic, the largest shares of respondents give a score of between five and seven for the quality of mental health services, resulting in **a mean score of 5.2 for the quality of mental health services before the COVID-19 pandemic and 4.9 for the period following the COVID-19 pandemic**. Thinking back about the period during the COVID-19 pandemic, the largest share of respondents select the middle scores on the scale (from four to six), but there is also a somewhat larger share selecting the bottom scores (e.g. 11% for '0 – Poor' vs 6%–7% in the periods before and after the pandemic); this results in **a lower average score of 4.3 for the period during the COVID-19 pandemic**.

Q8 How would you rate the quality of mental health services based on your own experience or that of others you know? (% EU27)



Base: all respondents (n=26 501)

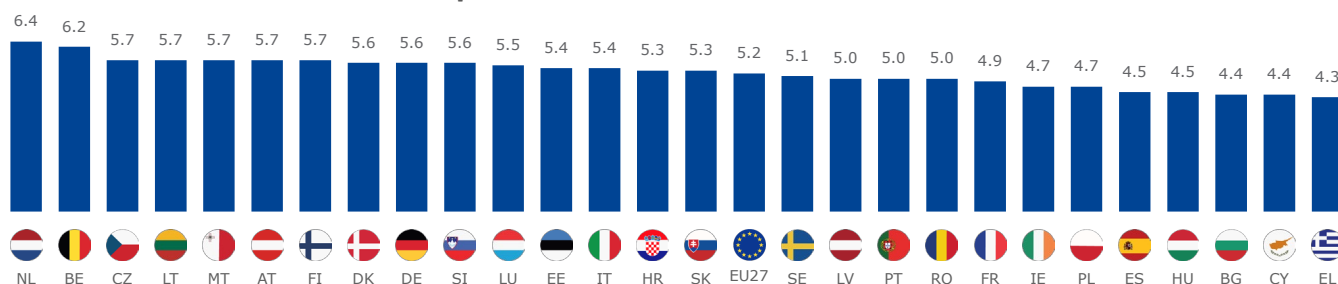
In line with the EU average results, **across all Member States, the average score for the quality of mental healthcare services is highest for the period before the COVID-19 pandemic**, although this score varies substantially across the Member States – **from 4.3 in Greece to 6.4 in the Netherlands**.

Similarly, **as for the EU average results and across all Member States, a drop is observed in the evaluation of healthcare services in the period during the COVID-19 pandemic**. In some Member States, the drop in the evaluation score is higher than in others. For example, in Belgium, a score of 6.2 is observed for the period before the pandemic, compared to a score of 4.9 for the period during the pandemic. In Slovenia, the drop is from 5.6 before the pandemic to 4.0 during the pandemic.

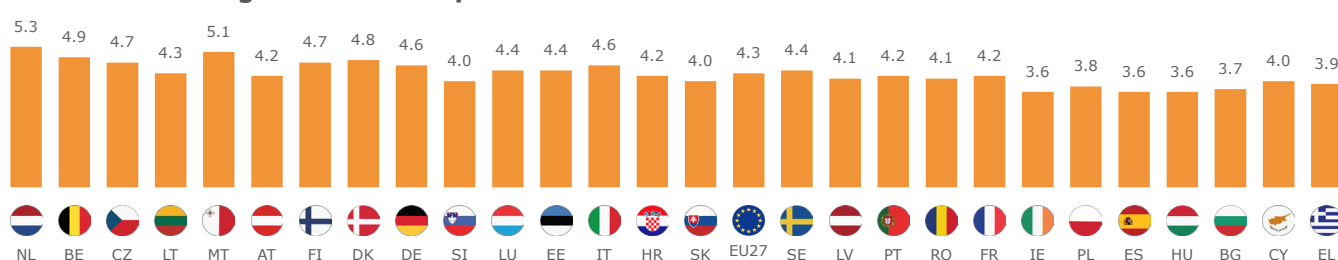
Finally, across all Member States, respondents are again more positive when asked to evaluate the quality of mental health services after the COVID-19 pandemic (from 4.1 in Hungary to 5.9 in the Netherlands). Nonetheless, in most Member States (as for the EU average results), the score for the period after the pandemic does stay below that for the period before the pandemic. For example, in Finland, a score of 5.7 is observed for the period before the pandemic, compared to a score of 5.1 for the period after the pandemic.

Q8 How would you rate the quality of mental health services based on your own experience or that of others you know? (% by country)

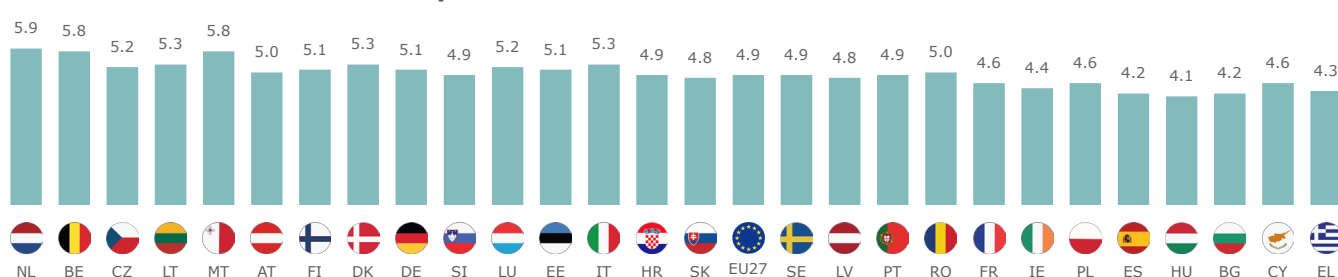
Before the COVID-19 pandemic



During the COVID-19 pandemic



After the COVID-19 pandemic



Base: all respondents (n=26 501)

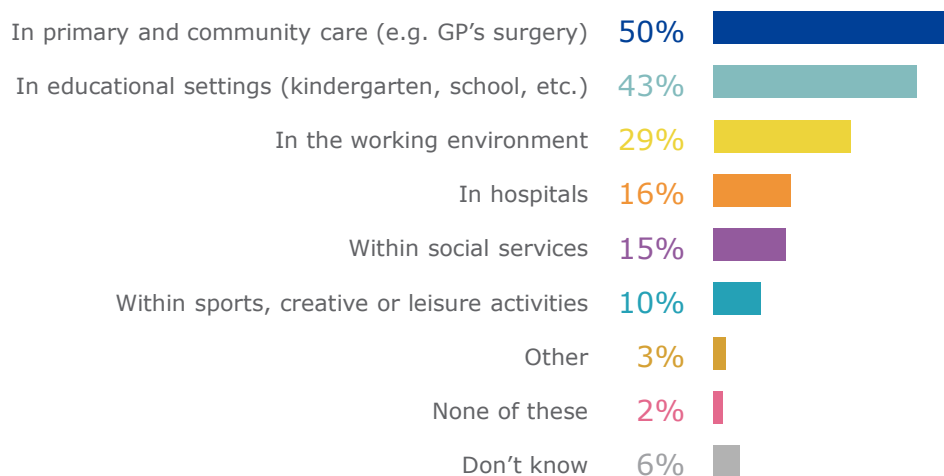
Socio-demographic considerations

Across all socio-demographic groups, respondents rate the quality of mental health services lower for the period during the COVID-19 pandemic than before or after the pandemic. Additionally, for the three periods, women, older respondents and those with less highly educated are scoring the quality of mental health services lower than their counterparts. For example, women score the mental health services at 5.0 before the COVID-19 pandemic, 4.0 during the pandemic and 4.7 after the pandemic; the corresponding score for men are 5.5, 4.6 and 5.2, respectively.

5.3. Early detection of mental health problems

Overall, 50% of respondents think mental health problems can be detected at an early stage in primary and community care. Educational settings are mentioned by 43% of respondents, while 29% select '**in the working environment**'. Less than one in five respondents mention hospitals (16%) or social services (15%), and one in ten respondents (10%) refer to sport, creative or leisure activities.

Q6 Where do you think mental health problems can best be detected at an early stage? (Please select two answers) (% by EU27)



Base: all respondents (n=26 501)

In 15 Member States, primary and community care (e.g. GP's surgery) is the (joint) most-cited response. The share of respondents answering that mental health problems can be detected at an early stage in primary and community care ranges from 34% in Sweden and 36% in both Croatia and Cyprus to 58% in the Netherlands and 60% in Spain.

In 13 Member States, educational setting (kindergarten, school, etc.) are the highest-ranking place for the early detection of mental health problems. The highest share selecting this response is observed in Cyprus (62%), while the lowest is found in Belgium (34%).

The share of respondents thinking that mental health problems can best be detected at early stage in **working environments** varies between 25% in Ireland, the Netherlands and Poland and 45% in Malta. The share of respondents replying that mental health problems can best be detected at an early stage in **hospitals** ranges from 6% in Finland and 7% in Sweden to 28% in Romania. Similar proportions are observed for '**within social services**', with the highest share observed in Greece (25%) and the lowest again in Sweden (7%). Lastly, between 6% of respondents in Lithuania and 16% in Cyprus and Luxembourg think that mental health problems can be detected at an early stage **within sports, creative or leisure activities**.

Q6 Where do you think mental health problems can best be detected at an early stage? (Please select two answers) (% by country)

		In primary and community care (e.g., GP 's surgery)	In educational settings (kindergarten, school, etc.)	In the working environment	In hospitals	Within social services	Within sports, creative or leisure activities
EU27		50	43	29	16	15	10
BE		53	34	26	21	15	8
BG		47	48	31	22	10	7
CZ		40	37	26	20	13	15
DK		39	54	27	11	22	12
DE		52	36	26	12	18	11
EE		51	57	29	11	15	12
IE		51	50	25	15	16	13
EL		37	53	30	16	25	15
ES		60	43	28	16	18	7
FR		54	40	27	22	11	11
HR		36	59	40	11	10	13
IT		39	53	32	14	15	11
CY		36	62	37	12	20	16
LV		48	50	26	16	11	10
LT		45	45	39	14	22	6
LU		51	45	32	11	13	16
HU		44	48	28	14	19	9
MT		40	57	45	10	17	12
NL		58	37	25	12	17	8
AT		52	38	29	14	20	10
PL		54	42	25	17	11	8
PT		48	37	40	19	15	12
RO		56	35	33	28	14	7
SI		37	43	34	12	23	14
SK		44	36	29	22	13	13
FI		53	57	30	6	20	9
SE		34	56	41	7	7	11

The higher the proportion selecting a setting, the **darker blue** the cell. The most-frequently selected setting for each country is shown in **green**.

Base: all respondents (n=26 501)

Socio-demographic considerations

Women are more likely than men to believe that mental health problems can be best detected at an early stage in primary and community care (53% vs 47% of men) and in educational settings (46% vs 39% of men).

Older respondents are more likely to select primary and community care as a place where mental health problems can best be detected at early stage (60% of respondents aged 55 or above vs 33% or respondents aged 15-24). Younger respondents, in turn, are more likely to think that mental health problems can best be detected at an early stage in educational settings: among those aged 15-24, 50% select this response, compared to 40%-43% of those in older age categories.

Differences across educational groups tend to be smaller, although it can be seen that respondents who are still in education are somewhat less likely to think that mental health problems can best be detected at primary and community care (38% vs 50%-53% of respondents who have completed their education). On the other hand, 51% of those who are still in education think that mental health problems can be detected early in educational settings, compared to 39% to 45% of those who have completed education.

Q6 Where do you think mental health problems can best be detected at an early stage? (Please select two answers) (% by socio-demographics)

	In primary and community care (e.g., GP's surgery)	In educational settings (kindergarten, school, etc.)	In the working environment	In hospitals	Within social services	Within sports, creative or leisure activities	Other
EU27	50	43	29	16	15	10	3
Gender							
Men	47	39	31	18	16	11	3
Women	53	46	27	14	14	9	3
Age							
15-24	33	50	30	17	18	15	3
25-39	43	43	34	16	15	13	2
40-54	49	40	31	17	14	9	2
55+	60	42	24	16	15	7	3
Education (age when completed)							
Up to 15	50	40	24	18	20	10	3
16-14	53	39	26	18	15	9	2
20+	52	45	31	15	14	9	3
Still studying	38	51	31	15	17	13	3

Base: all respondents (n=26 501)

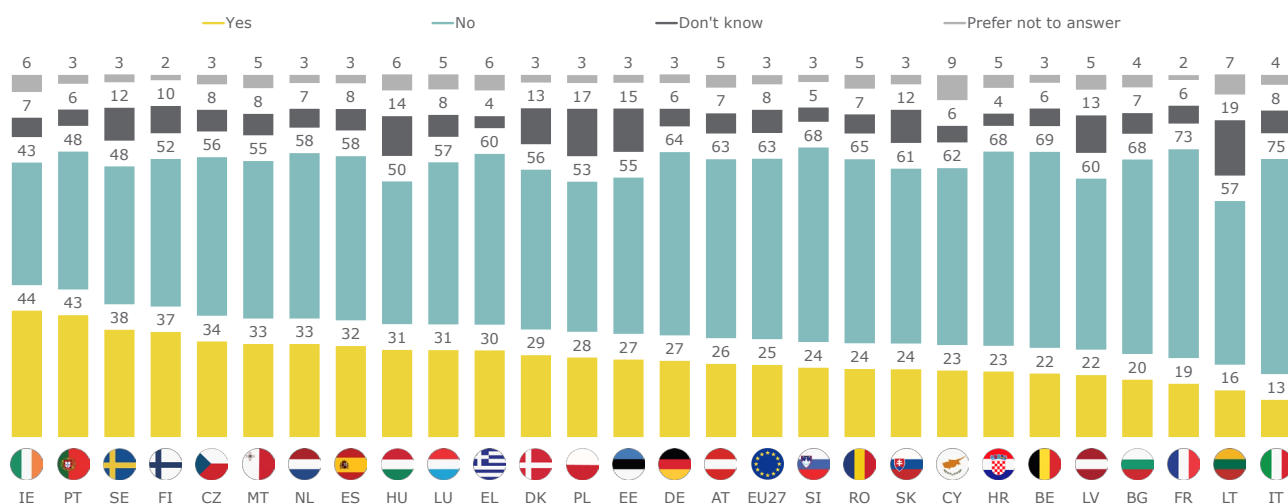
Section 6. Accessing mental health services

In this section, access to mental health services across the EU, and more specifically, the type of issues EU citizens experienced accessing mental health services, are discussed.

6.1. Issues accessing mental health services

Across the EU, 25% of respondents report that either they themselves, or a family member have encountered one or more issues accessing mental health services. At the individual country level, this proportion ranged from 13% in Italy to 43% in Portugal and 44% in Ireland.

Q9 Have you or any of your family members ever encountered any issue(s) accessing mental health services (% by country)



Base: all respondents (n=26 501)

Socio-demographic considerations

Compared to men, women are more likely to report having encountered issue(s) accessing mental health services (28% of women vs 23% of men). The younger the respondents, the more likely they are to have encountered issue(s) accessing mental health services (from 19% for those aged 55 or above to 32% for those aged 15-24 and 33% for those 25-39).

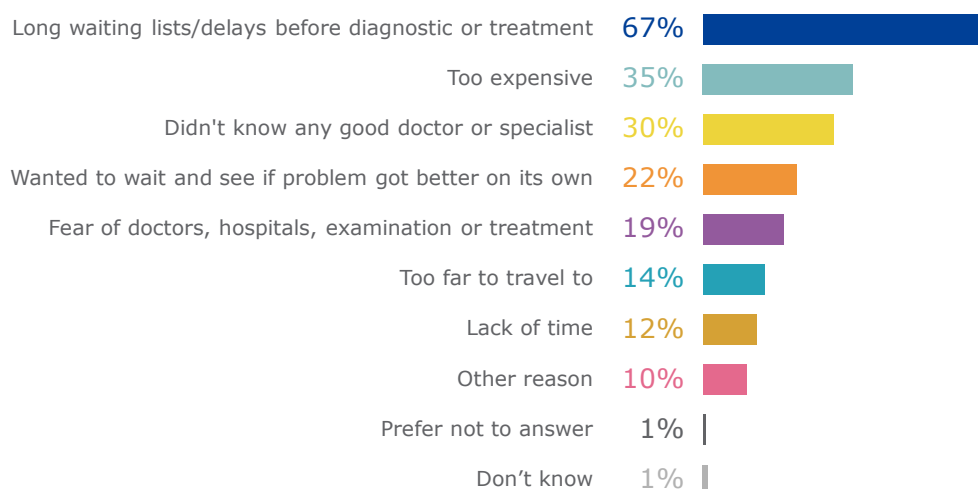
6.2. Type of issues encountered accessing mental health services

Those reporting having encountered problems accessing mental health services were asked which type of issues they have experienced (respondents could select up to three issues from a list of seven).

By far the most frequently selected issue in accessing mental health services is **'long waiting lists/delays before diagnostic or treatment'** (mentioned by 67% of respondents who having encountered problems accessing mental health services). More than a third of respondents (35%) who have experienced issues accessing mental health services find these services **too expensive**. Additionally, 30% of these respondents report **not knowing any good doctors or specialists**.

About one in five respondents (22%) mention that they opted to **wait and see if their problems would improve on their own**. The remaining issues are selected by less than one in five respondents: fear of doctors, hospitals, examinations, or treatment (19%), mental health services being too far to travel to (14%), lack of time (12%) and other reasons (10%).

Q10 Which of the following issue(s) did you or they encounter? (Choose a maximum of three answers) (% by EU 27)



Base: respondents who report that either they themselves, or a family member have encountered one or more issues accessing mental health services (n=7 456)

The country-level analysis shows that, **in 20 Member States, long waiting lists/delays before diagnostic or treatment are the most-frequently encountered issue accessing mental health services**. The highest share of respondents mentioning this issue are found in Germany (81%) and Spain (87%), while the lowest is found in Bulgaria (28%).

In Greece (51%), Italy (51%), Romania (52%), Malta (54%) and Latvia (56%), respondents who have experienced issues accessing mental health services are most likely to reply that these services being too expensive. The latter countries are joined at the higher end of the country ranking by Austria and Estonia (both 55%). Less than one in five respondents select this issue in Sweden (15%).

In Bulgaria (51%), respondents who have experienced issues accessing mental health services are more likely to mention that they **did not know any good doctor or specialist**. In the remaining countries, the share selecting this obstacle varies between 12% in Spain and 50% in Lithuania.

Fear of doctors, hospitals, examination or treatment is the most-frequently encountered issue accessing mental health services in Cyprus (37%). In other countries, the share of respondents selecting this issue ranges from 10% in Luxembourg to 36% in Romania. Similar proportions are observed for those replying that they **'wanted to wait and see if the problem got better on its own'** (from 15% in Austria and Poland to 36% in Malta). **Too far to travel to** and **lack of time** as obstacles encountered accessing mental health services are mentioned by less than three in ten respondents across all Member States.

Q10 Which of the following issue(s) did you or they encounter? (Choose a maximum of three answers) (% by country)

		Long waiting lists/delays before diagnostic or treatment	Too expensive	Didn't know any good doctor or specialist	Wanted to wait and see if problem got better on its own	Fear of doctors, hospitals, examination or treatment	Too far to travel to	Lack of time	Other reason
EU27		67	35	30	22	19	14	12	10
BE		64	50	21	25	17	15	9	7
BG		28	46	51	34	31	10	16	14
CZ		61	30	37	30	32	11	16	9
DK		73	32	22	19	16	14	16	18
DE		81	15	37	20	15	24	12	8
EE		78	55	40	17	17	18	13	6
IE		72	40	28	27	22	11	13	11
EL		49	51	28	26	27	19	11	8
ES		87	35	12	14	13	10	10	11
FR		53	37	37	26	17	17	17	12
HR		60	33	31	29	24	14	12	14
IT		47	51	28	16	14	12	10	7
CY		35	31	29	35	37	18	13	12
LV		56	56	40	24	19	13	10	10
LT		75	36	50	18	17	10	10	14
LU		72	42	44	20	10	14	10	6
HU		67	43	39	22	31	17	19	13
MT		54	54	30	36	25	4	17	11
NL		65	21	17	24	16	8	10	13
AT		72	55	27	15	18	13	12	10
PL		67	48	41	15	24	7	10	8
PT		57	50	30	33	17	18	13	9
RO		38	52	34	30	36	13	12	11
SI		67	33	34	31	24	11	16	10
SK		54	30	38	24	28	13	23	5
FI		73	32	18	27	13	7	12	14
SE		67	15	26	27	17	7	15	21

The higher the proportion selecting an issue, the **darker blue** the cell. The most-frequently selected issue for each country is shown in **green**.

Base: respondents who report that either they themselves, or a family member have encountered one or more issues accessing mental health services (n=7 456)

Socio-demographic considerations

Women are more likely than men to have experienced long waiting lists/delays before diagnostic or treatment (69% vs 64%) when accessing mental health services. Women are also more likely to have found access to mental health services 'too expensive' (38% vs 31% of men).

When looking at age differences it emerges that older respondents are more likely to have experienced 'long waiting lists/delays before diagnostic or treatment' when accessing mental health services. 72% of those aged 55 or above and 71% aged 40-54 have experienced this, compared to 57%-63% of those in younger age categories.

Differences across educational groups tend to be smaller, although respondents with a lower level of education are less likely to have found access to mental health services 'too expensive'. The latter issue is selected by 23% of respondents who completed their education aged 15 or younger compared to 34% of respondents who left school aged 16-19 and 36% who left school aged 20 or above.

Q10 Which of the following issue(s) did you or they encounter? (Choose a maximum of three answers) (% by socio-demographics)

	Long waiting lists/delays before diagnostic or treatment	Too expensive	Didn't know any good doctor or specialist	Wanted to wait and see if problem got better on its own	Fear of doctors, hospitals, examination or treatment	Too far to travel to	Lack of time
EU27	67	35	30	22	19	14	12
Gender							
Men	64	31	29	23	21	16	15
Women	69	38	32	21	17	13	10
Age							
15-24	57	36	30	27	22	14	19
25-39	63	41	27	23	20	13	16
40-54	71	35	28	20	17	16	11
55+	72	29	36	20	18	14	7
Education (age when completed)							
Up to 15	65	23	40	22	24	20	11
16-14	71	34	31	21	19	17	11
20+	68	36	29	21	18	13	12
Still studying	58	37	31	28	21	12	15

Base: respondents who report that either they themselves, or a family member have encountered one or more issues accessing mental health services (n=7 456)

Section 7. Personal experiences with mental health problems

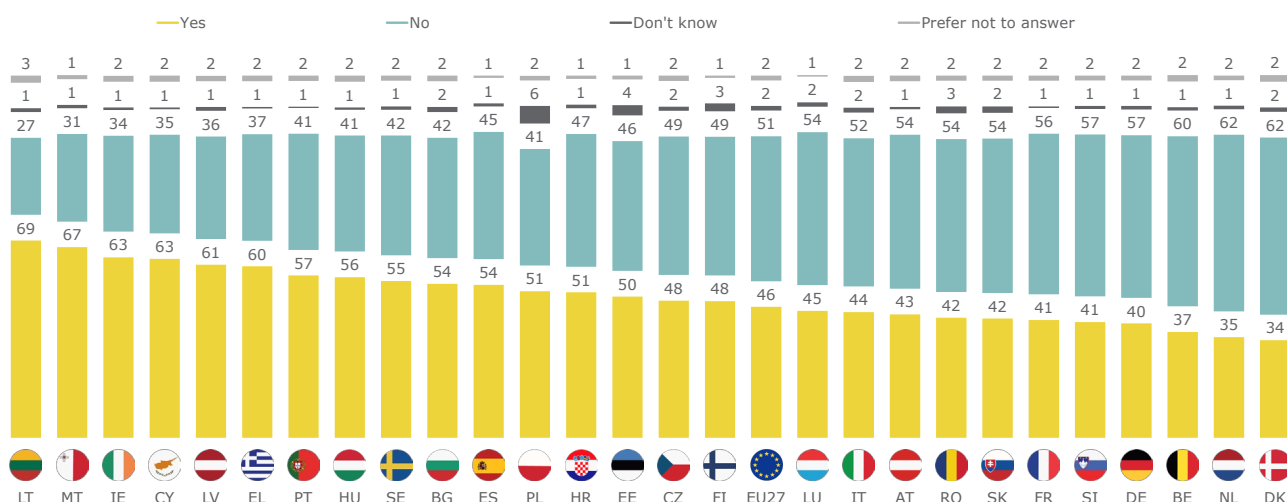
This section focuses on respondents' personal experiences with mental health problems. It discusses emotional and psychological problems faced by respondents, the symptoms experienced, and the type and quality of professional support sought and received.

Due to the sensitive nature of the questions, informed consent was collected before presenting this set of questions to the respondents. Most respondents (98%) were willing to proceed.

7.1. Prevalence of emotional and psychological problems

Close to one in two respondents across the EU (46%) reply that, in the last 12 months, they have experienced an emotional or psychosocial problem (such as feeling depressed or feeling anxious). At the individual country level, this figure varies between 34% in Denmark and 69% in Lithuania. Denmark is joined at the lower end of the country ranking by the Netherlands (35%) and Germany (37%), while countries close to Lithuania include Malta (67%), Ireland and Cyprus (both 63%).

Q14 In the last 12 months, have you had any emotional or psychosocial problems (such as feeling depressed or feeling anxious)? (% by country)

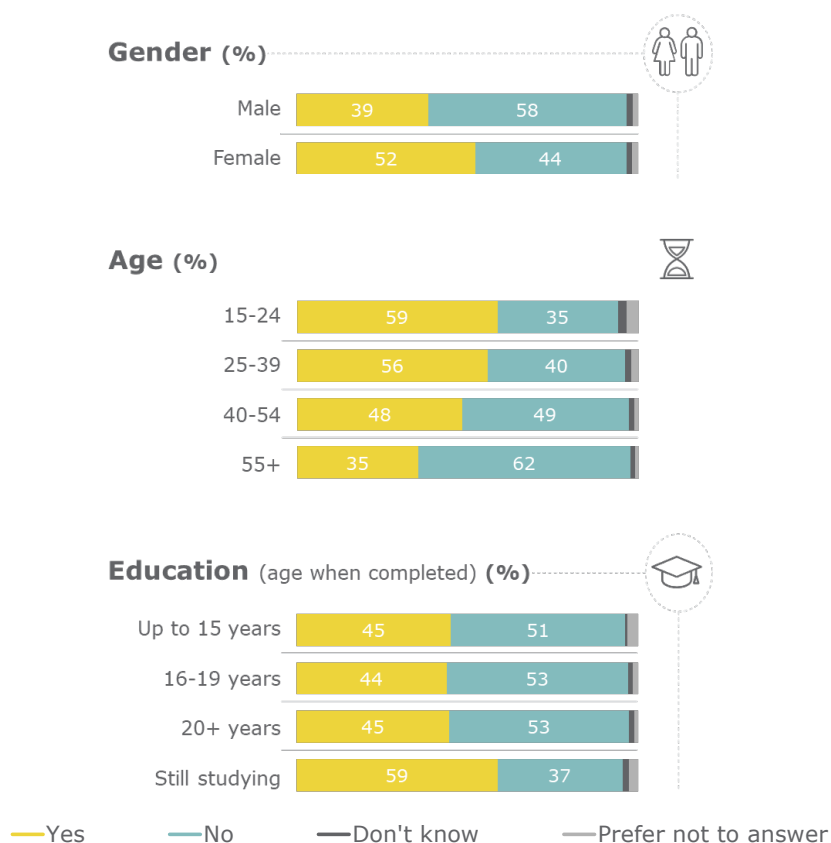


Base: all respondents who provide consent to reply to this question (n=26 693)

Socio-demographic considerations

Women are more likely to have experienced an emotional or psychosocial problem (such as feeling depressed or feeling anxious) in the last 12 months (52% vs 39% of men). Younger respondents are also more likely to report having experienced an emotional or psychosocial problems in the last 12 months: 59% of those aged 15-24, 56% of those aged 25-39, compared to 48% of those aged 40-54 and 35% of those aged 55 and above. In line with this, respondents who are still in education are more likely to have experienced an emotional or psychosocial problems in the last 12 months (59%, compared to 44%-45% of those who have completed their education).

Q14 In the last 12 months, have you had any emotional or psychosocial problems (such as feeling depressed or feeling anxious)? (% by socio-demographics)

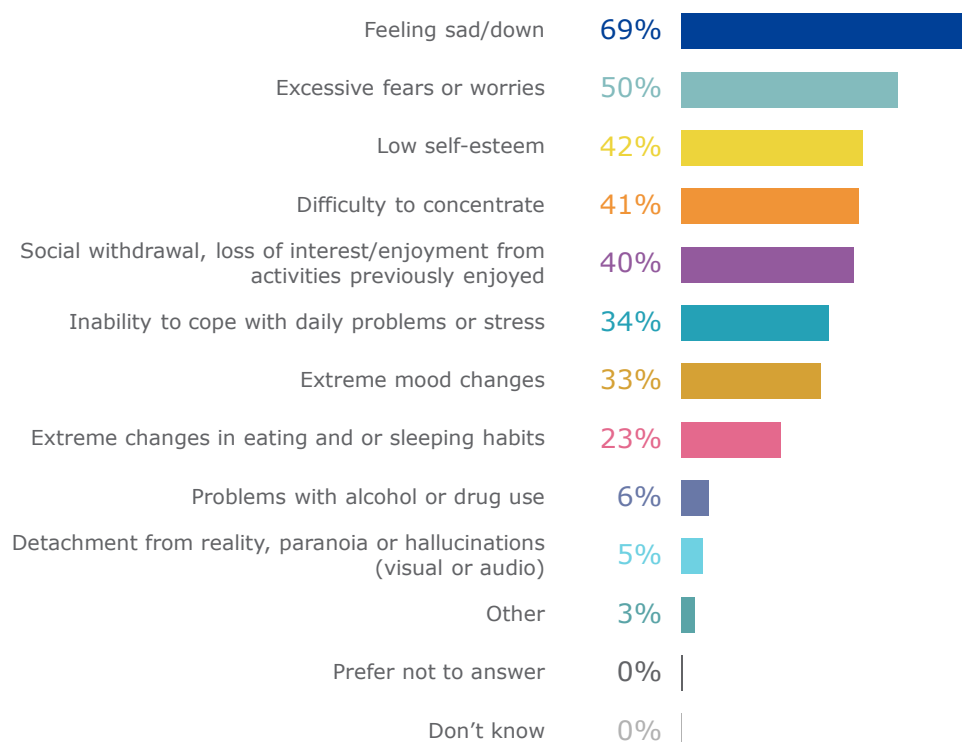


Base: all respondents who provide consent to reply to this question (n=26 693)

7.2. Type of symptoms experienced

Respondents who reported having faced an emotional or psychosocial in the past year were asked about the specific symptoms they had experienced (they were presented with a list of ten symptoms). **The largest share (69%) report having felt sad/down, and 50% mention excessive fears or worries. Low self-esteem (42%), difficulties concentrating (41%) and social withdrawal, loss of interest/enjoyment from activities previously enjoyed (40%)** are each selected by about four in ten respondents. About one-third of respondents mention the **inability to cope with daily problems or stress** (34%) or **extreme mood changes** (33%), while about a quarter have experienced **extreme changes in eating and or sleeping habits** (23%). The smallest shares report having experienced problems with alcohol or drug use (6%) or detachment from reality, paranoia or hallucinations (visual or audio) (5%).

Q15 Which of the following symptoms have you experienced? [MULTIPLE ANSWERS] (% by EU27)



Base: respondents who reported having faced an emotional or psychosocial problem in the past year (n=12 687)

In all Member States, feeling sad/down is the most-frequently mentioned symptom experienced by respondents with a mental health problem. The proportion selecting this response ranges from 60% in Italy and Latvia to 78% in Poland and Sweden (78%).

In 13 Member States, at least 50% of respondents with a mental health problem have experienced excessive fears or worries in the last 12 months. The highest shares having experienced this symptom are observed in Poland (62%) and Spain (59%), while the lowest one is found in the Netherlands (30%).

In Ireland (53%), Denmark (52%) and Poland (50%), about half of respondents with a mental health problem report having experienced **low self-esteem**. In the remaining countries, the proportion mentioning this symptom ranges from 26% in Czechia to 48% in Belgium. In Denmark, more than half of the respondents (53%) also report having experienced **difficulties concentrating**.

Larger differences across Member States are observed for **social withdrawal, loss of interest/enjoyment from activities previously enjoyed**. Whereas 61% of respondents have experienced this symptom in the last year in Finland, this applies to just 29% of respondents in Latvia.

Inability to cope with daily problems or stress is a symptom selected by 60% of respondents in Denmark, while in the remainder of the Member States, this proportion varies between 27% in Lithuania to 39% in Belgium and Cyprus.

The share of respondents who have experienced **extreme mood changes** ranges from 14% in Lithuania to 40% in Germany and Romania. Significant differences are also visible for **extreme changes in eating and/or sleeping habits**: while 15% of respondents in Slovenia with a health problem experienced this symptom, this applies to 30% of respondents in Spain.

Problems with alcohol or drug use and detachment from reality, paranoia or hallucinations (visual or audio) are symptoms experienced by less than 10% of respondents in almost all Member States.

Q15 Which of the following symptoms have you experienced? [MULTIPLE ANSWERS] (% by country)

		Feeling sad/down	Excessive fears or worries	Low self-esteem	Difficulty to concentrate	Social withdrawal, loss of interest/ enjoyment from activities previously enjoyed	Inability to cope with daily problems or stress	Extreme mood changes	Extreme changes in eating and or sleeping habits	Problems with alcohol or drug use	Detachment from reality, paranoia or hallucinations (visual or audio)	Other
EU27		69	50	42	41	40	34	33	23	6	5	3
BE		68	38	48	41	52	39	33	28	9	4	4
BG		66	45	37	31	37	29	24	22	5	4	2
CZ		69	50	26	38	41	32	31	16	7	4	3
DK		72	38	52	53	50	60	34	28	13	7	7
DE		68	45	43	44	47	37	40	21	6	6	5
EE		65	49	42	49	45	37	31	26	13	6	3
IE		75	50	53	44	50	34	35	25	11	8	2
EL		71	51	30	30	33	33	22	21	4	2	3
ES		67	55	47	47	37	36	31	30	5	5	3
FR		64	53	39	34	34	31	34	26	7	4	3
HR		74	36	38	40	48	35	29	18	5	3	3
IT		60	59	38	38	33	29	31	19	3	7	2
CY		66	45	30	35	33	39	20	26	1	3	4
LV		60	47	34	30	29	32	29	20	8	3	4
LT		72	53	29	33	33	27	14	19	8	4	3
LU		73	42	44	48	38	37	39	24	5	2	4
HU		73	35	41	38	36	38	29	20	6	3	3
MT		70	39	35	45	40	31	38	22	7	5	4
NL		66	53	46	45	51	35	23	24	8	6	7
AT		66	55	43	44	49	36	38	26	7	7	5
PL		78	44	50	49	45	37	35	21	10	4	2
PT		76	30	44	40	43	37	30	27	5	3	3
RO		73	45	40	46	30	30	40	28	4	5	1
SI		68	62	35	46	35	36	25	15	9	4	3
SK		73	50	31	34	37	38	27	20	8	5	3
FI		76	51	47	45	61	34	26	19	9	7	6
SE		78	51	46	45	47	37	19	21	8	3	6

The higher the proportion selecting a symptom, the **darker blue** the cell. The most-frequently selected symptom for each country is shown in **green**.

Base: respondents who reported having faced an emotional or psychosocial problem in the past year (n=12 687)

Socio-demographic considerations

Women are more likely than men to experience symptoms such as feeling sad/down (72% vs 64% of men), excessive fears or worries (53% vs 46%) and low self-esteem (45% vs 38%).

There are substantial differences between younger and older respondents in symptoms experienced. Older respondents are more likely to have experienced feeling sad/down (selected by 72% of those aged 55 and above vs 68% of those aged 40-54, 67% of those aged 25-39 or aged 15-24). On the other hand, those aged 15-24 are more likely to have experienced symptoms such as low self-esteem (60% vs 28%-49%), difficulty to concentrate (52% vs 34%-43%) and social withdrawal, loss of interest/enjoyment from activities previously enjoyed (47% vs 36%-41%).

Differences across levels of education are minor. In line with the differences observed across age groups, those still studying are more likely than those who completed their education to experience low self-esteem (59% vs 40% of those who left education) and difficulty concentrating (57% vs 38%-40%).

Q15 Which of the following symptoms have you experienced? [MULTIPLE ANSWERS]
(% by socio-demographics)

	Feeling sad/down	Excessive fears or worries	Low self-esteem	Difficulty to concentrate	Social withdrawal, loss of interest/enjoyment from activities previously	Inability to cope with daily problems or stress	Extreme mood changes	Extreme changes in eating and or sleeping habits	Problems with alcohol or drug use	Detachment from reality, paranoia or hallucinations (visual or audio)
EU27	69	50	42	41	40	34	33	23	6	5
Gender										
Men	64	46	38	43	38	32	30	22	10	6
Women	72	53	45	40	41	36	34	24	4	4
Age										
15-24	67	53	60	52	47	41	40	29	7	10
25-39	67	52	49	42	41	40	37	28	8	6
40-54	68	52	43	43	40	36	36	23	7	5
55+	72	46	28	34	36	25	23	17	5	2
Education (age when completed)										
Up to 15	66	47	40	38	46	36	33	24	6	8
16-14	71	52	40	38	41	34	34	22	6	5
20+	67	49	40	40	38	33	31	22	6	4
Still studying	72	54	59	57	45	41	38	28	6	8

Base: respondents who reported having faced an emotional or psychosocial problem in the past year (n=12 687)

7.3. Professional help received

Respondents who reported having faced an emotional or psychosocial problem in the last year were also asked whether they received assistance from a specified list of professionals. **More than half of these respondents (54%) reply that they have not received help from the professionals listed in the survey.** At the individual country level, this proportion varies between 35% in Denmark and 75% in Hungary.

Less than one in five respondents, on average, report having received assistance from **a general practitioner** (19%), **a psychiatrist** (14%) or **a psychologist** (14%). Less than one in ten (8%) report having received professional assistance from **a psychotherapist**. A handful mention having received professional help from a pharmacist (5%), a nurse (4%), a social worker (3%) or a psychoanalyst (2%).

Q16 In the last 12 months, have you received professional help for mental health problems from any of the following? [MULTIPLE ANSWERS] (% by EU27)



Base: respondents who reported having faced an emotional or psychosocial problem in the past year (n=12 687)

About a third of respondents with a mental health problem in Belgium (34%), Denmark (34%) and the Netherlands (32%) report having received professional help from a general practitioner. Belgium (22%), Denmark (27%) and the Netherlands (28%) are also found at the higher end of the country ranking for the proportion having received professional help for a mental health problem from **a psychologist**. The share of respondents having received professional help from **a psychiatrist** ranges from 6% in Bulgaria to 20% in Poland.

Some socio-demographic groups are more likely to report not to have received professional help for a mental health problem: women (56% vs 52% of men), those aged 15-24 (56%) or aged 55 and above (59% vs 49% of those aged 25-39 and 53% of those aged 40-54).

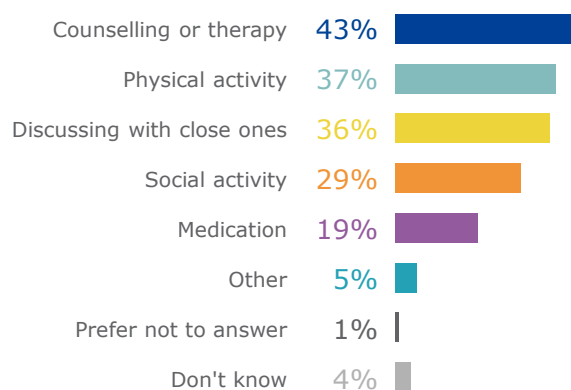
7.4. Solutions for the mental health issues experienced

Finally, respondents who reported having faced an emotional or psychosocial problem in the last year were asked what they personally consider the most effective solutions to tackle mental health issues. They were asked to select up to two solutions from a list of five.

More than four in ten of these respondents (43%) think that, for them personally, counselling and therapy is the most effective solution to tackle a mental health issue.

Around one-third (37%) mention **physical activity** as a solution and a similar proportion (36%) select **discussing with close ones**. Additionally, 29% view **social activities** as an effective solution for them personally. About one in five respondents (19%) think that medication is an effective solution to tackle their mental health issue(s).

Q17 For you personally, what are the most effective solutions to tackle mental health issues? (Choose a maximum of two answers) [MULTIPLE ANSWERS] (% EU27)



Base: respondents who reported having faced an emotional or psychosocial problem in the past year (n=12 687)

In 15 Member States, counselling or therapy is the (joint) most-cited solution to tackle respondents' mental health issues. The highest proportion selecting this response is found in Portugal (61%), while the lowest is seen in Latvia and Lithuania (both 18%). **In Latvia (46%) and Lithuania (48%),** respondents are more likely to think that, for them personally, **physical activity** is one of the most effective solutions to tackle a mental health issue. Latvia and Lithuania are joined by Estonia (50%) and Croatia (47%) at the higher end of the country ranking, while Denmark (32%) is found at the lower end.

In nine Member States, discussing with close ones is the (joint) most-frequently mentioned solution to tackle respondents' mental health problems. The share of respondents choosing this solution varies between 21% in Portugal and 53% in Hungary. Hungary also has the highest proportion of respondents replying that **social activities** is an effective solution for them, with 38% sharing this view. Poland has the lowest proportion, with only 15% mentioning social activities as an effective solution for them.

The share of respondents mentioning **medication** as an effective solution to tackle their mental health issues ranges from 10% in Luxembourg to 29% in Ireland.

Q17 For you personally, what are the most effective solutions to tackle mental health issues?
(Choose a maximum of two answers) (% by country)

		Counselling or therapy	Physical activity	Discussing with close ones	Social activity	Medication	Other
EU27		43	37	36	29	19	5
BE		47	35	31	30	20	4
BG		43	43	36	31	14	7
CZ		32	41	43	23	22	5
DK		34	32	33	21	27	9
DE		50	34	27	32	21	5
EE		29	50	33	26	22	8
IE		42	37	33	22	29	4
EL		50	34	31	37	22	4
ES		61	37	32	25	19	3
FR		44	38	40	35	14	3
HR		23	47	52	32	16	6
IT		46	35	35	34	12	3
CY		43	36	43	34	18	4
LV		18	46	45	16	20	12
LT		18	48	48	20	20	7
LU		49	42	41	30	10	4
HU		22	33	53	38	13	9
MT		41	37	43	25	22	6
NL		34	35	36	31	20	8
AT		51	36	32	25	22	7
PL		19	43	48	15	28	8
PT		61	36	21	27	25	4
RO		30	43	45	36	16	3
SI		48	45	46	19	15	4
SK		26	39	43	20	22	8
FI		29	35	38	26	28	10
SE		36	44	28	27	21	8

The higher the proportion selecting a solution, the **darker blue** the cell. The most-frequently selected solution for each country is shown in **green**.

B Base: respondents who reported having faced an emotional or psychosocial problem in the past year (n=12 687)

Socio-demographic considerations

Female respondents (who reported having faced an emotional or psychosocial problem in the last year) are more likely than male respondents to consider counselling or therapy an effective solution for their personal mental health issues (46% vs 39%), as well as discussing with close ones (38% vs 33%). On the other hand, male respondents are more likely to mention physical activity as an effective solution (42% vs 35%).

Older respondents are more inclined than younger ones to mention medication as a solution to tackle their mental health problems: 22% of those aged 55 or above or aged 40-54 select this response, compared to 12% of those aged 15-24 and 17% of those aged 25-39. Respondents aged 15-24 are more likely to select discussing with close ones (42% vs 22%-36% among older age groups).

Finally, highly educated respondents are more likely to mention physical activity as an effective solution for them personally. Specifically, 41% of those who completed their education at age 20 or above share this view, against 29% of those who left school at age 15 or earlier.

Q17 For you personally, what are the most effective solutions to tackle mental health issues?
(Choose a maximum of two answers) (% by socio-demographics)

	Counselling or therapy	Physical activity	Discussing with close ones	Social activity	Medication	Other
EU27	43	37	36	29	19	5
Gender						
Men	39	42	33	31	20	5
Women	46	35	38	28	18	16
Age						
15-24	45	35	42	29	12	8
25-39	43	37	36	30	17	5
40-54	42	40	33	27	22	5
55+	43	36	35	31	22	4
Education (age when completed)						
Up to 15 years	47	29	37	29	23	5
16-19 years	42	35	36	30	20	5
20+ years	42	41	36	30	19	5
Still studying	49	36	39	27	14	7

Base: respondents who reported having faced an emotional or psychosocial problem in the past year (n=12 687)

Technical specifications

Between 14 June 2023 and 21 June 2023, Ipsos European Public affairs carried out Flash Eurobarometer 530 at the request of the European Commission, Directorate-General for Health and Food Safety. It is a general public survey coordinated by the Directorate-General for Communication, “Media monitoring and Eurobarometer” Unit. Flash Eurobarometer 530 covers the population of EU citizens, aged 15 years and over, residents in one of the 27 Member States of the EU.

All interviews were carried via **Computer-Assisted Web Interviewing (CAWI)**, using Ipsos online panels and their partner network. Respondents were selected from online access panels, groups of pre-recruited individuals who have agreed to take part in research. **Sampling quota** were set based on age (15-24 year-olds, 25-34 year-olds, 35-44 year-olds, 45-54 year-olds, 55-64 year-olds and 65+ year-olds), gender and geographic region (NUTS1, NUTS2 or NUTS 3, depending on the size of the country and the number of NUTS regions).

Margin of error

Survey results are subject to sampling tolerances. The “margin of error” quantifies uncertainty about (or confidence in) a survey result. As a general rule, the more interviews conducted (sample size), the smaller the margin of error. A sample of 500 will produce a margin of error of not more than 4.4 percentage points, and a sample of 1 000 will produce a margin of error of not more than 3.1 percentage points.

Statistical margins due to sampling tolerances (at the 95% level of confidence)

various sample sizes are in rows				various observed results are in columns			
	5%	10%	25%	50%	75%	90%	95%
n=50	±6.0	±8.3	±12.0	±13.9	±12.0	±8.3	±6.0
n=100	±4.3	±5.9	±8.5	±9.8	±8.5	±5.9	±4.3
n=200	±3.0	±4.2	±6.0	±6.9	±6.0	±4.2	±3.0
n=500	±1.9	±2.6	±3.8	±4.4	±3.8	±2.6	±1.9
n=1000	±1.4	±1.9	±2.7	±3.1	±2.7	±1.9	±1.4
n=1500	±1.1	±1.5	±2.2	±2.5	±2.2	±1.5	±1.1
n=2000	±1.0	±1.3	±1.9	±2.2	±1.9	±1.3	±1.0

		Number of interviews	Fieldwork dates	Population 15+ (absolute number)	Population 15+ (as % of EU27 population)
EU27		26 501	14.6.2023-21.6.2023	379 815 189	100%
BE		1 053	14.6.2023-20.6.2023	9 685 972	2.55%
BG		1 030	14.6.2023-20.6.2023	5 845 872	1.54%
CZ		1 042	14.6.2023-19.6.2023	8 823 299	2.32%
DK		1 035	14.6.2023-20.6.2023	4 927 589	1.30%
DE		1 021	14.6.2023-17.6.2023	71 630 189	18.86%
EE		1 035	14.6.2023-20.6.2023	1 113 997	0.29%
IE		1 049	14.6.2023-21.6.2023	4 063 488	1.07%
EL		1 064	14.6.2023-21.6.2023	9 030 796	2.38%
ES		1 014	14.6.2023-17.6.2023	40 804 956	10.74%
FR		1 042	14.6.2023-16.6.2023	55 994 788	14.74%
HR		1 003	14.6.2023-21.6.2023	3 310 094	0.87%
IT		1 027	14.6.2023-17.6.2023	51 540 338	13.57%
CY		544	14.6.2023-21.6.2023	759 421	0.20%
LV		1 051	14.6.2023-20.6.2023	1 575 765	0.41%
LT		1 078	14.6.2023-20.6.2023	2 388 299	0.63%
LU		544	14.6.2023-20.6.2023	542 724	0.14%
HU		1 039	14.6.2023-20.6.2023	8 278 842	2.18%
MT		517	14.6.2023-21.6.2023	450 987	0.12%
NL		1 048	14.6.2023-20.6.2023	14 878 211	3.92%
AT		1 038	14.6.2023-20.6.2023	7 687 340	2.02%
PL		1 051	14.6.2023-19.6.2023	31 840 803	8.38%
PT		1 021	14.6.2023-19.6.2023	9 027 159	2.38%
RO		1 023	14.6.2023-21.6.2023	15 953 432	4.20%
SI		1 030	14.6.2023-21.6.2023	1 789 242	0.47%
SK		1 028	14.6.2023-20.6.2023	4 561 916	1.20%
FI		1 047	14.6.2023-20.6.2023	4 696 447	1.24%
SE		1 027	14.6.2023-20.6.2023	8 613 223	2.27%

Questionnaire

ASK ALL

The World Health Organisation (WHO) defines good mental health as ‘a state of wellbeing in which individuals realises their abilities, can cope with the normal stresses of life, work productively and fruitfully, and are able to make a contribution to their community’. An important implication of this definition is that mental health is more than just the absence of mental disorders or disabilities.

Many people have mental health concerns from time to time. Mental health problems can impact day to day living, affecting people's work and relationships. Mental health problems can also lead to an increased risk of other health problems. Note that this survey concerns issues such as worries, anxieties and feelings of depression; we do not address neurological mental disorders such as Alzheimer's or Parkinson's, although they can be associated with mental health problems.

The EU can support Member States, for example through raising awareness on mental health, projects that are focused on building better networks around mental health as well as giving information on best practices and health promotion. The organisation, funding and delivery of mental healthcare is the responsibility of your government.

ASK ALL

Q1 Which of the following statements best describes how you felt in your day-to-day life, whether at home, at work or elsewhere, during the past 4 weeks?

(ONE ANSWER)

I felt full of energy	1
I felt happy	2
I felt calm and peaceful	3
I felt tense	4
I felt tired/worn out	5
I felt downhearted/low	6
Prefer not to answer	999
Don't know	998

ASK ALL

Q2 To what extent have the recent world events (the COVID-19 pandemic, Russian aggression against Ukraine, climate crisis, unemployment, food and energy costs rising) influenced your mental health?

(ONE ANSWER)

To a great extent	1
Somewhat	2
Very little	3
Not at all	4
Prefer not to answer	999
Don't know	998

ASK ALL	
Q3	In your opinion, which of the following activities and behaviours contribute the most to a good mental health? (Please choose three answers.)
(MAXIMUM THREE ANSWERS - RANDOMISE 1-10)	
Doing something enjoyable	1
Healthy eating habits	2
Sports/ physical activity	3
Sleeping habits	4
Social contact	5
Work/life balance	6
Relaxation	7
Leisure activities	8
Reducing the use of digital/social media	9
Being in contact with nature, green spaces	10
Other	11
Don't know	998
ASK ALL	
Q4	In your opinion, which of the following factors are the most important to achieve a good mental health? (Please choose three answers.)
(MAXIMUM THREE ANSWERS - RANDOMISE 1-9)	
Selfcare	1
Social contact	2
Living conditions	3
Financial security	4
Educational settings (kindergarten, schools, etc.)	5
Work environments	6
Healthcare facilities (primary care, hospital care, etc.)	7
Digital spaces (internet, social media, etc.)	8
Physical activity	9
Other	10
Don't know	998

ASK ALL

Q5 In your opinion, in which areas can the European Union contribute the most to improve the mental health of European citizens? (Please choose three answers.)

(MAXIMUM THREE ANSWERS - RANDOMISE 1-8)

Promoting good mental health and preventing mental health problems	1
Early detection and screening of mental health problems at the population level	2
Tackling psychosocial risks at work (stress, safety risks etc.) [INFO BUTTON: Aspects of work design and the organisation and management of work, and their social and environmental context, which may have the potential to cause psychological or physical harm. For instance, stress, screen time, noise levels, safety risks, harassment, etc.]	3
Improving access and support to diagnosis, treatment and care of mental health patients	4
Improving Europeans' overall quality of life	5
Promoting mental health awareness programmes	6
Breaking the stigma of mental health and tackling discrimination	7
Supporting the mental health of the most vulnerable, including children, youth and elderly	8
Other	9
None of these	10
Don't know	998

ASK ALL

Q6 Where do you think mental health problems can best be detected at an early stage? (Please select two answers.)

(MAXIMUM TWO ANSWERS - RANDOMISE 1-6)

In primary and community care (e.g. GP's surgery)	1
In hospitals	2
Within social services	3
In educational settings (kindergarten, school, etc.)	4
In the working environment	5
Within sports, creative or leisure activities	6
Other	7
None of these	8
Don't know	998

ASK ALL

Q7 When thinking about good quality mental healthcare, which of the following attributes would you select as priorities? (Please select three answers.)

Good quality mental healthcare:

(MAXIMUM THREE ANSWERS - RANDOMISE 1-10)

Is respectful of human rights, fundamental freedoms, dignity and different cultures and norms	1
Primarily focuses on protecting the specific interests and needs of children and young people, and of the elderly	2
Is person-centred, addressing the specific needs of, and options for every individual	3
Is equally accessible for everyone	4
Is timely and available when needed	5
Is affordable	6
Breaks stigmas and is non-discriminatory	7
Is provided by skilled, well-resourced professionals	8
Takes the support system of the patients (family, carers – formal or informal, etc.) into consideration	9
Is reliable and safe	10
Other	11
Don't know	998

ASK ALL

Q8 How would you rate the quality of mental health services based on your own experience or that of others you know?

(ONE ANSWER PER LINE)

STATEMENTS

- Q8_1 Before the COVID-19 pandemic
- Q8_2 During the COVID-19 pandemic
- Q8_3 After the COVID-19 pandemic

RESPONSE SCALE

0 - Poor

1

2

3

4

5

6

7

8

9

10 - Excellent

Not applicable

Don't know

997

998

ASK ALL	
Q9	Have you or any of your family members ever encountered any issue(s) accessing mental health services?
(ONE ANSWER)	
Yes	1
No	2
Prefer not to answer	999
Don't know	998
ASK IF Q9=1	
Q10	Which of the following issue(s) did you or they encounter? (Choose a maximum of 3 answers.)
(MAXIMUM THREE ANSWERS - RANDOMISE 1-7)	
Too expensive	1
Too far to travel to	2
Lack of time	3
Didn't know any good doctor or specialist	4
Long waiting lists/delays before diagnostic or treatment	5
Fear of doctors, hospitals, examination or treatment	6
Wanted to wait and see if problem got better on its own	7
Other reason	8
Prefer not to answer	999
Don't know	998
ASK ALL	
Q11	Can the use of social media by children and young people have a negative impact on their mental health (low self-esteem/body image, peer pressure, bullying etc.)?
(ONE ANSWER)	
Yes, but only if used frequently	1
Yes, even if used only sporadically	2
No	3
Don't know	998
ASK ALL	
Q12	Do you think that mental health patients are judged differently than other patients by...
(ONE ANSWER PER LINE)	
STATEMENTS	
Q12_1	Society in general
Q12_2	Medical professionals
Q12_3	People in educational or professional settings
RESPONSE SCALE	
Yes	1
No	2
Don't know	998

ASK ALL

Q13 To what extent do you agree or disagree with the following statements about people with mental health issues in [YOUR COUNTRY]?

(ONE ANSWER PER LINE - RANDOMISE 1-6)

STATEMENTS

- Q13_1 People with mental health issues receive the same level of care as those with a physical condition
- Q13_2 Mental health promotion is as important as physical health promotion
- Q13_3 People with mental health issues are perceived as less capable and contributing less to society
- Q13_4 People with mental health issues are seen as less sociable
- Q13_5 People with mental health issues get less opportunities at work, in finding housing, in social activities etc.
- Q13_6 Mental health issues are perceived as not curable

RESPONSE SCALE

Totally agree	1
Tend to agree	2
Tend to disagree	3
Totally disagree	4
Don't know	998

ASK ALL

The next question will ask about your mental health status.

A "Prefer not to answer" option is available for you to select. Your responses will always be presented in an aggregated form. All data will be collected and processed in accordance with applicable data protection legislation.

Do you agree to answer the next few questions?

(ONE ANSWER)

Yes, I agree	1
No, I don't agree	2

ASK IF CONSENT=1

Q14 In the last 12 months, have you had any emotional or psychosocial problems (such as feeling depressed or feeling anxious)?

(ONE ANSWER)

Yes	1
No	2
Prefer not to answer	999
Don't know	998

ASK IF Q14=1

Q15 Which of the following symptoms have you experienced?

(MULTIPLE ANSWERS ALLOWED - RANDOMISE 1-10)

Feeling sad/down	1
Excessive fears or worries	2
Difficulty to concentrate	3
Extreme mood changes	4
Extreme changes in eating and or sleeping habits	5
Social withdrawal, loss of interest/enjoyment from activities previously enjoyed	6
Low self-esteem	7
Detachment from reality, paranoia or hallucinations (visual or audio)	8
Inability to cope with daily problems or stress	9
Problems with alcohol or drug use	10
Other	11
Prefer not to answer	999
Don't know	998

ASK IF Q14=1

Q16 In the last 12 months, have you received professional help for mental health problems from any of the following?

(MULTIPLE ANSWERS ALLOWED - RANDOMISE 1-8)

A general practitioner	1
A psychiatrist	2
A pharmacist	3
A psychologist	4
A psychoanalyst	5
A psychotherapist	6
A nurse	7
A social worker	8
None of these	9
Prefer not to answer	999
Don't know	998

ASK IF Q14=1

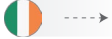
Q17 For you personally, what are the most effective solutions to tackle mental health issues? (Choose a maximum of two answers.)

(MAXIMUM TWO ANSWERS - RANDOMISE 1-5)

Counselling or therapy	1
Discussing with close ones	2
Physical activity	3
Social activity	4
Medication	5
Other	6
Prefer not to answer	999
Don't know	998

Data annex

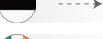
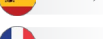
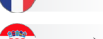
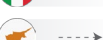
Q1 Which of the following statements best describes how you felt in your day-to-day life, whether at home, at work or elsewhere, during the past 4 weeks?

		I felt full of energy	I felt happy	I felt calm and peaceful	I felt tense	I felt tired/worn out	I felt downhearted/low	Don't know	Prefer not to answer
EU27		7	11	29	14	27	10	2	1
BE		6	18	26	15	27	7	1	0
BG		7	10	33	20	20	9	1	1
CZ		7	11	21	18	33	7	2	1
DK		5	23	25	10	28	7	1	1
DE		8	12	32	14	27	4	2	1
EE		4	7	33	16	26	9	4	1
IE		7	16	22	9	34	11	1	1
EL		10	8	24	9	29	18	0	2
ES		6	11	28	12	26	16	1	0
FR		8	11	28	15	29	7	2	0
HR		8	12	25	19	26	8	1	1
IT		5	5	27	20	27	14	2	0
CY		6	10	22	20	33	7	1	1
LV		6	10	28	16	29	10	1	1
LT		4	10	40	16	22	8	1	0
LU		6	10	24	17	33	8	1	0
HU		5	7	33	16	27	11	1	1
MT		5	15	19	18	33	9	1	1
NL		7	22	33	11	21	5	0	1
AT		8	14	29	13	30	4	1	1
PL		6	11	24	16	25	13	6	1
PT		5	11	32	10	31	10	0	2
RO		9	8	33	10	29	11	1	1
SI		10	14	29	14	28	4	1	0
SK		7	7	38	9	31	7	1	1
FI		5	13	30	7	34	9	1	1
SE		7	13	24	8	32	14	1	1

Q2 To what extent have the recent world events (the COVID-19 pandemic, Russian aggression against Ukraine, climate crisis, unemployment, food and energy costs rising) influenced your mental health?

		To a great extent	Somewhat	Very little	Not at all	Don't know	Prefer not to answer
EU27		18	44	25	12	1	1
BE		13	46	27	14	1	0
BG		23	40	23	13	1	1
CZ		20	47	21	10	1	1
DK		9	35	40	15	1	0
DE		19	40	26	14	1	0
EE		15	47	25	12	2	0
IE		22	49	19	8	1	1
EL		23	44	25	8	0	1
ES		19	44	25	12	1	0
FR		14	51	24	10	1	0
HR		18	46	25	11	0	0
IT		14	48	25	11	2	1
CY		18	49	27	5	0	0
LV		22	43	22	12	1	1
LT		24	50	16	9	1	0
LU		23	47	20	9	1	1
HU		23	43	21	13	1	1
MT		19	47	24	9	0	1
NL		11	46	28	13	1	0
AT		18	42	27	11	1	1
PL		28	42	21	7	2	0
PT		21	52	16	9	1	1
RO		14	41	22	21	2	1
SI		13	46	25	15	0	1
SK		30	39	16	14	1	0
FI		10	44	32	14	1	0
SE		7	32	46	14	2	0

Q3 In your opinion, which of the following activities and behaviours contribute the most to good mental health? (Please choose three answers.)

		Being in contact with nature, green spaces	Sleeping habits	Sports/ physical activity	Social contact	Doing something enjoyable	Healthy eating habits	Relaxation	Work/life balance	Leisure activities	Reducing the use of digital/social media	Other	Don't know
EU27		35	35	34	33	30	29	27	26	20	9	1	1
BE		27	41	31	35	21	36	29	25	21	10	1	1
BG		47	20	26	31	30	20	40	29	20	8	1	1
CZ		44	26	25	25	24	22	49	22	23	11	1	1
DK		30	41	32	46	28	24	27	28	14	8	2	1
DE		38	31	29	43	31	24	35	21	18	6	2	1
EE		44	40	31	23	37	26	24	28	21	7	1	1
IE		28	42	27	34	28	30	24	32	14	13	1	1
EL		35	21	33	44	37	19	20	28	21	11	2	0
ES		24	42	41	31	32	30	23	25	20	11	1	1
FR		36	46	37	24	20	43	11	24	21	12	1	1
HR		42	20	31	34	43	28	28	25	21	10	1	0
IT		39	27	37	31	33	28	24	22	26	10	1	0
CY		35	29	35	37	35	21	24	39	20	9	1	0
LV		32	29	29	17	30	24	37	40	23	8	1	1
LT		45	38	27	25	31	19	27	36	26	7	0	1
LU		31	31	36	46	35	23	21	33	16	11	0	1
HU		35	37	29	34	22	32	18	38	28	6	2	2
MT		37	25	35	24	35	23	28	44	12	13	2	1
NL		17	35	30	39	27	30	46	25	19	7	2	1
AT		44	31	35	41	30	21	28	19	21	7	1	0
PL		44	24	33	28	36	24	36	31	13	10	1	2
PT		29	45	39	25	23	30	14	40	25	8	1	1
RO		35	32	27	30	38	31	34	31	12	12	0	0
SI		49	26	36	31	23	27	38	17	21	13	1	0
SK		37	51	29	25	24	20	26	24	22	11	1	0
FI		28	44	26	35	36	23	31	31	22	6	1	1
SE		28	48	41	37	43	23	20	27	11	6	1	1

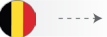
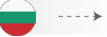
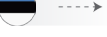
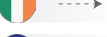
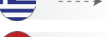
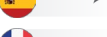
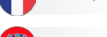
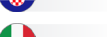
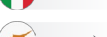
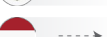
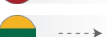
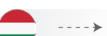
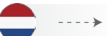
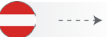
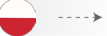
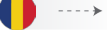
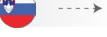
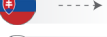
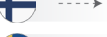
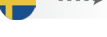
Q4 In your opinion, which of the following factors are the most important to achieve good mental health? (Please choose three answers.)

		Living conditions	Financial security	Physical activity	Social contact	Selfcare	Work environments	Health care facilities (primary care, hospital care, etc.)	Educational settings (kindergarten, schools, etc.)	Digital spaces (internet, social media, etc.)	Other	Don't know
EU27		60	53	41	41	35	18	17	6	3	1	1
BE		55	54	37	42	45	14	15	3	3	2	2
BG		59	58	37	33	40	20	18	6	4	1	0
CZ		55	53	43	43	36	20	10	4	4	2	1
DK		40	53	42	51	31	22	23	6	4	2	2
DE		57	52	39	49	34	15	17	4	3	1	1
EE		53	58	41	33	50	24	14	6	5	1	1
IE		48	44	43	41	45	19	24	5	4	1	1
EL		55	65	34	44	25	19	22	6	5	1	0
ES		58	53	42	42	31	22	19	5	4	1	1
FR		66	47	42	32	48	12	14	4	2	2	1
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IT		60	43	40	36	43	20	16	11	3	1	0
CY		49	66	38	44	28	30	18	8	4	1	0
LV		58	65	37	15	48	20	20	4	3	2	1
LT		57	59	36	31	43	24	25	3	3	1	0
LU		50	57	43	47	48	20	11	4	1	1	0
HU		68	59	36	37	20	21	25	7	3	2	1
MT		54	59	38	24	49	31	21	2	3	1	0
NL		59	55	44	50	27	12	16	5	4	3	1
AT		53	53	41	51	31	18	20	5	3	2	1
PL		67	66	45	40	13	17	17	3	3	1	1
PT		62	54	44	30	33	24	18	2	2	1	1
RO		67	52	44	38	32	18	17	9	3	1	0
SI		62	59	61	47	11	18	12	6	4	2	0
SK		52	50	36	35	52	22	15	4	4	1	1
FI		57	61	37	52	18	15	33	4	5	1	1
SE		60	60	44	49	22	24	9	8	3	2	1

Q5 In your opinion, in which areas can the European Union contribute the most to improve the mental health of European citizens? (Please choose three answers.)

		Improving Europeans' overall quality of life	Improving access and support to diagnosis, treatment and care of mental health patients	Supporting the mental health of the most vulnerable, including children, youth and elderly	Tackling psychosocial risks at work (stress, safety risks etc.)	Early detection and screening of mental health problems at the population level	Promoting good mental health and preventing mental health problems	Breaking the stigma of mental health and tackling discrimination	Promoting mental health awareness programmes	Other	None of these	Don't know
EU27		45	37	35	29	27	27	21	20	2	3	4
BE		43	32	33	30	24	26	22	19	3	4	8
BG		58	32	36	34	31	25	10	16	2	2	3
CZ		51	29	35	22	21	34	15	19	3	7	4
DK		30	38	40	25	25	40	20	16	3	2	9
DE		40	37	33	22	20	30	23	23	3	5	6
EE		43	39	49	25	29	39	17	19	2	2	4
IE		35	46	41	17	31	30	34	25	2	1	2
EL		53	40	34	28	36	28	21	19	1	3	1
ES		39	48	33	32	36	25	25	25	2	1	3
FR		48	32	32	36	30	20	17	16	2	6	4
HR		63	27	37	29	28	26	29	26	2	1	2
IT		51	30	36	29	26	25	22	21	1	2	2
CY		56	36	42	35	32	28	23	23	1	1	1
LV		45	28	41	30	25	27	19	15	2	4	6
LT		46	33	41	37	27	32	20	18	1	2	3
LU		42	35	39	31	27	29	29	17	2	2	4
HU		55	30	37	22	33	31	18	19	3	4	5
MT		54	30	33	33	33	26	34	26	2	2	2
NL		37	31	34	26	21	33	22	19	3	5	8
AT		46	42	34	22	21	33	20	23	3	5	3
PL		45	44	38	29	28	23	23	20	1	2	5
PT		54	41	36	33	32	33	26	22	1	1	1
RO		59	38	39	39	30	25	16	17	2	1	2
SI		54	30	33	31	33	28	23	22	2	4	3
SK		58	29	39	29	23	28	13	20	3	2	4
FI		28	47	51	23	36	42	23	14	2	1	4
SE		24	42	41	25	32	29	26	20	3	4	8

Q6 Where do you think mental health problems can best be detected at an early stage?
(Please select two answers.)

		In primary and community care (e.g. GP's surgery)	In educational settings (kindergarten, school, etc.)	In the working environment	In hospitals	Within social services	Within sports, creative or leisure activities	Other	None of these	Don't know
EU27		50	43	29	16	15	10	3	2	6
BE		53	34	26	21	15	8	3	2	8
BG		47	48	31	22	10	7	1	2	4
CZ		40	37	26	20	13	15	4	4	7
DK		39	54	27	11	22	12	4	1	8
DE		52	36	26	12	18	11	3	3	7
EE		51	57	29	11	15	12	2	1	5
IE		51	50	25	15	16	13	3	2	3
EL		37	53	30	16	25	15	2	2	2
ES		60	43	28	16	18	7	1	1	4
FR		54	40	27	22	11	11	2	2	5
HR		36	59	40	11	10	13	3	2	3
IT		39	53	32	14	15	11	3	1	4
CY		36	62	37	12	20	16	1	1	1
LV		48	50	26	16	11	10	3	3	6
LT		45	45	39	14	22	6	2	2	4
LU		51	45	32	11	13	16	4	3	5
HU		44	48	28	14	19	9	4	2	6
MT		40	57	45	10	17	12	2	1	3
NL		58	37	25	12	17	8	3	3	6
AT		52	38	29	14	20	10	4	2	5
PL		54	42	25	17	11	8	2	2	8
PT		48	37	40	19	15	12	3	1	4
RO		56	35	33	28	14	7	1	1	3
SI		37	43	34	12	23	14	4	4	5
SK		44	36	29	22	13	13	3	2	6
FI		53	57	30	6	20	9	4	1	5
SE		34	56	41	7	7	11	7	2	8

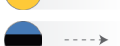
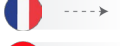
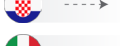
Q7 When thinking about good quality mental healthcare, which of the following attributes would you select as priorities? (Please select three answers.)

		Is equally accessible for everyone	Is provided by skilled, well-resourced professionals	Is timely and available when needed	Is person-centred, addressing the specific needs of, and options for every individual	Is affordable	Is reliable and safe	Is respectful of human rights, fundamental freedoms, dignity and different cultures and norms	Takes the support system of the patients (family, carers – formal or informal, etc.) into consideration	Primarily focuses on protecting the specific interests and needs of children and young people, and of the elderly	Breaks stigmas and is non-discriminatory	Other	Don't know
EU27		39	37	34	33	23	21	21	18	14	13	1	5
BE		38	32	24	32	44	26	17	16	9	13	1	5
BG		35	37	33	35	27	19	21	17	18	13	1	2
CZ		32	33	34	36	28	22	22	14	16	10	2	6
DK		38	39	42	29	19	22	19	22	13	9	1	8
DE		38	32	43	33	20	22	16	17	14	10	1	6
EE		37	36	42	38	37	30	19	14	12	10	0	3
IE		43	32	36	31	32	24	20	19	15	17	1	2
EL		37	37	32	24	39	21	31	17	19	13	1	1
ES		39	47	37	31	20	18	17	22	16	15	1	4
FR		35	43	24	29	25	23	22	18	12	15	1	6
HR		33	25	33	35	22	17	27	20	23	25	2	3
IT		39	36	33	32	12	22	26	21	14	13	0	3
CY		36	43	27	26	38	20	34	19	23	15	0	1
LV		34	41	39	24	30	19	17	15	18	12	1	6
LT		32	42	45	39	19	17	29	10	19	13	1	2
LU		41	43	36	37	19	15	18	14	15	15	0	6
HU		46	43	25	33	28	24	28	9	17	12	1	2
MT		45	43	40	30	33	16	17	21	13	21	0	2
NL		48	32	30	31	32	34	17	13	9	11	2	4
AT		45	31	41	35	30	19	17	17	14	11	2	4
PL		40	32	41	33	26	19	24	15	12	14	0	5
PT		34	44	24	35	31	14	27	23	17	18	2	4
RO		38	39	24	39	29	11	29	19	22	14	1	3
SI		39	27	43	31	19	19	31	15	19	16	2	3
SK		34	35	35	33	26	22	23	15	15	9	2	5
FI		48	25	53	38	29	31	16	18	13	9	0	2
SE		45	38	38	49	10	21	18	17	12	12	1	5

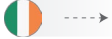
Q8_1 How would you rate the quality of mental health services based on your own experience or that of others you know? **Before the COVID-19 pandemic**

		0 - Poor	1	2	3	4	5	6	7	8	9	10 - Excellent	Not applicable	Don't know
EU27		6	2	4	8	9	16	13	12	8	3	4	4	11
BE		1	1	2	5	5	15	16	22	15	2	3	4	10
BG		9	5	7	14	12	18	10	7	5	2	5	1	8
CZ		3	2	3	6	7	20	16	13	12	4	4	2	9
DK		3	1	3	6	10	17	13	15	10	4	4	4	12
DE		4	2	4	8	8	20	12	11	9	6	5	3	11
EE		3	2	4	6	8	16	10	10	7	3	4	11	16
IE		8	3	7	12	9	16	10	10	7	3	4	4	7
EL		11	5	7	13	9	16	11	8	6	3	3	1	9
ES		11	4	6	9	10	14	12	11	7	2	2	4	8
FR		7	3	5	10	9	17	12	11	6	3	3	4	13
HR		4	2	5	10	9	20	14	13	9	3	4	3	5
IT		5	1	4	6	8	15	17	14	8	3	3	4	13
CY		7	4	6	12	10	16	12	7	3	0	3	1	16
LV		5	2	3	8	9	19	11	11	6	1	2	7	17
LT		3	2	3	6	7	18	13	16	10	2	6	1	12
LU		3	1	2	6	7	17	15	13	7	1	1	5	23
HU		10	4	4	11	10	19	12	9	4	3	4	2	9
MT		3	2	3	5	10	17	10	14	12	3	5	4	12
NL		2	1	1	3	5	9	17	26	16	3	2	5	10
AT		4	2	3	8	10	18	12	14	10	5	5	3	8
PL		6	4	7	8	11	14	12	9	7	2	3	9	10
PT		5	3	5	9	10	21	14	13	7	2	3	2	9
RO		8	4	6	10	8	13	11	10	9	4	6	3	11
SI		4	1	4	6	9	15	15	16	10	4	3	2	11
SK		6	1	4	8	8	20	12	12	7	3	5	7	7
FI		3	1	4	6	9	15	16	17	11	3	2	2	12
SE		4	2	3	8	8	14	9	11	7	1	3	3	27

Q8_2 How would you rate the quality of mental health services based on your own experience or that of others you know? **During the COVID-19 pandemic**

		0 - Poor	1	2	3	4	5	6	7	8	9	10 - Excellent	Not applicable	Don't know
EU27		11	5	8	10	10	16	10	8	5	2	2	4	10
BE		6	2	5	9	11	18	14	12	8	2	2	3	9
BG		15	7	10	14	10	16	7	6	3	2	3	2	7
CZ		7	3	7	11	11	20	12	9	6	3	3	2	8
DK		4	3	7	11	11	17	10	10	5	3	2	4	12
DE		7	4	8	12	10	19	8	9	5	3	3	3	9
EE		5	4	8	9	8	16	9	8	4	1	2	9	17
IE		16	6	11	13	11	11	8	6	5	2	2	3	6
EL		15	7	9	11	10	14	10	8	5	2	2	1	8
ES		20	7	8	10	8	14	8	6	5	2	2	4	7
FR		11	4	8	11	10	16	9	8	5	2	2	3	11
HR		10	6	10	12	10	17	11	8	6	3	2	2	5
IT		9	3	5	7	10	16	15	10	5	3	2	5	11
CY		9	5	10	13	11	16	10	6	4	1	2	0	15
LV		9	5	7	11	12	16	8	7	4	2	1	6	14
LT		9	6	7	12	11	16	10	9	5	2	2	1	11
LU		6	2	6	12	11	15	10	7	5	1	1	4	21
HU		17	6	10	14	10	15	7	5	3	2	2	2	7
MT		3	2	7	8	10	17	13	12	9	2	2	5	10
NL		3	2	4	7	11	14	20	14	7	2	1	4	11
AT		9	5	8	14	12	16	9	8	5	2	3	2	7
PL		13	7	10	10	10	12	10	6	5	1	2	8	8
PT		10	4	9	13	11	18	11	8	4	2	1	2	7
RO		13	7	8	9	9	14	8	9	4	3	3	4	9
SI		11	7	10	11	11	14	9	8	4	2	2	2	9
SK		14	5	7	11	9	18	6	7	5	2	3	6	6
FI		5	3	6	13	12	17	14	9	6	2	1	2	11
SE		6	3	7	8	10	13	8	7	4	1	2	3	29

Q8_3 How would you rate the quality of mental health services based on your own experience or that of others you know? **After the COVID-19 pandemic**

		0 - Poor	1	2	3	4	5	6	7	8	9	10 - Excellent	Not applicable	Don't know
EU27		7	3	6	9	9	15	13	11	7	3	3	3	10
BE		3	1	2	6	7	16	16	20	13	4	2	3	9
BG		9	5	10	14	11	16	10	6	5	3	3	1	7
CZ		5	3	5	9	10	17	15	12	9	4	3	1	7
DK		3	2	5	9	10	16	13	12	8	3	4	4	11
DE		5	2	7	10	9	17	12	11	7	3	5	3	9
EE		4	3	5	8	9	14	11	10	7	3	3	8	16
IE		10	4	9	10	11	13	12	9	7	3	3	3	6
EL		13	5	6	10	10	15	11	10	7	3	2	1	8
ES		14	5	6	10	10	15	11	10	6	2	2	3	7
FR		8	3	8	11	9	15	11	11	6	2	2	3	11
HR		5	5	7	10	12	17	14	10	8	3	3	2	4
IT		6	2	4	6	8	16	19	12	8	3	2	4	10
CY		6	3	8	10	11	16	14	9	5	1	3	1	13
LV		6	3	5	8	10	16	13	11	5	2	2	6	14
LT		4	3	4	9	8	18	14	14	9	2	4	1	11
LU		5	1	3	7	9	14	15	11	8	2	2	4	20
HU		14	5	7	14	10	16	10	7	5	1	3	1	7
MT		3	1	4	5	7	16	14	17	11	3	5	4	10
NL		2	2	2	6	7	11	19	20	13	3	2	4	10
AT		6	3	6	10	10	20	11	10	7	4	4	2	6
PL		8	5	7	10	8	13	13	10	5	3	3	8	8
PT		6	4	6	10	10	16	15	13	8	2	2	2	7
RO		8	3	7	9	8	12	11	11	9	5	5	3	9
SI		6	4	7	9	11	14	14	11	8	3	2	2	9
SK		8	3	6	8	10	19	11	10	6	3	4	6	6
FI		4	2	6	9	11	16	15	14	8	2	2	2	10
SE		5	2	5	8	9	13	11	8	5	2	2	3	27

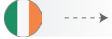
Q9 Have you or any of your family members ever encountered any issue(s) accessing mental health services?

		Yes	No	Don't know	Prefer not to answer
EU27		25	63	8	3
BE		22	69	6	3
BG		20	68	7	4
CZ		34	56	8	3
DK		29	56	13	3
DE		27	64	6	3
EE		27	55	15	3
IE		44	43	7	6
EL		30	60	4	6
ES		32	58	8	3
FR		19	73	6	2
HR		23	68	4	5
IT		13	75	8	4
CY		23	62	6	9
LV		22	60	13	5
LT		16	57	19	7
LU		31	57	8	5
HU		31	50	14	6
MT		33	55	8	5
NL		33	58	7	3
AT		26	63	7	5
PL		28	53	17	3
PT		43	48	6	3
RO		24	65	7	5
SI		24	68	5	3
SK		24	61	12	3
FI		37	52	10	2
SE		38	48	12	3

Q10 Which of the following issue(s) did you or they encounter? (Choose a maximum of 3 answers.)

		Long waiting lists/delays before diagnostic or treatment	Too expensive	Didn't know any good doctor or specialist	Wanted to wait and see if problem got better on its own	Fear of doctors, hospitals, examination or treatment	Too far to travel to	Lack of time	Other reason	Prefer not to answer	Don't know
EU27		67	35	30	22	19	14	12	10	1	1
BE		64	50	21	25	17	15	9	7	1	4
BG		28	46	51	34	31	10	16	14	1	0
CZ		61	30	37	30	32	11	16	9	2	1
DK		73	32	22	19	16	14	16	18	0	1
DE		81	15	37	20	15	24	12	8	1	1
EE		78	55	40	17	17	18	13	6	0	0
IE		72	40	28	27	22	11	13	11	1	1
EL		49	51	28	26	27	19	11	8	1	1
ES		87	35	12	14	13	10	10	11	0	1
FR		53	37	37	26	17	17	17	12	0	0
HR		60	33	31	29	24	14	12	14	2	1
IT		47	51	28	16	14	12	10	7	1	0
CY		35	31	29	35	37	18	13	12	4	3
LV		56	56	40	24	19	13	10	10	0	0
LT		75	36	50	18	17	10	10	14	1	0
LU		72	42	44	20	10	14	10	6	0	1
HU		67	43	39	22	31	17	19	13	0	1
MT		54	54	30	36	25	4	17	11	2	2
NL		65	21	17	24	16	8	10	13	1	4
AT		72	55	27	15	18	13	12	10	3	1
PL		67	48	41	15	24	7	10	8	0	3
PT		57	50	30	33	17	18	13	9	1	1
RO		38	52	34	30	36	13	12	11	1	1
SI		67	33	34	31	24	11	16	10	0	2
SK		54	30	38	24	28	13	23	5	0	0
FI		73	32	18	27	13	7	12	14	1	2
SE		67	15	26	27	17	7	15	21	1	2

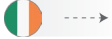
Q11 Can the use of social media by children and young people have a negative impact on their mental health (low self-esteem/body image, peer pressure, bullying etc.)?

		Yes, but only if used frequently	Yes, even if used only sporadically	No	Don't know
EU27		43	44	7	7
BE		36	49	9	6
BG		50	35	8	8
CZ		51	36	7	6
DK		33	53	5	10
DE		39	43	11	7
EE		41	47	5	7
IE		41	48	6	5
EL		49	38	6	6
ES		40	49	6	6
FR		40	48	7	6
HR		52	42	3	2
IT		49	38	7	7
CY		54	38	5	3
LV		48	40	5	8
LT		54	34	5	7
LU		43	48	4	5
HU		40	49	5	6
MT		50	45	3	2
NL		39	47	6	8
AT		43	42	10	6
PL		44	41	4	11
PT		45	46	5	4
RO		53	29	8	10
SI		43	49	4	4
SK		54	38	4	4
FI		42	49	3	6
SE		28	61	3	9

Q12_1 Do you think that mental health patients are judged differently than other patients by...**society in general**

		Yes	No	Don't know
EU27		77	13	10
BE		74	13	13
BG		80	11	9
CZ		72	15	14
DK		80	12	8
DE		74	16	11
EE		60	13	27
IE		83	11	6
EL		86	10	4
ES		76	15	9
FR		78	13	8
HR		85	8	7
IT		79	14	7
CY		83	10	7
LV		74	12	15
LT		75	12	13
LU		84	8	8
HU		82	9	9
MT		84	11	5
NL		74	15	12
AT		78	15	7
PL		78	8	14
PT		85	10	5
RO		85	9	7
SI		82	10	8
SK		65	19	16
FI		70	16	15
SE		65	12	23

Q12_2 Do you think that mental health patients are judged differently than other patients by...**medical professionals**

		Yes	No	Don't know
EU27		41	43	16
BE		33	51	16
BG		47	38	16
CZ		40	46	14
DK		43	41	16
DE		41	46	14
EE		36	32	32
IE		51	37	13
EL		42	46	13
ES		40	45	14
FR		40	46	14
HR		43	46	11
IT		39	49	13
CY		41	42	16
LV		39	36	25
LT		43	34	23
LU		37	44	19
HU		51	36	14
MT		34	51	15
NL		36	45	19
AT		40	48	12
PL		45	30	26
PT		34	52	14
RO		53	31	16
SI		43	42	16
SK		44	37	19
FI		41	36	23
SE		35	34	31

Q12_3 Do you think that mental health patients are judged differently than other patients by...**people in educational or professional settings**

		Yes	No	Don't know
EU27		60	24	16
BE		57	24	19
BG		61	25	14
CZ		52	31	17
DK		59	22	19
DE		50	31	19
EE		57	16	27
IE		66	20	14
EL		72	18	10
ES		62	25	13
FR		63	23	14
HR		62	25	13
IT		61	27	12
CY		64	23	14
LV		65	17	18
LT		64	18	19
LU		62	21	17
HU		65	22	12
MT		59	28	14
NL		56	25	20
AT		50	32	18
PL		70	11	20
PT		64	27	9
RO		74	13	13
SI		62	24	15
SK		54	27	19
FI		59	22	20
SE		50	18	33

Q13_1 To what extent do you agree or disagree with the following statements about people with mental health issues in [YOUR COUNTRY]? **People with mental health issues receive the same level of care as those with a physical condition**

		Totally agree	Tend to agree	Tend to disagree	Totally disagree	Don't know
EU27		7	26	39	18	10
BE		5	29	39	16	11
BG		9	25	40	20	7
CZ		9	38	35	9	9
DK		7	18	40	25	10
DE		9	24	39	17	11
EE		4	21	42	17	16
IE		8	16	41	30	6
EL		7	24	44	19	7
ES		5	20	38	30	7
FR		7	31	35	17	10
HR		6	26	46	17	6
IT		8	28	41	13	10
CY		6	25	42	18	8
LV		7	29	39	8	17
LT		10	35	33	9	13
LU		6	29	39	15	11
HU		7	24	38	21	10
MT		12	24	39	16	9
NL		6	26	44	13	11
AT		9	23	43	17	7
PL		5	24	35	21	14
PT		6	19	46	24	5
RO		10	33	37	9	12
SI		6	27	45	13	9
SK		11	32	38	9	11
FI		4	19	47	24	7
SE		7	19	39	19	16

Q13_2 To what extent do you agree or disagree with the following statements about people with mental health issues in [YOUR COUNTRY]? **Mental health promotion is as important as physical health promotion**

		Totally agree	Tend to agree	Tend to disagree	Totally disagree	Don't know
EU27		56	33	7	2	2
BE		44	42	8	3	3
BG		62	27	6	3	2
CZ		58	32	6	3	2
DK		62	26	7	3	3
DE		59	29	8	2	2
EE		57	35	5	1	1
IE		61	28	6	3	2
EL		67	24	6	1	1
ES		55	32	8	4	2
FR		39	49	7	3	3
HR		62	31	4	2	0
IT		55	33	8	3	2
CY		72	22	4	1	1
LV		55	35	6	1	3
LT		60	31	5	2	2
LU		66	28	3	2	2
HU		70	22	5	1	2
MT		50	24	16	8	2
NL		51	37	7	3	2
AT		60	30	6	2	1
PL		60	31	5	2	2
PT		74	21	3	2	1
RO		62	28	6	2	2
SI		51	41	5	1	2
SK		56	32	6	3	2
FI		71	22	4	1	1
SE		74	18	6	2	1

Q13_3 To what extent do you agree or disagree with the following statements about people with mental health issues in [YOUR COUNTRY]? **People with mental health issues are perceived as less capable and contributing less to society**

		Totally agree	Tend to agree	Tend to disagree	Totally disagree	Don't know
EU27		22	54	14	4	5
BE		16	52	20	5	8
BG		30	51	12	4	3
CZ		16	54	20	5	5
DK		17	48	19	9	7
DE		26	54	12	3	5
EE		14	57	17	4	7
IE		22	52	15	8	4
EL		19	49	20	9	3
ES		24	53	15	5	4
FR		17	55	15	5	7
HR		22	53	17	6	2
IT		26	56	12	3	4
CY		21	43	20	13	4
LV		16	53	21	5	6
LT		21	54	15	4	5
LU		21	60	12	4	2
HU		18	53	17	7	6
MT		14	49	22	12	3
NL		16	54	19	6	5
AT		31	53	11	3	3
PL		21	54	13	4	9
PT		23	56	14	5	3
RO		24	52	15	4	5
SI		17	61	15	3	4
SK		14	52	23	4	7
FI		25	58	11	4	4
SE		22	49	16	8	6

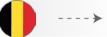
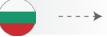
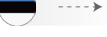
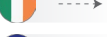
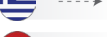
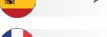
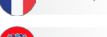
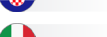
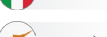
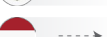
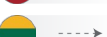
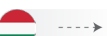
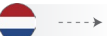
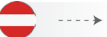
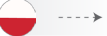
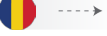
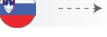
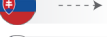
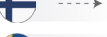
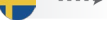
Q13_4 To what extent do you agree or disagree with the following statements about people with mental health issues in [YOUR COUNTRY]? **People with mental health issues are seen as less sociable**

		Totally agree	Tend to agree	Tend to disagree	Totally disagree	Don't know
EU27		17	52	18	5	9
BE		11	46	26	8	9
BG		25	50	16	3	6
CZ		14	54	22	5	6
DK		11	46	20	8	16
DE		17	47	21	5	10
EE		9	52	20	5	15
IE		20	54	15	5	7
EL		16	54	20	5	5
ES		21	55	13	4	7
FR		13	57	17	5	7
HR		23	57	13	5	2
IT		17	54	17	4	10
CY		19	51	17	9	4
LV		12	45	27	5	11
LT		15	51	23	4	8
LU		12	55	21	4	9
HU		18	53	17	4	9
MT		14	58	18	8	3
NL		9	50	23	8	11
AT		17	52	20	4	7
PL		17	50	16	3	14
PT		22	58	13	4	3
RO		22	51	17	3	8
SI		11	47	28	8	7
SK		14	53	21	4	8
FI		17	53	18	5	8
SE		14	47	19	8	13

Q13_5 To what extent do you agree or disagree with the following statements about people with mental health issues in [YOUR COUNTRY]? **People with mental health issues get less opportunities at work, in finding housing, in social activities etc.**

		Totally agree	Tend to agree	Tend to disagree	Totally disagree	Don't know
EU27		24	52	13	3	8
BE		18	51	17	4	10
BG		36	45	9	3	7
CZ		20	56	16	3	5
DK		18	51	14	5	12
DE		21	48	17	4	10
EE		18	56	15	4	7
IE		25	49	13	4	10
EL		32	52	11	3	3
ES		27	51	11	3	8
FR		22	57	12	3	7
HR		29	56	9	3	3
IT		27	54	11	3	6
CY		30	52	10	4	4
LV		30	55	10	1	4
LT		30	52	11	3	4
LU		23	55	13	1	8
HU		25	53	12	3	7
MT		19	54	15	4	8
NL		16	55	14	5	10
AT		19	56	17	3	5
PL		24	53	12	2	9
PT		30	54	9	3	5
RO		37	47	9	2	5
SI		21	58	13	3	5
SK		21	54	15	4	6
FI		22	55	12	3	7
SE		22	50	12	4	12

Q13_6 To what extent do you agree or disagree with the following statements about people with mental health issues in [YOUR COUNTRY]? **Mental health issues are perceived as not curable**

		Totally agree	Tend to agree	Tend to disagree	Totally disagree	Don't know
EU27		9	38	32	12	10
BE		6	32	36	15	12
BG		12	38	31	13	6
CZ		7	37	39	9	8
DK		9	38	31	14	9
DE		7	29	37	16	11
EE		4	28	41	16	11
IE		10	39	31	12	8
EL		7	31	37	19	8
ES		12	46	23	10	9
FR		8	42	31	11	7
HR		8	36	37	16	4
IT		11	49	26	7	7
CY		7	25	41	18	10
LV		8	35	38	9	10
LT		10	42	33	9	8
LU		5	34	38	14	9
HU		8	35	34	14	8
MT		7	31	35	22	5
NL		5	28	37	19	11
AT		7	30	40	16	7
PL		8	38	28	9	18
PT		9	39	35	12	5
RO		13	33	35	11	8
SI		9	45	33	6	7
SK		5	28	43	13	10
FI		6	33	39	15	8
SE		6	22	34	25	14

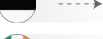
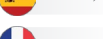
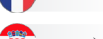
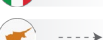
Q14 In the last 12 months, have you had any emotional or psychosocial problems (such as feeling depressed or feeling anxious)?

		Yes	No	Don't know	Prefer not to answer
EU27		46	51	2	2
BE		37	60	1	2
BG		54	42	2	2
CZ		48	49	2	2
DK		34	62	2	2
DE		40	57	1	2
EE		50	46	4	1
IE		63	34	1	2
EL		60	37	1	2
ES		54	45	1	1
FR		41	56	1	2
HR		51	47	1	1
IT		44	52	2	2
CY		63	35	1	2
LV		61	36	1	2
LT		69	27	1	3
LU		45	54	2	1
HU		56	41	1	2
MT		67	31	1	1
NL		35	62	1	2
AT		43	54	1	2
PL		51	41	6	2
PT		57	41	1	2
RO		42	54	3	2
SI		41	57	1	2
SK		42	54	2	2
FI		48	49	3	1
SE		55	42	1	2

Q15 Which of the following symptoms have you experienced? [MULTIPLE ANSWERS POSSIBLE]

		Feeling sad/down	Excessive fears or worries	Low self-esteem	Difficulty to concentrate	Social withdrawal, loss of interest/ enjoyment from activities previously enjoyed	Inability to cope with daily problems or stress	Extreme mood changes	Extreme changes in eating and or sleeping habits	Problems with alcohol or drug use	Detachment from reality, paranoia or hallucinations (visual or audio)	Other	Prefer not to answer	Don't know
EU27		69	50	42	41	40	34	33	23	6	5	3	0	0
BE		68	38	48	41	52	39	33	28	9	4	4	1	0
BG		66	45	37	31	37	29	24	22	5	4	2	0	0
CZ		69	49	26	38	41	32	31	16	7	4	3	0	1
DK		72	50	52	53	50	60	34	28	13	7	7	0	0
DE		68	51	43	44	47	37	40	21	6	6	5	0	0
EE		65	55	42	49	45	37	31	26	13	6	3	1	0
IE		75	53	53	44	50	34	35	25	11	8	2	0	0
EL		71	36	30	30	33	33	22	21	4	2	3	1	0
ES		67	59	47	47	37	36	31	30	5	5	3	0	0
FR		64	45	39	34	34	31	34	26	7	4	3	0	0
HR		74	47	38	40	48	35	29	18	5	3	3	0	0
IT		60	53	38	38	33	29	31	19	3	7	2	0	1
CY		66	42	30	35	33	39	20	26	1	3	4	0	1
LV		60	35	34	30	29	32	29	20	8	3	4	1	1
LT		72	39	29	33	33	27	14	19	8	4	3	0	1
LU		73	53	44	48	38	37	39	24	5	2	4	1	0
HU		73	55	41	38	36	38	29	20	6	3	3	0	0
MT		70	44	35	45	40	31	38	22	7	5	4	0	1
NL		66	30	46	45	51	35	23	24	8	6	7	1	0
AT		66	45	43	44	49	36	38	26	7	7	5	1	0
PL		78	62	50	49	45	37	35	21	10	4	2	1	1
PT		76	50	44	40	43	37	30	27	5	3	3	0	0
RO		73	51	40	46	30	30	40	28	4	5	1	0	1
SI		68	51	35	46	35	36	25	15	9	4	3	0	1
SK		73	50	31	34	37	38	27	20	8	5	3	1	0
FI		76	46	47	45	61	34	26	19	9	7	6	0	0
SE		78	42	46	45	47	37	19	21	8	3	6	0	1

Q16 In the last 12 months, have you received professional help for mental health problems from any of the following? [MULTIPLE ANSWERS POSSIBLE]

		A general practitioner	A psychiatrist	A psychologist	A psychotherapist	A pharmacist	A nurse	A social worker	A psychoanalyst	None of these	Prefer not to answer	Don't know
EU27		19	14	14	8	5	4	3	2	54	1	1
BE		34	19	22	8	6	4	6	3	39	0	0
BG		11	6	8	2	5	2	2	1	66	2	3
CZ		14	18	10	6	4	2	3	1	54	3	2
DK		34	19	27	8	5	8	8	4	35	1	1
DE		22	17	12	13	4	4	5	3	49	2	1
EE		15	14	12	4	5	4	2	1	61	1	1
IE		27	10	12	9	6	3	4	2	49	2	0
EL		8	15	10	4	4	1	2	3	61	1	0
ES		19	13	21	4	4	4	3	2	54	0	0
FR		24	12	12	5	7	2	3	3	54	0	1
HR		14	14	6	3	2	1	1	1	69	1	1
IT		17	11	12	10	6	4	3	3	54	2	0
CY		9	7	13	3	3	1	2	1	69	1	0
LV		15	7	6	4	3	2	1	1	70	1	1
LT		11	7	10	3	9	2	3	0	66	3	2
LU		18	8	17	12	2	3	1	7	55	2	0
HU		8	9	8	1	2	2	2	1	75	1	0
MT		13	13	11	7	3	1	2	1	63	1	1
NL		32	14	28	9	6	8	11	2	39	0	0
AT		19	18	14	19	5	2	5	4	52	1	1
PL		12	20	10	8	5	3	2	1	53	2	1
PT		17	15	14	4	2	3	1	2	55	2	1
RO		16	12	8	5	7	4	1	1	62	4	1
SI		13	14	7	6	2	4	2	1	61	1	3
SK		10	19	11	4	4	3	3	1	59	3	1
FI		18	11	9	9	2	15	5	0	58	1	1
SE		12	9	17	6	2	9	3	2	61	1	1

Q17 For you personally, what are the most effective solutions to tackle mental health issues? (Choose a maximum of two answers.)

		Counselling or therapy	Physical activity	Discussing with close ones	Social activity	Medication	Other	Prefer not to answer	Don't know
EU27		43	37	36	29	19	5	1	4
BE		47	35	31	30	20	4	1	5
BG		43	43	36	31	14	7	0	3
CZ		32	41	43	23	22	5	1	3
DK		34	32	33	21	27	9	1	7
DE		50	34	27	32	21	5	1	5
EE		29	50	33	26	22	8	1	4
IE		42	37	33	22	29	4	1	4
EL		50	34	31	37	22	4	1	1
ES		61	37	32	25	19	3	0	2
FR		44	38	40	35	14	3	0	3
HR		23	47	52	32	16	6	0	2
IT		46	35	35	34	12	3	2	3
CY		43	36	43	34	18	4	1	2
LV		18	46	45	16	20	12	1	5
LT		18	48	48	20	20	7	0	5
LU		49	42	41	30	10	4	1	1
HU		22	33	53	38	13	9	1	4
MT		41	37	43	25	22	6	0	2
NL		34	35	36	31	20	8	1	6
AT		51	36	32	25	22	7	0	2
PL		19	43	48	15	28	8	1	5
PT		61	36	21	27	25	4	1	3
RO		30	43	45	36	16	3	0	4
SI		48	45	46	19	15	4	0	4
SK		26	39	43	20	22	8	1	4
FI		29	35	38	26	28	10	0	6
SE		36	44	28	27	21	8	2	6





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