

# Mental Health

## Part 1: Report

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This survey was requested by the Directorate General Health and Consumers (DG SANCO) and coordinated by the Directorate General for Communication (DG COMM “Research and Speechwriting” Unit).

This document does not represent the point of view of the European Commission. The interpretations and opinions contained in it are solely those of the authors.

## **Eurobarometer 73.2**

### **Mental Health**

Conducted by TNS Opinion & Social at the request of  
Directorate General Health and Consumers

Survey co-ordinated by Directorate General  
Communication

TNS Opinion & Social  
Avenue Herrmann Debroux, 40  
1160 Brussels  
Belgium

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## INTRODUCTION

Today, mental health disorders are experienced by approximately one in ten EU citizens and in many EU states depression is the most common health problem. Suicide represents a significant cause of death, with about 55 000 Europeans (Eurostat, 2007<sup>1</sup>) taking their own lives each year, of which three quarters are men<sup>2</sup>.

In recognition of the importance of mental health and well-being in Europe, the European Commission adopted a Green Paper on Mental Health in 2005 to examine how better to tackle mental illness and promote mental well-being. The main aim was to open up a framework for exchange, coordination and cooperation<sup>3</sup>. Following up on the Green Paper, the European Pact for Mental Health and Well-being<sup>4</sup> was launched at in June 2008 at high level conference "Together for mental health and well-being". The pact declaration acknowledged the importance and relevance of mental health and well-being for the European Union and symbolises the will of Governments, stakeholders and civil society to exchange and work together on mental health challenges and opportunities.

The fieldwork for this survey was carried out between 26 February and 17 March 2010. It is a follow up to the survey carried out between 7 December 2005 and 11 January 2006<sup>5</sup>, which was published in May 2006.

This report includes the 27 Member States. The results are presented for the total EU27, by individual country and, when significant, also for the fifteen Member States that were belonging to the EU already before May 2004, referred to as "EU15 countries" (EU15)<sup>6</sup> in the report, and for the twelve Member States that became new EU Members in May 2004 or in January 2007, referred to as "NMS12 countries"

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<sup>1</sup> <http://epp.eurostat.ec.europa.eu/portal/page/portal/eurostat/home>

<sup>2</sup> European Pact for Mental Health and Well-being,  
[http://ec.europa.eu/health/archive/ph\\_determinants/life\\_style/mental/docs/pact\\_en.pdf](http://ec.europa.eu/health/archive/ph_determinants/life_style/mental/docs/pact_en.pdf)

<sup>3</sup> Green Paper, Improving the mental health of the population  
[http://ec.europa.eu/health/archive/ph\\_determinants/life\\_style/mental/green\\_paper/mental\\_gp\\_en.pdf](http://ec.europa.eu/health/archive/ph_determinants/life_style/mental/green_paper/mental_gp_en.pdf)

<sup>4</sup> European Pact for Mental Health and Well-being,  
[http://ec.europa.eu/health/archive/ph\\_determinants/life\\_style/mental/docs/pact\\_en.pdf](http://ec.europa.eu/health/archive/ph_determinants/life_style/mental/docs/pact_en.pdf)

<sup>5</sup> Special Eurobarometer 64.4, Mental Well-being Survey,  
[http://ec.europa.eu/public\\_opinion/archives/ebs/ebs\\_248\\_en.pdf](http://ec.europa.eu/public_opinion/archives/ebs/ebs_248_en.pdf)

<sup>6</sup> EU15 countries include Belgium, Denmark, Germany, Greece, Spain, France, Ireland, Italy, Luxembourg, the Netherlands, Austria, Portugal, Finland, Sweden and the United Kingdom.

(NMS12)<sup>7</sup>. Socio-demographic analysis mainly focuses on age, occupation and social group. In addition, the data has been analysed by several non-socio-demographic variables that have been taken from the questionnaire itself, such as 'has sought psychological help' or 'has taken anti-depressants'.

The questionnaire used in this survey has been considerably revised to reflect the study objectives today and so several new questions have been included or have been changed since the previous study. Nevertheless, where possible, comparisons have been made to the survey conducted between 7 December 2005 and 11 January 2006<sup>8</sup>.

The main themes addressed in this report are:

- The state of mental well-being – how well people feel mentally and physically, and what impact has this had on their lives
- Level of comfort at work – how secure people feel in their current jobs, whether they feel their skills match their current role and whether they feel they receive adequate recognition/respect for what they do
- Care and treatment – what help and treatment people have sought to ameliorate any mental health conditions they have experienced
- Perceptions of people with mental illness – how comfortable people feel about interacting with those with a mental health problem

The survey was carried out by TNS Opinion & Social network. The interviews were conducted among 26 800 EU citizens in the 27 Member States of the European Union. The methodology used is that of the Eurobarometer surveys as carried out by the Directorate General for Communication ("Research and Speechwriting" Unit)<sup>9</sup>. A technical note on the manner in which the interviews were conducted by the Institutes within the TNS Opinion & Social network is included as an annex to this report. Also included are the interview methods and confidence intervals<sup>10</sup>.

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<sup>7</sup> NMS12 countries include Bulgaria, Czech Republic, Estonia, Republic of Cyprus, Lithuania, Latvia, Hungary, Malta, Poland, Romania, Slovenia and Slovakia.

<sup>8</sup> Here referred to as December 2005-January 2006

<sup>9</sup> [http://ec.europa.eu/public\\_opinion/archives/ebs/ebs\\_248\\_en.pdf](http://ec.europa.eu/public_opinion/archives/ebs/ebs_248_en.pdf)

<sup>9</sup> [http://ec.europa.eu/public\\_opinion/index\\_en.htm](http://ec.europa.eu/public_opinion/index_en.htm)

<sup>10</sup> The results tables are included in the annex. It should be noted that the total of the percentages in the tables of this report may exceed 100% when the respondent has the possibility of giving several answers to the question.

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*The Eurobarometer web site can be consulted at the following address:*

*[http://ec.europa.eu/public\\_opinion/index\\_fr.htm](http://ec.europa.eu/public_opinion/index_fr.htm)*

*We would like to take this opportunity to thank all the respondents throughout the continent who gave their time to take part in this survey.*

*Without their active participation, this survey would quite simply not have been possible.*

In this report, the countries are referred to by their official abbreviation:

**ABBREVIATIONS**

EU27	European Union – 27 Member States
DK	Don't know
BE	Belgium
BG	Bulgaria
CZ	Czech Republic
DK	Denmark
DE	Germany
EE	Estonia
EL	Greece
ES	Spain
FR	France
IE	Ireland
IT	Italy
CY	Republic of Cyprus
LT	Lithuania
LV	Latvia
LU	Luxembourg
HU	Hungary
MT	Malta
NL	The Netherlands
AT	Austria
PL	Poland
PT	Portugal
RO	Romania
SI	Slovenia
SK	Slovakia
FI	Finland
SE	Sweden
UK	United Kingdom

## EXECUTIVE SUMMARY

### The state of mental well-being

- **People report generally feeling more positive than negative**, that is, they experience positive emotions more often than negative emotions. Indeed, six out of ten EU citizens said that they had felt full of life (59%), happy (61%) or calm and peaceful (61%) in the past four weeks either all or most of the time and half (51%) felt the same about having lots of energy; whereas 20% reported feeling 'tired' in the past four weeks, 15% feeling 'particularly tense', 13% feeling 'worn out' and less than one in ten had felt 'so down in the dumps that nothing could cheer them up' or 'downhearted and depressed' either all or most of the time in the past four weeks (6% and 8% respectively).
- However, there has been a **downward shift in feeling since December 2005-January 2006**, with fewer respondents reporting experiencing the positive emotions all or most of the time during the past four weeks (-4 percentage points for 'full of life', 'happy' and 'had lots of energy') and fewer saying that they had 'never' or 'rarely' experienced negative emotions in the last four weeks (from -8 percentage points for 'tired' to -4 for 'so down in the dumps that nothing could cheer them up', with -7 for 'worn out', -6 for 'particularly tense' and -5 for 'downhearted and depressed').
- Finnish and Dutch respondents report experiencing positive emotions most, while Latvian, British and Lithuanian respondents report experiencing them least often. Cypriot and Italian respondents report experiencing negative emotions most while the Finnish, Swedish and Irish respondents report experiencing these emotions the least.
- **Those with the most negative experience are those for whom life is more socio-economically difficult** (low (1-4) social groups and those who have difficulties paying their bills 'most of the time'). **Those with a more positive experience of life are at the higher end of the social scale** (high (7-10) social group, who 'almost never' have difficulties paying their bills, in any employment) or are younger (15-24 year olds, students).
- **Across Europe, the average number of days which employees have been absent from work in the last month is 1.1.** However this is highest in Latvia and Lithuania, where it is double the EU average at 2.2.
- **Not surprisingly, absenteeism is impacted by the emotional health of employees.** Those who have sought help for a psychological or emotional



problem and those who have taken antidepressants in the last year are absent more than others. **In addition, the attitude of employees to work impacts on absenteeism**, with those who feel their job is under threat or feel unrecognised for what they do at work being absent more than others.

- **Physical health problems seem to affect citizens' lives more than emotional ones**, with 14% of respondents stating that they have accomplished less than they would like 'all' or 'most of the time' because of a physical health problem, whereas only 8% felt the same about the effect of an emotional problem. There is little variation between countries.
- **Those affected by physical or emotional problems tend to be those under social and financial stress**; that is, those from low (1-4) social groups and those who have difficulties paying their bills 'most of the time'. Reassuringly, they also tend to be more prevalent among those who have sought help for a psychological problem and those who have taken antidepressants.

#### Level of comfort at work

- Respondents were asked to indicate their level of agreement with three different statements in order to understand their perceptions of job security, how well their job matches their skills, and recognition for the work they do. It was apparent in the analysis that **those who feel they are in a job that does not match their training and education are also more likely to feel that they are not suitably rewarded or recognised for their efforts at work**.
- The majority feel safe in their current jobs (71%); however, 25% feel their current employment is under threat. Lithuanians feel the most insecure, with 58% feeling that their job is under threat.
- Three quarters feel that they are in a job that reflects their education and training, but 23% feel that they are not. The French and the British are the least happy with this aspect, with about a third feeling they are not in a suitable role.
- Overall, most feel respected and recognised for the work they do (78%), but one in five do not (19%). Romanian and Hungarian respondents felt the least respected and recognised for what they do.
- **At a socio-demographic level, those feeling most at risk in their jobs, that their job role does not match their skills and that they are not recognised for what they do, tend to be those who are most financially**

**stretched**; those who have difficulties paying their bills 'most of the time' and lower (1-4) social groups. **They also more strongly represented among those who have sought help for an emotional problem and those who have taken antidepressants in the last year.**

### Care and treatment

- **The proportion of citizens seeking help from a professional for a psychological or emotional problem in the year preceding the interview showed no significant increase on December 2005-January 2006**, with one in seven seeking help (15%).
- **Most of those who consult a professional for help go to their general practitioner.**
- The prevalence of seeking help was greatest in Romania, as it was in December 2005-January 2006, when a third of respondents had sought help from a professional. Conversely, Bulgarian and Greek respondents were least likely to have sought help.
- **The profile of those seeking help reflects the profile of those who tend to experience emotional problems:** those who live alone, have difficulties paying their bills 'most of the time' and come from lower (1-4) social groups.
- **Fewer respondents have taken antidepressants than have sought help from a professional**, with one in fourteen (7%) taking antidepressants in the year before the interview. Portuguese respondents reported using antidepressants most (15%), while German (3%), Greek (3%) and Bulgarian (4%) respondents used them least.
- **The main reasons for taking antidepressants were depression (51%) and anxiety (47%).** Those taking antidepressants for depression tend to be younger, those living alone and the unemployed. Those taking antidepressants for anxiety are more likely to be poorly educated, house persons, the unemployed and those who have difficulty paying their bills 'most of the time'.

### Perceptions of people with mental illness

- **Two thirds of EU citizens (67%) claim that they would be comfortable talking to someone with a 'significant mental health problem', while one in five (22%) would find it difficult to do the same.** Notably, one in ten (11%) were not sure and so stated 'don't know'.

- **Those in the NMS12 countries appear to be most uncomfortable about the prospect of talking to people with a 'significant mental health problem';** the top six countries in which respondents were most likely to find it difficult to talk to someone with a significant mental health problem are all NMS12 countries. Lithuanian respondents are the most uncomfortable about the suggestion, with 52% stating they would find it difficult.

## 1. THE STATE OF MENTAL WELL-BEING

In this chapter, we assess EU citizens' perceptions of their own mental well-being and how that has changed since December 2005-January 2006. We also analyse absenteeism from work and whether this is influenced by mental well-being. Finally, this chapter assesses whether people themselves feel their lives have been impacted by any physical or emotional problems.

### 1.1 Mental well-being over the 4 last weeks

In order to assess the respondents' mental well-being, they were asked how often they had experienced a mix of positive and negative statements. The question differed slightly compared to the December 2005-January 2006 survey in terms of the wording of the question; however, since the nine statements themselves were exactly the same in both surveys the data is shown for comparison in the following charts.

In this chapter the positive statements are analysed together followed by the negative statements in order to reveal the trends present within each group of statements.

#### *1.1.1 Positive feelings*

##### **- Most Europeans experience positive feelings more often than negative -**

Overall EU citizens feel more positive than negative; the proportion of respondents who agree that they felt the positive statements all or most of the time is greater than those who felt the same about the negative statements in the past four weeks.

On average, six out of ten EU citizens expressed that they had felt full of life (59%), happy (61%) or calm and peaceful (61%) in the past four weeks either all or most of the time and half (51%) felt the same about having lots of energy.

##### **- But citizens are feeling less positive and more negative than they were in December 2005-January 2006 -**

However, it appears that sentiment among EU citizens is slightly less positive and slightly more negative than it was in December 2005-January 2006. Respondents

responded less positively to the positive statements and more negatively to the negative statements than they did in December 2005-January 2006.

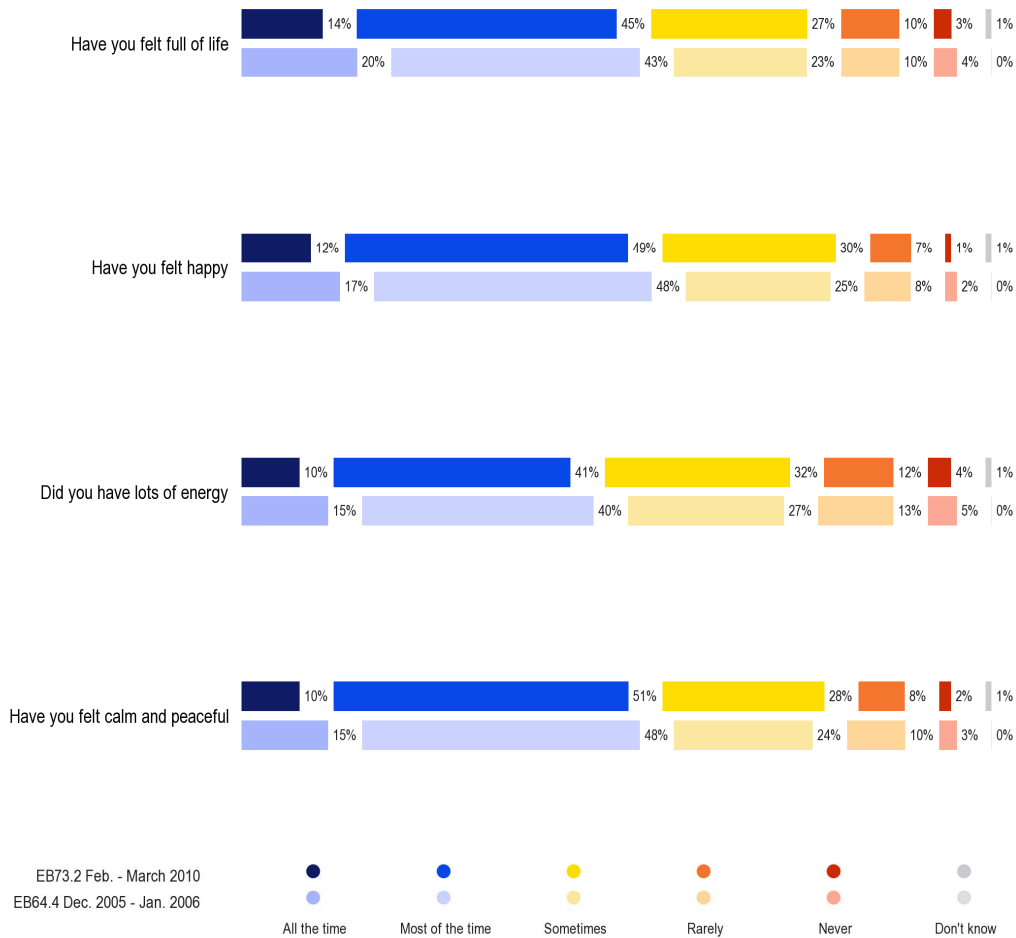
Compared to December 2005-January 2006, there has been a significant decrease in the proportion of respondents who either all or most of the time in the past four weeks felt that they were:

- Full of life (-4)
- Happy (-4)
- Had lots of energy (-4)

Interestingly, the proportion of 'sometimes' has increased significantly for each statement; the proportion of respondents expressing that they have never or rarely experienced each of these emotions has not increased significantly. There appears to be a subtle shift in how people are feeling, with respondents' experiencing these positive emotions marginally less.

There has been almost no change in the proportion who felt calm and peaceful all or most of the time in the past four weeks compared to December 2005-January 2006.

## QD2. How often during the past 4 weeks...?



















































































































EU27

**- Finnish and Dutch respondents are still the most positive -**

The Finnish and Dutch respondents feel the most positive. Respondents in Finland and the Netherlands responded most positively to all four positive statements, as they did in December 2005-January 2006.











Conversely, Latvia ranks among the five least positive countries on all four statements, while the UK and Lithuania rank in the least five positive countries on three of the four statements. This was not the case in December 2005-January 2006, where no clear consistencies between countries were observed.

**QD2 How often during the past 4 weeks...?**  
 - % "All the time" + "most of the time"

Mental health						Energy/Vitality					
Have you felt happy			Have you felt calm and peaceful			Did you have lots of energy			Have you felt full of life		
	EU27	61%		EU27	61%		EU27	51%		EU27	59%
	NL	82%		FI	81%		FI	70%		FI	91%
	IE	79%		DK	76%		NL	67%		NL	76%
	FI	79%		NL	73%		CY	64%		DK	71%
	LU	73%		SK	73%		SK	62%		LU	68%
	BE	71%		SE	73%		DK	61%		DE	67%
	UK	70%		CZ	71%		LU	60%		CY	66%
	FR	69%		DE	71%		AT	59%		IE	65%
	DK	68%		LT	70%		BG	58%		SK	64%
	SK	67%		IE	68%		IE	57%		SE	64%
	CY	65%		LU	65%		SI	57%		BE	63%
	SI	65%		PL	64%		SE	57%		SI	63%
	SE	65%		BE	63%		BE	56%		BG	62%
	MT	64%		BG	63%		IT	55%		AT	61%
	ES	61%		AT	63%		RO	55%		PT	61%
	DE	60%		EE	62%		EL	54%		FR	60%
	PT	60%		MT	62%		FR	54%		MT	60%
	CZ	56%		FR	61%		CZ	53%		EL	57%
	AT	55%		HU	61%		HU	52%		PL	57%
	PL	54%		CY	60%		MT	52%		RO	57%
	IT	53%		ES	59%		PL	52%		CZ	56%
	EE	51%		RO	56%		ES	50%		ES	54%
	HU	50%		SI	56%		PT	48%		IT	53%
	RO	48%		LV	55%		EE	46%		LV	53%
	LT	47%		PT	55%		UK	45%		UK	52%
	BG	46%		UK	54%		LV	44%		LT	48%
	EL	43%		IT	52%		LT	43%		EE	31%
	LV	41%		EL	46%		DE	41%		HU	24%

Since December 2005-January 2006, the proportion of EU citizens feeling 'happy' either 'all' or 'most of the time' has declined by four percentage points. However, in some countries there has been an increase in the proportion of respondents feeling 'happy' 'all' or 'most of the time', the highest increases are among Italian and Slovenian respondents (+5 percentage points). Conversely, the highest decrease was among Greek respondents, where a decline of 18 percentage points was observed.

**QD2 How often during the past 4 weeks...?  
Happy  
- "All the time + "most of the time"**











		<b>EB64.4 (Dec. 2005 - Jan. 2006)</b>	<b>EB73.2 (Feb. - March 2010)</b>	<b>Evolution 2005 - 2010</b>
	EU27	<b>65%</b>	<b>61%</b>	<b>-4</b>
	IT	<b>48%</b>	<b>53%</b>	<b>+5</b>
	SI	<b>60%</b>	<b>65%</b>	<b>+5</b>
	BG	<b>42%</b>	<b>46%</b>	<b>+4</b>
	PT	<b>56%</b>	<b>60%</b>	<b>+4</b>
	SK	<b>63%</b>	<b>67%</b>	<b>+4</b>
	RO	<b>56%</b>	<b>48%</b>	<b>-8</b>
	BG	<b>80%</b>	<b>71%</b>	<b>-9</b>
	ES	<b>70%</b>	<b>61%</b>	<b>-9</b>
	EL	<b>61%</b>	<b>43%</b>	<b>-18</b>

Overall, Europeans are also feeling less 'full of life' than they were in December 2005-January 2006, with a decline in those who felt this way 'all' or 'most of the time' in the past four weeks (-4 percentage points). Respondents in Spain and the UK exhibited the largest decreases in feeling 'full of life' either 'all' or 'most of the time', with decreases of at least three times the EU average.

However, not every country has exhibited a decline since December 2005-January 2006. In Bulgaria, Italy and Malta more respondents felt full of life in the past four weeks, with increases of four or three percentage points in those who felt 'full of life' either 'all' or 'most of the time'.











**QD2 How often during the past 4 weeks...?**  
**Full of life -**  
**"All the time + "most of the time"**

		<b>EB64.4</b> <b>(Dec. 2005 - Jan.</b> <b>2006)</b>	<b>EB73.2</b> <b>(Feb. - March</b> <b>2010)</b>	<b>Evolution</b> <b>2005 - 2010</b>
	EU27	<b>63</b>	<b>59%</b>	<b>-4</b>
	BG	<b>58%</b>	<b>62%</b>	<b>+4</b>
	IT	<b>50%</b>	<b>53%</b>	<b>+3</b>
	MT	<b>57%</b>	<b>60%</b>	<b>+3</b>
	SI	<b>61%</b>	<b>63%</b>	<b>+2</b>
	BE	<b>72%</b>	<b>63%</b>	<b>-9</b>
	LT	<b>57%</b>	<b>48%</b>	<b>-9</b>
	EL	<b>67%</b>	<b>57%</b>	<b>-10</b>
	UK	<b>64%</b>	<b>52%</b>	<b>-12</b>
	ES	<b>70%</b>	<b>54%</b>	<b>-16</b>

There has not been a significant change overall in the proportion of Europeans who felt 'calm and peaceful' either 'all' or 'most of the time' in the four weeks preceding the interview, with a decline of only two percentage points since December 2005-January 2006. However, at a country level there have been significant changes.

Respondents from Italy, Portugal, Germany and Slovenia exhibited the greatest percentage point increases with the proportion who felt 'calm and peaceful' 'all' or 'most of the time' increasing by between six and four percentage points. Whereas in Greece, the UK and Romania the greatest percentage point decreases were observed, decreasing by about one in ten respondents in each country.




**QD2 How often during the past 4 weeks...?**  
**Calm and peaceful -**  
**"All the time + "most of the time"**

		<b>EB64.4</b> <b>(Dec. 2005 - Jan.</b> <b>2006)</b>	<b>EB73.2</b> <b>(Feb. - March</b> <b>2010)</b>	<b>Evolution</b> <b>2005 - 2010</b>
	EU27	<b>63%</b>	<b>61%</b>	<b>-2</b>
	IT	<b>46%</b>	<b>52%</b>	<b>+6</b>
	PT	<b>50%</b>	<b>55%</b>	<b>+5</b>
	DE	<b>67%</b>	<b>71%</b>	<b>+4</b>
	SI	<b>52%</b>	<b>56%</b>	<b>+4</b>
	RO	<b>65%</b>	<b>56%</b>	<b>-9</b>
	UK	<b>64%</b>	<b>54%</b>	<b>-10</b>
	EL	<b>58%</b>	<b>46%</b>	<b>-12</b>

In general, those who experience the positive statements 'all' or 'most of the time' tend to be:

- 15-24 year olds
- Students and those in any employment
- Those who 'almost never' have difficulties paying their bills
- High (7-10) social groups

Moreover, those who were not absent from work last month and who feel no threat to their job security are also the most likely to experience positive statements 'all' or 'most of the time'.

QD2 How often during the past 4 weeks...? "All the time" + "Most of the time"			
	Have you felt calm and peaceful	Have you felt full of life	Did you have lots of energy
EU27	61%	59%	51%
<b>Age</b>			
 15-24	65%	71%	62%
25-39	61%	66%	60%
40-54	59%	58%	52%
55 +	62%	49%	39%
<b>Education (End of)</b>			
 15-	56%	47%	39%
16-19	62%	59%	53%
20+	66%	67%	57%
Still studying	67%	72%	64%
<b>Respondent occupation scale</b>			
 Self-employed	63%	66%	62%
Managers	67%	70%	60%
Other white collars	60%	65%	58%
Manual workers	65%	64%	59%
House persons	54%	52%	46%
Unemployed	52%	53%	47%
Retired	61%	45%	36%
Students	67%	72%	64%
<b>Difficulties paying bills</b>			
Most of the time	38%	38%	37%
From time to time	54%	52%	48%
Almost never	67%	64%	54%
<b>Self-positioning on the social staircase</b>			
Low (1-4)	51%	44%	40%
Medium (5-6)	62%	58%	50%
High (7-10)	68%	70%	63%
<b>Absent from work last month</b>			
Yes	55%	58%	50%
No	66%	69%	62%
<b>Your job security is under threat</b>			
Agree	55%	55%	51%
Disagree	67%	70%	63%

Those experiencing the positive statements 'sometimes' tend to be over 55 years of age, living alone, house persons and the retired, have difficulty paying their bills 'most of the time' and from low (1-4) social groups.

### *1.1.2 Negative feelings*

On the whole in comparison to experience of the positive states, relatively few respondents feel negatively either most or all of the time. Less than one in ten have felt 'so down in the dumps that nothing could cheer them up' or 'downhearted and depressed' either all or most of the time in the past four weeks (6% and 8% respectively). However, more than one in ten have felt tense, worn out or tired all or most of the time in the past four weeks, with 15% feeling 'particularly tense', 13% feeling 'worn out' and 20% feeling 'tired' in the past four weeks.

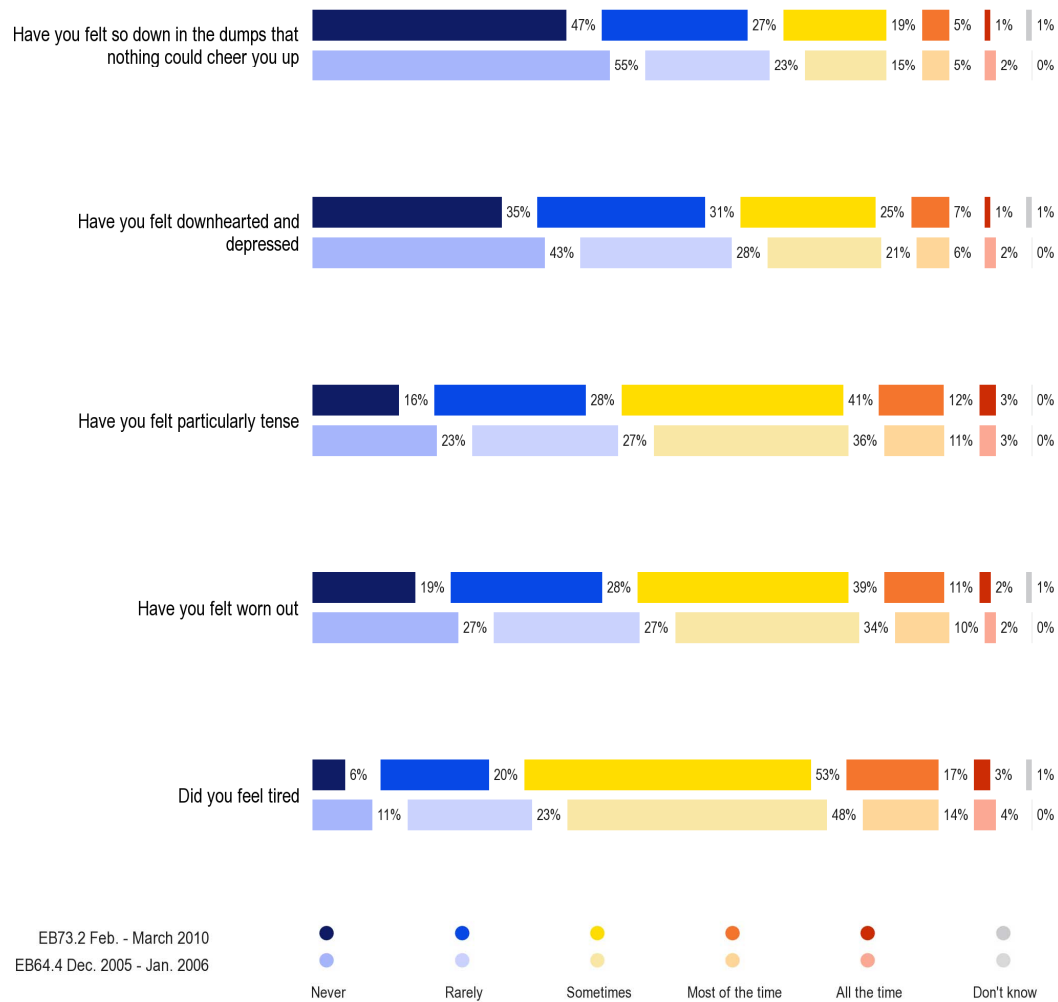
Tiredness is the greatest negative feeling experienced. One in five respondents expressed that they 'felt tired' in the past four weeks all or most of the time (20%). This links to the way respondents felt about the positive statement related to energy; of all the positive statements, the fewest respondents expressed that they felt they had 'lots of energy' all or most of the time in the past four weeks.

#### ***- Europeans are feeling negative more than they were in December 2005-January 2006 -***

There has been a decrease in the proportion of citizens feeling that they have never or rarely experienced each of the negative emotional states in the last four weeks compared to December 2005-January 2006; the proportion of citizens never or rarely feeling each state has decreased by four percentage points or more.

EU citizens are experiencing these negative emotions more than they were in December 2005-January 2006. As with the positive statements, the proportion of respondents expressing that they have felt each of these states 'sometimes' in the past four weeks has increased significantly since December 2005-January 2006, with those feeling each emotional state increasing by four or five percentage points.

## QD2. How often during the past 4 weeks...?



**- Greek and Italian respondents are feeling the most negative -**

Overall, respondents from Sweden, Denmark, the Netherlands and Finland are the least likely to experience the negative emotions. In these countries the proportion of respondents who claim they 'never' or 'rarely' experience the negative emotional states are among the highest across all five statements. Conversely, among the Greek and Italian respondents agreement with 'never' or 'rarely' is consistently low across all the negative statements; the Greeks and Italians are experiencing the negative emotions more than respondents in other countries.

On average three quarters of Europeans have 'never' or 'rarely' felt 'so down in the dumps that nothing could cheer them up' in the past four weeks. In Sweden, Denmark, France, Luxembourg and the Netherlands between 90% and 85% of respondents felt this way. Whilst at the other extreme, only just over half felt the same way in Romania (56%), Greece (56%), Lithuania (57%) and Italy (57%).

Across Europe, two thirds have felt 'downhearted and depressed' 'never' or 'rarely' in the past four weeks. Those least 'downhearted and depressed' are in Denmark, Sweden, Germany and the Netherlands, where about eight out of ten respondents 'never' or 'rarely' felt this way. While those in Italy, Lithuania and Greece are more likely to feel 'downhearted and depressed', with only about half claiming that they 'never' or 'rarely' felt this way.

It seems that, of the 'mental well-being' states, considerably more Europeans are experiencing tension than feeling 'down in the dumps' or feeling 'downhearted and depressed', with only 44% on average claiming that they 'never' or 'rarely' felt 'particularly tense'. The Finnish, Swedish, Danish and Irish are the least likely to experience tension with between 63% and 57% claiming that they 'never' or 'rarely' feel 'particularly tense' in the past four weeks. Whereas, the Greeks, Romanians and Italians are the most likely to feel 'particularly tense' with only 25%, 27% and 29% respectively feeling they 'never' or 'rarely' felt 'particularly tense'.

Just under half of all European citizens feel they have 'never' or 'rarely' felt 'worn out' in the past four weeks (47%). Respondents in Denmark and Finland are the least worn out with around eight out of ten (79% and 78% respectively) claiming they have 'never' or 'rarely' felt this way. While at the other extreme, respondents in the UK and






Italy have the lowest incidence of those claiming they have 'never' or 'rarely' felt this way, with only a third (34%) feeling this way.

Feeling tired is the most frequently felt negative state, with only a quarter of Europeans claiming that they 'never' or 'rarely' experience being 'tired' in the past four weeks. There is relatively little variation between countries, with the highest proportion of respondents who felt they had 'never' or 'rarely' experienced being tired in the past four weeks being about a third in the Netherlands (36%), Finland (35%), Germany (34%) and Bulgaria (33%). The lowest proportion of respondents who felt the same is about one in five, exhibited in Greece (18%), the UK (19%), Malta (19%), Hungary (20%), Sweden (21%), Slovenia (21%) and Italy (21%).

QD2 How often during the past 4 weeks...? - % "Never" + "rarely"											
Mental well-being						Energy/Vitality					
Have you felt so down in the dumps that nothing could cheer you up			Have you felt downhearted and depressed			Have you felt particularly tense			Have you felt worn out		
									Did you feel tired		
	EU27	74%		EU27	66%		EU27	44%		EU27	47%
	SE	90%		DK	81%		FI	63%		NL	36%
	DK	89%		SE	80%		SE	60%		FI	35%
	FR	85%		DE	78%		DK	57%		DE	34%
	LU	85%		NL	78%		IE	57%		BG	33%
	NL	85%		FI	75%		NL	53%		ES	30%
	DE	81%		BG	74%		PT	50%		PL	30%
	BE	80%		CZ	74%		DE	49%		LT	29%
	FI	80%		IE	74%		SI	49%		AT	29%
	IE	78%		AT	74%		UK	49%		PT	29%
	CY	77%		EE	71%		CZ	47%		CY	28%
	UK	77%		HU	71%		ES	47%		LV	28%
	CZ	76%		SK	71%		HU	47%		BE	27%
	ES	76%		CY	70%		PL	47%		CZ	27%
	EE	75%		LU	70%		BE	46%		DK	27%
	SI	74%		UK	70%		SK	46%		LU	27%
	MT	73%		BE	69%		FR	45%		FR	24%
	PL	73%		SI	69%		LT	45%		EE	23%
	SK	73%		FR	68%		LU	45%		IE	23%
	HU	72%		PT	65%		BG	43%		RO	23%
	PT	70%		ES	64%		EE	42%		SK	23%
	BG	69%		PL	63%		MT	42%		IT	21%
	LV	69%		MT	62%		AT	41%		SI	21%
	AT	66%		LV	60%		LV	38%		SE	21%
	IT	57%		RO	54%		CY	35%		HU	20%
	LT	57%		EL	51%		IT	29%		MT	19%
	EL	56%		LT	51%		RO	27%		UK	19%
	RO	56%		IT	47%		EL	25%		EL	18%

Overall Europeans are feeling more tense compared to December 2005-January 2006, there has been a decline of six percentage points in those who 'never' or rarely' felt tense in the last four weeks. No countries demonstrated a significant increase in the proportion of respondents who had who 'never' or rarely' felt tense in the last four weeks; Germany remained stable (+1). Conversely, the largest decreases in respondents who felt this way were two or three times that of the EU average; in Romania (-19), Austria (-15) and Malta (-14).

**QD2 How often during the past 4 weeks...?  
Particularly tense -  
"Never" + "rarely"**







		<b>EB64.4 (Dec. 2005 - Jan. 2006)</b>	<b>EB73.2 (Feb. - March 2010)</b>	<b>Evolution 2005 - 2010</b>
	EU27	<b>63%</b>	<b>61%</b>	<b>-6</b>
	DE	<b>48%</b>	<b>49%</b>	<b>+1</b>
	MT	<b>56%</b>	<b>42%</b>	<b>-14</b>
	AT	<b>56%</b>	<b>41%</b>	<b>-15</b>
	RO	<b>46%</b>	<b>27%</b>	<b>-19</b>

More EU citizens are feeling 'down in the dumps' than previously, with a decline of four percentage points overall in those who have 'never' or 'rarely' felt this way since December 2005-January 2006. The greatest increases in respondents feeling 'down in the dumps' are among Greek, Romanian and Austrian respondents, where increases of between 14 and 10 percentage points were observed.

There has not been a significant increase in any country claiming that they felt less 'down in the dumps'; the greatest increases in those claiming that they 'never' or 'rarely' felt this way in Denmark and the Netherlands are not statistically significant (+2 percentage points).









**QD2 How often during the past 4 weeks...?**  
**Down in the dumps -**  
**"Never" + "rarely"**

		<b>EB64.4</b> <b>(Dec. 2005 - Jan. 2006)</b>	<b>EB73.2</b> <b>(Feb. - March 2010)</b>	<b>Evolution</b> <b>2005 - 2010</b>
	EU27	<b>78%</b>	<b>74%</b>	<b>-4</b>
	DK	<b>87%</b>	<b>89%</b>	<b>+2</b>
	NL	<b>83%</b>	<b>85%</b>	<b>+2</b>
	AT	<b>76%</b>	<b>66%</b>	<b>-10</b>
	RO	<b>67%</b>	<b>56%</b>	<b>-11</b>
	EL	<b>70%</b>	<b>56%</b>	<b>-14</b>

European citizens are also feeling more 'downhearted and depressed' than they were in December 2005-January 2006, with the overall proportion who 'never' or 'rarely' felt this way in the last four weeks having declined by five percentage points. The declines in those who 'never' or 'rarely' felt this way are greatest in Greece (-15), Romania (-12), Italy (-8) and Spain (-8).

Only in Bulgaria are respondents less 'downhearted and depressed'; in Bulgaria there has been a significant increase in the proportion of respondents who 'never' or 'rarely' felt this way in the four weeks before the interview (+4).

**QD2 How often during the past 4 weeks...?**  
**Downhearted and depressed -**  
**"Never" + "rarely"**

		<b>EB64.4</b> <b>(Dec. 2005 - Jan. 2006)</b>	<b>EB73.2</b> <b>(Feb. - March 2010)</b>	<b>Evolution</b> <b>2005 - 2010</b>
	EU27	<b>71%</b>	<b>66%</b>	<b>-5</b>
	BG	<b>70%</b>	<b>74%</b>	<b>+4</b>
	ES	<b>72%</b>	<b>64%</b>	<b>-8</b>
	IT	<b>55%</b>	<b>44%</b>	<b>-8</b>
	RO	<b>66%</b>	<b>54%</b>	<b>-12</b>
	EL	<b>66%</b>	<b>51%</b>	<b>-15</b>






The greatest changes have been in citizens feeling more 'worn out' and more 'tired' in the four weeks preceding the interview. Overall, more Europeans have felt 'worn out' and 'tired' than they did in December 2005-January 2006; with the proportion of citizens stating they never or rarely felt this way about each statement decreasing by seven and eight percentage points respectively.

Respondents in Luxembourg, Italy and Belgium felt more 'worn out' than they did in December 2005-January 2006, exhibiting the greatest decreases in those who 'never' or 'rarely' felt 'worn out', -13, -13 and -12 percentage points respectively. Respondents in Belgium also exhibited the greatest decrease in those who 'never' or 'rarely' felt 'tired' (-16), along with Romania (-14) and Denmark (-13).

Only respondents in the Netherlands exhibited a significant increase in feeling less 'worn out' since December 2005-January 2006, with an increase of three percentage points in those who 'never' or 'rarely' felt 'worn out'. There were no significant increases in respondents feeling less 'tired'; Cyprus remained stable (+1).






**QD2 How often during the past 4 weeks...?**

**Worn out -  
"Never" + "rarely"**

		<b>EB64.4 (Dec. 2005 - Jan. 2006)</b>	<b>EB73.2 (Feb. - March 2010)</b>	<b>Evolution 2005 - 2010</b>
	EU27	54%	47%	-7
	NL	59%	62%	+3
	BG	64%	52%	-12
	IT	47%	34%	-13
	LU	57%	44%	-13

**QD2 How often during the past 4 weeks...?**




**Tired -  
"Never" + "rarely"**

		<b>EB64.4 (Dec. 2005 - Jan. 2006)</b>	<b>EB73.2 (Feb. - March 2010)</b>	<b>Evolution 2005 - 2010</b>
	EU27	34%	26%	-8
	CY	27%	28%	+1
	DK	40%	27%	-13
	RO	37%	23%	-14
	BE	43%	27%	-16

Socio-demographically, those experiencing the negative statements 'all' or 'most of the time' is most prevalent among:






- Those who have difficulties paying their bills 'most of the time'
- Low (1-4) social groups

Those experiencing the negative statements 'sometimes' most is more statement specific, however, there are some commonalities between the energy/vitality statements and the mental-well being statements. Those who experience the negative energy/vitality statements (feeling 'worn out' or 'tired') 'sometimes' most often tend to be women, those in self-employment, managers and other white collar workers.

QD2 How often during the past 4 weeks have you felt...? "Sometimes"		
	Worn out	Tired
EU27	39%	53%
<b>Sex</b>		
 Male	37%	51%
 Female	42%	55%
<b>Respondent occupation scale</b>		
 Self-employed	44%	56%
Managers	42%	56%
Other white collars	43%	58%
Manual workers	39%	55%
House persons	45%	55%
Unemployed	36%	49%
Retired	37%	50%
Students	33%	49%
<b>Difficulties paying bills</b>		
Most of the time	38%	43%
From time to time	44%	56%
Almost never	38%	53%
<b>Absent from work last month</b>		
Yes	44%	55%
No	41%	56%
<b>Your job security is under threat</b>		
Agree	44%	56%
Disagree	41%	56%

Whereas, experience of the 'depression' mental well-being statements ('felt so down in the dumps that nothing could cheer you up' and 'felt downhearted and depressed') 'sometimes' is more prevalent among women, the less well educated (those who completed their education under 15 years), house persons and the unemployed, those who have difficulties paying their bills most of the time or from time to time and low (1-4) social groups.

Moreover, those who were absent from work during the last month and who feel that their job security is under threat are also the most likely to experience the depressed mental states 'sometimes'.

QD2 How often during the past 4 weeks have you felt...? "Sometimes"		
	Down in the dumps	Downhearted and depressed
EU27	19%	25%
<b>Sex</b>		
 Male	16%	23%
 Female	21%	27%
<b>Age</b>		
 15-24	17%	23%
25-39	16%	25%
40-54	19%	26%
55 +	21%	26%
<b>Education (End of)</b>		
 15-	24%	29%
16-19	18%	25%
20+	14%	22%
Still studying	14%	22%
<b>Respondent occupation scale</b>		
 Self-employed	18%	24%
Managers	14%	21%
Other white collars	17%	24%
Manual workers	15%	22%
House persons	26%	33%
Unemployed	22%	33%
Retired	21%	26%
Students	14%	22%
<b>Difficulties paying bills</b>		
Most of the time	30%	38%
From time to time	25%	34%
Almost never	14%	20%
<b>Self-positioning on the social staircase</b>		
Low (1-4)	25%	32%
Medium (5-6)	18%	25%
High (7-10)	15%	21%
<b>Absent from work last month</b>		
Yes	19%	27%
No	15%	21%
<b>Your job security is under threat</b>		
Agree	20%	29%
Disagree	14%	20%

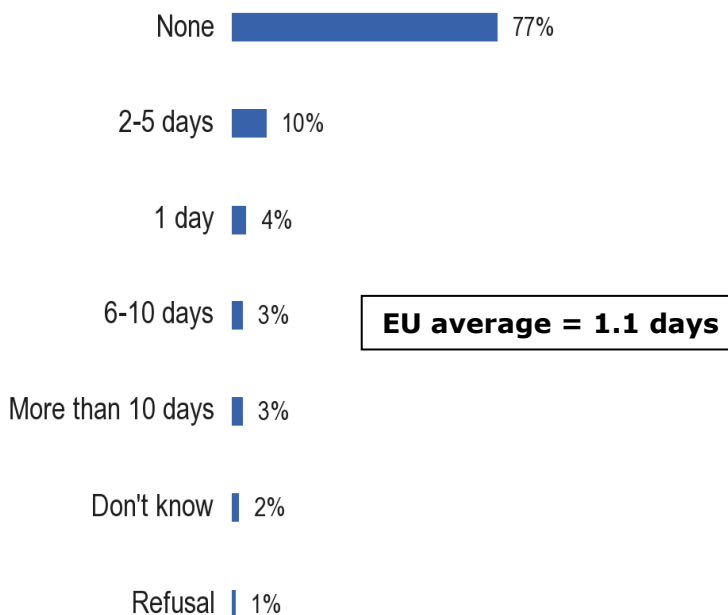
## 1.2 Absence from work

**- On average, European employees have been absent from work one day in the past four weeks -**

About three quarters of EU working citizens have not been absent from work in the past four weeks, unless they were on annual holidays. On average, EU citizens have been off work one day in the past four weeks.

One in ten have been absent from work for up to a full working week (between two and five days). A further one in twenty have been absent for more than one week in the past four weeks (6% absent for 6 days or more).

**QD3. Apart for holidays, in the past 4 weeks how many days were you absent from work?**

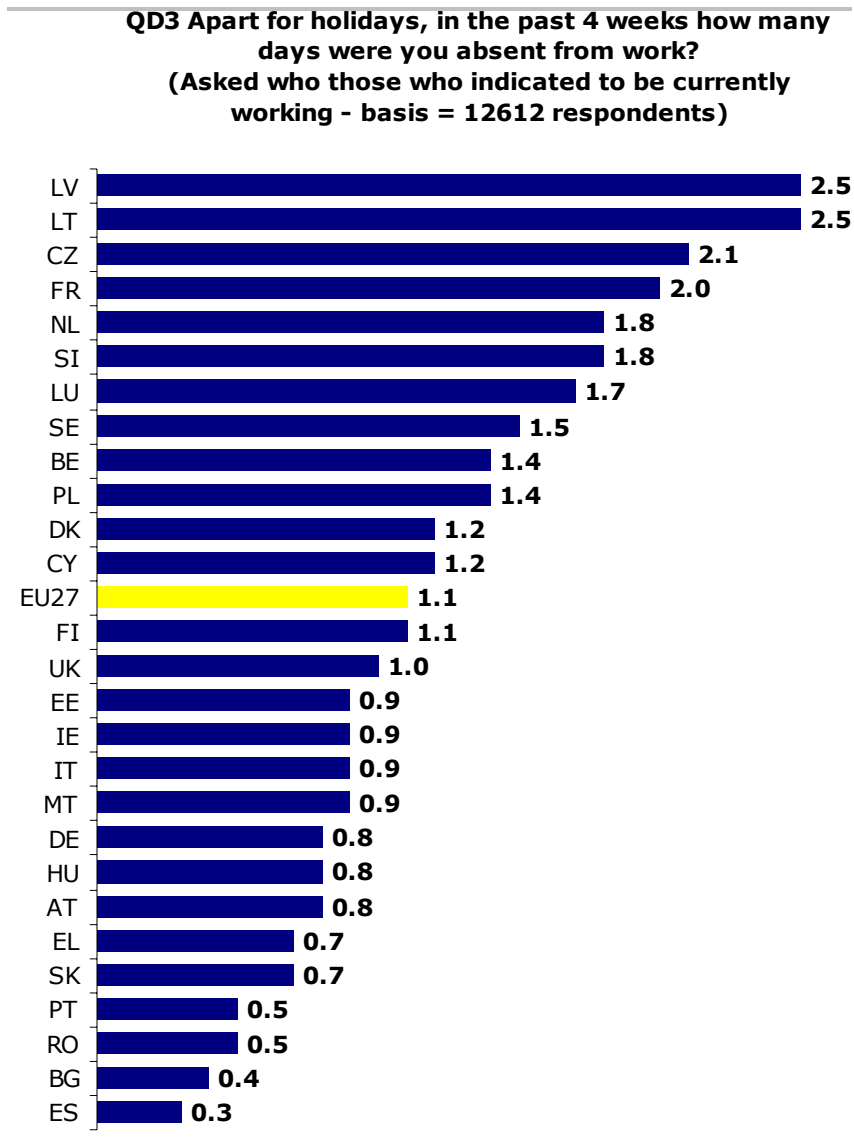


EU27

Asked to those who indicated to be currently working – basis = 12612 respondents

Absence from work is greatest among Latvian and Lithuanian respondents; the average rate of absenteeism in the last four weeks is 2.5 days on average, which is more than double the EU average. The rate of absenteeism in the Czech Republic and France is also relatively high at about double the EU average, 2.1 days and 2.0 days in the last four weeks respectively.

Spanish, Bulgarian, Romanian and Portuguese respondents reported the fewest days of being absent from work, with each averaging 0.5 days in the last four weeks or less.





The socio-demographic differences between those who have been absent from work are subtle.

Younger people (15-24 years) tend to have more days absent than older people (13% of 15-24 year olds absent for 2-5 days versus the EU average of 10%). Older people are more likely to take none (81% of 55+year olds have not been absent at all versus the EU average of 77). Not surprisingly, the self-employed do not tend to be absent from work, whereas with decreasing seniority in white collar jobs employees tend to be absent for more days (7% of managers absent for 1 day, 13% of other white collar workers absent for 2-5 days). Those in low (1-4) social groups are more likely to be absent, only 72% stated they had not been absent from work compared to the EU average of 77%.

It is also interesting to analyse the data by the people's mental well-being and their attitudes to work. Those who have sought psychological help and have taken antidepressants are more likely to be absent from work, in particular, among those taking antidepressants absenteeism for extended periods is more prevalent (11% absent for more than 10 days).

Those who feel insecure at work or unrecognised for what they do also exhibit a greater degree of absenteeism; this could be a reflection of them trying to obtain work elsewhere and so the time off work may be being used to attend interviews or meetings with other prospective companies.

**QD3 Apart for holidays, in the past 4 weeks how many days were you absent from work?**  
**(Asked to those who indicated to be currently working – basis = 12612 respondents )**

	None	1 day	2-5 days	6-10 days	More than 10 days	Refusal	DK	Average
EU27	77%	4%	10%	3%	3%	1%	2%	1,1
<b>Age</b>								
 15-24	76%	3%	13%	2%	3%	-	3%	1,1
25-39	75%	5%	11%	3%	2%	1%	3%	1,1
40-54	79%	3%	9%	3%	3%	1%	2%	1,1
55 +	81%	4%	7%	2%	3%	1%	2%	0,9
<b>Respondent occupation scale</b>								
 Self- employed	82%	2%	8%	2%	1%	1%	4%	0,6
Managers	77%	7%	9%	3%	2%	1%	1%	0,9
Other white collars	73%	5%	13%	3%	3%	1%	2%	1,3
Manual workers	78%	4%	9%	2%	4%	1%	2%	1,2
<b>Self-positioning on the social staircase</b>								
Low (1-4)	72%	5%	11%	3%	5%	1%	3%	1,6
Medium (5-6)	79%	4%	10%	3%	2%	1%	1%	1,1
High (7-10)	78%	5%	9%	3%	2%	1%	2%	1,0
<b>Has sought psychological help</b>								
Yes	64%	5%	15%	4%	7%	1%	4%	2,3
No	79%	4%	9%	3%	2%	1%	2%	0,9
<b>Has taken Antidepressants</b>								
Yes	61%	6%	13%	5%	11%	1%	3%	3,2
No	78%	4%	10%	3%	2%	1%	2%	1,0
<b>Your job security is under threat</b>								
Agree	72%	5%	12%	3%	4%	1%	3%	1,6
Disagree	80%	4%	9%	3%	2%	1%	1%	0,9
<b>At work you receive respect and recognition</b>								
Agree	79%	4%	9%	3%	2%	1%	2%	1,0
Disagree	71%	4%	13%	3%	5%	1%	3%	1,6



### 1.3 Effects of physical health problems

Questions were included in the December 2005-January 2006 survey to understand the impact of physical and emotional health problems on citizens' lives, however, the wording has been substantially changed in this survey, which means that the data cannot be reliably compared.

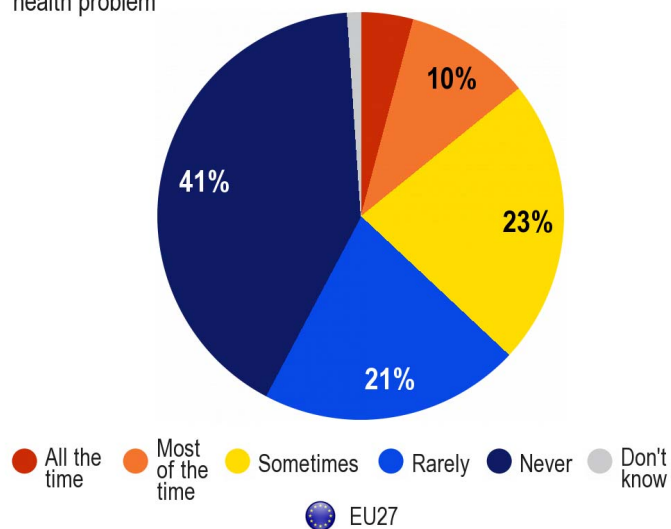
**- 62% of citizens are 'rarely' or 'never' affected by a physical health problem -**

Almost one in seven EU citizens (14%) accomplished less than they would like to all or most of the time in the last four weeks as a result of a physical health problem and almost a quarter (23%) accomplished less sometimes. Six out of ten (62%) rarely or never felt the same.

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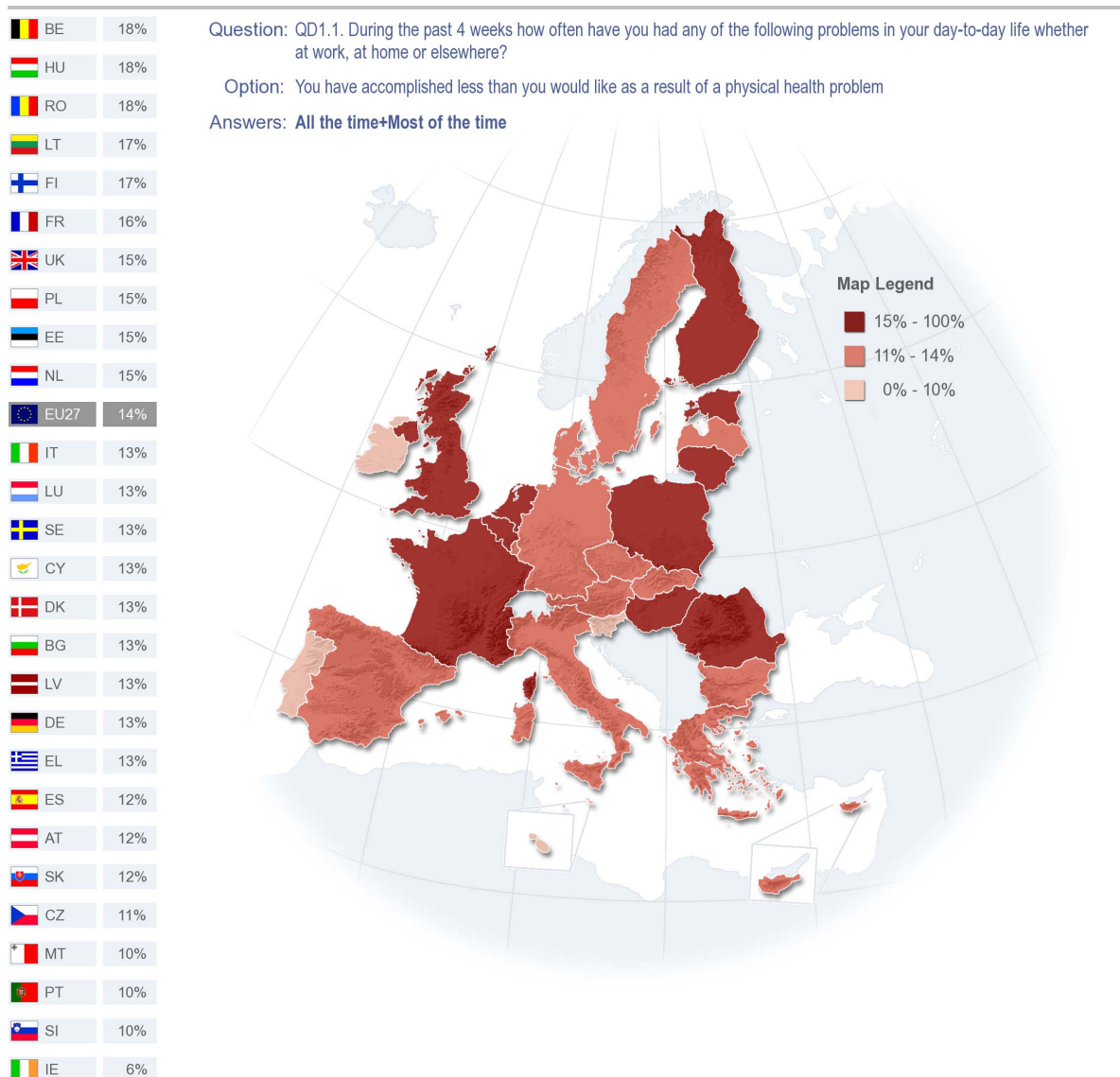
QD1.1. During the past 4 weeks how often have you had any of the following problems in your day-to-day life whether at work, at home or elsewhere?

You have accomplished less than you would like as a result of a physical health problem



There is relatively little difference between the countries in the proportion of respondents who feel a physical health problem has impacted on their lives; the range of those feeling that they have accomplished less all or most of the time as a result of a physical health problem is only 12 percentage points from the highest incidence to the lowest incidence.






Belgium, Hungary and Romania have the highest incidence of people feeling that a physical health problem has meant they have accomplished less than they would have liked all or most of the time (18%). While, the lowest incidence is in Ireland, with only 6% of respondents feeling that they have accomplished less as a result of a physical health problem, all or most of the time.



Those who feel they have accomplished less because of a health problem are more prevalent among the elderly (55 years and older), retired and low (1-4) social groups.

Whereas, those who felt they 'never' accomplished less in the last four weeks as a result of a health problem are more frequent among men, 15-39 year olds, students, the employed, unemployed and high (7-10) social groups.

Notably, those who have sought psychological help or used antidepressants are most prevalent among those who feel they have accomplished less in the last four weeks.

QD1.1 During the past 4 weeks how often have you had any of the following problems in your day-to-day life whether at work, at home or elsewhere? You have accomplished less than you would like as a result of a physical health problem						
	All the time	Most of the time	Sometimes	Rarely	Never	DK
EU27	4%	10%	23%	21%	41%	1%
<b>Sex</b>						
 Male	4%	8%	20%	22%	45%	1%
 Female	5%	10%	26%	21%	37%	1%
<b>Age</b>						
 15-24	2%	6%	16%	22%	53%	1%
25-39	2%	6%	19%	22%	50%	1%
40-54	5%	8%	23%	24%	40%	0%
55 +	7%	15%	28%	19%	30%	1%
<b>Education (End of)</b>						
 15-	7%	16%	25%	18%	33%	1%
16-19	4%	9%	23%	22%	41%	1%
20+	3%	7%	21%	22%	46%	1%
Still studying	2%	4%	17%	24%	52%	1%
<b>Respondent occupation scale</b>						
 Self-employed	1%	5%	22%	25%	46%	1%
Managers	3%	6%	19%	23%	49%	0%
Other white collars	2%	6%	23%	25%	44%	0%
Manual workers	2%	7%	19%	22%	50%	0%
House persons	4%	10%	30%	20%	35%	1%
Unemployed	4%	11%	20%	18%	45%	2%
Retired	10%	17%	28%	18%	26%	1%
Students	2%	4%	17%	24%	52%	1%
<b>Self-positioning on the social staircase</b>						
Low (1-4)	8%	15%	26%	18%	32%	1%
Medium (5-6)	4%	9%	23%	22%	41%	1%
High (7-10)	3%	7%	20%	22%	47%	1%
<b>Has sought psychological help</b>						
Yes	10%	21%	31%	17%	20%	1%
No	4%	7%	21%	22%	45%	1%
<b>Has taken Antidepressants</b>						
Yes	13%	23%	32%	13%	18%	1%
No	4%	8%	22%	22%	43%	1%

## 1.4 Effects of emotional problems

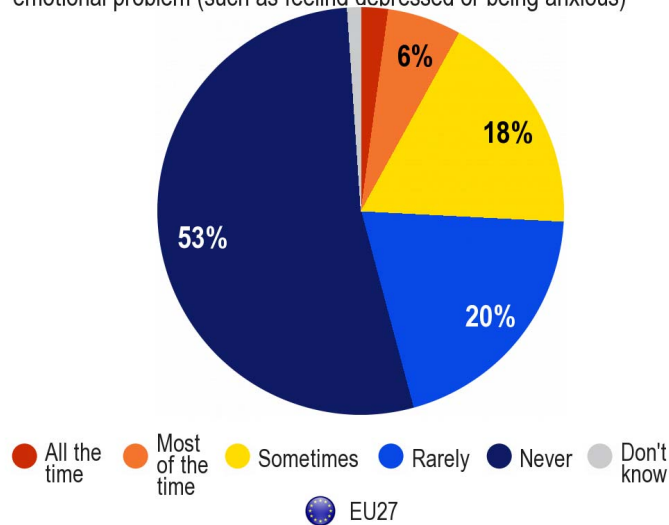
### ***- Emotional problems appear to be impacting less EU citizens' lives than physical problems -***

EU citizens appear to feel less impacted emotionally than they do physically. Only 8% of EU citizens on average felt that they had accomplished less in the last four weeks all or most of the time as a result of an emotional problem, compared to 14% who felt the same about the impact of a physical problem.

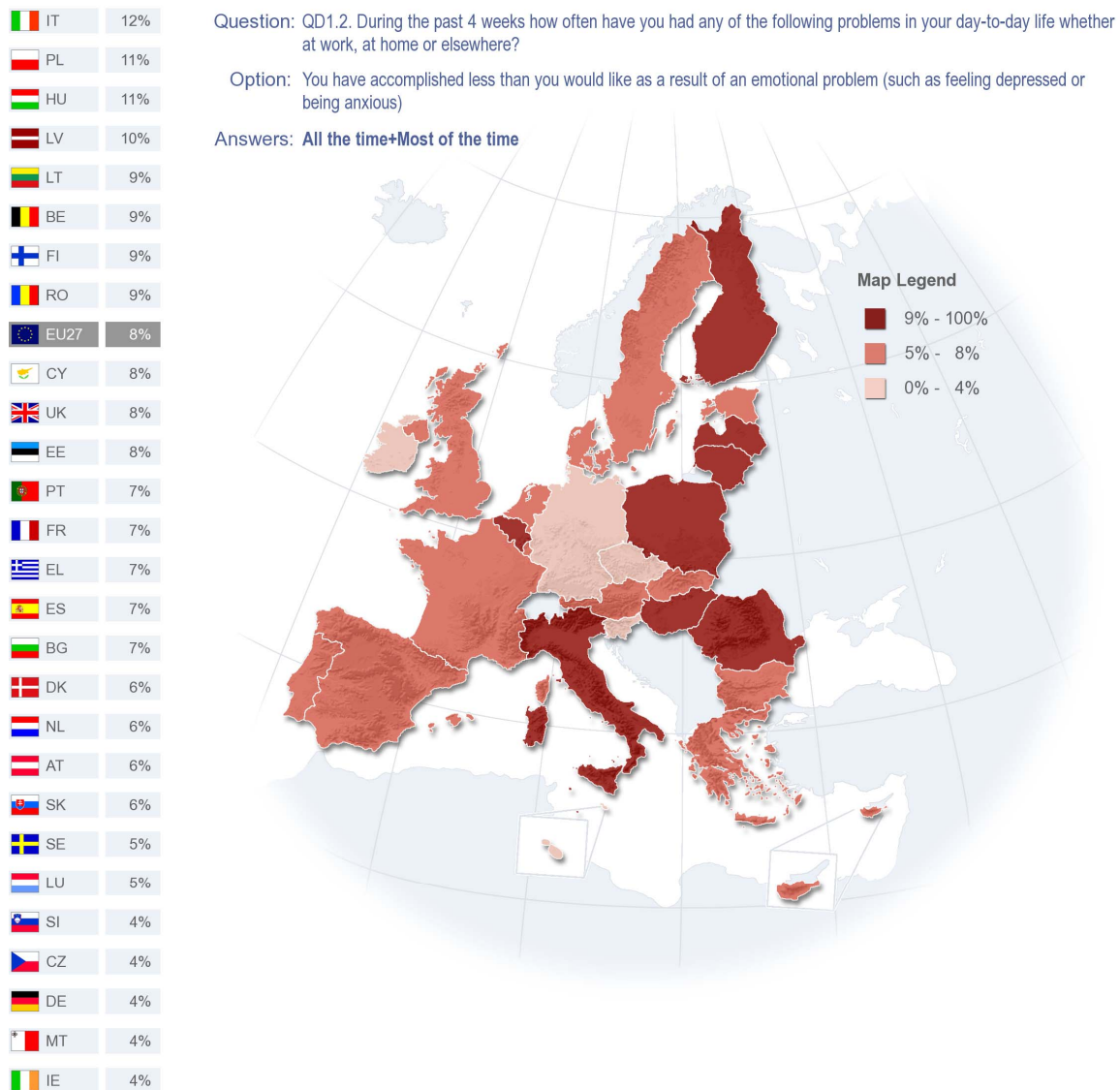
The majority, three quarters (73%), felt that they had never or rarely had an emotional problem that had prevented them from accomplishing what they wanted to in the past four weeks.

QD1.2. During the past 4 weeks how often have you had any of the following problems in your day-to-day life whether at work, at home or elsewhere?

You have accomplished less than you would like as a result of an emotional problem (such as feeling depressed or being anxious)



Again, as was evident in the physical health problem data, there is little difference between the countries in the proportion of respondents who feel that an emotional health problem has prevented them from accomplishing what they wanted to all or most of the time. The highest incidence of respondents feeling an emotional problems has meant they have accomplished less than they would have liked all or most of the time is 12% (Italy) and the lowest is 4% (Ireland, Malta, Germany, the Czech Republic and Slovenia), a range of just eight percentage points.



There are similarities between those least impacted by both health and emotional problems and those most impacted by both issues. Ireland, Malta, the Czech Republic and Slovenia are both among the five countries least affected by health and emotional problems. It is less obvious which countries are most impacted by both health and emotional problems; only Hungary is considerably above average on both problems.

Not surprisingly, the socio-demographic profiles of those who feel they have accomplished less than they would have liked to because of an emotional problem are similar to those who feel they had accomplished less because of a health problem.






Those who feel they have accomplished less because of an emotional problem are more frequent among those who have difficulties paying their bills 'most of the time' and low (1-4) social groups.

Not surprisingly, those who have sought psychological help or used antidepressants are also most prevalent among those who feel they have accomplished less because of an emotional problem in the last four weeks.

Those who felt they were not impacted by an emotional problem in the last four weeks ('never') are more prevalent among men, 15-24 year olds, students, the self-employed, managers, manual workers, those who 'almost never' have difficulties paying their bills and high (7-10) social groups.

**QD1.2 During the past 4 weeks how often have you had any of the following problems in your day-to-day life whether at work, at home or elsewhere?**

**You have accomplished less than you would like as a result of an emotional problem (such as feeling depressed or being anxious)**

	All the time	Most of the time	Sometimes	Rarely	Never	DK
EU27	2%	6%	18%	20%	53%	1%
<b>Sex</b>						
 Male	1%	5%	15%	19%	59%	1%
 Female	2%	7%	21%	21%	48%	1%
<b>Age</b>						
 15-24	1%	6%	16%	18%	58%	1%
25-39	1%	5%	17%	20%	56%	1%
40-54	2%	6%	19%	20%	52%	1%
55 +	2%	7%	19%	21%	50%	1%
<b>Education (End of)</b>						
 15-	2%	8%	21%	19%	49%	1%
16-19	2%	5%	17%	20%	55%	1%
20+	1%	4%	18%	21%	55%	1%
Still studying	1%	6%	17%	18%	57%	1%
<b>Respondent occupation scale</b>						
 Self-employed	1%	4%	18%	19%	57%	1%
Managers	2%	2%	14%	21%	60%	1%
Other white collars	1%	5%	19%	21%	53%	1%
Manual workers	1%	5%	13%	19%	61%	1%
House persons	2%	8%	23%	23%	43%	1%
Unemployed	3%	8%	25%	18%	45%	1%
Retired	3%	7%	19%	21%	49%	1%
Students	1%	6%	17%	18%	57%	1%
<b>Difficulties paying bills</b>						
Most of the time	7%	14%	30%	16%	31%	2%
From time to time	2%	8%	24%	22%	43%	1%
Almost never	1%	4%	14%	20%	60%	1%
<b>Self-positioning on the social staircase</b>						
Low (1-4)	3%	10%	25%	19%	41%	2%
Medium (5-6)	2%	5%	17%	20%	55%	1%
High (7-10)	1%	5%	15%	20%	58%	1%
<b>Has sought psychological help</b>						
Yes	7%	19%	32%	17%	24%	1%
No	1%	3%	15%	21%	59%	1%
<b>Has taken Antidepressants</b>						
Yes	10%	22%	40%	13%	14%	1%
No	1%	5%	16%	21%	56%	1%

## 2. LEVEL OF COMFORT AT WORK

In this second chapter, citizens' perceptions of their job roles and working environments are evaluated. Three new statements were included on the survey in order to assess employees' job stress and anxiety in relation to the effort and reward employees perceive they experience in the workplace.

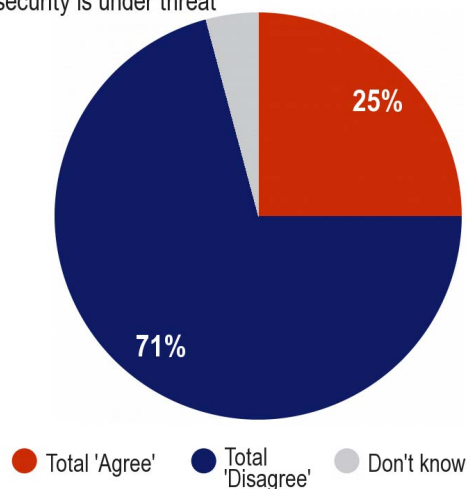
### 2.1 Perception of job security

**- Seven out of ten EU employees feel their job is secure; while, one in four feels their job is not safe -**

The majority feel that their job is secure, with seven out of ten (71%) disagreeing that their job is under threat. Nevertheless, a quarter feels that their job is not safe and agreed with the statement.

QD7.1. For each of the following statements regarding your job, please tell me whether you tend to agree or tend to disagree with it.

Your job security is under threat

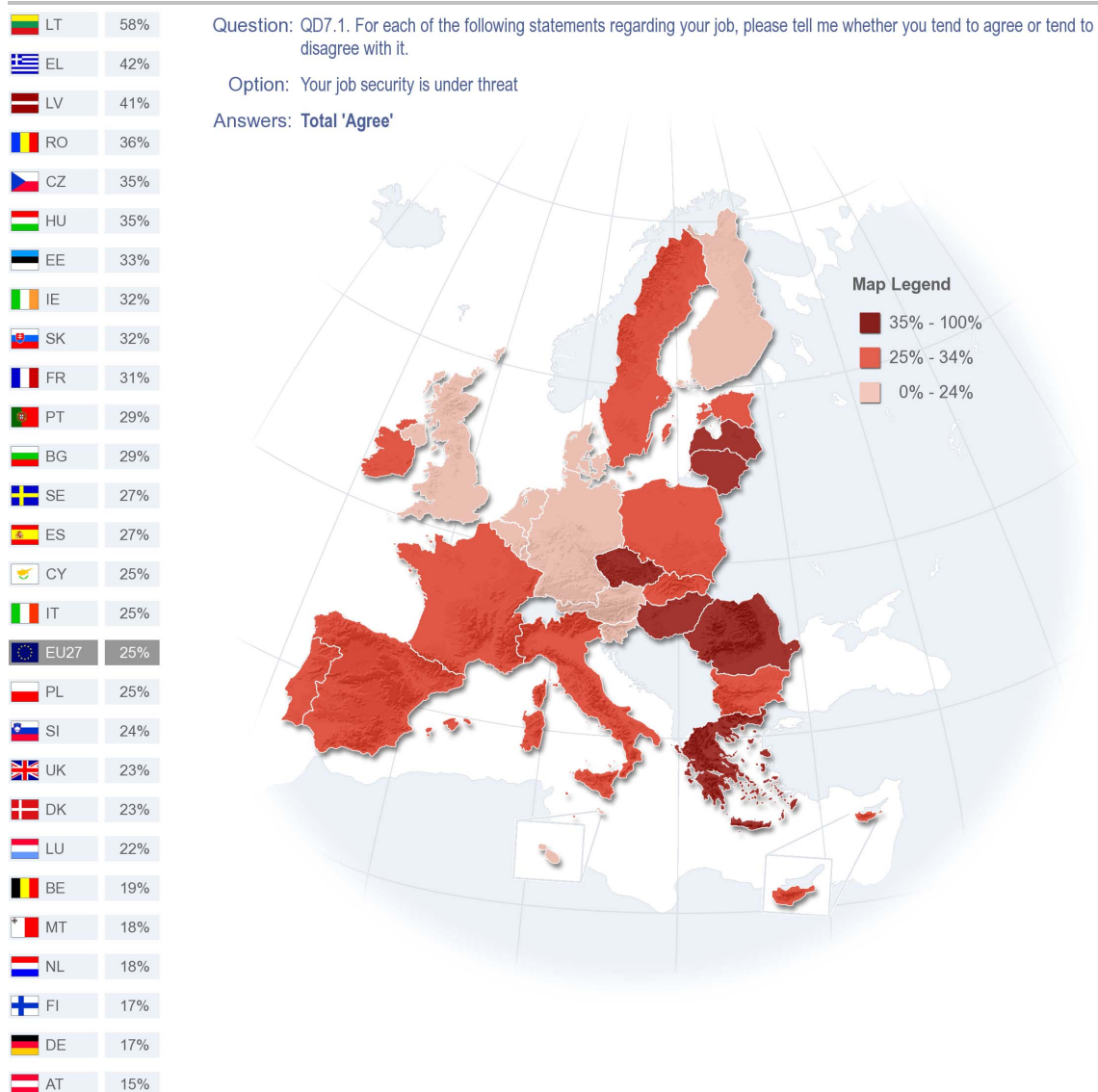


EU27

Asked to those who indicated to be currently working – basis = 12612 respondents



The feeling of insecurity is most marked among Lithuanian respondents, where more respondents feel their job is not safe than feel it is safe (58% agree 'your job is under threat'); the opposite of the European average and of sentiment in all of the other countries. Respondents from Austria, Germany, Finland, the Netherlands, Malta and Belgium feel the most secure in their jobs, with less than one in five agreeing that 'your job security is under threat'.



Asked to those who indicated to be currently working – basis = 12612 respondents

At a socio-demographic level, those who feel most at risk in terms of employment are manual workers and low (1-4) social groups. In addition, those who feel at risk are more frequent among those who were absent from work in the previous month and those who have sought professional help for an emotional problem or have taken antidepressants. Notably, there are no significant differences in terms of gender and age categories.

**QD7.1 For each of the following statements regarding your job, please tell me whether you tend to agree or tend to disagree with it.**  
**Your job security is under threat**  
**(Asked to those who indicated to be currently working – basis = 12612 respondents)**

	Total 'Agree'	Total 'Disagree'	DK
EU27	25%	71%	4%
<b>Education (End of)</b>			
 15-	27%	67%	6%
16-19	27%	69%	4%
20+	21%	77%	2%
<b>Respondent occupation scale</b>			
 Self-employed	21%	74%	5%
Managers	18%	79%	3%
Other white collars	27%	70%	3%
Manual workers	30%	66%	4%
<b>Difficulties paying bills</b>			
Most of the time	51%	45%	4%
From time to time	37%	58%	5%
Almost never	18%	79%	3%
<b>Self-positioning on the social staircase</b>			
Low (1-4)	37%	58%	5%
Medium (5-6)	25%	71%	4%
High (7-10)	19%	79%	2%
<b>Has sought psychological help</b>			
Yes	32%	64%	4%
No	24%	72%	4%
<b>Absent from work last month</b>			
Yes	31%	66%	3%
No	23%	73%	4%
<b>Has taken Antidepressants</b>			
Yes	39%	56%	5%
No	25%	72%	3%

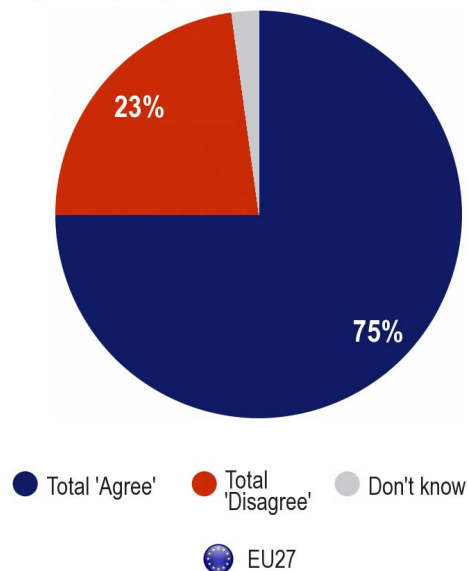
## 2.2 Adequacy between job and competences

**- The majority feel they are in an appropriate job, but one in four EU citizens believes they are not in a role that reflects their education and training -**

Most citizens feel that they are working in a role that reflects their skills, 75% agree that their current role reflects their education and training. However, a quarter (23%) feels that they are not in a suitable role.

QD7.2. For each of the following statements regarding your job, please tell me whether you tend to agree or tend to disagree with it.

Your current job adequately reflects your education and training

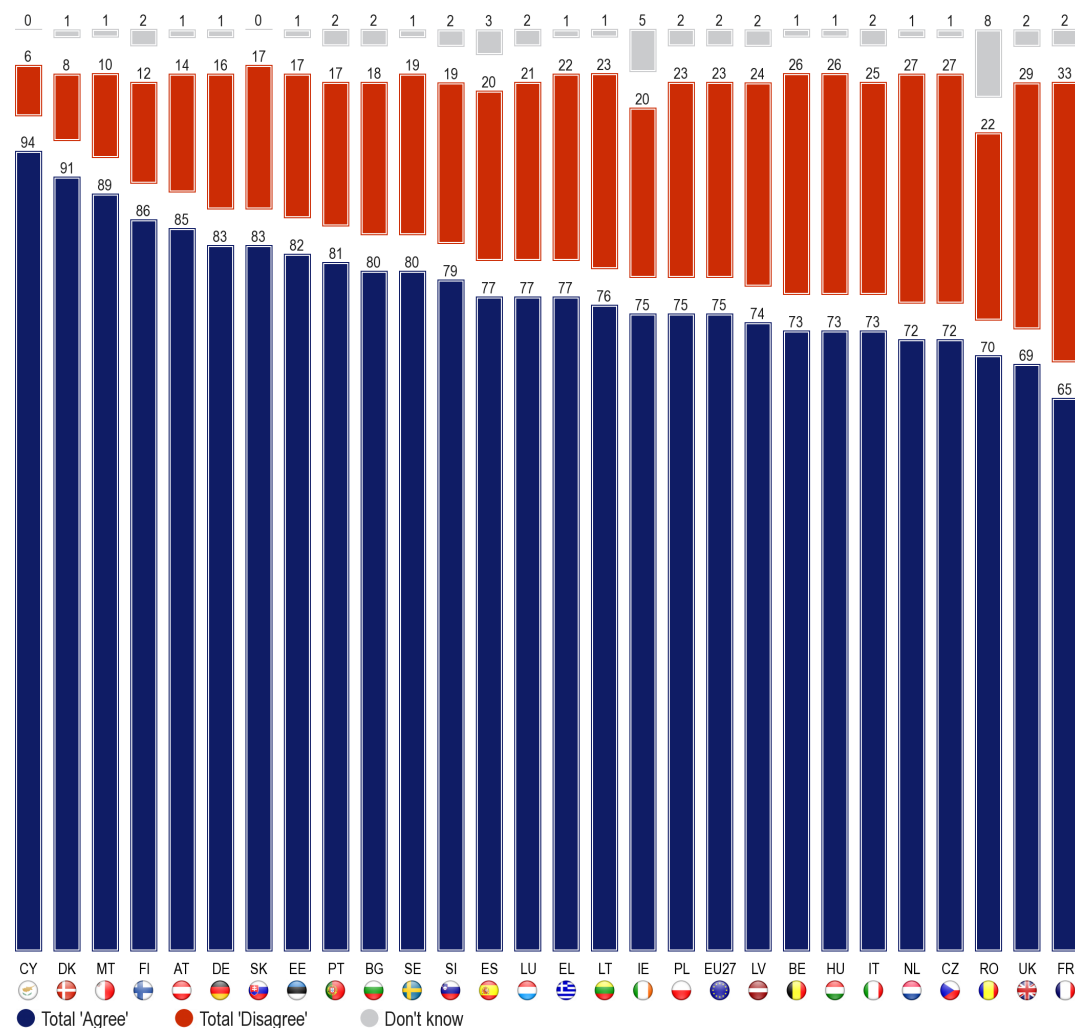


Asked to those who indicated to be currently working – basis = 12612 respondents

The Cypriots, Danish and Maltese respondents are the most well matched in terms of their skills and employment, with nine out of ten respondents agreeing that their current job adequately reflects their education and training. At the other extreme, the French are the least well matched, with only 65% agreeing their education and training are reflected in their current role and a third (33%) actively disagreeing that this is the case. Almost a third of the British (29%) also feel that their role is inadequate for their skills.

QD7.2. For each of the following statements regarding your job, please tell me whether you tend to agree or tend to disagree with it.

Your current job adequately reflects your education and training





Asked to those who indicated to be currently working – basis = 12612 respondents

Those who feel their job matches their education and training tend to be those in managerial roles and those from high (7-10) social groups. While on the other hand, those who feel their job does not match their skills tend to be younger (15-39 years), manual workers and from low (1-4) social groups.

Furthermore, those who feel their job does not match their skills tend to be those who have sought help for an emotional problem and those who have taken antidepressants.

**QD7.2 For each of the following statements regarding your job, please tell me whether you tend to agree or tend to disagree with it.**  
**Your current job adequately reflects your education and training**  
**(Asked to those who indicated to be currently working**  
**– basis = 12612 respondents)**

	Total 'Agree'	Total 'Disagree'	DK
EU27	75%	23%	2%
<b>Age</b>			
 15-24	67%	29%	4%
25-39	73%	26%	1%
40-54	77%	21%	2%
55 +	77%	19%	4%
<b>Respondent occupation scale</b>			
 Self- employed	74%	22%	4%
Managers	85%	14%	1%
Other white collars	73%	25%	2%
Manual workers	70%	28%	2%
<b>Self-positioning on the social staircase</b>			
Low(1-4)	64%	33%	3%
Medium(5-6)	76%	22%	2%
High(7-10)	79%	20%	1%
<b>Has sought psychological help</b>			
Yes	67%	31%	2%
No	76%	22%	2%
<b>Has taken Antidepressants</b>			
Yes	68%	29%	3%
No	75%	23%	2%

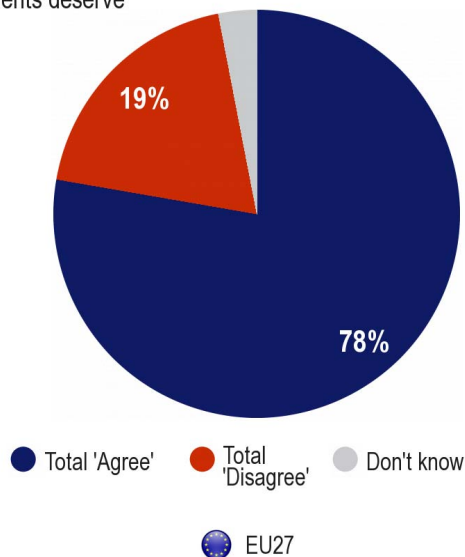
## 2.3 Recognition at work

### **- One in five EU employees feels they do not receive the respect and recognition at work that they deserve -**

Almost eight out of ten EU citizens feel they receive the suitable amount of respect and recognition for the job they do at work (78% agree). One in five disagree (19%) and feel they do not receive the respect and recognition they deserve.

QD7.3. For each of the following statements regarding your job, please tell me whether you tend to agree or tend to disagree with it.

At work you receive the respect and recognition that your efforts and achievements deserve



Asked to those who indicated to be currently working – basis = 12612 respondents

The highest incidences of respondents feeling respected and recognised for the job they do are in Cyprus, Sweden and Denmark. There appears to be a link between feeling respected and recognised and feeling that the job matches ones education and training; Cyprus and Denmark also had the highest incidence of respondents feeling that their job matched their education and training<sup>11</sup>.

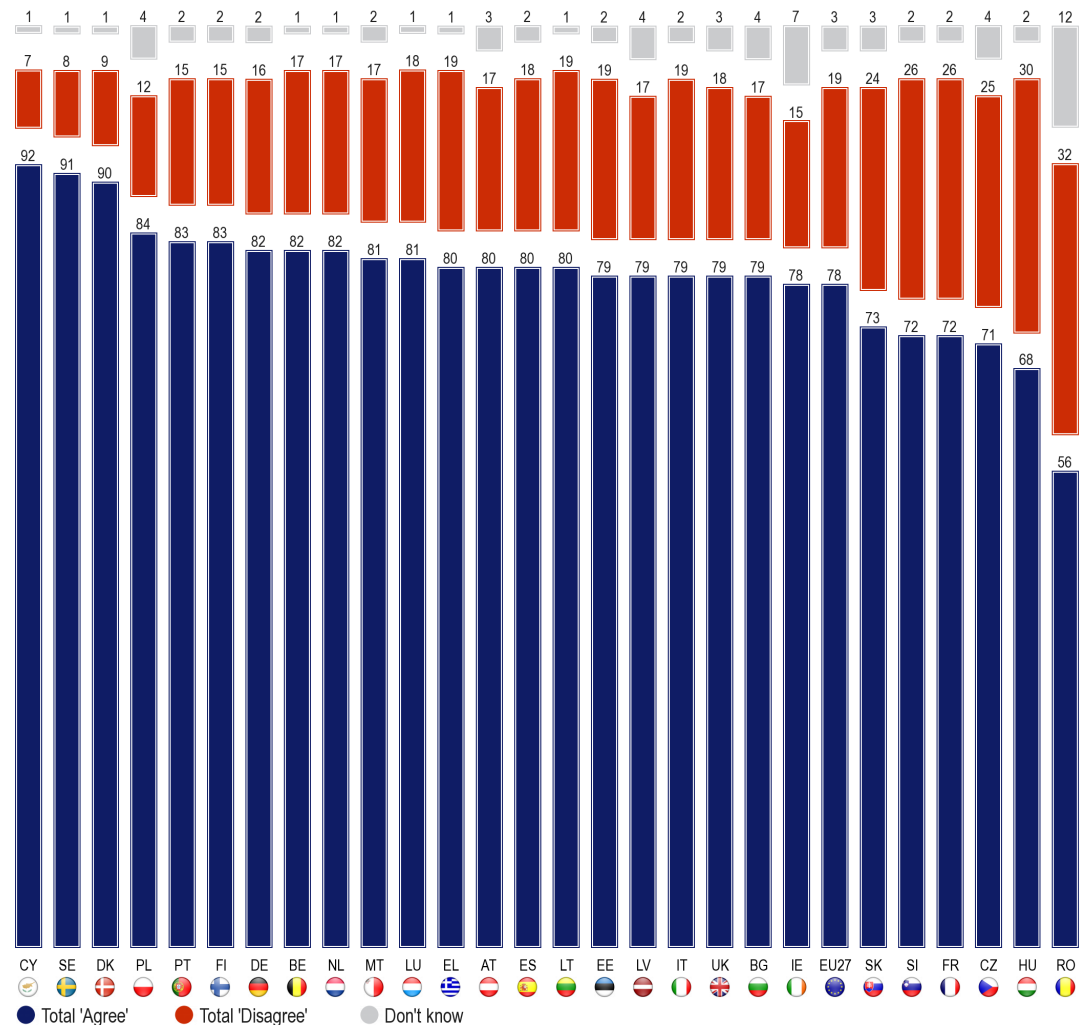
Romanian and Hungarian respondents are the most dissatisfied with the respect and recognition they receive for the work they do; they expressed the highest levels of

<sup>11</sup> Please refer to the table page 38.

disagreement at 32% and 30% respectively. In those two countries the proportion of respondents indicating that their job did match their education and training was below the EU average as well.

QD7.3. For each of the following statements regarding your job, please tell me whether you tend to agree or tend to disagree with it.

At work you receive the respect and recognition that your efforts and achievements deserve



Asked to those who indicated to be currently working – basis = 12612 respondents

There also appears to be a difference in the reaction of respondents from the EU15 countries and from the NMS12 countries. Of the six countries below average on agreement, five are NMS12 countries.


Managers and those in high (7-10) social groups are more likely to feel they receive the respect and recognition they deserve at work. Whereas, the reverse is the case with those who feel they are not receiving the respect and recognition they deserve, they are more prevalent among manual workers and those in low (1-4) social groups.

As with job security and the match of the individual's current job to their skills, those who have sought help for an emotional problem and those who have taken antidepressants are also more likely to feel that they are not adequately respected and recognised for what they do.

In addition, those who feel their education and training is not reflected in their current role are also more likely to feel they do not receive the respect and recognition they deserve for what they do at work.



**QD7.3 For each of the following statements regarding your job, please tell me whether you tend to agree or tend to disagree with it.**  
**At work you receive the respect and recognition that your efforts and achievements deserve**  
**(Asked to those who indicated to be currently working**  
**– basis = 12612 respondents)**

	<b>Total 'Agree'</b>	<b>Total 'Disagree'</b>	<b>DK</b>
EU27	78%	19%	3%
<b>Respondent occupation scale</b>			
 Self- employed	83%	11%	6%
Managers	82%	16%	2%
Other white collars	79%	19%	2%
Manual workers	75%	23%	2%
<b>Self-positioning on the social staircase</b>			
Low(1-4)	67%	29%	4%
Medium(5-6)	78%	20%	2%
High(7-10)	86%	12%	2%
<b>Has sought psychological help</b>			
Yes	71%	26%	3%
No	80%	18%	2%
<b>Absent from work last month</b>			
Yes	75%	24%	1%
No	80%	17%	3%
<b>Has taken Antidepressants</b>			
Yes	68%	29%	3%
No	79%	19%	2%
<b>Your job reflects your competencies</b>			
Agree	87%	12%	1%
Disagree	57%	41%	2%

### 3. CARE AND TREATMENT

This chapter details the professional help EU citizens have sought because of a psychological or emotional problem in the past 12 months. It examines which respondents have taken antidepressants in the last year and the underlying reasons they gave for taking them.

#### 3.1 Sources of professional help

***- 15% of EU citizens sought help for a psychological or emotional problem, most of whom went to their GP for help -***

One in seven EU citizens sought help in the last twelve months from a professional for a psychological or emotional problem. There has been a little increase in those seeking help since December 2005-January 2006 (+2 percentage points).<sup>12</sup>

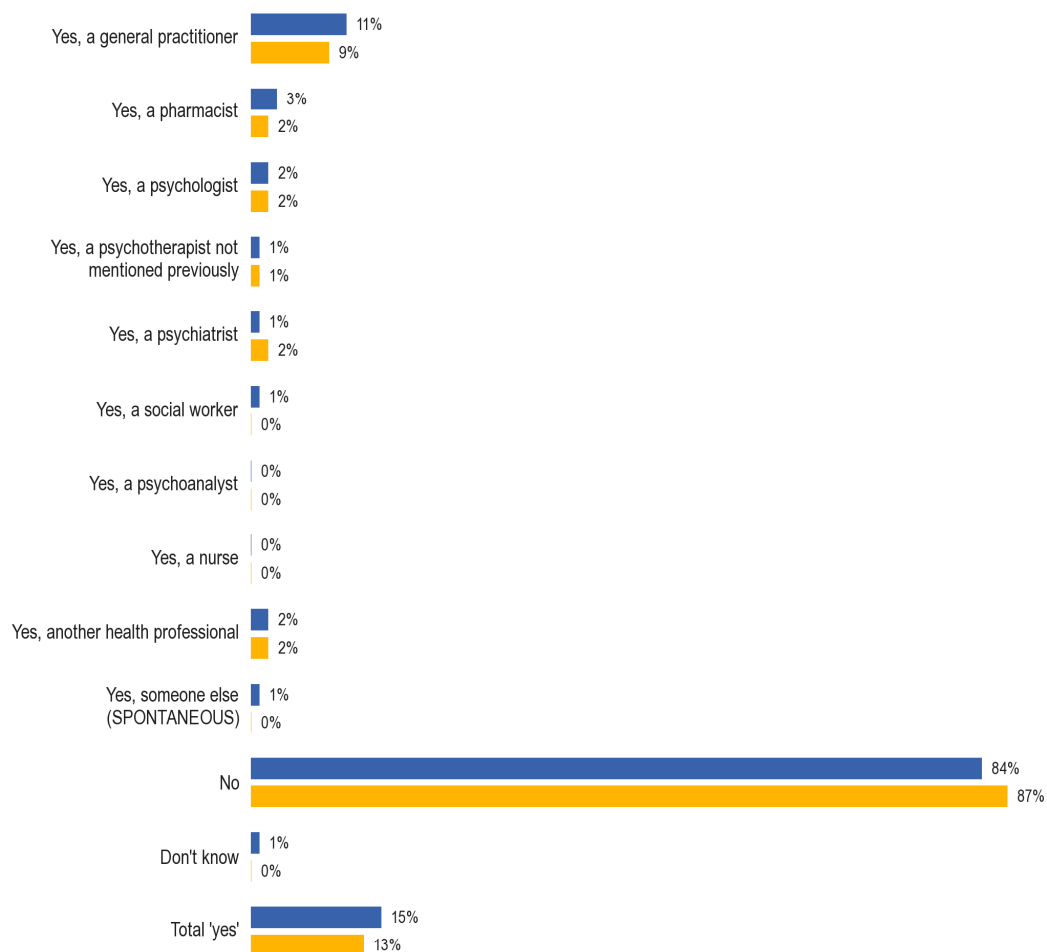
Most of those who seek help go to their general practitioner (11%) as they did in December 2005-January 2006. The alternative professionals are used by 3% or less of citizens.

The majority of EU citizens did not seek help for a psychological or emotional problem (84%). There has also been a little decline in the proportion of citizens who stated that they did not seek help (-3).

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<sup>12</sup> The increase, however, is more significant compared to October – November 2002 (EB58.2) when 10% of the European respondents indicated to have sought help from a professional for a psychological or emotional problem.

**QD4. In the last 12 months, did you seek help from a professional because of a psychological or emotional problem? (IF YES) Indicate who in the following list.**

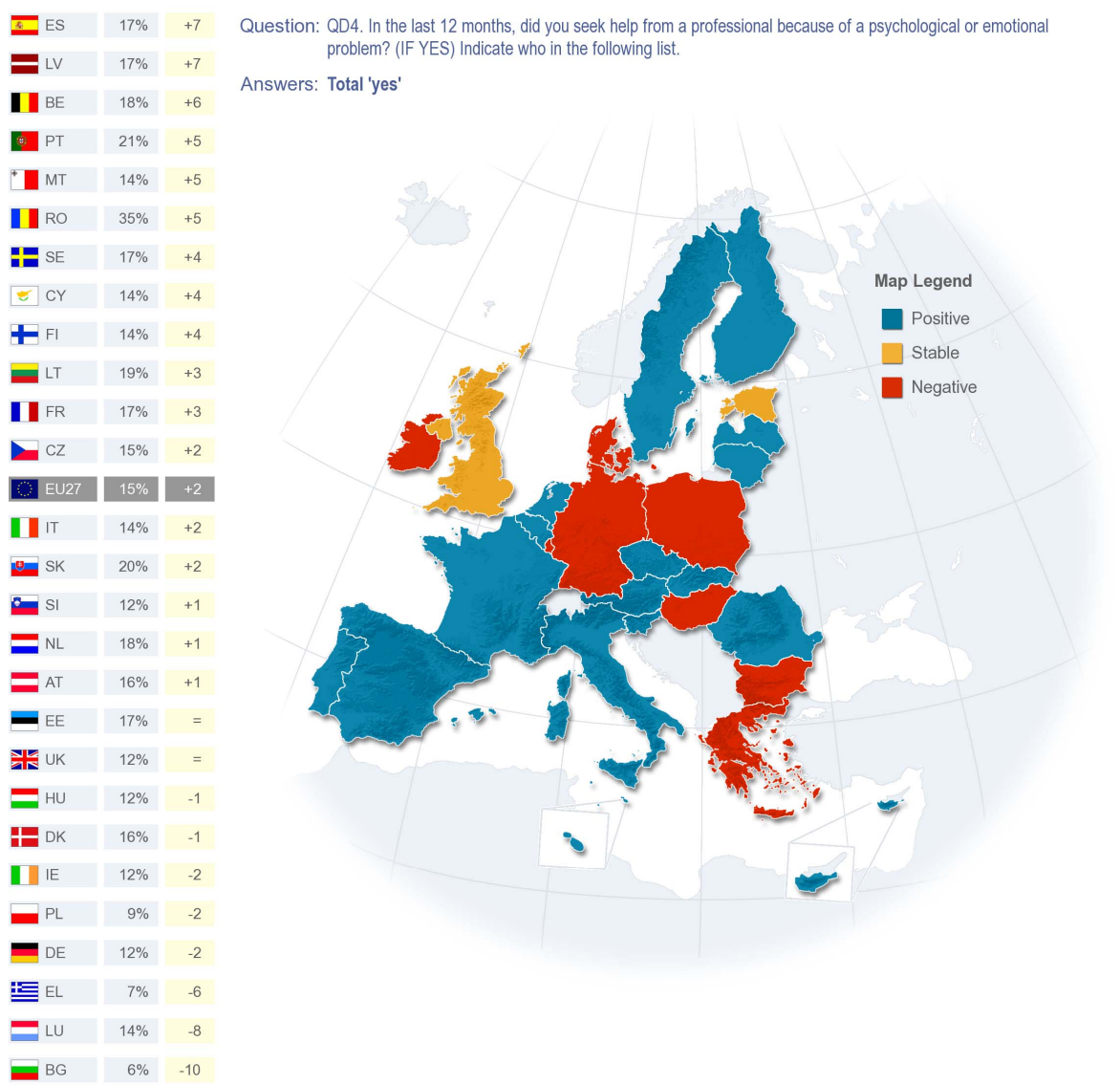


● EB73.2 Feb. - March 2010  
 ● EB64.4 Dec. 2005 - Jan. 2006

● EU27

The prevalence of seeking help is greatest among respondents in Romania, where a third of respondents (35%) sought help from a professional in the last year for psychological or emotional problem. Spain (+7), Latvia (+7), Belgium (+6), Portugal (+5) Malta (+5) and Romania (+ 5) are the countries that exhibited the greatest increases (+5).

The prevalence of seeking help was lowest in Bulgaria and Greece, where only 6% and 7% respectively sought help. Bulgaria and Greece, along with Luxembourg, are also among those that exhibited the greatest declines from December 2005-January 2006, with percentage point declines of -10, -6 and -8 percentage points respectively.






Comparison between EB73.2 (February – March 2010) and EB64.4 (December 2005 – January 2006)

Those who have difficulties paying their bills 'most of the time' and are in lower (1-4) social groups are more likely to seek help from a professional for a psychological or emotional problem. Whereas men, 15-24 year olds, the self-employed, other white collar workers, students and those who 'almost never' have difficulties paying their bills are less likely to seek the same help. This profile is not surprising since it is a reflection of the profile of those who tend to experience such emotional problems as we saw in Chapter 1.

It is also notable that those who are absent from work are more prevalent among those who seek help from a professional for a psychological or emotional problem. In addition, not surprisingly, those seeking the help of a professional are also more likely to take antidepressants than others.

**QD4 In the last 12 months, did you seek help from a professional because of a psychological or emotional problem? (IF YES) Indicate who in the following list. (MULTIPLE ANSWERS POSSIBLE)**

	Total 'yes'	No	DK
EU27	15%	84%	1%
<b>Sex</b>			
 Male	12%	87%	1%
Female	17%	82%	1%
<b>Age</b>			
 15-24	12%	88%	1%
25-39	14%	85%	1%
40-54	16%	83%	1%
55 +	16%	83%	1%
<b>Respondent occupation scale</b>			
 Self- employed	11%	88%	1%
Managers	13%	86%	1%
Other white collars	13%	87%	-
Manual workers	13%	86%	-
House persons	20%	80%	1%
Unemployed	18%	82%	0%
Retired	17%	81%	1%
Students	11%	88%	1%
<b>Difficulties paying bills</b>			
Most of the time	27%	72%	1%
From time to time	18%	82%	1%
Almost never	12%	87%	1%
<b>Self-positioning on the social staircase</b>			
Low(1-4)	21%	78%	1%
Medium(5-6)	14%	86%	1%
High(7-10)	13%	86%	1%
<b>Absent from work last month</b>			
Yes	20%	79%	-
No	11%	89%	1%
<b>Has taken Antidepressants</b>			
Yes	72%	27%	1%
No	11%	89%	1%

## 3.2 Antidepressants

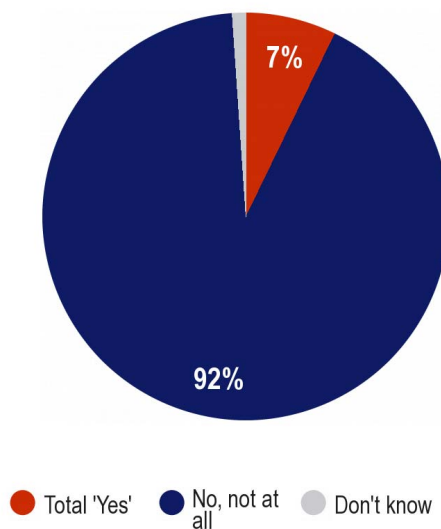
### 3.2.1 Consumption of anti-depressants in the last 12 months

**- Half as many Europeans took antidepressants (7%) as sought advice from a professional (15%) -**

One in fourteen EU citizens (7%) has taken antidepressants in the year preceding the interview. About half took them regularly (4%) and the other half took them from time to time as they felt the need to (3%).

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QD5. Have you taken any Antidepressants in the last 12 months?



 EU27

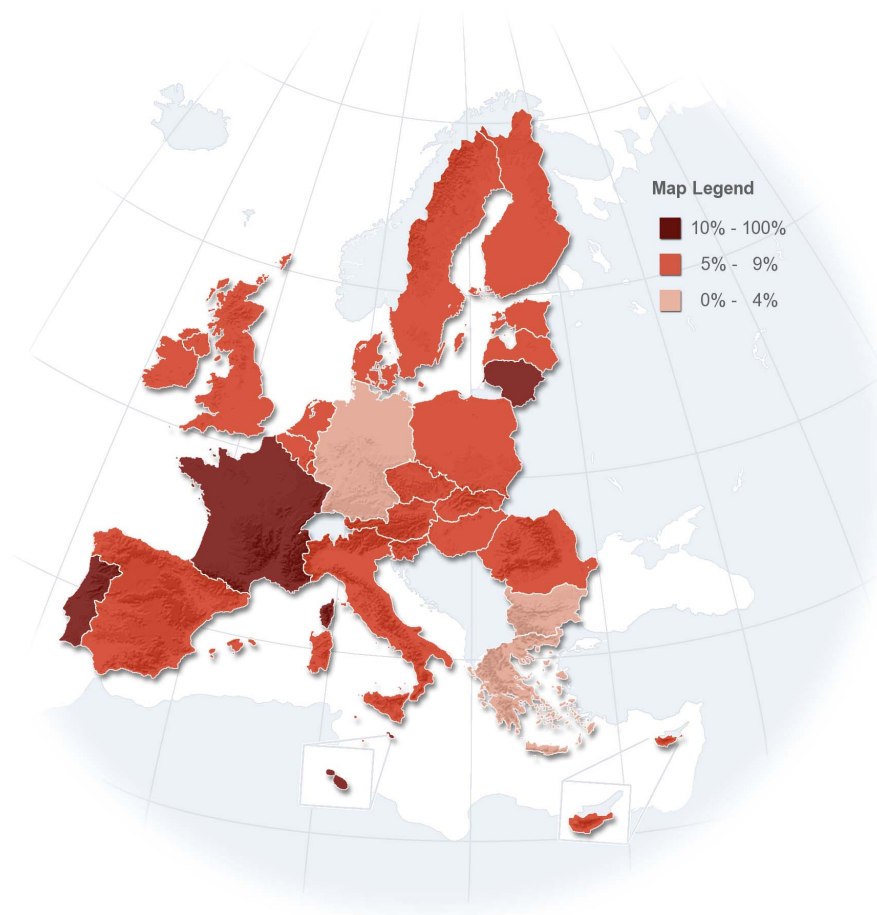
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The use of antidepressants is highest in Portugal, where the prevalence of use is double that of the EU average (15%). High scores are registered also in Lithuania (11%), Malta and France (10%). Conversely, usage is lowest in Germany (3%), Greece (3%) and Bulgaria (4%), where the proportion of respondents having used antidepressants in the last year is half the EU average.

	PT	15%
	LT	11%
	FR	10%
	MT	10%
	SK	9%
	AT	9%
	BE	9%
	SE	8%
	LV	8%
	UK	8%
	SI	8%
	ES	8%
	EU27	7%
	HU	7%
	DK	7%
	IE	6%
	IT	6%
	FI	6%
	EE	6%
	NL	6%
	RO	6%
	PL	6%
	CZ	5%
	LU	5%
	CY	5%
	BG	4%
	EL	3%
	DE	3%

Question: QD5. Have you taken any Antidepressants in the last 12 months?




Answers: **Total 'Yes'**





At a socio-demographic level, those using antidepressants in the last year are more prevalent among:

- Women
- Those living alone
- The unemployed and retired
- Those who have difficulties paying their bills 'most of the time'
- Low (1-4) social groups
- Those who have sought professional help for a psychological or emotional problem

<b>QD5 Have you taken any Antidepressants in the last 12 months?</b>			
	<b>Total 'Yes'</b>	<b>No, not at all</b>	<b>DK</b>
EU27	7%	92%	1%
<b>Sex</b>			
 Male	5%	94%	1%
 Female	9%	90%	1%
<b>Household composition</b>			
1	11%	88%	1%
2	7%	92%	1%
3	5%	94%	1%
4+	5%	94%	1%
<b>Respondent occupation scale</b>			
 Self-employed	4%	96%	-
Managers	6%	94%	-
Other white collars	4%	95%	1%
Manual workers	5%	94%	1%
House persons	9%	90%	1%
Unemployed	11%	88%	1%
Retired	10%	89%	1%
Students	2%	97%	1%
<b>Difficulties paying bills</b>			
Most of the time	16%	82%	2%
From time to time	9%	90%	1%
Almost never	5%	94%	1%
<b>Self-positioning on the social staircase</b>			
Low(1-4)	12%	87%	1%
Medium(5-6)	6%	93%	1%
High(7-10)	5%	95%	-
<b>Has sought psychological help</b>			
Yes	33%	66%	1%
No	2%	97%	1%

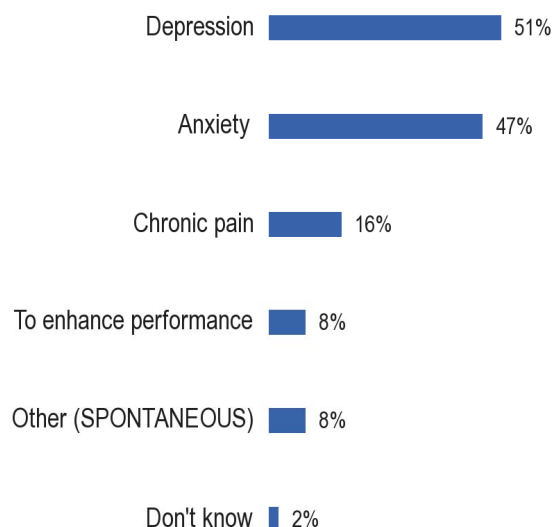
### 3.2.2 Reasons for taking anti-depressants

#### - Depression and anxiety are the main reasons for taking anti-depressants -

The main reasons respondents took antidepressants were for depression and anxiety, with about half of those who took antidepressants stating each condition as the reason why (51% and 47% respectively).

Chronic pain was also given as a reason by about one in six respondents (16%) and one in twelve (8%) said they took them to enhance performance.

#### QD6. For what reason(s) did you take Antidepressants?



EU27

*Asked to those who indicated to have taken Antidepressants in the last 12 months –  
basis = 1833 respondents*




Whilst the individual country bases are too small for detailed analysis, it is possible to analyse the data by country groupings to explore if there are any geographic differences. This analysis reveals that there are differences between the EU15 countries and the NMS12 countries. Respondents in the EU15 countries cite depression more than those in the NMS12 countries, whilst those in the NMS12 countries cite enhancing performance more so.

	<b>EU15 countries</b>	<b>NMS12 countries</b>
Sample total	1091	705
<b>Depression</b>	<b>55%</b>	35%
<b>Anxiety</b>	46%	49%
<b>Chronic pain</b>	16%	16%
<b>To enhance performance</b>	5%	<b>16%</b>

There are socio-demographic differences between the different reasons for taking antidepressants. The socio-demographic differences appear to reflect the nature of the reason for taking the antidepressant:

- More men than women (20% and 14% respectively) take Antidepressants for chronic pain; whereas, use of Antidepressants for anxiety is higher amongst women (50% vs. men 40%).
- 15-24 year old respondents use Antidepressants the most for depression and the least for anxiety among all age categories (58% for depression).
- 25-39 years old respondents exhibit the highest use of Antidepressants for enhancing performance among all age categories (12%).
- The self-employed use Antidepressants the most for enhancing performance (27% vs. EU 8%).
- House persons and unemployed respondents exhibit the highest use of Antidepressants for anxiety (56% and 54% respectively). The unemployed exhibit the highest prevalence of use for depression (62% vs. EU51%).
- Those who have trouble in paying their bills 'most of the time' use Antidepressants the most for anxiety (56%).

**QD6 For what reason(s) did you take Antidepressants? (MULTIPLE ANSWERS POSSIBLE)**  
**(Asked to those who indicated to have taken Antidepressants in the last 12 months - basis = 1833 respondents)**

	Chronic pain	Depression	Anxiety	To enhance performance
EU27	16%	51%	47%	8%
<b>Sex</b>				
 Male	20%	49%	40%	8%
Female	14%	53%	50%	7%
<b>Age</b>				
 15-24	19%	58%	39%	7%
25-39	8%	55%	44%	12%
40-54	18%	51%	50%	5%
55 +	18%	49%	47%	8%
<b>Respondent occupation scale</b>				
 Self- employed	8%	33%	31%	27%
Managers	9%	55%	37%	5%
Other white collars	14%	47%	35%	5%
Manual workers	9%	51%	45%	9%
House persons	19%	55%	56%	4%
Unemployed	14%	62%	54%	3%
Retired	20%	49%	48%	9%
Students	15%	46%	42%	9%
<b>Difficulties paying bills</b>				
Most of the time	17%	52%	56%	10%
From time to time	16%	53%	46%	7%
Almost never	14%	50%	43%	7%

#### 4. PERCEPTION OF PEOPLE WITH MENTAL HEALTH PROBLEMS

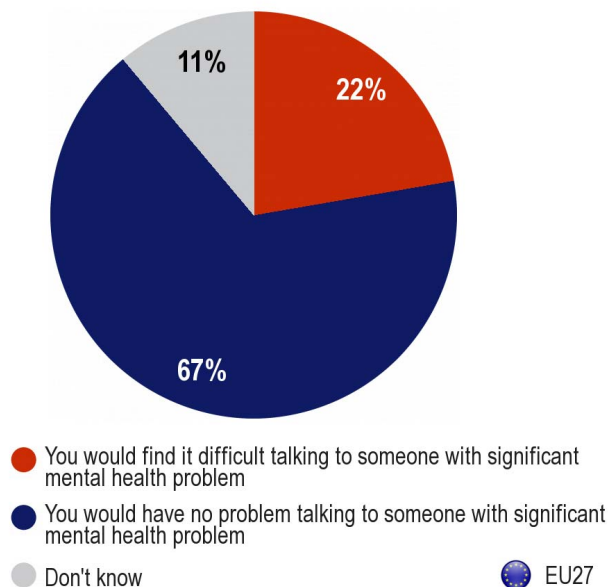
One of the five priorities of the 2008 European Pact for Mental Health and Well-being is 'combating stigma and social exclusion' that people with mental health problems can experience. In order to evaluate potential stigma across the EU, a new question was included in the survey to measure respondents' attitudes to relating to those with mental health problems.

***- While most Europeans are comfortable talking to people with mental health problems, a third is uncomfortable or unsure how they would react -***

On average, two thirds (67%) of EU citizens believe that they would feel comfortable talking to a person with a significant mental health problem. However, just over one in five (22%) would find it difficult and a further one in ten are not sure how they would react (11% do not know).

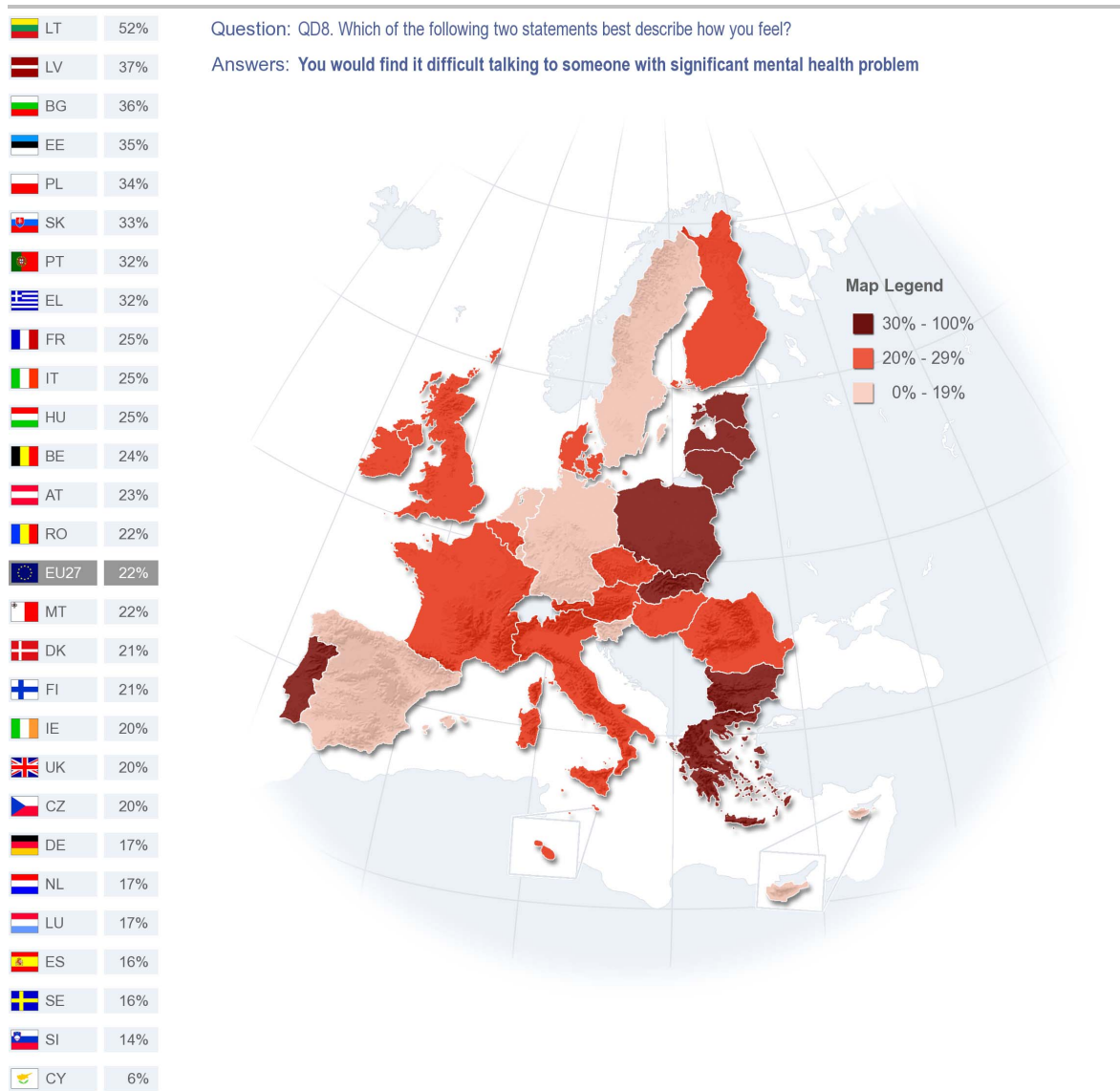
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QD8. Which of the following two statements best describe how you feel?



More respondents from Lithuania than any other country felt they would find it difficult talking to someone with a mental health problem (52%). Notably, of the countries with the highest prevalence of respondents feeling they would find it difficult to talk to a person with a mental health problem, the top six are all NMS12 countries.

Cypriot respondents are the most comfortable talking to someone with a mental health problem, with only 6% of them believing they would find it difficult and 85% stating they would have no problem. Of the countries exhibiting below average prevalence, notably, nine of the 13 are EU15 countries.



At socio-demographic level, those who feel comfortable speaking to someone with a mental health problem are more likely to be well educated (completed their education over 20 years), managers and in high (7-10) social groups. While those who recognise they would find it difficult are more prevalent among the low (1-4) social groups.

Those respondents who are unsure how they would feel talking to someone with a mental health problem are more frequent among the less well educated and low (1-4) social groups.

**QD8 Which of the following two statements best describe how you feel?**

	<b>You would find it difficult talking to someone with significant mental health problem</b>	<b>You would have no problem talking to someone with significant mental health problem</b>	<b>DK</b>
EU27	22%	67%	11%
<b>Education (End of)</b>			
15-	23%	63%	14%
16-19	24%	66%	10%
20+	20%	73%	7%
Still studying	23%	65%	12%
<b>Self-positioning on the social staircase</b>			
Low(1-4)	27%	58%	15%
Medium(5-6)	23%	68%	9%
High(7-10)	19%	72%	9%

## CONCLUSIONS

**The mental health of an individual also pervades their attitudes and behaviours in the workplace.** People with mental health problems are more likely to be absent from work and to feel undervalued in their job functions.

We have seen that about one in seven EU citizens (15%) have sought help for a psychological or emotional problem in the past 12 months and 7% have admitted to taking antidepressants in the past 12 months. **Employees who have sought help and who have taken antidepressants tend to take two to three more days absent from work than the average employee. In addition, those who have sought help or taken antidepressants are more uneasy than others in their jobs;** they are more likely than others to feel their job is under threat, that their skills do not match their job function and that they are not appropriately recognised and respected for what they do.

It is **the poorest in society who are suffering the most with mental health problems.** It is those who are the most financially stretched and those at the lower end of the social scale (it is quite possible that these are often the same people) who are seeking help for a psychological or emotional problem and who are taking antidepressants more than others.

Those at the bottom of the socio-demographic scale are also more likely to be absent from work and tend to feel undervalued in the workplace.

While all EU citizens are slightly more negative than they were four years ago, again it is **the poorest in society that are feeling the most negative.** People at the lower end of the socio-economic scale are experiencing negative emotions more than those from the higher end of the socio-economic scale, while the reverse is the case with the positive emotions. This could be having a compounding impact on their attitude to the workplace.