



Flash Eurobarometer 530
Mental health



Survey requested by the European Commission,
Directorate-General for Health and Food Safety and
coordinated by the Directorate-General for
Communication



Fieldwork
14/6-21/6/2023

Technical note

Survey requested by the European Commission, Directorate-General for Health and Food Safety and coordinated by the Directorate-General for Communication

Fieldwork conducted by Ipsos European Public Affairs




























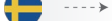
Methodology

- The survey was conducted via computer-assisted web interviewing (CAWI), using Ipsos online panels and their partner network. A share of respondents in Luxembourg and Malta was recruited via social media networks.
- Fieldwork: from 14 to 21 June 2023
- Target population: EU citizens, 15 years and over
- Coverage: EU27
- Number of interviews: 26 501
- Sample size per country: 500 in LU, CY, MT, and 1000 in all other countries




























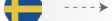
Presentation of survey data

- Survey data are **weighted** to marginal age by gender, activity status and region population distributions using *rim* weighting. The EU27 averages are weighted according to the size of the 15+ population of each country.
- *Note:* Percentages may not total 100 due to rounding. Response percentages will exceed 100% if the question allowed respondents to select multiple responses.

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








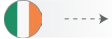



















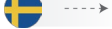
Q2 To what extent have the recent world events (the COVID-19 pandemic, Russian aggression against Ukraine, climate crisis, unemployment, food and energy costs rising) influenced your mental health?

		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
HR		52	56	46	38	53	16	13	4	3	1	0
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




























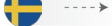
Q6 Where do you think mental health problems can best be detected at an early stage?
(Please select two answers.)

	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




























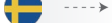
Q8_1 How would you rate the quality of mental health services based on your own experience or that of others you know? **Before the COVID-19 pandemic**

		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








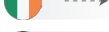
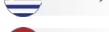
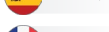
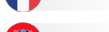

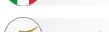
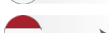














Q8_2 How would you rate the quality of mental health services based on your own experience or that of others you know? **During the COVID-19 pandemic**

		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


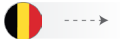
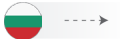


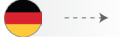

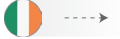
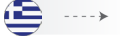


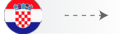

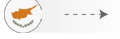
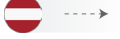
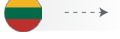
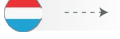
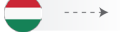

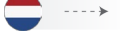
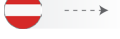




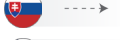
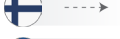
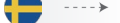
Q8_3 How would you rate the quality of mental health services based on your own experience or that of others you know? **After the COVID-19 pandemic**

		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




























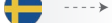
Q9 Have you or any of your family members ever encountered any issue(s) accessing mental health services?

	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




























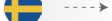
Q10 Which of the following issue(s) did you or they encounter? (Choose a maximum of 3 answers.)

		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




























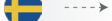
Q11 Can the use of social media by children and young people have a negative impact on their mental health (low self-esteem/body image, peer pressure, bullying etc.)?

		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




























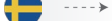
Q12_1 Do you think that mental health patients are judged differently than other patients by...**society in general**

	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




























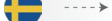
Q12_2 Do you think that mental health patients are judged differently than other patients by...**medical professionals**

	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




























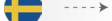
Q12_3 Do you think that mental health patients are judged differently than other patients by...**people in educational or professional settings**

	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




























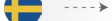
Q13_2 To what extent do you agree or disagree with the following statements about people with mental health issues in [YOUR COUNTRY]? **Mental health promotion is as important as physical health promotion**

	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




























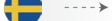
Q13_4 To what extent do you agree or disagree with the following statements about people with mental health issues in [YOUR COUNTRY]? **People with mental health issues are seen as less sociable**

	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











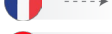
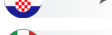

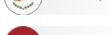
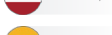
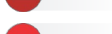


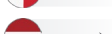

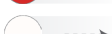







Q13_5 To what extent do you agree or disagree with the following statements about people with mental health issues in [YOUR COUNTRY]? **People with mental health issues get less opportunities at work, in finding housing, in social activities etc.**

	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








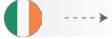



















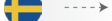
Q13_6 To what extent do you agree or disagree with the following statements about people with mental health issues in [YOUR COUNTRY]? **Mental health issues are perceived as not curable**

	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




























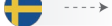
Q14 In the last 12 months, have you had any emotional or psychosocial problems (such as feeling depressed or feeling anxious)?

	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




























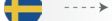
Q15 Which of the following symptoms have you experienced? [MULTIPLE ANSWERS POSSIBLE]

		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