

# Mental Well-being

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## PRESENTATION

Everybody encounters varying degrees of pressure, stress, disappointment and times of bereavement in their life. Most find ways to cope with these problems but a significant proportion of people need help to re-balance their lives.

**Every year over one in four European adults<sup>1</sup> are affected by mental health problems.** Annually, mental illnesses lead to 58 000 suicides in Europe. The estimated number of Europeans that have suffered from major depression is 18.4 millions and from specific phobias 18.5 million within the past 12 months<sup>2</sup>.

Today, **mental health problems constitute one of the major public health challenges.** For years, the magnitude of problem has been overshadowed by other public health matters.

**The effects of mental ill health are manifold:** a loss of quality of life, social exclusion and stigmatisation of those who have psychological or emotional problems, and significant losses and burdens to the economic, social, educational as well as criminal and justice systems.

As a response to the framework for comprehensive action established by the WHO European Ministerial Conference on Mental Health in January 2005, , the European Commission adopted a Green Paper on Mental Health<sup>3</sup> on the 17<sup>th</sup> of October 2005 to examine how to better tackle mental illness and promote mental well-being. The main aim is to **open up a framework for exchange, coordination and cooperation and to develop a comprehensive EU strategy on mental health.**

With this in mind the Directorate-General of Health and Consumer Protection launched this Eurobarometer survey on Mental Well-being in the 25 Member States (including the Turkish Cypriot Community) as well as in the acceding and candidate countries.

**The questionnaire of this survey is based, among other instruments, on the Short-Form-12 Health Survey, the SF-36 Health Survey<sup>4</sup>.** The SF-12 is designed for health care professionals to efficiently and reliably collect data. It measures general health status from the patient's point of view and includes eight concepts commonly represented in health surveys: physical functioning, role functioning, physical bodily pain, general health, vitality, social functioning, role functioning emotional and mental health.

The recall period of the SF-12 is 4 weeks which was adopted because the previous month is thought to capture a representative sample of recent health. The results are expressed in terms of two meta-scores: the Physical Component Summary and the Mental Component Summary.

**This report takes a somewhat different approach and examines issues raised by the Green Paper on Mental Health,** such as the interconnection between physical and mental health, the effects of mental health on society and personal life, and the stigma posed on people having psychological or emotional

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<sup>1</sup> Hans-Ulrich Wittchen, Frank Jacobi (2005). Size and burden of mental disorders in Europe: a critical review and appraisal of 27 studies. *European Neuropsychopharmacology*, Volume 15, Number 4, pp. 357-376.

<sup>2</sup> See the Green Paper on Mental Health, Annex 2

<sup>3</sup>[http://europa.eu.int/comm/health/ph\\_determinants/life\\_style/mental/green\\_paper/mental\\_gp\\_en.pdf](http://europa.eu.int/comm/health/ph_determinants/life_style/mental/green_paper/mental_gp_en.pdf)

<sup>4</sup> See more in <http://www.sf-36.org/>

problems. Following this, the questions dealing with general health and physical health are partly interpreted in the context of mental well-being.

**The chapters deal with the following themes:**

- The present situation: how much health limits daily moderate physical activities and what is the state of mental well-being over the last 4 weeks;
- Problems with work and social activities: The effects of physical health and emotional problems on regular activities, such as work, and on social activities;
- Care and treatment services: How many Europeans are treated for mental illnesses, how often Europeans seek help for mental problems and where do they turn to get support;
- Availability of information: How many Europeans find acquiring information about mental health problems easy;
- Perceptions about people with psychological problems: how Europeans perceive people with a mental illness.

This report presents the principal results obtained. For each of these themes, the results are analysed in terms of the European average and then considered at the country by country level. Also, some brief comments are made on the socio-demographic variables of citizens of the European Union.<sup>5</sup>

Furthermore, the responses of three questions are systematically cross-tabulated with the results of each question. These questions are:

- QA7 In the last 12 months, did you seek help from a professional in respect of a psychological or emotional health problem?
- QA9 Please indicate which ones of the following statements possibly apply to your situation. In the last 12 months...
  - 1) You have received psychotherapy due to psychological or emotional health problems
  - 2) You have taken drugs due to psychological or emotional health problems
  - 3) You have been admitted to hospital due to psychological or emotional health problems
- QA11 How easy or difficult do you find it is to find information on psychological or emotional health problems and how to deal with them?

The fieldwork of this survey was conducted between 7 December 2005 and 11 January 2006 and it covered the population aged 15 and over. Further details of the methodology of the survey can be found in the technical note in the annexes of this report.

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<sup>5</sup>In some cases, due to the rounding of figures, displayed sums can show a difference of one point with the sum of the individual cells.

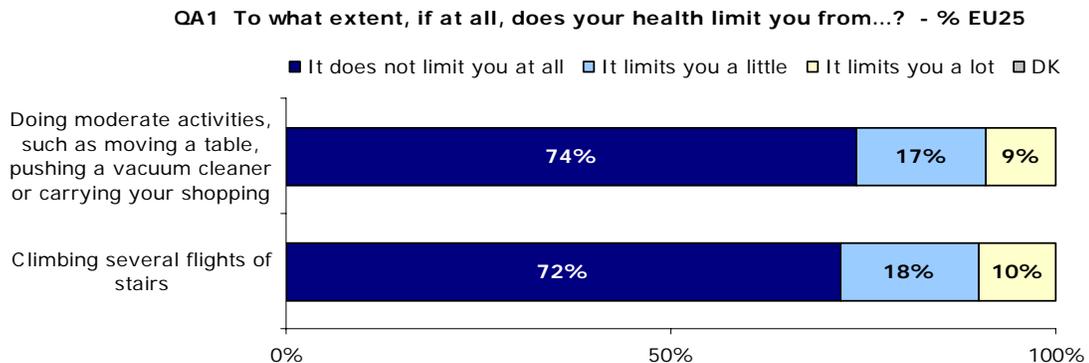
## 1 THE PRESENT SITUATION

As a starting point, the first chapter gives a **general overview of the effects of respondents' health on doing moderate physical activities**, such as pushing a vacuum cleaner or climbing up stairs. Moreover respondents' **overall state of mental well-being** is illustrated by nine statements about how they have been feeling over the month prior to this survey was carried out.

### 1.1 Effects of the State of Health

**- A vast majority reports that their health does not limit them from doing moderate physical activities -**

Source Questionnaire: QA1



**More than 7 out of 10 citizens of the European Union state that their health does not limit them at all from doing moderate physical activities.**

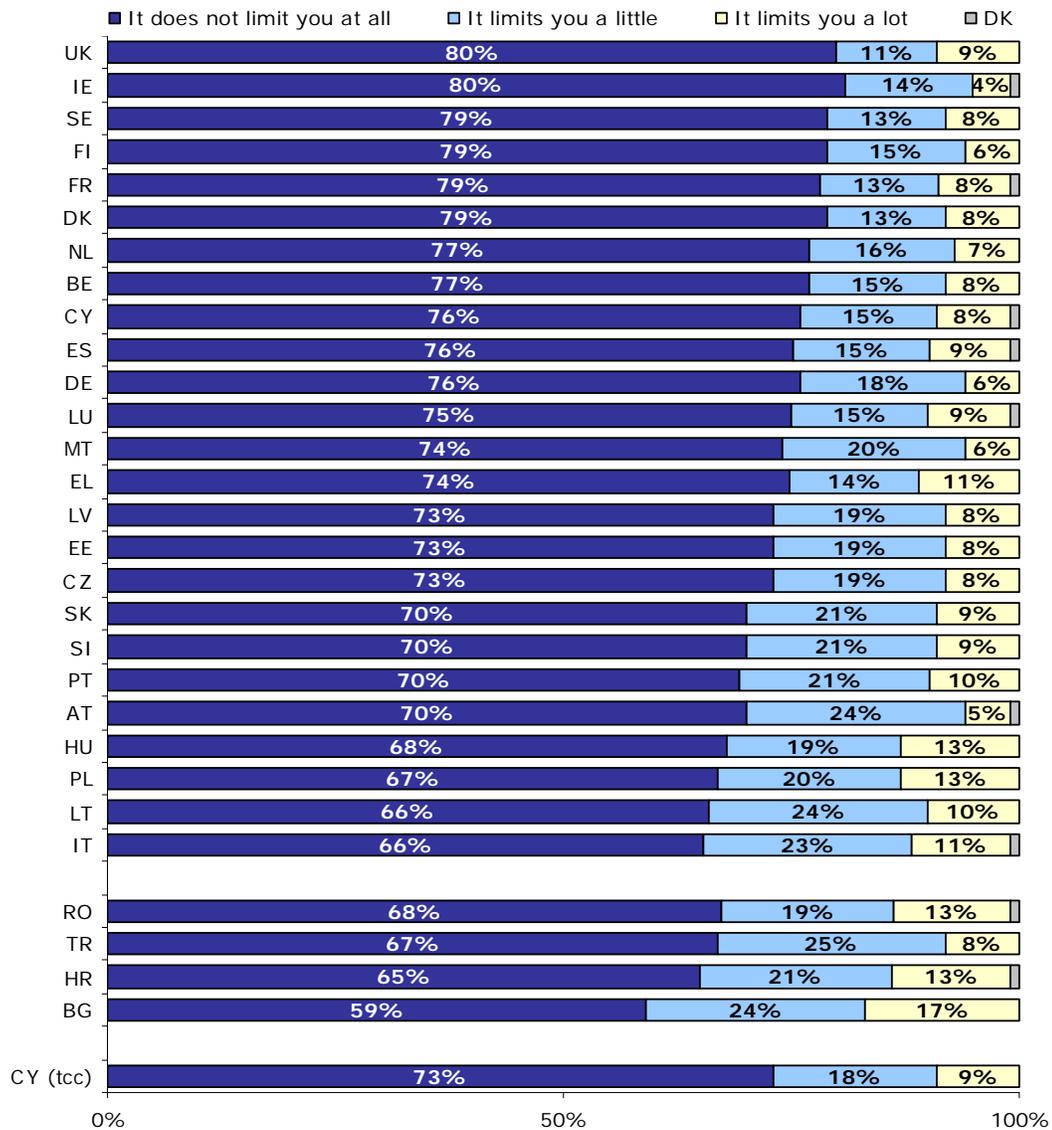
74% of respondents are able to move a table, push a vacuum cleaner or carry their shopping without health constraints and 72% declare that they can climb several flights of stairs without problems.

**Nevertheless, over a quarter asserts that their health limits them a little or a lot from doing moderate physical activities.**

This is the case for 26% of respondents when it comes to moving furniture, vacuum-cleaning or carrying shopping bags, out of which a third (9%) indicates that their health restricts them a lot.

28% think that their health poses limits for climbing up stairs. 1 in 10 respondents considers that their health restricts them a lot whereas 18% assert that this limitation is moderate.

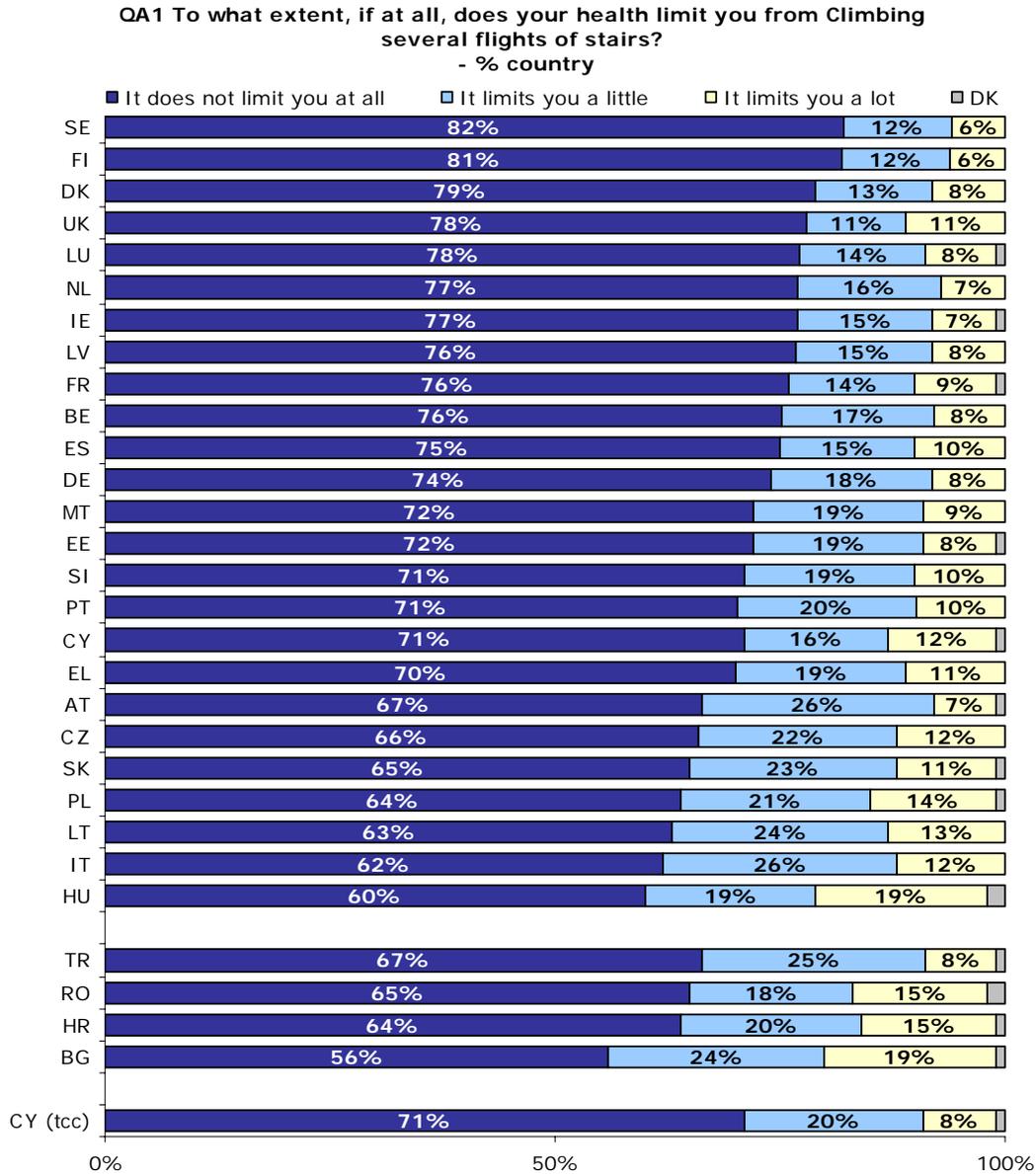
**QA1 To what extent, if at all, does your health limit you from doing moderate activities, such as moving a table, pushing a vacuum cleaner or carrying your shopping ?**  
- % country



**In every country polled, a vast majority does not experience health limits while doing moderate activities, such as moving a table, pushing a vacuum cleaner or carrying shopping bags.**

Within the EU, the share of those not suffering from health effects ranges from 80% in Ireland and the United Kingdom to 66% in Italy and Lithuania. In the acceding country Bulgaria, 59% of citizens announce that their health does not limit them from doing these activities.

Consequently, 41% of Bulgarians and 34% of citizens in Lithuania and Italy state that their health restricts them a little or a lot from doing activities such as moving a table. The highest shares of respondents considering that their health limits them a lot are found in Hungary and Poland (13% each) as well as in Bulgaria (17%).



**The country-by-country results appear fairly similar when respondents evaluate the restrictions caused by their health to climbing up stairs.**

82% of Swedes and 81% Finns indicate that they do not experience health limits whereas, on the bottom of the graph, Hungary (60%) and Italy (62%) have the fewest citizens stating the same. The lowest share (56%) of those not encountering limitations caused by their health occurs again in Bulgaria.

38% of citizens of Hungary and Italy evaluate that their health limits them at least a little while climbing up the stairs whereas this is the case for 43% of Bulgarians. The highest share, 19%, of those who experience a lot of restrictions caused by their state of health is found in Hungary and Bulgaria.

QA1 To what extent, if at all, does your health limit you from...?

% - It limits you a lot	Doing moderate activities, such as moving a table, pushing a vacuum cleaner or carrying your shopping	Climbing several flights of stairs
<b>EU25</b>	10%	9%
<b>GENDER</b>		
Male	7%	8%
Female	11%	12%
<b>AGE</b>		
15 - 24	1%	1%
25 - 39	3%	2%
40 - 54	6%	6%
55 & +	19%	23%
<b>EDUCATION</b>		
15	18%	22%
16-19	7%	7%
20+	5%	4%
Still Studying	1%	1%
<b>OCCUPATION</b>		
Self-employed	4%	4%
Managers	3%	2%
Other white collars	2%	2%
Manual workers	3%	3%
House persons	11%	14%
Unemployed	5%	5%
Retired	24%	28%
Students	1%	1%
<b>Has sought psychological help</b>		
Yes	20%	21%
No	7%	9%
<b>Has received psychological treatment</b>		
Yes	26%	25%
No	7%	9%
<b>Finding info about psychological problems</b>		
Easy	7%	8%
Difficult	11%	12%

The results of the socio-demographic analysis are to some degree foreseeable: **the strongest divider here appears to be the age of respondent.**

**The elderly** (who could be presumed to have more often a low level of education and to be retired) encounter significantly more restrictions due to their state of health when carrying out moderate physical activities. Also, **women** and **house persons**, categories that also are likely to overlap, stand out from their counterparts for being more inclined to experience health limitations.

Moreover, **a link between mental well-being and physical health becomes visible.** Those who have either sought psychological help or have been treated for psychological or emotional health problems, state notably more frequently that their health limits them a lot from doing moderate physical activities.

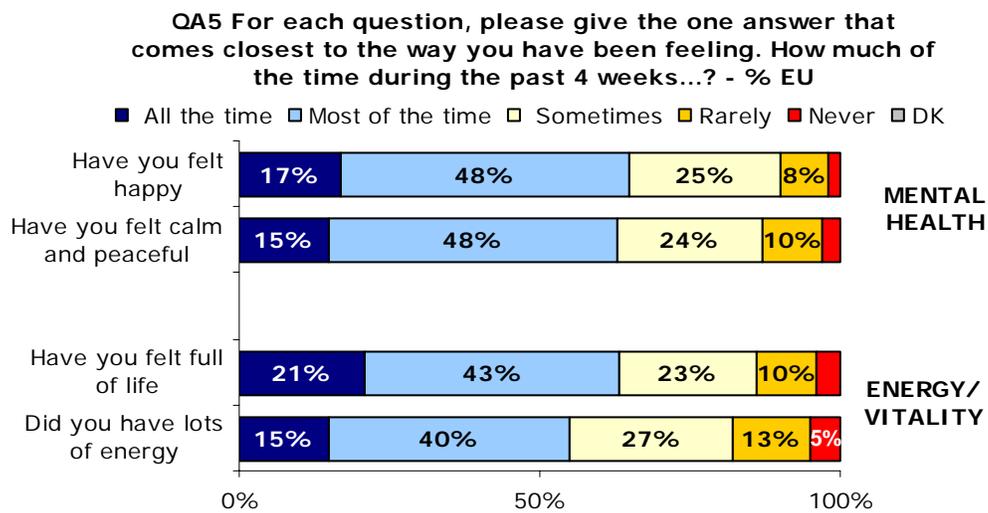
Finally, **a slight difference is perceived between those who think that finding information about psychological problems is easy and those who find it difficult**, the latter group being somewhat more likely to experience health restrictions when doing moderate activities, such as vacuum-cleaning or climbing stairs.

## 1.2 Mental Well-being over the Last 4 Weeks

- *In general, Europeans experience their life in a positive light but a reasonable share feels tired -*

Source questionnaire: QA5

In this question, nine statements were presented to the respondents, four covering **positive feelings** and five dealing with **negative feelings**. Furthermore, these two groups are divided to two sub-dimensions: **mental health** and **energy/vitality**. The first category refers to the emotional dimension. The second category is to a wider extent related to general health. However, these categories are closely inter-related and tied with mental well-being.

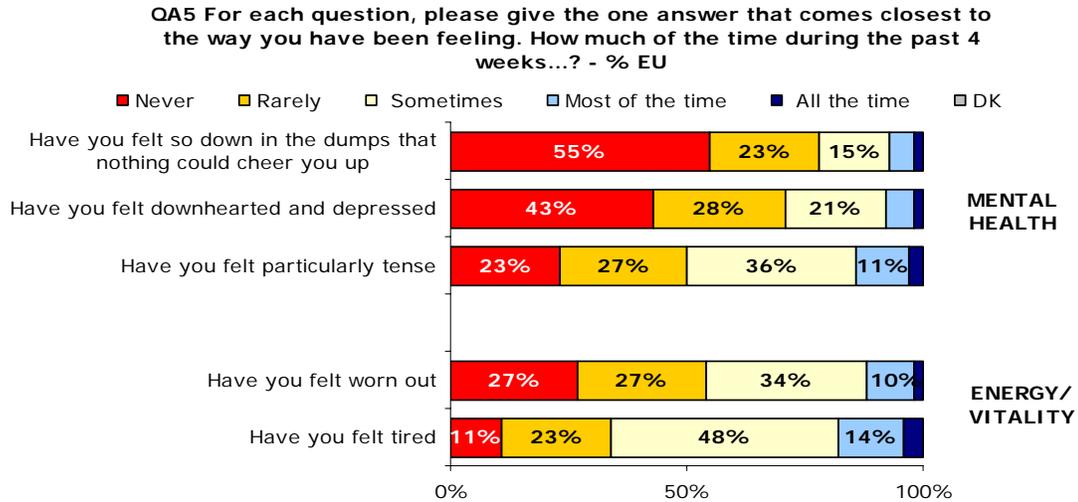


During the 4 weeks preceding the interview, **a considerable majority of the EU citizens have experienced positive and balanced feelings rather than negative emotions** such as feeling depressed.

64% have felt full of life all the time or most of the time and 55% have had lots of energy while 65% have been happy and 63% have felt calm and peaceful.

**However, a significant number of respondents indicate that they have been having these feelings only sometimes, rarely or even never.** 45% state that they have had lots of energy only sometimes or less frequently, 5% say that they have not felt energetic at all during the past 4 weeks.

Respectively, 37% of respondents have felt calm and peaceful only sometimes or less often.



When analysing negative emotions experienced during the past month, it is perceived that **Europeans are most likely to feel tired**. 18% of respondents indicate that they have been tired all the time or most of the time, out of which 4% have been feeling like this all the time.

On the contrary, 55% state that they have not at all felt so down in the dumps that nothing could cheer them up and 43% indicate the same when it comes to feeling downhearted and depressed.

All in all, it can be said that **Europeans appear to have had mainly positive feelings recently**. However, **a substantial share indicates that they do not have lots of energy and they feel tired, the feelings related to energy/vitality dimension, at least sometimes**.

Examining the results at the country level reveals **significant discrepancies between countries**.

**When it comes to the positive feelings related to mental health, the share of those who have felt happy all the time or most of the time varies between 83% in the Netherlands and 42% in Latvia and Bulgaria**. Over a quarter of respondents in Belgium (27%), the Netherlands and Luxembourg (26% each) indicate that they have been happy all the time while 7% of Bulgarians and 6% of Latvians announce not having had this feeling at all.

**Finns (83%) top the table with the highest number of respondents having felt calm and peaceful almost all the time while less than half, 46%, of Italians state the same**. Respondents in Finland and Sweden share the first place with the highest number of respondents, declaring that they have felt balanced all the time whereas 5% of Luxembourgish citizens indicate that they have not felt in this way at all.

**Regarding the energy/vitality dimension, 90% of Finnish respondents, again, have felt full of life all the time or most of the time whereas only 30% of Hungarians have experienced the same**. Also, citizens of Finland most frequently announce that they have felt full of life all the time (45%), followed by Swedes with a 28% share. Instead, 16% of Hungarians and 14% of Estonians indicate that they have never felt this way in the past month before the survey.

Finally, **72% of the Dutch indicate that they have had lots of energy all the time or most of the time during the past month and, in turn, only 37% of German respondents indicate the same.** Greeks (25%), Cypriots (24%) and citizens of Luxembourg (24%) state that they have felt energetic all the time whereas 8% of Estonians and Hungarians indicate that they have not had energy at all during the past 4 weeks before the interview.

QA5 These questions are about how you feel and how things have been with you during the past 4 weeks. For each question, please give the one answer that comes closest to the way you have been feeling. How much of the time during the past 4 weeks...?

MENTAL HEALTH				ENERGY/VITALITY			
% All the time + Most of the time	Have you felt happy	% All the time + Most of the time	Have you felt calm and peaceful	% All the time + Most of the time	Have you felt full of life	% All the time + Most of the time	Did you have lots of energy
NL	83%	FI	83%	FI	90%	NL	72%
IE	82%	DK	80%	DK	77%	FI	70%
BE	80%	NL	76%	NL	76%	CY	68%
FI	78%	SE	75%	LU	74%	DK	67%
LU	75%	SK	72%	BE	72%	FR	66%
UK	75%	BE	71%	DE	71%	LU	66%
FR	74%	CZ	71%	SE	72%	EL	65%
DK	71%	LT	71%	ES	70%	AT	65%
ES	70%	PL	69%	FR	68%	SK	63%
SE	70%	HU	68%	SK	68%	BE	62%
CY	67%	DE	67%	AT	66%	IE	61%
<b>EU25</b>	<b>65%</b>	IE	67%	IE	65%	HU	60%
SK	63%	FR	66%	<b>EU25</b>	<b>64%</b>	SE	60%
CZ	62%	LU	66%	CZ	64%	ES	59%
EL	61%	AT	66%	UK	64%	CZ	58%
MT	61%	MT	64%	PT	62%	<b>EU25</b>	<b>55%</b>
SI	61%	UK	64%	SI	61%	SI	55%
AT	60%	<b>EU25</b>	<b>63%</b>	LV	58%	UK	55%
PL	60%	EE	63%	LT	58%	PL	54%
DE	59%	LV	62%	CY	57%	LT	53%
HU	57%	ES	61%	PL	57%	IT	50%
PT	56%	CY	61%	EL	56%	MT	49%
LT	52%	EL	58%	MT	56%	LV	47%
EE	48%	SI	52%	IT	50%	PT	46%
IT	48%	PT	50%	EE	34%	EE	45%
LV	42%	IT	46%	HU	30%	DE	37%
RO	56%	RO	65%	RO	63%	RO	61%
HR	53%	BG	61%	BG	58%	BG	55%
TR	52%	HR	59%	HR	51%	HR	44%
BG	42%	TR	49%	TR	49%	TR	44%
CY (tcc)	61%	CY (tcc)	55%	CY (tcc)	54%	CY (tcc)	40%

No clear consistencies between the countries are observed. Nevertheless, it appears that **citizens of the Netherlands and Finland have experienced more often positive feelings during the 4 weeks preceding the interview.** Also, it can be said that **Italians and respondents in the three Baltic States seem to indicate slightly less frequently positive emotions** when the month before the interview is considered.

QA5.1 These questions are about how you feel and how things have been with you during the past 4 weeks. For each question, please give the one answer that comes closest to the way you have been feeling. How much of the time during the past 4 weeks...?

MENTAL HEALTH						ENERGY/VITALITY			
% Never + Rarely	Have you felt so down in the dumps that nothing could cheer you up	% Never + Rarely	Have you felt downhearted and depressed	% Never + Rarely	Have you felt particularly tense	% Never + Rarely	Have you felt worn out	% Never + Rarely	Have you felt tired
SE	90%	DK	83%	FI	70%	BE	43%	UK	27%
DK	87%	DE	80%	DK	66%	DK	40%	SK	32%
LU	87%	SE	80%	SE	65%	ES	40%	SI	27%
FR	85%	CZ	79%	IE	61%	CZ	38%	SE	27%
DE	84%	IE	78%	ES	58%	AT	38%	PT	35%
FI	84%	NL	78%	LU	57%	DE	36%	PL	33%
BE	83%	AT	78%	UK	57%	NL	36%	NL	36%
IE	83%	LU	77%	CZ	56%	PT	35%	MT	28%
NL	83%	FI	77%	MT	56%	FI	35%	LV	31%
CZ	82%	HU	76%	AT	56%	<b>EU25</b>	<b>34%</b>	LU	33%
UK	81%	BE	75%	PT	56%	FR	33%	LT	31%
EE	79%	SK	75%	SI	54%	LU	33%	IT	30%
SI	79%	UK	75%	NL	53%	PL	33%	IE	30%
<b>EU25</b>	<b>78%</b>	SI	74%	SK	53%	SK	32%	HU	29%
SK	78%	EE	73%	EE	52%	LV	31%	FR	33%
CY	77%	ES	72%	LT	52%	LT	31%	FI	35%
MT	77%	FR	72%	BE	51%	EL	30%	<b>EU25</b>	<b>34%</b>
ES	76%	<b>EU25</b>	<b>71%</b>	HU	51%	IE	30%	ES	40%
AT	76%	CY	70%	PL	51%	IT	30%	EL	30%
LV	75%	PT	67%	<b>EU25</b>	<b>50%</b>	HU	29%	EE	26%
PL	75%	EL	66%	DE	48%	MT	28%	DK	40%
HU	73%	MT	66%	FR	47%	CY	27%	DE	36%
PT	73%	LV	64%	LV	46%	SI	27%	CZ	38%
EL	70%	PL	61%	EL	36%	SE	27%	CY	27%
IT	65%	IT	55%	IT	35%	UK	27%	BE	43%
LT	61%	LT	54%	CY	35%	EE	26%	AT	38%
BG	70%	BG	70%	BG	51%	BG	40%	BG	40%
HR	73%	HR	64%	HR	40%	HR	26%	HR	26%
RO	67%	RO	66%	RO	46%	RO	37%	RO	37%
TR	69%	TR	49%	TR	36%	TR	35%	TR	35%
CY (tcc)	50%	CY (tcc)	59%	CY (tcc)	38%	CY (tcc)	30%	CY (tcc)	30%

When analysing the results in the light of negative feelings, again great differences emerge between the countries polled.

**Concerning the emotional dimension, in all countries polled, only a minority states that they have sometimes or more often felt so down in the dumps that nothing could cheer them up.** On the contrary, 90% of Swedes and 87% of Danes and Luxembourgish respondents assert that they have never or rarely felt completely down. 76% of respondents of Luxembourg and 75% in Sweden indicate that they have not felt this at all whereas 10% of respondents in Italy have felt completely blue all the time.

**83% of Danes and 80% of German and Swedes say that they have never or rarely felt downhearted and depressed whereas this is the case for 49% of Turks and 54% of Latvians.** Approximately 1 in 10 residents of Lithuania (10%) and Greece (10%) have felt depressed most of the time while 57% of Luxembourgish citizens claim not to have felt this way at all.

**The three Nordic Countries again appear on the top of the table when feeling tense is discussed.** 70% of Finns, 66% of Danes and 65% of Swedes assert that they have felt tense only rarely while only 35% of Cypriots and Italians indicate the same. Respondents in Sweden and the United Kingdom most often state that they have not felt tense at all (35% each). In turn, about 1 in 5 Cypriots (20%) and Greeks (18%) admit that they have felt tense most of the time.

**In terms of the energy/vitality dimension, it can be clearly observed that Europeans are often feeling tired.** Less than half of the respondents in each country state that they have been tired only rarely or never. The highest shares of those not feeling often tired are found in Belgium (43%), Denmark and Spain (40%) whereas about a quarter of Estonians and Croatians (26% each) indicate the same.

This result reinforces the observation already made concerning positive feelings: **EU citizens indicate more often having negative feelings related to the energy/vitality dimension than to the mental health dimension.**

**The Danes (79%) also most often indicate that they have almost never felt worn out, followed by citizens of Finland (78%).** On the contrary, only 35% of respondents in Croatia, 42% in the United Kingdom and 43% in Turkey express the same view. The highest number of Finns (54%) indicates that they have not felt worn out at all, followed by 49% of Danes. On the other hand, 15% of Hungarians and 14% of the Portuguese and Croatians admit that they have felt worn out most of the time.

When it comes to the socio-demographic analysis, some consistent patterns are perceived in the group of those who are likely to have positive feelings and among those who appear to have negative perceptions of the past 4 weeks.

**Men, the young, those who have studied longer, students, managers and self-employed** and those who have **neither sought nor received help** for mental problems are more likely to state that they have felt positive all the time or most of the time during the past 4 weeks.

On the contrary, **women, those aged 55 and more, those who have finished their education at 15, the retired, house persons and unemployed** and those who **have sought or received psychological help** are more likely to describe their last 4 weeks in negative terms.

## 2 PROBLEMS WITH WORK AND SOCIAL ACTIVITIES

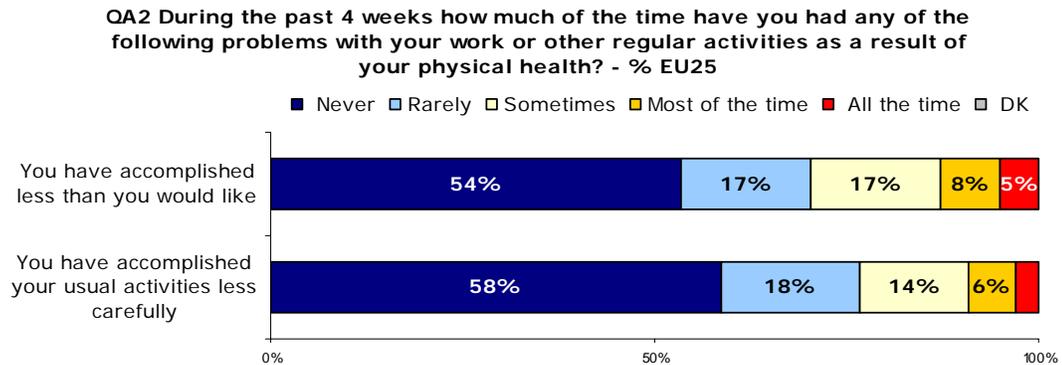
The second chapter examines **the influence of physical and mental health on regular activities**, mainly on working life and on social relations. The effects on the level of accomplishment, on efficiency at work and on activity in social interaction, such as meeting friends and relatives are portrayed.

### 2.1 The Effects of Physical Health

#### 2.1.1 Level of Accomplishment

**- Over half of Europeans assert that they have no problems caused by physical health that would limit their usual activities -**

Source Questionnaire: QA2



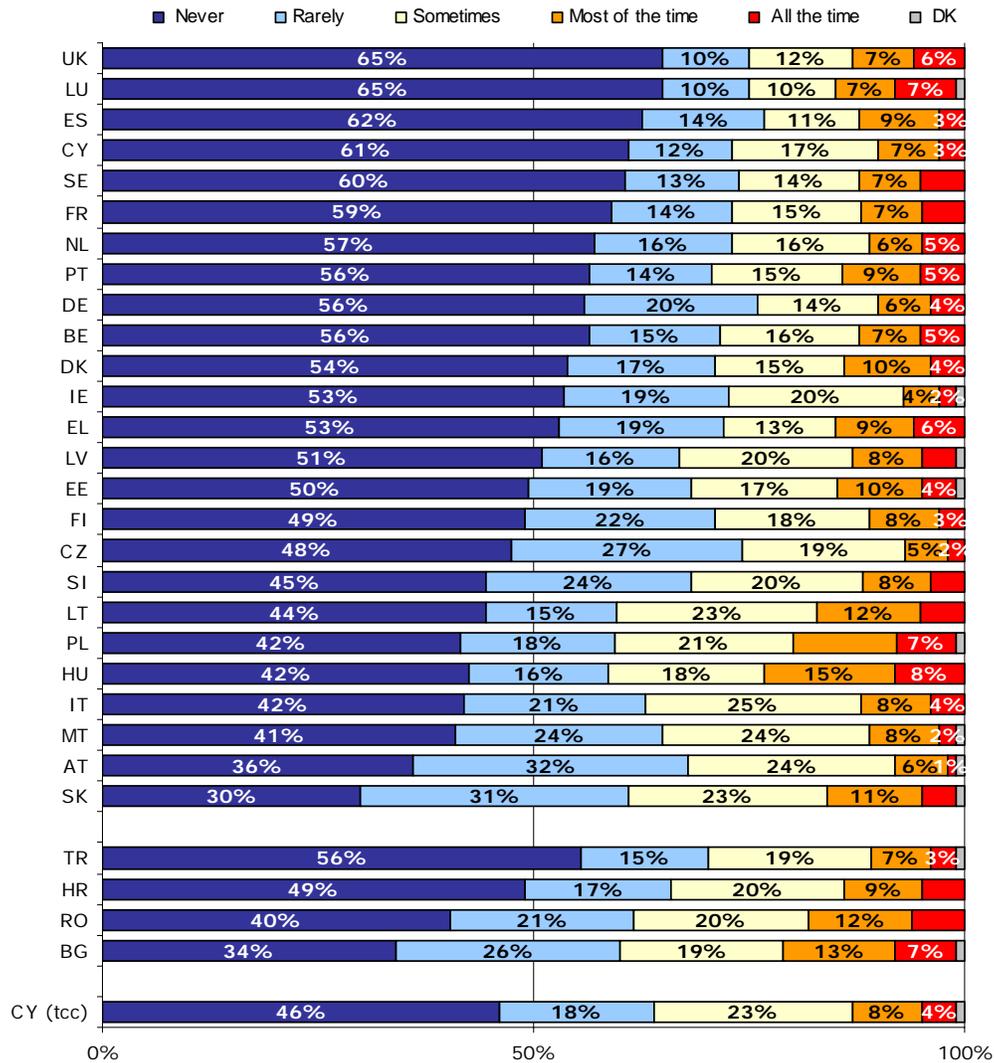
**54% of the EU citizens state that their physical health has not prevented them from accomplishing the things they wanted to at work or in regular life** in the 4 weeks preceding the interview. 58% maintain that their physical condition has not led them to accomplishing their usual activities less carefully.

Only 5% of respondents indicate that due to the state of their physical health they have always accomplished less than they would like while 8% say that this has been the case most of the time. The respective figures for those who indicate that they have accomplished their usual activities less carefully are 3% for all the time and 6% for most of the time.

However, 17% indicate that they have sometimes or rarely experienced negative effects on the level of accomplishment. When it comes to the carefulness of accomplishments, 14% admit that there are sometimes negative effects caused by their physical condition, the respective figure for rarely being 18%.

**Overall, it can be said that for the majority of Europeans, their physical health bears no consequences on the level of accomplishment when it comes to their work or other regular activities.**

QA2.1 During the past 4 weeks how much of the time have you had any of the following problems with your work or other regular activities as a result of your physical health?  
You have accomplished less than you would like - % Country



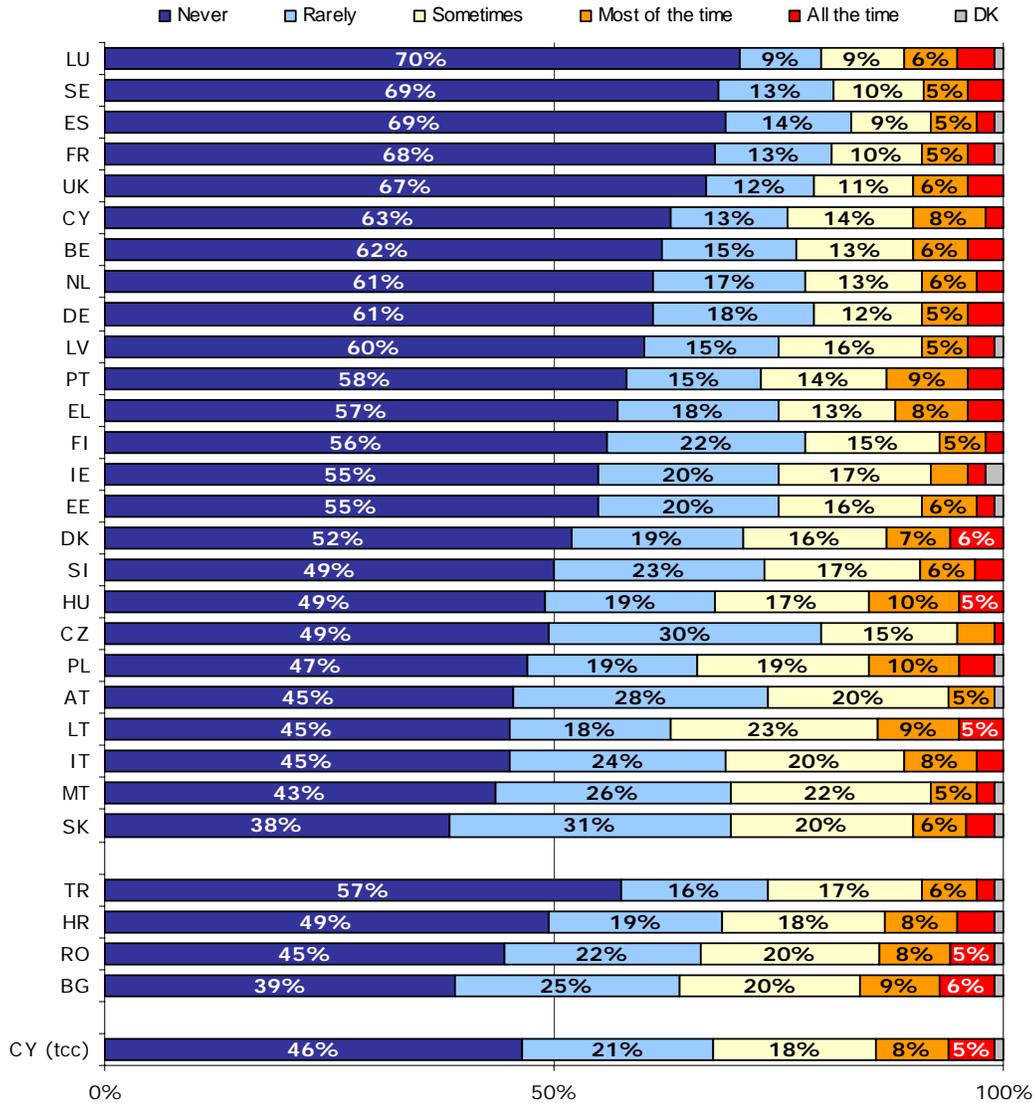
Citizens of the United Kingdom and Luxembourg (65%) declare most often that their physical health has had no effect on the amount of things they have accomplished. On the contrary, only 30% of Slovaks and 34% of Bulgarians indicate the same.

23% Hungarians state that their physical health has lead them to all the time or most of the time accomplish less than they would like, the share being 8% for those who think this is the case all the time. Bulgarians follow second, 7% of them feeling the effects of their physical health all the time and 13% most of the time.

Altogether, in 15 out of 29 countries polled the majority maintains that their physical health has never made them to accomplish less than they would like when it comes to their work or other regular activities. Moreover, Slovakia remains the only country where the largest share of responses does not fall in the category of 'never' but in the group of those who rarely experience the effect of physical health.

**QA2.2 During the past 4 weeks how much of the time have you had any of the following problems with your work or other regular activities as a result of your physical health?**

**You have accomplished your usual activities less carefully - % Country**

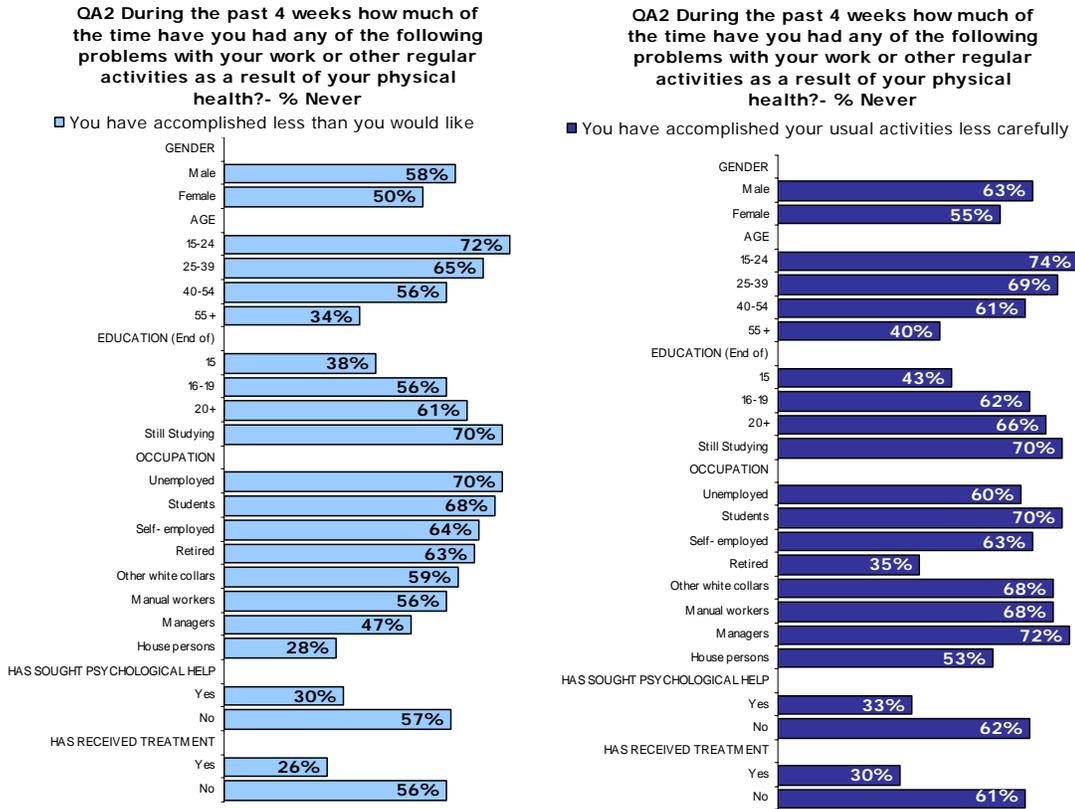


When comparing the effects of physical health on the amount of accomplishment and on how carefully regular activities are carried out, the results appear almost parallel. The same group of countries as previously emerge both at the top and the bottom of the graph.

**Luxembourgish (70%), Swedish (69%) and Spanish (69%) respondents seem to most often indicate that they have never experienced negative effects** caused by their physical condition on the level of care they take in their regular activities, such as working. As before, fewest Slovaks (38%) and Bulgarians (39%) are of this view.

**The shares of those feeling that their physical health impairs all the time or most of the time the level of carefulness with which they accomplish their daily activities remain minor.** 6% of Danes and Bulgarians indicate that their physical condition always has an effect whereas 10% of Hungarians and Poles think this is the case most of the time.

In general, in all countries polled a majority of respondents assert that their physical health never leads them to accomplish their regular activities less carefully.



Some interesting patterns emerge in the socio-demographic analysis. First, **men** are slightly more likely than women to indicate that their physical health has no effect on their level of accomplishment or on how carefully they carry out their regular activities.

This is also the case **the younger** the respondent is and **the longer the education** he/she has. These observations correspond to the results that were already introduced in relation to the limits that respondents' health poses when carrying out moderate physical activities.

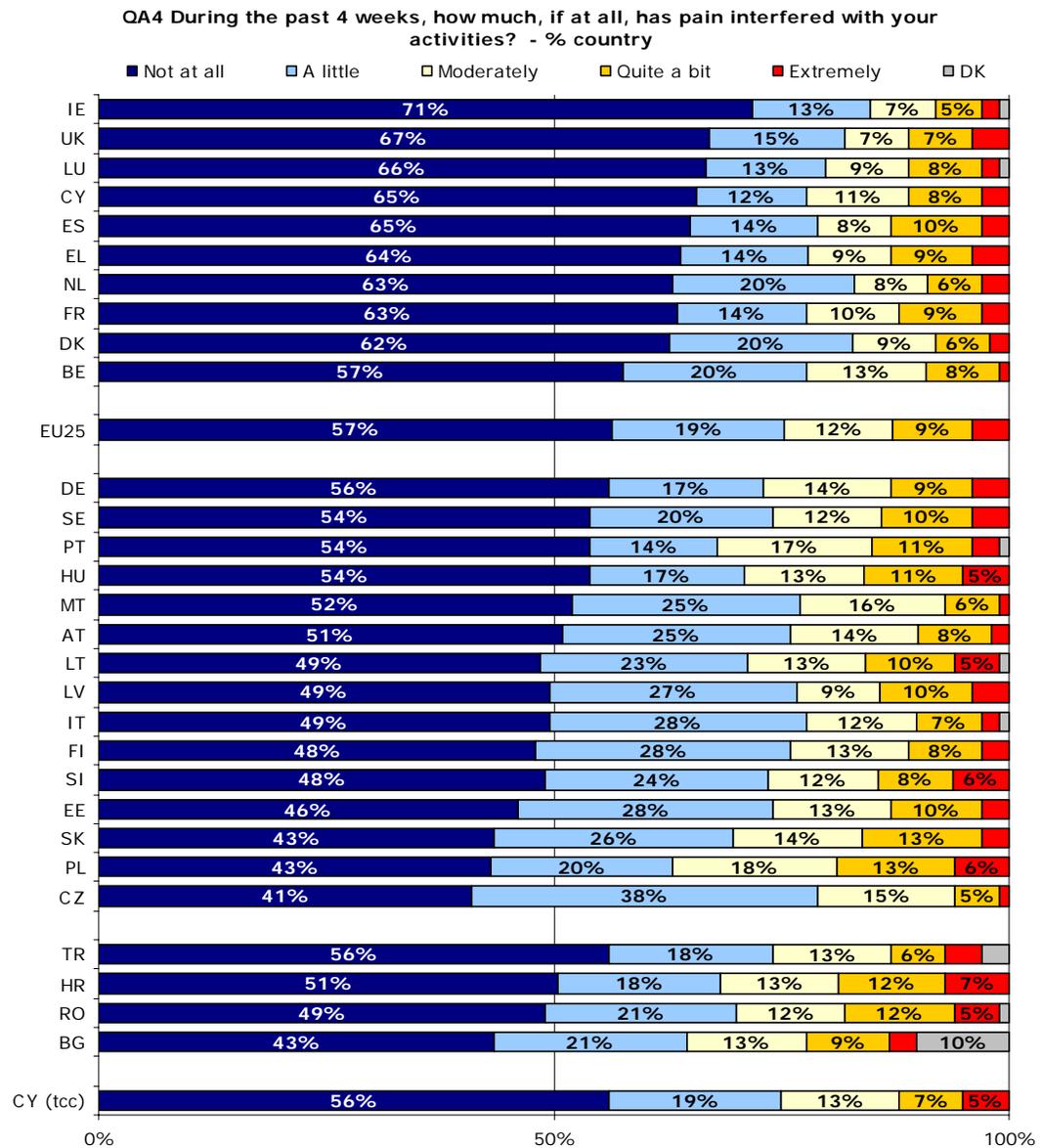
Second, when comparing the occupational groups, it can be observed that **students** and **managers** most often indicate that their physical condition has never affected their level of accomplishment during the month preceding the survey whereas significantly fewer **retired** respondents are of this view.

Finally, distinct discrepancies again occur when comparing the groups of those who have sought help or received treatment and those who have not. Those who have not sought help or received treatment are twice as likely to state that their physical health never led them to accomplish less or accomplish their usual activities less carefully. This result **reinforces again an observation of a close connection between the state of physical health and mental well-being.**

2.1.2 The Effect of Pain

Source Questionnaire: QA4

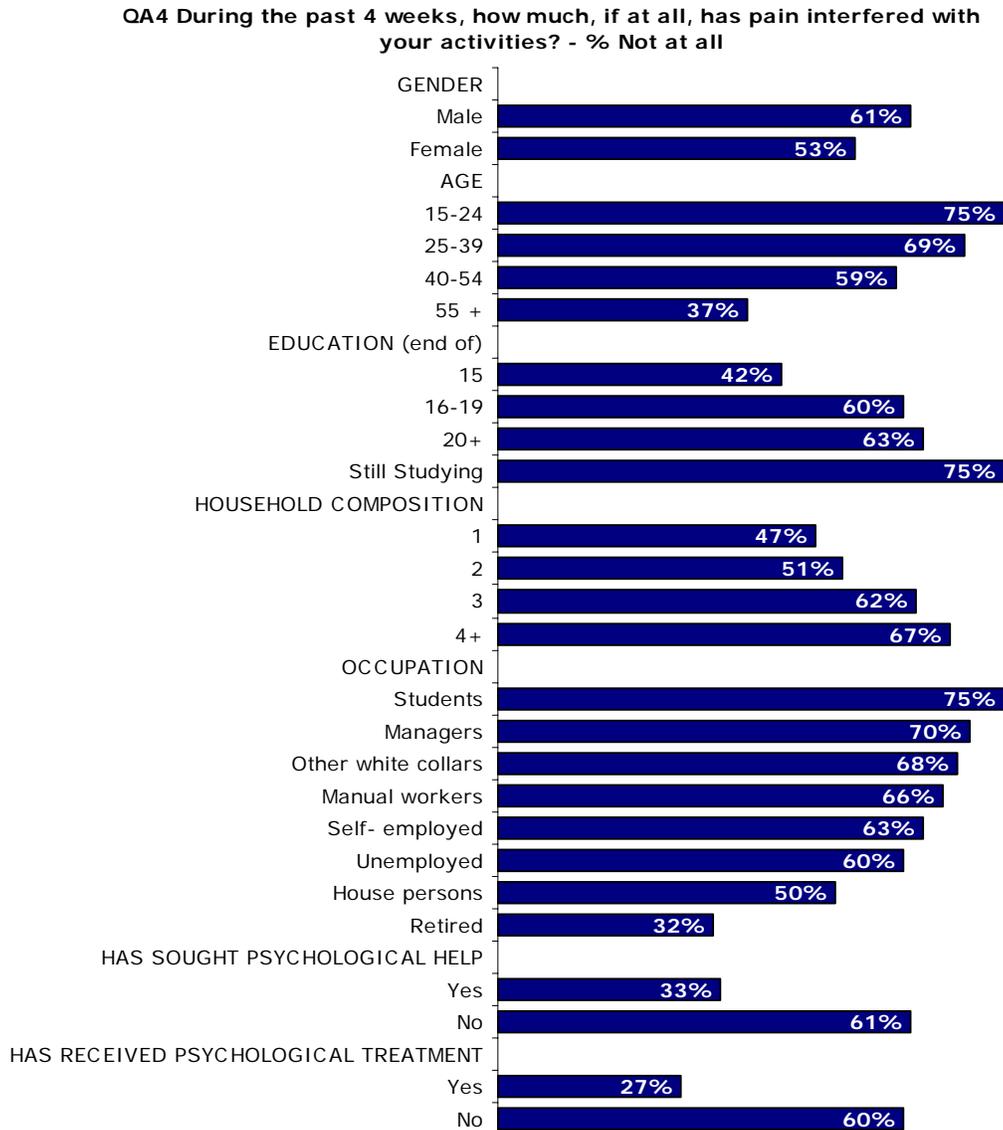
**- For most of Europeans, pain does not interfere with their activities, or does so only a little -**



The majority of EU citizens, 57%, state that pain has not at all interfered with their activities. 19% of respondents claim that pain disturbs them a little and 12% assess that the effect of pain is moderate. Only 4% of Europeans indicate that pain has interfered with their life to an extreme extent whereas 9% state that pain causes them problems quite a bit.

When interpreting this question it should be borne in mind that the results do not indicate how many respondents report having pain but, instead, for how many it has caused problems in their activities.

Some differences between the countries are observed. The Irish (71%), the British (67%) and Luxembourgish (66%) citizens indicate most often that pain does not at all limit them from doing their activities while this is the case for only 41% of citizens of the Czech Republic.



**The number of those for whom pain causes extreme or quite a bit problems remains low.** 6% of the Poles and Slovenes state that this is the case to an extreme extent whereas 13% of respondents again in Poland but also in Slovakia indicate that pain has interfered quite a bit with their life during the last 4 weeks before the interview.

Again, the same socio-demographic patterns that are perceived when the effects of physical health on the level of accomplishment are observed occur here.

**Men, the young, well educated, students and managers** indicate more frequently that they have not felt pain that would have prevented them from doing their activities during the month before the survey.

In addition, **the distinction between the groups of those who have sought psychological help or have been treated for psychological or emotional problems and those who have not reappears.**

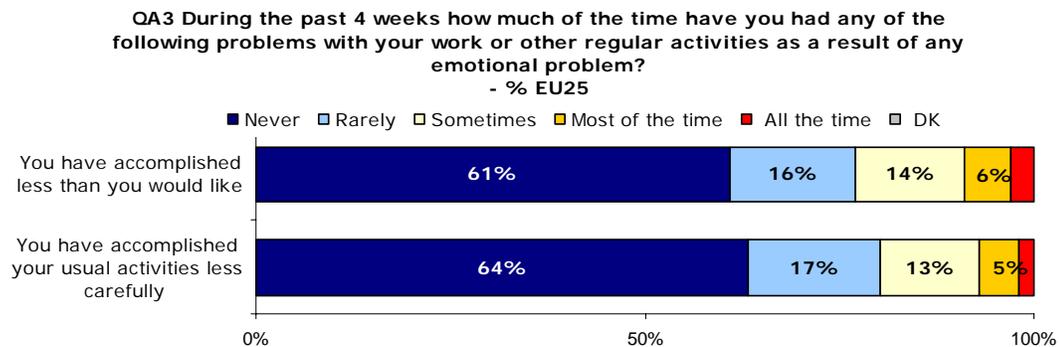
The differences are striking since 61% of those who have not sought help and 60% of those who have not been treated announce that pain has never interfered with their life while the respective figures are 33% for those who have looked for help and 27% for those who have received treatment for psychological problems.

## 2.2 The Effects of Emotional Problems

### 2.2.1 Level of Accomplishment

**- Over 3 in 5 respondents maintain that emotional problems do not deteriorate their level of accomplishment -**

Source questionnaire: QA3



**Over 3 in 5 Europeans announce that emotional problems have never affected their level of accomplishment while carrying out regular activities** when the 4 weeks before the interview are considered.

61% of respondents state that emotional problems have not led them to accomplish less than they would have liked and 64% indicate the same when it comes to the level of care they take with their usual activities.

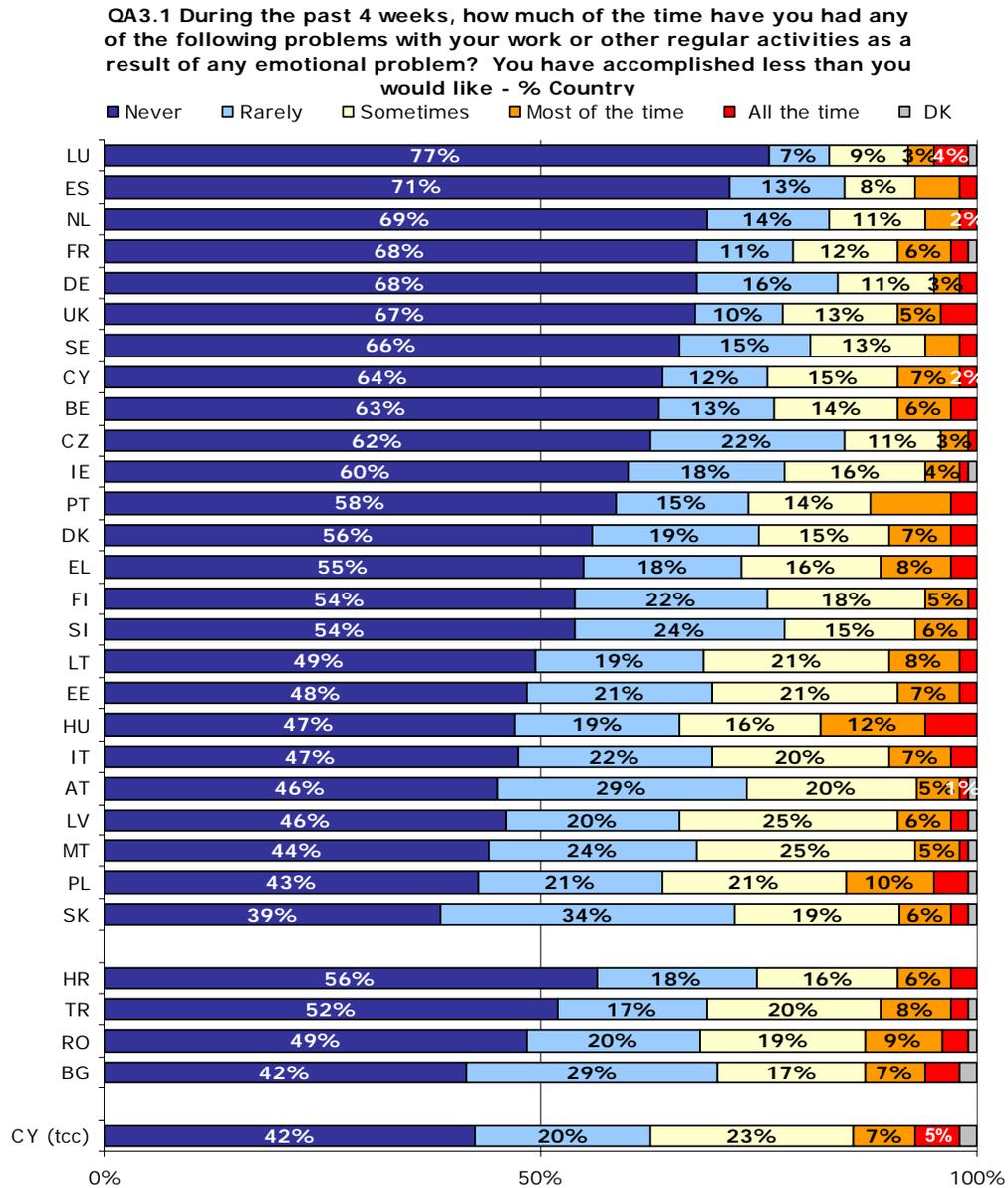
**Only a minor share of respondents admits that emotional problems have had an effect on their level of accomplishment.**

9% of EU citizens indicate that this has been the case all the time or most of the time when it comes to the amount of things accomplished. Only 7% of respondents state the same concerning how carefully they have carried out their usual activities, such as work.

In comparison with the results about the effects of physical health on the level of accomplishment (sub-chapter 2.1.1), it is worth pointing out that respondents

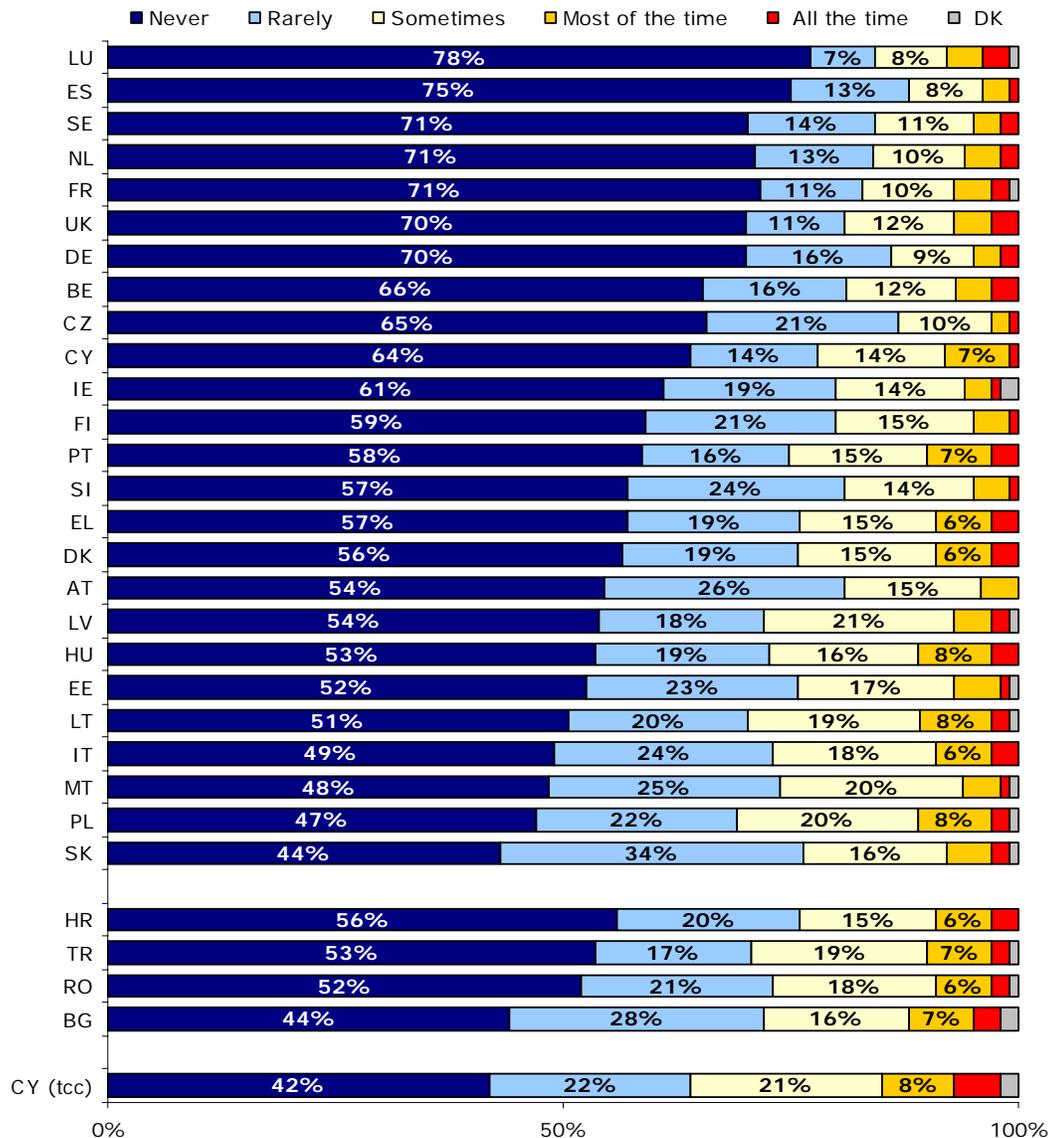
evaluate that their **physical condition restricts the level of accomplishment more often than emotional problems**.

**Again, at the country level clear differences are perceived.** Luxembourg (77%) is where the highest number of citizens indicate that emotional problems have never lead them to accomplish less than they would have liked to, followed by 71% of the Spanish asserting the same. On the other hand, only 39% of Slovaks and 42% of Bulgarians agree with this opinion.



It can be observed that the share of those considering that emotional problems affect all the time or most of the time the amount of things they carry out remains minor. Hungarians (6%) announce most frequently that emotional problems have affected them all the time. This is also the case when the category of most of the time is considered, 12% of respondents in Hungary state that most of the time they have accomplished less because of emotional problems.

**QA3.2 During the past 4 weeks, how much of the time have you had any of the following problems with your work or other regular activities as a result of any emotional problem? You have accomplished your usual activities less carefully - % Country**



When these results are compared with those obtained when respondents are asked if they have accomplished less as a result of their physical health, it is perceived that in 25 out of 29 countries polled those who say that emotional problems have not at all lead them to achieve less outnumber the share of those who indicate that physical problems have not effected the amount of things they have carried out. In other words, **in most countries physical health is seen to have more negative effects on the volume of accomplishment than emotional problems.**

**Luxembourgish (78%) residents again top the ranks when the highest share of those saying that emotional problems have never caused them to accomplish their usual activities less carefully is considered.** The Spanish follow next with a 75% share.

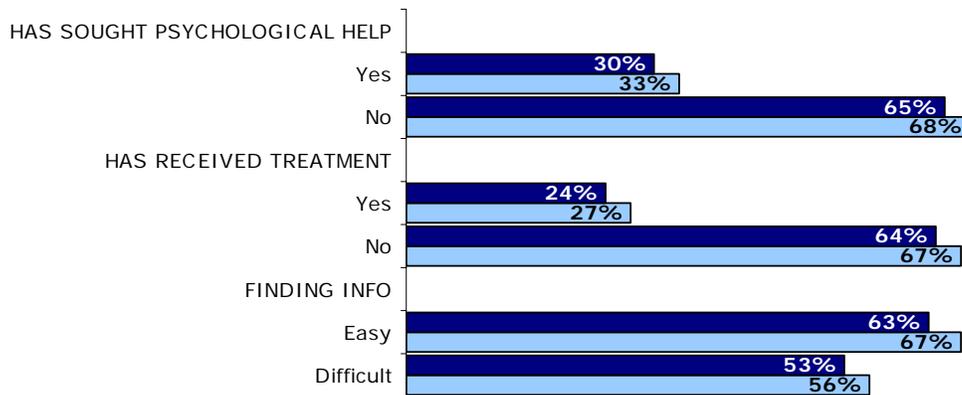
Moreover, Slovakia (44%), Bulgaria (44%) and the Turkish Cypriot community (42%) are again found to have fewest respondents saying that emotional problems do not disturb their usual activities at all.

The shares of those indicating that emotional problems have caused them to achieve things less carefully all the time or most of the time are low.

Reflecting the results before, **respondents appear to evaluate that physical health problems are more often a cause of accomplishing activities less carefully than emotional problems.** This is the case in 23 out of 29 countries polled.

**QA3 During the past 4 weeks, how much of the time have you had any of the following problems with your work or other regular activities as a result of any emotional problem (such as feeling depressed or being anxious)? - % never**

- You have accomplished less than you would like
- You have accomplished your usual activities less carefully



The already familiar socio-demographic characteristics emerge. **Women, the elderly, those with a low education level, those who live in a one-person-household, and the retired** are significantly more likely than their counterparts to assert that emotional problems have made them rarely accomplish less or carry out their activities with less care.

**The interesting co-variation between whether the respondent has sought psychological help/received treatment for psychological problems or not and whether they have accomplished less or achieved things less carefully becomes prominent here.**

65% of respondents that have not searched psychological help indicate that emotional problems have never led them to accomplish less and 68% of them say the same for achieving things less carefully, the respective shares for those who have either sought help or received treatment are 30% and 33%.

The same pattern appears when those who have received treatment are considered. Only 24% of them state that they have never achieved less and 27% indicate that they have not at all been less careful with their daily activities due to emotional problems, whereas for those who have not been treated these figures are 64% and 67%

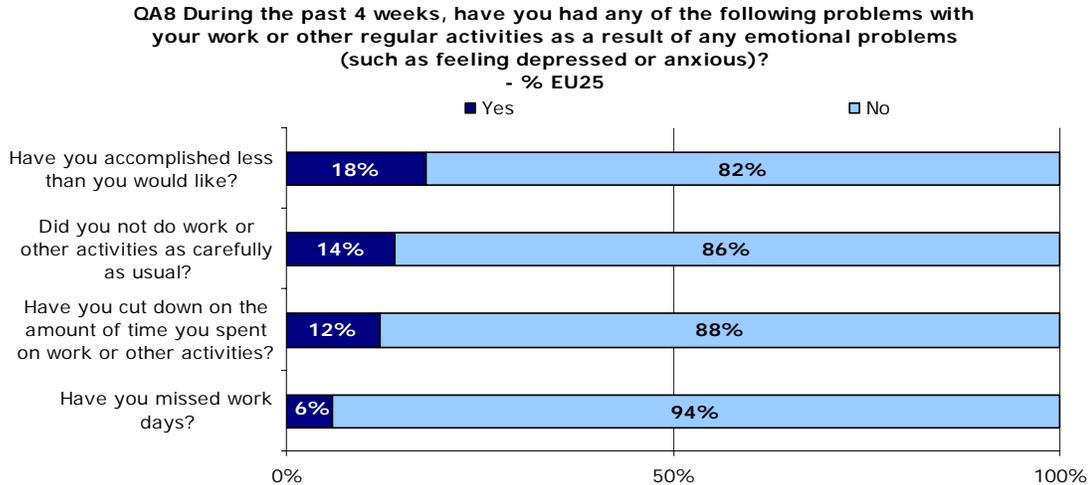
**These results suggest that mental problems, when experienced, have a strong impact on the level of achievement when it comes to usual daily activities.** The same pattern was already perceived with the effects of physical health but to a slightly lesser extent.

Finally, it can be pointed out that **those respondents who feel that information on psychological problems is easily found say somewhat more often that emotional problems have never caused them to accomplish less or to be more careless** with normal activities than those who indicate that finding information is difficult.

### 2.2.2 Effects on Working Life or other Regular Activities

#### - The effects of emotional problems in working life remain limited -

Source questionnaire: QA8



**The vast majority of EU citizens assert that emotional problems, such as feeling depressed or anxious, do not cause difficulties in their working life or other regular activities.**

94% of respondents maintain that they have not missed working days due to emotional problems while 88% state that they have not cut down the amount of time they have spent on work or other activities during the last month before the survey. 86% of European citizens indicate that they have not accomplished their tasks less carefully, and for 82% of respondents emotional problems have not led them to accomplish less than they would have liked.

These results can be compared with those presented in the previous subchapter (2.2). It is perceived that **when the question about the effects of emotional problems on work or other regular activities is posed with a five-point scale<sup>6</sup>, more respondents indicate that emotional problems have at least rarely caused them to accomplish less (36%) or to accomplish their regular activities less carefully (35%) compared to the figures shown in the graph above.**

In other words, it appears that those respondents who have rarely or sometimes experienced negative effects of their emotional health on work, tend to state in this question that emotional problems have not caused them difficulties with regular activities.

When the **focus is placed on the working age population** excluding house persons, the retired and students, it can be observed that the results are in parallel with the EU average except when it comes to accomplishing less. Furthermore, those who are unemployed tend to indicate more often that emotional problems have disturbed their regular activities than those who are working at present.

<sup>6</sup> Never – Rarely – Sometimes – Most of the time – All the time

QA8 During the past 4 weeks, have you had any of the following problems with your work or other regular activities as a result of any emotional problems (such as feeling depressed or anxious)?

% Yes	Working Age population	Employed	Unemployed
1. Have you cut down on the amount of time you spent on work or other activities?	9%	8%	17%
2. Have you accomplished less than you would like?	14%	13%	24%
3. Did you not do work or other activities as carefully as usual?	11%	10%	18%
4. Have you missed work days?	6%	6%	9%

Whether this implies that the unemployed have more emotional problems or whether emotional problems cause more often disturbance in daily activities for them, cannot be said. However, it might be presumed that **emotional problems might complicate to some extent the process of finding a work for the unemployed.**

QA8 During the past 4 weeks, have you had any of the following problems with your work or other regular activities as a result of any emotional problems (such as feeling depressed or anxious)?

% Yes	Have you accomplished less than you would like?	% Yes	Did you not do work or other activities as carefully as usual?	% Yes	Have you cut down on the amount of time you spent on work or other activities?	% Yes	Have you missed work days?
EE	29%	LT	23%	LV	20%	NL	13%
PL	28%	PL	23%	PL	19%	LU	12%
SK	28%	EL	22%	EE	17%	DK	10%
LV	27%	LV	22%	LT	17%	CY	10%
EL	24%	EE	20%	SK	17%	BE	10%
MT	24%	SK	20%	MT	15%	IT	9%
SE	24%	DK	17%	PT	14%	SK	7%
LT	23%	MT	17%	SI	14%	PL	7%
DK	21%	SE	17%	SE	14%	LV	7%
FR	21%	FR	16%	EL	13%	LT	7%
PT	20%	IT	16%	FR	13%	AT	7%
CY	19%	LU	16%	IT	13%	SE	6%
SI	19%	HU	16%	CY	13%	FR	6%
<b>EU25</b>	<b>18%</b>	CY	15%	HU	13%	FI	6%
HU	18%	PT	15%	NL	13%	<b>EU25</b>	<b>6%</b>
FI	18%	SI	15%	<b>EU25</b>	<b>12%</b>	EL	6%
IT	17%	<b>EU25</b>	<b>14%</b>	LU	12%	EE	6%
LU	17%	CZ	14%	FI	12%	UK	5%
NL	17%	BE	13%	BE	11%	SI	5%
BE	16%	NL	12%	DK	11%	MT	5%
ES	16%	FI	12%	AT	11%	IE	5%
IE	16%	AT	11%	DE	10%	DE	5%
AT	16%	DE	10%	ES	10%	PT	4%
DE	15%	UK	10%	IE	10%	ES	4%
UK	13%	ES	9%	CZ	9%	HU	3%
CZ	12%	IE	9%	UK	9%	CZ	3%
RO	26%	TR	21%	TR	19%	TR	10%
BG	25%	RO	20%	RO	17%	HR	6%
TR	23%	BG	18%	HR	15%	BG	5%
HR	21%	HR	18%	BG	14%	RO	4%
CY (tcc)	30%	CY (tcc)	26%	CY (tcc)	25%	CY (tcc)	15%

Over a quarter of Estonians (29%), Poles (28%) and Slovaks (28%) admit that they have accomplished less than they would have liked whereas this is the case for only 12% of residents of the Czech Republic and 13% of British respondents. 23% of Lithuanians and Poles indicate that they have managed their work or other usual activities with less care while, only 9% of Irish and Spanish respondents are of this view.

1 in 4 Latvians states that they have cut down the amount of time they spent on work, followed by 19% of Poles. At the opposite end of the table, 9% of British and citizens of the Czech Republic indicate the same. Finally, 13% of the respondents in the Netherlands and 12% in Luxembourg admit that they have skipped work days due to emotional problems whereas only 3% of respondents of the Czech Republic and Hungary indicate that they have done so.

Roughly, it can be said that citizens of **Poland, Latvia, Estonia** and **Slovakia** are more inclined to admit that they have accomplished less, they have accomplished things less carefully or they have cut the amount of time they have spent on work. In turn, **the British, Irish, Spanish, German** and **Austrian** respondents appear to most frequently state the opposite.

When it comes to the last statement about missing work days, the countries that top the ranks differ from those in the three other statements, these being **the Netherlands, Luxembourg, Denmark, Cyprus** and **Belgium**. Countries where fewest respondents admit having skipped work days remain more or less the same as in the other statements.

The socio-demographic analysis reveals that when the first three statements are considered, the previously perceived patterns re-emerge. **Women, the elderly**, those **living alone** and **the retired** reply more frequently that they have achieved less, carried out things with less care or cut down the amount of time spent on work. When it comes to the last statement about missing work days, the discrepancies between the socio-demographic categories diminish, partly due to small numbers of respondents in each category.

**Striking differences along with whether the respondent has sought for psychological help or received treatment for psychological or emotional problems are observed.** Considering each statement, those who have sought help or received treatment significantly outnumber those who have not in saying that they have had problems with their work as a result of an emotional problem. This is particularly the case for those who have been treated for psychological or emotional problems.

To point out some examples, those who have received treatment outnumber by 50 points (64% against 14%) those who have not when it comes to accomplishing less than wished. Considering doing usual activities less carefully or cutting down on the time spent on work, the difference between those who have received treatment and those who have not reaches 41 points (51% against 10%).

**It can be concluded, as in the previous sub-chapter, that mental ill health, when present, appears to have enormous negative effects on the way Europeans perform in their work or in other regular activities.**

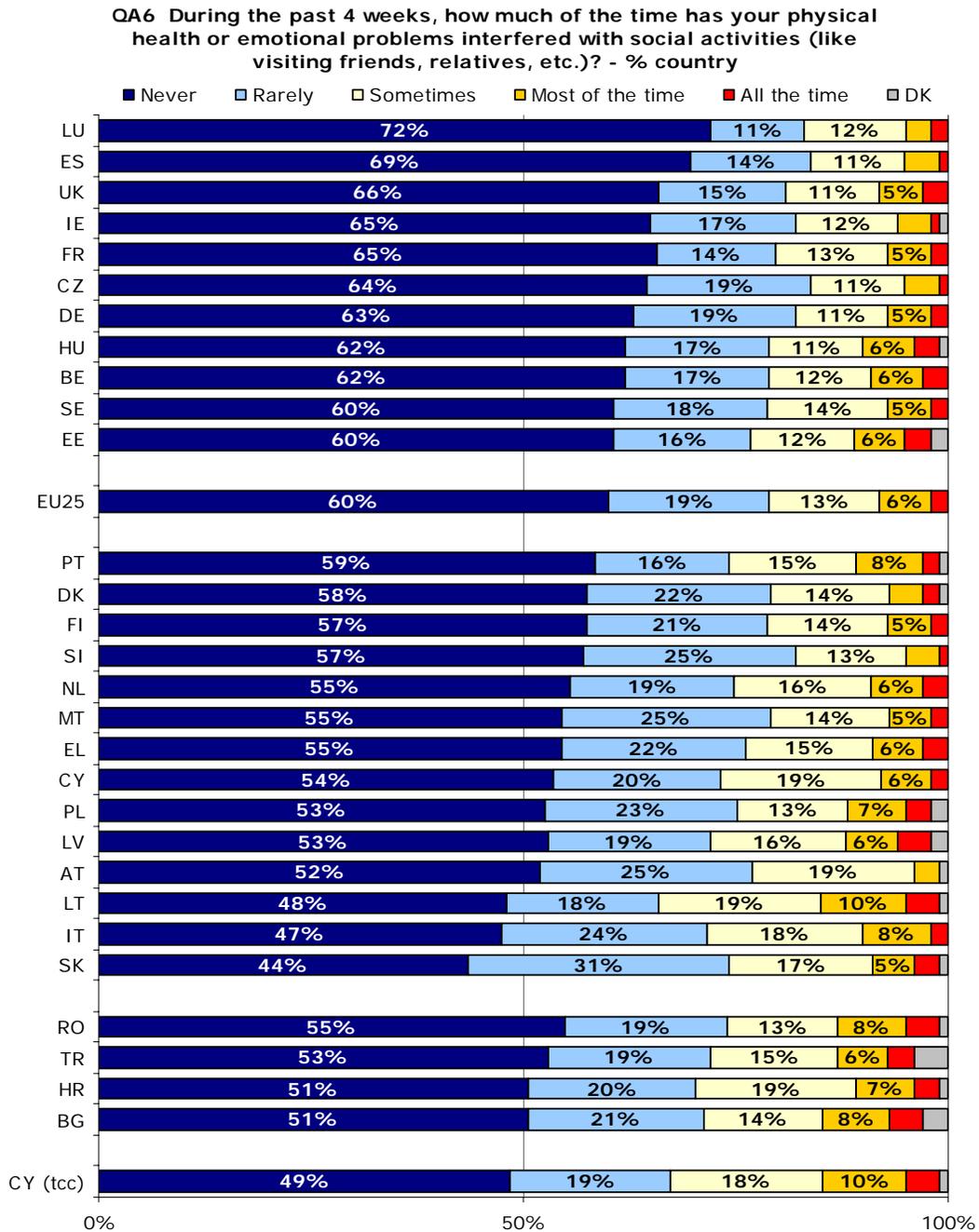
QA8 During the past 4 weeks, have you had any of the following problems with your work or other regular activities as a result of any emotional problems (such as feeling depressed or anxious)?

	% Yes	Have you had any of the following problems with your work or other regular activities as a result of any emotional problems (such as feeling depressed or anxious)?			
		Have you cut down on the amount of time you spent on work or other activities?	Have you accomplished less than you would like?	Did you not do work or other activities as carefully as usual?	Have you missed work days?
<b>Has sought psychological help</b>	<b>Yes</b>	40%	51%	40%	21%
	<b>No</b>	8%	13%	10%	4%
<b>Has received psychological treatment</b>	<b>Yes</b>	50%	64%	51%	28%
	<b>No</b>	9%	14%	10%	4%

### 2.3 Problems with Social Activities

**- 3 in 5 Europeans state that their physical health or emotional problems do not interfere with their social activities -**

Source questionnaire: QA6



**60% of EU citizens assert that their physical health or emotional problems have not interfered with social activities**, such as visiting friends or relatives during the past 4 weeks before the interview. However, **2 in 5 respondents admit that their physical or mental well being has to some extent had a negative effect on their social life.**

Out of those who have experienced negative effects caused by their physiological health or emotional problems, the largest share assesses that these effects have taken place only rarely (19%) while 13% consider that these negative effects have occurred sometimes.

At the country level, **residents of Luxembourg (72%), Spain (69%) and the United Kingdom (66%) indicate most frequently that their physical or psychological health has had no effect** on their social activities during the last month before this survey.

In turn, in four countries, the share of those who have at least rarely recognised negative effects on social activities caused by their physical or psychological health outnumbers those who have never experienced these effects. This is the case in Slovakia (56% experienced effects), Italy (52%) and Lithuania (51%).

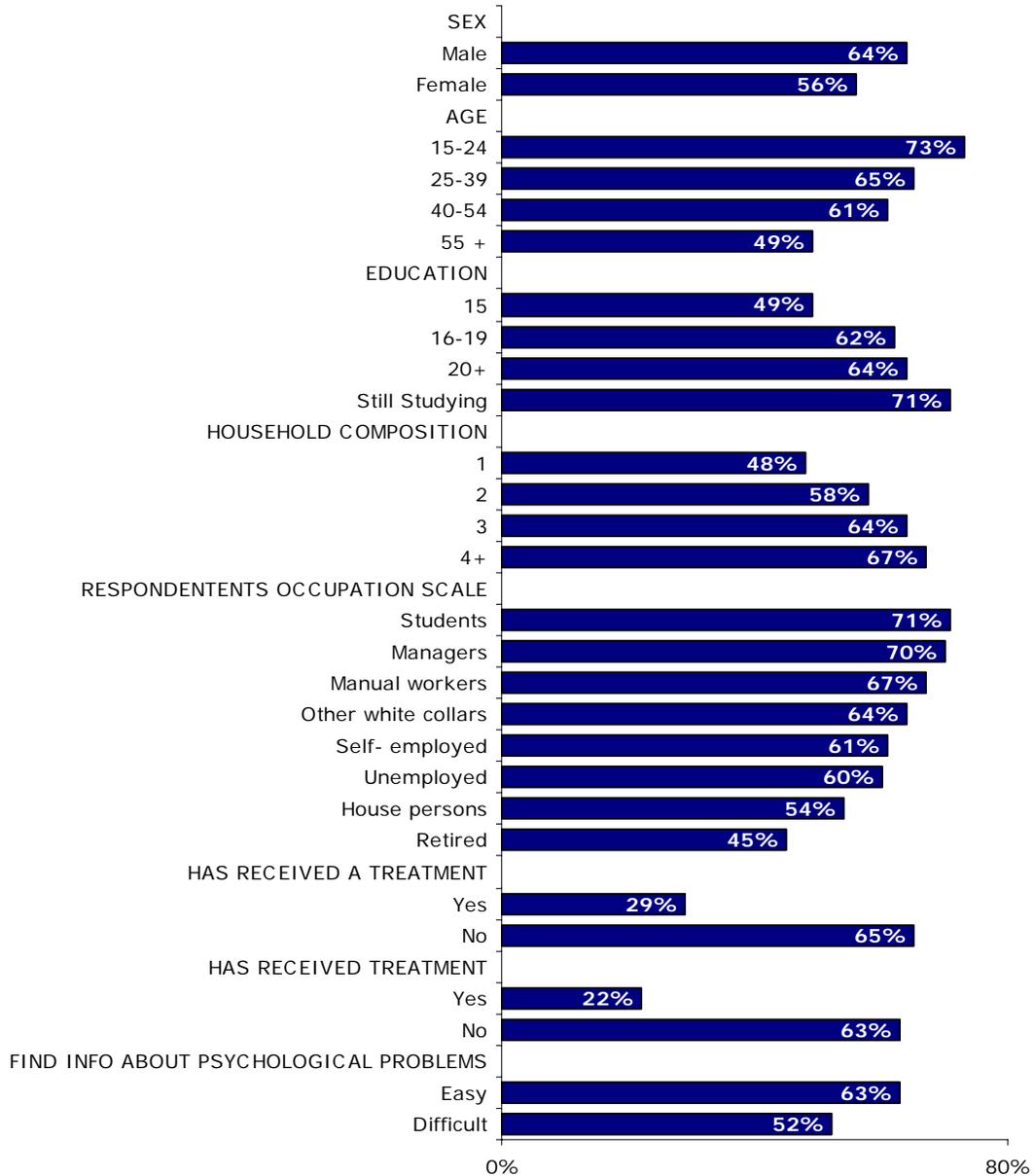
The largest number of those who have all the time or most of the time felt the negative effects of their physical or mental health are found in Lithuania, the share reaching 14%.

Once again the familiar socio-demographic conformities become visible. **Women** are more likely than men to experience some negative effects on social activities caused by their physical or mental health. This is also the case **the older the respondent is, the lower the education** he or she has, as well as for those **living alone** and for **the retired**.

**Also, the effects of mental well-being on social activities are visible.** Notably fewer respondents that have sought for psychological help (29%) indicate that their physical or mental health has had no effect on social activities than those who have not looked for help (65%).

**The results are parallel when the group of those who have been treated is compared with those who have not received treatment.** 22% of those who have been treated indicate that their physical or emotional health has not caused problems with social interaction whereas 63% of those who have not received treatment are of this view.

**QA6 During the past 4 weeks, how much of the time has your physical health or emotional problems interfered with social activities (like visiting friends, relatives, etc.)?- % Never**



Finally, a difference is also perceived between those who find that information about psychological problems is easily available and those who think that finding information is difficult. 63% of those who find gaining information to be easy indicate that they have never experienced negative effects on social activities caused by mental or physical health problems whereas this is the case for 52% of those who have difficulties in finding information about psychological problems.

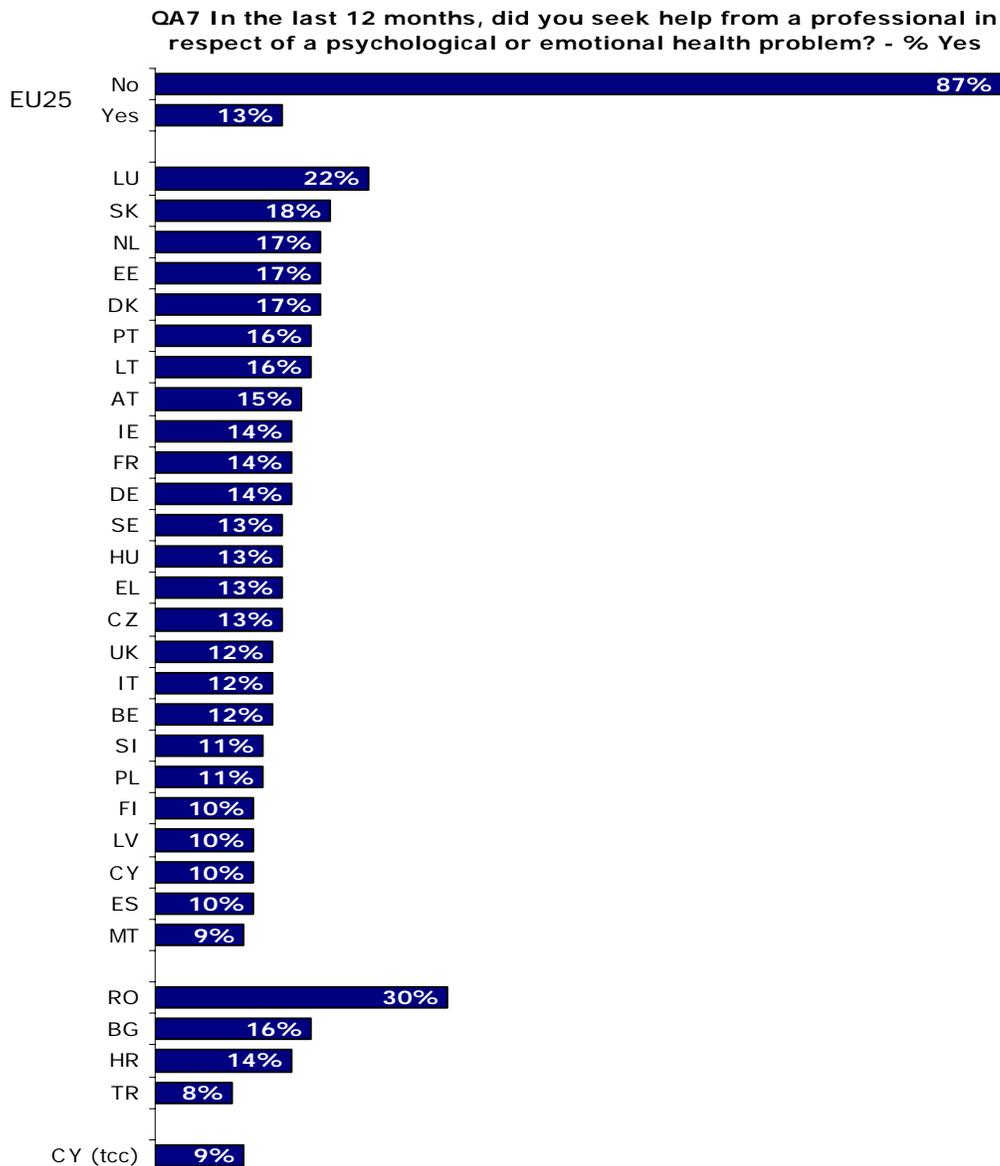
### 3 CARE AND TREATMENT SERVICES

The third chapter describes first the extent to which respondents have sought help for psychological problems and in which professional groups they have trusted. Secondly, the extent to which Europeans say that they have **received treatment for psychological or mental health problems** over the previous year in the form of drugs, psychotherapy or hospital treatment is examined. Finally, **the sources on which respondents are inclined to rely** when they need support are portrayed.

#### 3.1 Source of Professional Help

*- Europeans seek professional help from a general practitioner -*

Source Questionnaire: QA7



In the 12 months prior the interview, **13% of EU citizens have sought help from a professional** in respect of a psychological or emotional health problem. The vast majority, 87%, indicate that they have not looked for professional help over the last year.

30% of respondents in Romania state that they have sought professional help, followed by 22% of citizens of Luxembourg and 18% of Slovaks. In turn, 8% of Turks and 9% of the Maltese indicate that they have turned to a professional in respect of a psychological or emotional health problem.

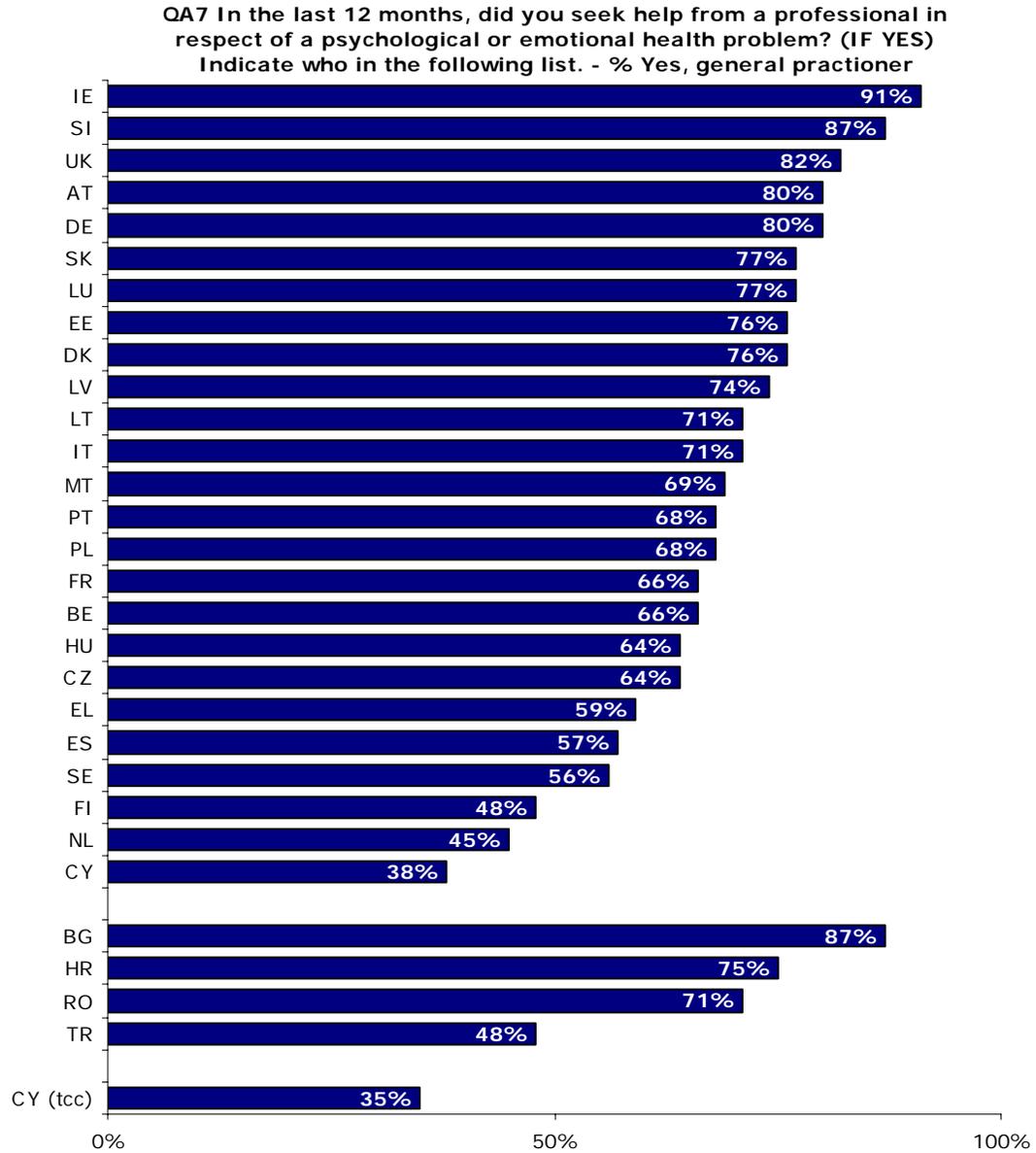


N.B. The figures in this graph are based on 3205 (13% of the total population) respondents that have sought help from a professional in the last 12 months.

Out of the 13% of respondents who have sought professional help, **the vast majority, 70%, has discussed their psychological or emotional health problems with a general practitioner.**

14% of respondents indicate that they have sought help from a psychologist and 13% from another health professional or from a psychiatrist.

Only a minor share has turned to another psychotherapist (4%), a social worker (4%), a nurse (4%) or a psychoanalyst (2%).



N.B. Figures in this graph are based on the share of respondents in each country that have sought help from a professional in the last 12 months.

At the country level, it can be noted that **in each country a large share of those who have sought psychological help from a professional has turned to a general practitioner**. This is especially the case in Ireland (91%), Slovenia (87%) and the United Kingdom (82%).

On the other hand, less than half the citizens of Cyprus (38%), the Netherlands (45%), Finland (48%) and Turkey (48%) have sought help from this source.

When it comes to socio-demographic categories, the familiar patterns are repeated. **Women** (15%) have sought help from a professional slightly more often than men (11%). This is also the case for **old people** (16%), for those who **live alone** (17%) and for those who are **retired** (17%), **staying at home** (17%) or **who are unemployed** (16%) compared to their counterparts.

Again, it is worth pointing out the variation in the breakdown according to whether respondents have received treatment or not.

**In the group of those who have been treated, the highest number, 46%, announce that they have received treatment from a general practitioner whereas 18% have discussed their psychological or emotional problems with a psychiatrist or a psychologist.**

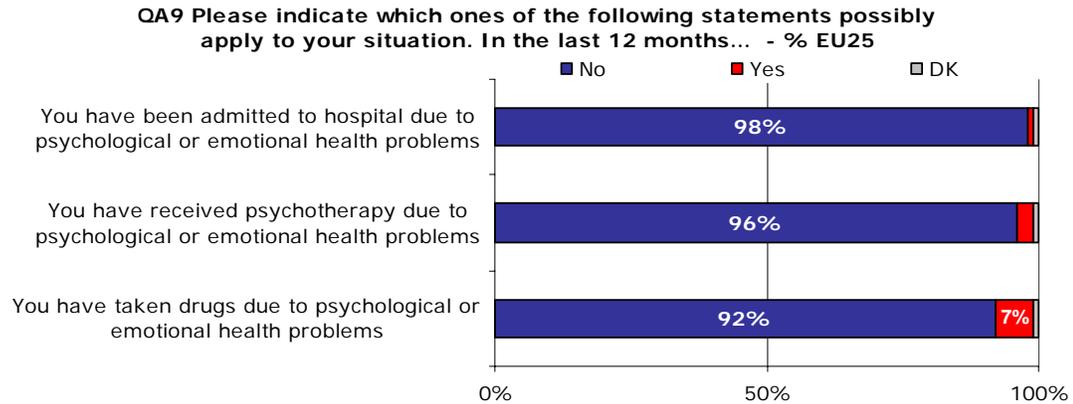
QA7 In the last 12 months, did you seek help from a professional in respect of a psychological or emotional health problem? (IF YES) Indicate who in the following list. (MULTIPLE ANSWERS POSSIBLE)

% Yes		Yes, a general practitioner	Yes, a pharmacist	Yes, a psychiatrist	Yes, a psychologist	Yes, another health professional
<b>Has received psychological treatment</b>	<b>Yes</b>	46%	5%	18%	18%	7%

### 3.2 Recipients of Treatment

Source Questionnaire: QA9

**- Only a minority of Europeans have been treated for psychological or emotional health problems -**



When three different forms of psychological treatment are considered, 7% of EU citizens state that they have taken drugs due to mental health problems, 3% received psychotherapy and only 1% has been treated in a hospital in the past 12 months before the interview.

In other words, **only a small minority of Europeans has received any kind of psychological treatment** in the past year, taking medication being the most used treatment with a 7% share.

Due to small numbers of respondents in the groups that have received any kind of treatment, **discrepancies at the country level remain modest.**

QA9 Please indicate which ones of the following statements possibly apply to your situation. In the last 12 months...

You have taken drugs due to psychological or emotional health problems		You have received psychotherapy due to psychological or emotional health problems		You have been admitted to hospital due to psychological or emotional health problems	
% Yes		% Yes		% Yes	
LT	11%	NL	7%	BE	5%
EE	10%	ES	5%	ES	2%
LU	10%	FR	5%	FR	2%
AT	10%	PT	5%	LV	2%
PT	10%	FI	5%	LT	2%
FR	9%	SE	5%	LU	2%
LV	9%	BE	4%	HU	2%
HU	9%	DK	4%	AT	2%
BE	8%	HU	4%	UK	2%
NL	8%	PL	4%	<b>EU25</b>	<b>1%</b>
PL	8%	<b>EU25</b>	<b>3%</b>	CZ	1%
UK	8%	IE	3%	DK	1%
<b>EU25</b>	<b>7%</b>	CY	3%	DE	1%
DK	7%	LV	3%	EE	1%
DE	7%	LT	3%	EL	1%
FI	7%	LU	3%	IE	1%
SE	7%	MT	3%	IT	1%
CZ	6%	AT	3%	CY	1%
ES	6%	SI	3%	MT	1%
IE	6%	SK	3%	NL	1%
SI	6%	UK	3%	PL	1%
SK	6%	CZ	2%	PT	1%
IT	5%	DE	2%	SK	1%
MT	5%	EE	2%	FI	1%
EL	4%	EL	2%	SI	0%
CY	2%	IT	2%	SE	0%
HR	9%	TR	5%	TR	3%
TR	9%	HR	4%	HR	2%
BG	6%	BG	2%	BG	1%
RO	5%	RO	1%	RO	1%
CY (tcc)	6%	CY (tcc)	5%	CY (tcc)	2%

**Lithuanians** (11%) indicate most often that they have used medication for psychological or emotional health problems, followed by 10% of **Estonian, Luxembourgish, Austrian** and **Portuguese** respondents. Only 2% of Cypriots state that they have taken drugs in the past 12 months.

7% of respondents in **the Netherlands** declare that they have received psychotherapy over the last 12 months, while this is the case for only 1% of Romanian citizens. Finally, 5% of **Belgians** have been admitted to hospital because of mental health problems.

QA9 Please indicate which ones of the following statements possibly apply to your situation. In the last 12 months...

% Yes		You have received psychotherapy due to psychological or emotional health problems	You have taken drugs due to psychological or emotional health problems	You have been admitted to hospital due to psychological or emotional health problems
<b>Has sought psychological help</b>	<b>Yes</b>	23%	41%	9%
	<b>No</b>	0%	2%	0%
<b>Has received psychological treatment</b>	<b>Yes</b>	40%	84%	17%
	<b>No</b>	-	-	-

The supplementary breakdowns on whether a respondent has sought psychological help and whether he/she has received treatment in the past 12 months offer interesting additional information to the analysis.

First, **out of those who have been treated for psychological problems during the past year**, 84% have taken medication, 40% have been seeing a psychotherapist and 17% have been treated in hospital. Obviously, a number of respondents have received more than one kind of treatment.

Second, **among respondents who have sought for psychological help**, 41% have taken drugs, 23% have received psychotherapy and 9% have been admitted to hospital.

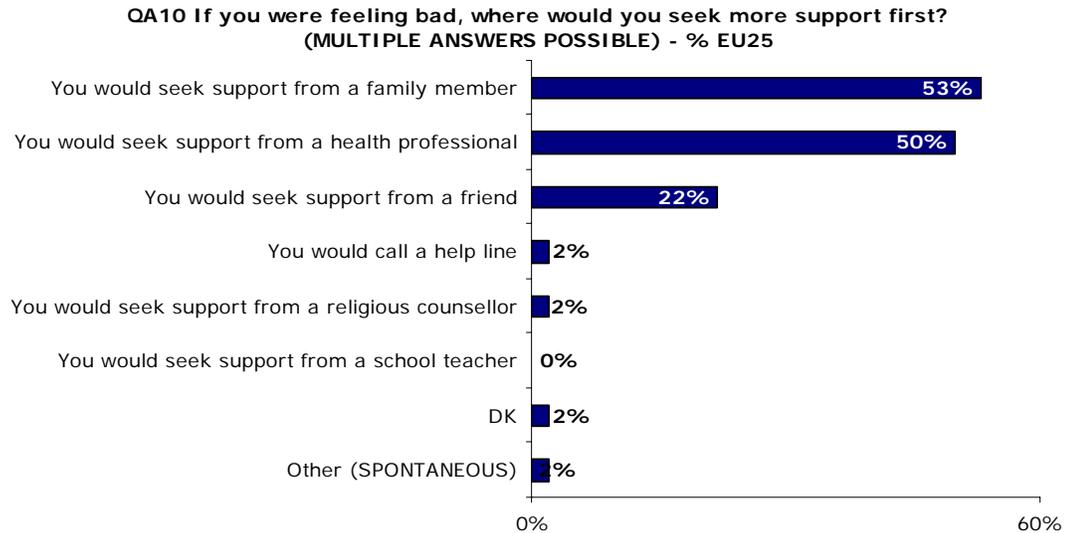
It should be noted here, that out of those who indicate that they have sought help, only a minority has also received psychological treatment. 76% have not received psychotherapy, 58% have not taken drugs and 82% have not been treated in hospital. This presumably indicates, at least to a certain extent, that **demand for psychological help and supply of treatment are not always met**.

Otherwise, discrepancies between socio-demographic categories are modest. Still, it is worth pointing out that in the case of taking drugs **women** (9%), **the elderly** (9%), those **living alone** (11%), **the retired** (11%), **house persons** (10%) and **the unemployed** (9%) state slightly more frequently than their counterparts that they have used medication for psychological problems in the past 12 months.

### 3.3 Sources of Support

Source questionnaire: QA10

- **When in need of support, Europeans would turn first to a family member and then to a health care professional –**



When respondents are asked where they would seek more support if they were feeling bad, three sources of help rank above others: **a family member** (53%), **a health professional** (50%) and **a friend** (22%).

Calling a help line or seeking support from a religious counsellor receive only a minor share of responses (2%) and practically nobody would seek help from a school teacher. Among those who spontaneously indicate another source of help (2%), the majority seems to rely on themselves.

The highest shares of respondents that would ask help from **a family member** reside in **Cyprus** (69%), **Germany** (63%) and **Hungary** (63%) whereas fewer Bulgarians (31%), Swedes (34%) and Lithuanians (36%) would turn to a family member. However, these shares still represent about a third of the population.

Respondents in **Bulgaria** (79%), **Romania** (74%) and **Portugal** (70%) indicate most often that if they were feeling bad they would first seek for more help from **a health professional**. At the opposite end of the table, fewest Cypriots (32%) and Dutch (38%) would trust a health professional, these shares again constituting a substantial share of respondents in these countries.

QA10 If you were feeling bad, where would you seek more support first?

You would seek support from a family member		You would seek support from a health professional		You would seek support from a friend	
CY	69%	PT	70%	NL	37%
DE	63%	DK	68%	FI	34%
HU	63%	SI	66%	BE	33%
EE	62%	IE	64%	CY	32%
EL	62%	LT	63%	FR	31%
LU	60%	MT	63%	EE	30%
SK	60%	ES	60%	DK	29%
CZ	58%	SK	60%	AT	29%
FR	58%	AT	58%	EL	28%
MT	58%	IT	56%	LU	27%
SI	58%	SE	54%	SI	25%
BE	54%	LV	53%	DE	24%
<b>EU25</b>	<b>53%</b>	PL	52%	<b>EU25</b>	<b>22%</b>
DK	53%	BE	51%	CZ	22%
FI	53%	<b>EU25</b>	<b>50%</b>	SK	22%
UK	51%	DE	48%	UK	22%
AT	50%	CZ	46%	IE	21%
ES	49%	EL	46%	LV	21%
NL	49%	UK	44%	ES	19%
IT	48%	FR	43%	PL	19%
LV	48%	LU	43%	MT	14%
PL	47%	EE	40%	SE	13%
PT	46%	FI	40%	IT	12%
IE	42%	HU	39%	LT	12%
LT	36%	NL	38%	HU	10%
SE	34%	CY	32%	PT	5%
HR	54%	BG	79%	TR	28%
TR	47%	RO	74%	HR	16%
RO	41%	HR	58%	RO	13%
BG	31%	TR	51%	BG	11%
CY (tcc)	60%	CY (tcc)	27%	CY (tcc)	33%

Finally, over a third of citizens of **the Netherlands** (37%) and **Finland** (34%) would rely on a friend to support them if they were feeling bad whereas only 5% of the Portuguese and 10% of Hungarians would turn to a friend if they needed more support.

In general, it can be concluded that **most Europeans would first seek help from a family member or from a health care professional if they were feeling bad.**

When it comes to socio-demographic categories, some variation can be portrayed.

**Women** (24%) state slightly more often than men (20%) that they would seek help from a friend if they were feeling bad.

**The older the respondent is**, the more likely he/she is to turn to a health professional (59% in the age group 55+). In turn, **the younger the respondent is**, the more often he/she indicates that a family member (61% in the youngest age group) or a friend (37%) would be the first source of support.

Not surprisingly, those who live in a **household of several members** are more inclined than their counterparts to seek help from a family member (58% of those in 4+ household).

Out of professional categories, **students** (63%) indicate most often that they would turn to a family member if they needed support whereas 40% of them would seek help from a friend.

In the end, it is interesting to see **to whom those who have actually sought for psychological help would turn first if they needed more support**.

The majority states that they would seek help from a health care professional (59%) which is 10 points above the share of those who have not sought psychological help during the last 12 months (49%). 49% of respondents in this group would rely on a family member and 22% would seek support from a friend.

Out of **those who received psychological treatment during the previous year**, 66% indicate that they would first seek help from a health professional. This share is 17 points more than the score in the group of those who have not been treated. This result suggests that 2 in 3 of those who have received treatment from a health professional, would again first seek help from this source.

Thus, it can be concluded that **Europeans that have either sought psychological help or received treatment for psychological or emotional problems are more willing to seek help from a health professional than those who have not**.

QA10 If you were feeling bad, where would you seek more support first?

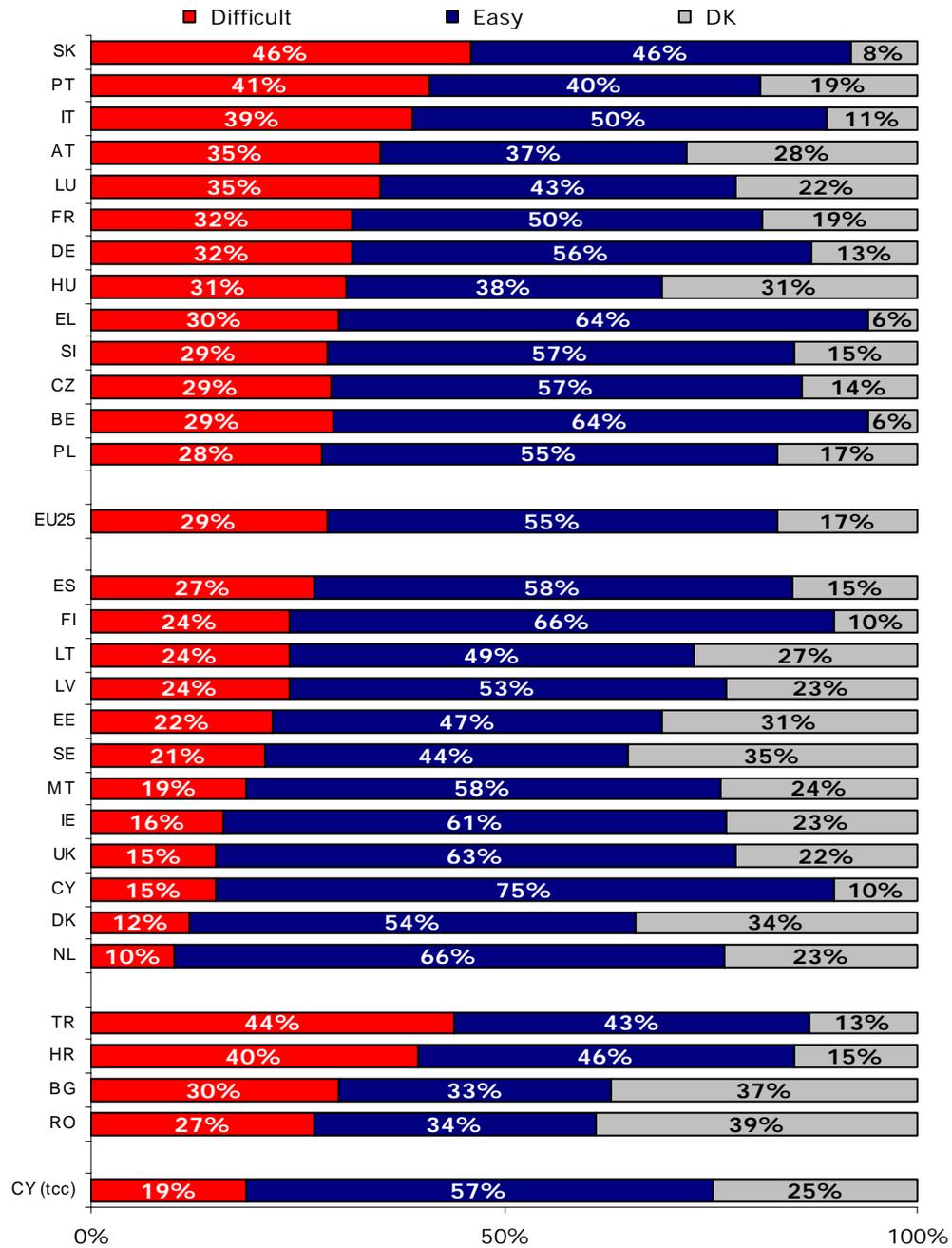
% Yes		You would seek support from a health professional	You would seek support from a family member	You would seek support from a friend
<b>Has sought psychological help</b>	<b>Yes</b>	59%	49%	22%
	<b>No</b>	49%	54%	22%
<b>Has received psychological treatment</b>	<b>Yes</b>	66%	43%	25%
	<b>No</b>	49%	55%	22%

## 4 AVAILABILITY OF INFORMATION

- *Just about half of Europeans think it is easy to find information about psychological or emotional health problems –*

Source Questionnaire: QA11

**QA11 How easy or difficult do you find it is to find information on psychological or emotional health problems and how to deal with them?**



**55% of EU citizens maintain that finding information on psychological or emotional health problems and how to deal with them is easy.** 14% evaluate that finding information is very easy whereas 41% think it is fairly easy.

Nevertheless, **a substantial share of Europeans, 29%, consider that finding information on psychological health problems is difficult,** 6% rating this as very difficult.

**It should be noted here, that the share of non-responses reaches 17%.** This result could imply that a bit less than 1 in 5 Europeans has never considered finding information on mental health issues.

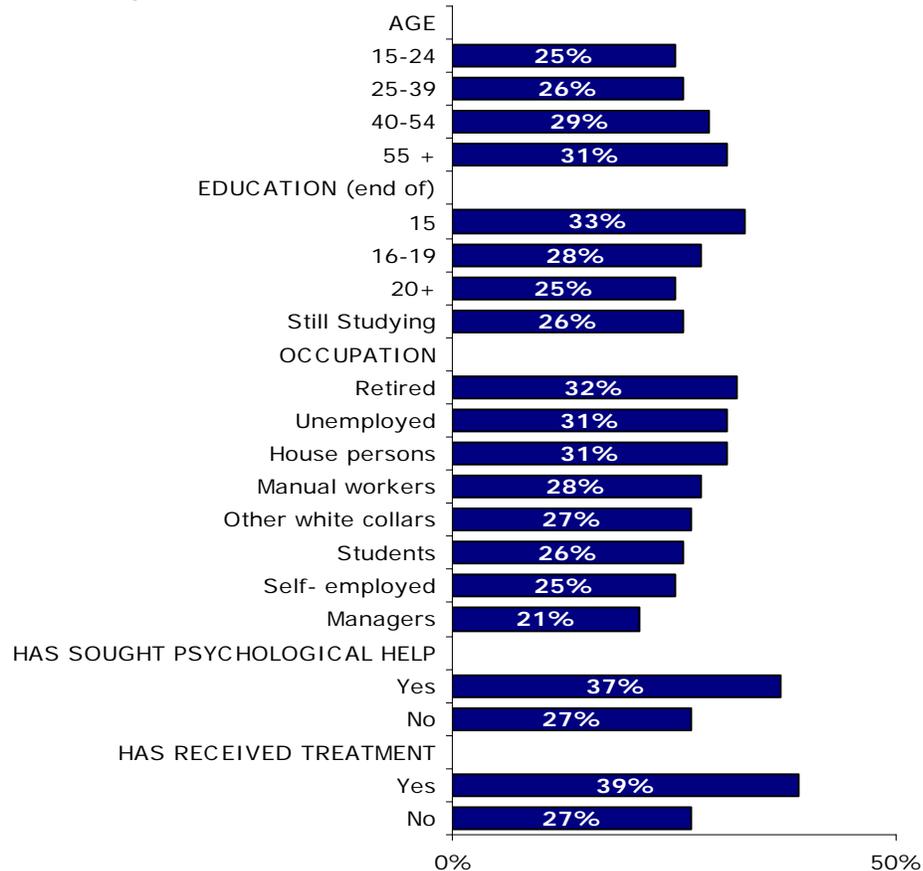
**Slovakians (46%), Turks (44%) and the Portuguese (41%) indicate most often that finding information about mental problems is difficult.** In addition, in these countries the group of respondents who consider finding information to be difficult outnumbers those who find acquiring information to be easy.

**Citizens of Cyprus (75%), Finland (66%), the Netherlands (66%) and Greece (64%) are most confident in finding information** about psychological or emotional problems and how to deal with them.

As was already observed at the EU level, **high shares of non-responses are perceived in several countries, this being especially the case in Romania (39%), Bulgaria (37%), Sweden (35%) and Denmark (34%).**

This could imply that in many countries respondents do not feel that this question is applicable to their situation.

**QA11 How easy or difficult do you find it is to find information on psychological or emotional health problems and how to deal with them? - % difficult**



When comparing the socio-demographic categories, some patterns emerge. **The older the respondent** is (31% in 55+), the harder he/she finds discovering information on mental health problems and how to deal with them. This is also the case for those who have a **low level of education** (33% at 15). Also, **the retired** (32%), **the unemployed** (31%) and **house persons** (31%) more frequently than their counterparts assess that finding information about mental problems is difficult.

**A prominent result emerges when responses of those who have sought help or who have received treatment are compared with responses of those who have not.** Out of those who have looked for help, 37% indicate that finding information about psychological problems and how to cope with them is difficult whereas for those who have not looked for help, the score is 10 points less (27%).

QA11 How easy or difficult do you find it is to find information on psychological or emotional health problems and how to deal with them?

Finding information about psychological problems - % Difficult			
	Has sought psychological help	Has not sought psychological help	Difference
<b>EU25</b>	<b>37%</b>	<b>27%</b>	<b>10</b>
SK	53%	44%	9
HU	52%	29%	23
LU	51%	31%	20
AT	49%	32%	17
DE	42%	30%	12
PT	42%	41%	1
BE	41%	28%	13
FR	41%	30%	11
SE	41%	25%	16
EL	40%	29%	11
IT	38%	39%	-1
LT	36%	22%	14
IE	35%	13%	22
EE	33%	20%	13
LV	33%	23%	10
CZ	32%	28%	4
PL	32%	28%	4
SI	31%	29%	2
CY	28%	13%	15
FI	28%	24%	4
DK	27%	9%	18
SE	26%	20%	6
UK	24%	14%	10
MT	24%	18%	6
NL	21%	8%	13
HR	48%	38%	10
TR	45%	44%	1
BG	42%	28%	14
RO	32%	25%	7
CY (tcc)	10%	19%	-9

When breaking this result country-by-country, it can be seen that this is especially the case in Slovakia, Hungary and Luxembourg. Furthermore, the gap between those who have sought psychological help and who have not is the widest in, again, Hungary and Luxembourg but also in Ireland.

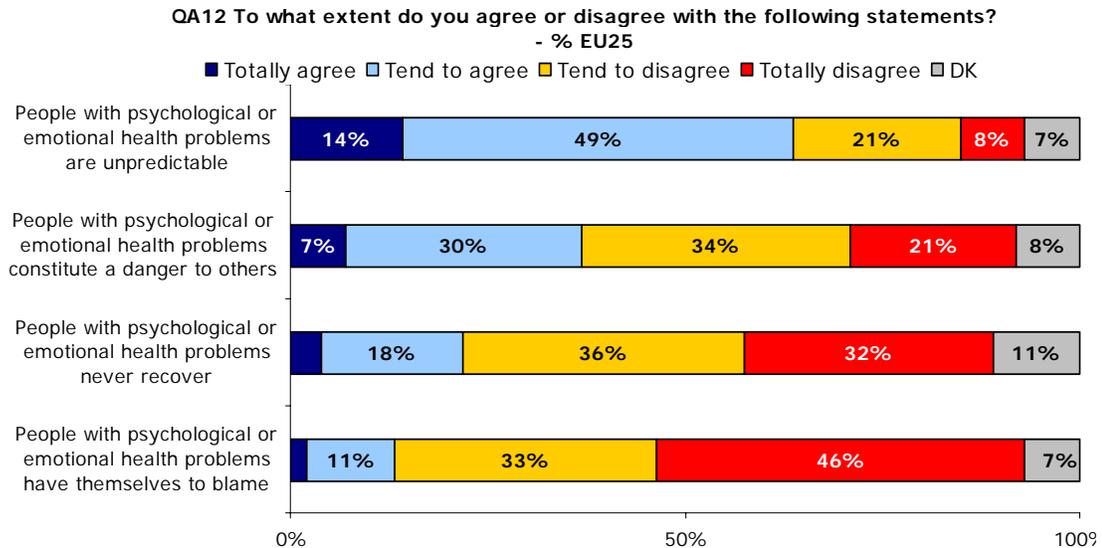
39% of respondents who have received treatment in the last year also indicate that finding information about emotional problems is difficult for them. This is 12 points more than in the group of those who have not been treated (27%).

In the end, it can be concluded **that those respondents who presumably need the most information**, i.e. those who have sought help or received treatment, **appear to find it more difficult** to acquire it than those who at present are not in need of immediate help. Notwithstanding, in all groups, the majority considers finding information to be easy.

## 5 PERCEPTIONS ABOUT PEOPLE WITH PSYCHOLOGICAL AND EMOTIONAL HEALTH PROBLEMS

The last chapter deals with respondents' perceptions of people who have psychological or emotional problems. It describes what kind of impression Europeans appear to have about the behaviour of mentally ill persons and to what extent they believe that a full recovery from a mental illness is possible.

Source questionnaire: QA12



**63% of Europeans agree with the statement that people with psychological health problems are unpredictable**, 14% of respondents being totally of this view. 29% of respondents do not find people with mental problems unpredictable.

**Over a third of respondents (37%) think that people with psychological problems constitute a danger to others.** 7% of Europeans totally agree with this view. The majority (55%) maintains the opposite view-point, about 1 in 5 (21%) totally disagreeing with the notion that people with emotional problems would be a threat to others.

**A minority, 21%, believes that people with psychological or emotional health problems will never recover.** About a third (32%) totally disagrees with this statement whereas 36% somewhat disagree with it.

**Only 14% of respondents maintain that those who have psychological problems should blame themselves for their condition.** A majority, 46%, entirely disagrees with this opinion while a third is somewhat in disagreement with it (33%).

**These results can be seen to portray that most Europeans have a reasonably tolerant way of perceiving their fellow citizens who have psychological or emotional health problems.**

QA12 To what extent do you agree or disagree with the following statements?

People with psychological or emotional health problems are unpredictable		People with psychological or emotional health problems constitute a danger to others		People with psychological or emotional health problems never recover		People with psychological or emotional health problems have themselves to blame	
% Agree		% Agree		% Agree		% Agree	
EL	77%	LT	68%	IT	31%	IT	28%
CZ	76%	LV	63%	DE	29%	LV	28%
EE	76%	EE	60%	LV	27%	EE	24%
CY	76%	SE	55%	CZ	25%	CY	24%
LV	76%	MT	50%	LT	25%	LT	24%
LT	76%	PL	50%	EL	24%	PL	22%
IT	75%	IT	49%	SI	24%	CZ	21%
PL	74%	CZ	48%	CY	23%	EL	21%
FR	73%	DK	44%	BE	22%	SI	16%
SE	72%	EL	42%	EE	22%	LU	15%
SK	70%	SK	41%	SK	22%	<b>EU25</b>	<b>14%</b>
PT	69%	PT	38%	<b>EU25</b>	<b>21%</b>	HU	14%
SI	68%	UK	38%	AT	21%	SK	14%
UK	68%	<b>EU25</b>	<b>37%</b>	PL	21%	AT	12%
BE	67%	CY	37%	PT	21%	BE	11%
<b>EU25</b>	<b>63%</b>	SI	35%	DK	18%	DE	11%
NL	59%	FR	33%	ES	17%	FI	11%
IE	58%	BE	32%	FR	17%	PT	10%
ES	55%	FI	31%	SE	17%	UK	10%
FI	55%	AT	29%	HU	16%	FR	9%
DK	54%	LU	28%	LU	15%	MT	9%
LU	52%	DE	27%	MT	13%	ES	7%
MT	48%	ES	27%	NL	13%	DK	6%
HU	47%	HU	27%	UK	12%	IE	6%
DE	42%	IE	25%	IE	10%	NL	6%
AT	39%	NL	25%	FI	10%	SE	6%
HR	72%	BG	49%	HR	37%	TR	29%
RO	65%	HR	45%	BG	21%	HR	23%
BG	64%	TR	45%	RO	20%	RO	14%
TR	53%	RO	43%	TR	12%	BG	10%
CY (tcc)	47%	CY (tcc)	39%	CY (tcc)	7%	CY (tcc)	23%

**Out of the 29 countries polled, in 27 those who believe that people with psychological problems are unpredictable outnumber those who think the opposite.** This is especially the case in Greece (77%), the Czech Republic, Estonia, Cyprus, Latvia and Lithuania (76% each). The two exceptions where the majority disagrees with this view are Austria and Germany (51% disagreeing in each).

**When it comes to whether people with mental difficulties constitute a danger to others, the majority of respondents in 7 countries believe this is the case.** Lithuanians (68%), Latvians (68%) and Estonians (60%) indicate most frequently that in their opinion people with psychological problems pose a threat to others. Fewest respondents agreeing with this view are found in Ireland (25%), the Netherlands (25%) and Hungary (27%).

**In every country polled, a vast majority disagrees with the view that people with psychological or emotional health problems never recover.** The highest share of citizens opposing this view is found in Finland (88% disagreeing), followed by the Turks (82%), the British (79%) and Swedes (78%). On the other hand, Italians (31% agreeing), Germans (29%) and Latvians (27%) are more often pessimistic about the idea of full recovery.

**Finally, only a slight minority in each country believes that people with psychological problems have only themselves to blame.** The highest shares of respondents who are of this view reside in Italy (28%), Latvia (28%), Estonia, Cyprus and Lithuania (24%). On the contrary, 92% of Swedes, 91% of Dutch and 90% of Danes disagree with the idea that those who have problems with their mental health should blame themselves.

**It can be observed that the same groups of countries appear both at the top and the bottom of the table.** Generally speaking, it appears that Lithuanians, Latvians, Estonians and Italians are somewhat more likely to agree with the statements whereas respondents in Ireland, the Netherlands, Spain and Finland seem to rank lowest when it comes to each statement.

When the socio-demographic characteristics are considered, the following remarks can be made despite moderate variation between the categories:

**Men, the young, those on the right of the political spectrum, self-employed and managers** somewhat more often agree with the view that people with psychological or emotional health problems are unpredictable.

When it comes to the statement that people with mental problems constitute a danger to others, **men, the elderly**, those who have **a low level of education**, those on **the right of the political spectrum, the self-employed and the retired** more frequently indicate that they agree with this view.

Considering the view that people with psychological health problems never recover, **the elderly**, those who have **a low education level** and those on the **right of the political spectrum** slightly more often agree with this notion.

**The elderly**, those with **a low level of education, the retired and the self-employed** state somewhat more often than their counterparts that people with psychological or emotional health problems will never recover.

QA12 To what extent do you agree or disagree with the following statements?

% Agree	People with psychological or emotional health problems constitute a danger to others		People with psychological or emotional health problems are unpredictable		People with psychological or emotional health problems have themselves to blame		People with psychological or emotional health problems never recover	
	Yes	No	Yes	No	Yes	No	Yes	No
<b>Has sought psychological help</b>	Yes	30%	Yes	55%	Yes	14%	Yes	24%
	No	38%	No	64%	No	14%	No	21%
<b>Has received psychological treatment</b>	Yes	25%	Yes	53%	Yes	13%	Yes	23%
	No	38%	No	64%	No	14%	No	21%

Finally, some discrepancies can be pointed out with regard to supplementary breakdowns.

**Those who have sought for psychological help or received treatment in the last 12 months agree to a lesser extent than those who have not with the notion that people with psychological problems constitute a danger to others.** This is also the case when it comes to the idea that people with mental problems are unpredictable.

In other words, **those who have personal experiences of mental health problems tend to perceive people with psychological difficulties in a "softer" manner.**

An interesting result is obtained when the statement of people with psychological or emotional health problems never recover is examined. **Those who have personal experiences appear to be slightly more pessimistic about full recovery** than those who have not sought for help or have not been treated over the last year.

**In all these categories, the vast majority agrees that people with psychological difficulties should not only blame themselves for their situation.**

## CONCLUSION

### THE PRESENT SITUATION

**Generally speaking, the state of health of Europeans appears to be good. Most Europeans (over 70%) indicate that their health does not limit them from doing moderate physical activities** such as carrying shopping bags or climbing several flights of stairs.

These results are in parallel, even if not directly comparable, with those obtained in the previous Eurobarometer survey "The Health of Adults in the European Union" carried out in autumn 2002, in which 73% of EU citizens indicated that they have not been restricted in doing certain activities because of health problems for the past 6 months<sup>7</sup>.

When it comes to mental well-being, **a significant majority of Europeans have experienced positive and balanced feelings rather than negative feelings in the 4 weeks prior to the survey.** 64% have felt full of life all the time or most of the time and 55% have had a lot of energy, the feelings related to the energy/vitality dimension. Regarding the mental health dimension, 65% have been happy and 63% have felt calm and peaceful.

However, **a substantial share indicates that they do not have lots of energy and they feel tired, the feelings related to energy/vitality dimension, at least sometimes.**

No clear consistencies between the countries are observed. Nevertheless, it appears that **citizens of the Netherlands and Finland have experienced more often positive feelings during the 4 weeks preceding the interview.** Also, it can be said that **Italians and respondents in the three Baltic States seem to indicate slightly less frequently positive emotions** when the month before the interview is considered.

**A link between experienced physical and psychological health is observed here.** Those who have not sought psychological help or received treatment for psychological problems state notably more often that their physical health does not limit them from doing moderate activities and they more frequently express positive feelings in the month prior to the interview.

Moreover, **the socio-demographic characteristics appear to be in parallel when it comes to both the limits of physical health and mental well-being** over the month before the interview. Women, the elderly, the retired and house persons (the categories that are to some extent likely to overlap) more often evaluate the limitations of their physical health to be considerable as well as express negative sentiments about their mental well-being.

This socio-demographic pattern seems to apply throughout the results of this survey.

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<sup>7</sup> Special Eurobarometer 183-7 *The Health of Adults in the European Union*  
[http://ec.europa.eu/public\\_opinion/archives/ebs/ebs\\_183.7\\_en.pdf](http://ec.europa.eu/public_opinion/archives/ebs/ebs_183.7_en.pdf)

## PROBLEMS WITH WORK AND SOCIAL ACTIVITIES

**A strong connection appears between the state of mental health and the extent to which physical and psychological difficulties cause problems with working life or social activities even if respondents appear to evaluate that physical health problems are more often a cause of accomplishing less or problems with work than emotional problems.**

Over one in two of Europeans declares that their physical health has never led them to accomplish less (54%) or to do their usual activities less carefully (58%). 57% indicate that pain never interferes with their life. Men, the young, the well educated, students and managers indicate more often these views than their counterparts.

A higher number of respondents consider compared to physical health that emotional problems are never a cause of not completing as many things as they would like (61%) or achieving them with less care (64%). 12% state that they have not cut down on the amount of time spent at work as a result of emotional problems while 6% state the same when it comes to missing work days.

3 in 5 Europeans (60%) have never had problems with social activities such as visiting friends or relatives due to emotional problems.

**Nevertheless, those respondents who have either looked for psychological help or received psychological treatment significantly more often declare that they have difficulties with work and social activities as a result of either physical or psychological health problems.**

For example, a third of those who have experiences of seeking help or have been treated in the year prior to the interview, state that they never have a lower level of accomplishment due to their physical health where as this is the case for approximately 3 in 5 of those Europeans who have neither sought help or received treatment.

Moreover, those who have received treatment during the last year outnumber by 50 points (64% against 14%) those who have not when it comes to accomplishing less than that wished due to emotional health problems. With regard to carrying out of usual activities less carefully or cutting down on the time spent on work, the difference between those who have received treatment and those who have not reaches 41 points (51% against 10%).

In conclusion, **mental ill health, when present, appears to have enormous negative effects on working life and social relations.**

## CARE AND TREATMENT SERVICES

**13% of respondents have sought psychological help over the last 12 months.** This is especially the case in Romania (30%) and Luxembourg (22%). Out of those who have turned to a professional in need of psychological help, 70% have discussed their problems with a general practitioner.

**In the group of those who have been treated, the highest number, 46%, announce that they have received treatment from a general practitioner**

whereas 18% have discussed their psychological or emotional problems with a psychiatrist or a psychologist.

**Only a minority of EU citizens has been treated** for psychological or emotional problems by medication (7%), in psychotherapy (3%) or in hospital (1%).

**Out of those who have been treated for psychological problems during the past year**, 84% have taken medication, 40% have been seeing a psychotherapist and 17% have been treated in hospital.

**Among respondents who have sought psychological help**, 41% have taken drugs, 23% have received psychotherapy and 9% have been admitted to hospital.

It should be noted here, that out of those who indicate that they have sought help, only a minority has also received psychological treatment. 76% have not received psychotherapy, 58% have not taken drugs and 82% have not been treated in hospital. This presumably indicates, at least to a certain extent, that **demand for psychological help and supply of treatment do not always go together.**

**When Europeans are feeling bad they would turn to a family member (53%) or a health professional (50%).** About a quarter seek more support from a friend (22%).

## AVAILABILITY OF INFORMATION

**55% of EU citizens maintain that finding information on psychological or emotional health problems and how to deal with them is easy.** Nevertheless, a substantial share of Europeans, 29%, consider that finding information on psychological health problems is difficult. 17% of respondents do not give an answer to this question which may indicate that about 1 in 5 Europeans has never considered finding information on mental health issues.

Slovakians (46%), Turks (44%) and the Portuguese (41%) indicate most often that finding information about mental problems is difficult while citizens of Cyprus (75%), Finland (66%), the Netherlands (66%) and Greece (64%) are most confident in finding information about psychological or emotional problems and how to deal with them.

It can be noted **that those respondents who presumably need the most information**, i.e. those who have sought help, **appear to find it more difficult** to acquire it than those who at present are not in need of immediate help. This is especially the case in Slovakia, Hungary and Luxembourg.

Notwithstanding, in every country and all socio-demographic groups, the majority considers finding information to be easy.

## **PERCEPTIONS ABOUT PEOPLE WITH MENTAL HEALTH PROBLEMS**

**In general, Europeans appear to have a reasonably tolerant way of perceiving their fellow citizens who have psychological or emotional health problems.**

However, the majority (63%) believes that people with mental health problems are unpredictable. Over a third of respondents (37%) think that people with psychological problems constitute a danger to others. A minority, 21%, believes that people with psychological or emotional health problems will never recover and only 14% of respondents maintain that those who have psychological problems should blame themselves for their condition.

**Those who have personal experiences of mental health problems tend to perceive people with psychological difficulties in a more empathetic way.**

# **ANNEXES**

# **Technical specifications**

## SPECIAL EUROBAROMETER N° 248

### “Mental Well-being”

## TECHNICAL SPECIFICATIONS

Between the 7th of December 2005 and the 11st of January 2006, TNS Opinion & Social, a consortium created between Taylor Nelson Sofres and EOS Gallup Europe, carried out wave 64.4 of the EUROBAROMETER, on request of the EUROPEAN COMMISSION, Directorate-General Press and Communication, Opinion Polls.

The SPECIAL EUROBAROMETER N°248 is part of wave 64.4 and covers the population of the respective nationalities of the European Union Member States, resident in each of the Member States and aged 15 years and over. The EUROBAROMETER 64.4 has also been conducted in the two acceding countries (Bulgaria and Romania) and in the two candidate countries (Croatia and Turkey) and in the Turkish Cypriot Community. In these countries, the survey covers the national population of citizens of the respective nationalities and the population of citizens of all the European Union Member States that are residents in those countries and have a sufficient command of one of the respective national language(s) to answer the questionnaire. The basic sample design applied in all states is a multi-stage, random (probability) one. In each country, a number of sampling points was drawn with probability proportional to population size (for a total coverage of the country) and to population density.

In order to do so, the sampling points were drawn systematically from each of the "administrative regional units", after stratification by individual unit and type of area. They thus represent the whole territory of the countries surveyed according to the EUROSTAT NUTS II (or equivalent) and according to the distribution of the resident population of the respective nationalities in terms of metropolitan, urban and rural areas. In each of the selected sampling points, a starting address was drawn, at random. Further addresses (every Nth address) were selected by standard "random route" procedures, from the initial address. In each household, the respondent was drawn, at random (following the "closest birthday rule"). All interviews were conducted face-to-face in people's homes and in the appropriate national language. As far as the data capture is concerned, CAPI (Computer Assisted Personal Interview) was used in those countries where this technique was available.

ABBREVIATIONS	COUNTRIES	INSTITUTES	N° INTERVIEWS	FIELDWORK DATES	POPULATION15+
BE	Belgium	TNS Dimarso	1.011	13/12/2005 08/01/2006	8.598.982
CZ	Czech Rep.	TNS Aisa	1.012	09/12/2005 07/01/2006	8.571.710
DK	Denmark	TNS Gallup DK	1.039	09/12/2005 10/01/2006	4.380.063
DE	Germany	TNS Infratest	1.515	09/12/2005 23/12/2006	64.174.295
EE	Estonia	Emor	1.000	08/12/2005 07/01/2006	887.094
EL	Greece	TNS ICAP	999	09/12/2005 31/12/2005	8.674.230
ES	Spain	TNS Demoscopia	1.000	10/12/2005 07/01/2006	35.882.820
FR	France	TNS Sofres	1.031	09/12/2005 09/01/2006	44.010.619
IE	Ireland	TNS MRBI	1.000	07/12/2005 11/01/2006	3.089.775
IT	Italy	TNS Abacus	1.011	15/12/2005 11/01/2006	49.208.000
CY	Rep. of Cyprus	Synovate	507	08/12/2005 04/01/2006	552.213
LV	Latvia	TNS Latvia	1.046	10/12/2005 08/01/2006	1.394.351
LT	Lithuania	TNS Gallup Lithuania	1.022	15/12/2005 06/01/2006	2.803.661
LU	Luxembourg	TNS ILReS	500	08/12/2005 06/01/2006	367.199
HU	Hungary	TNS Hungary	1.010	16/12/2005 07/01/2006	8.503.379
MT	Malta	MISCO	500	07/12/2005 05/01/2006	322.917
NL	Netherlands	TNS NIPO	1.127	13/12/2005 09/01/2006	13.242.328
AT	Austria	Österreichisches Gallup-Institute	1.019	09/12/2005 04/01/2006	6.679.444
PL	Poland	TNS OBOP	1.000	11/12/2005 08/01/2006	31.610.437
PT	Portugal	TNS EUROTESTE	1.004	13/12/2005 06/01/2006	8.080.915
SI	Slovenia	RM PLUS	1.028	09/12/2005 08/01/2006	1.663.869
SK	Slovakia	TNS AISA SK	1.015	08/12/2005 22/12/2005	4.316.438
FI	Finland	TNS Gallup Oy	1.023	09/12/2005 09/01/2006	4.279.286
SE	Sweden	TNS GALLUP	1.009	08/12/2005 07/01/2006	7.376.680
UK	United Kingdom	TNS UK	1.310	08/12/2005 07/01/2006	47.685.578
BG	Bulgaria	TNS BBSS	1.002	16/12/2005 28/12/2005	6.695.512
HR	Croatia	Puls	1.000	09/12/2005 30/12/2005	3.682.826
RO	Romania	TNS CSOP	1.003	10/12/2005 07/01/2006	18.145.036
TR	Turkey	TNS PIAR	1.005	10/12/2005 04/01/2006	47.583.830
	Turkish Cypriot Comm.				
CY(tcc)		KADEM	500	13/12/2005 02/01/2006	157.101
TOTAL			29.248	07/12/2005 11/01/2006	442.620.588

For each country a comparison between the sample and the universe was carried out. The Universe description was derived from Eurostat population data or from national statistics offices. For all countries surveyed, a national weighting procedure, using marginal and intercellular weighting, was carried out based on this Universe description. In all countries, gender, age, region and size of locality were introduced in the iteration procedure. For international weighting (i.e. EU averages), TNS Opinion & Social applies the official population figures as provided by EUROSTAT or national statistic offices. The total population figures for input in this post-weighting procedure are listed above.

Readers are reminded that survey results are estimations, the accuracy of which, everything being equal, rests upon the sample size and upon the observed percentage. With samples of about 1,000 interviews, the real percentages vary within the following confidence limits:

Observed percentages	10% or 90%	20% or 80%	30% or 70%	40% or 60%	50%
Confidence limits	± 1.9 points	± 2.5 points	± 2.7 points	± 3.0 points	± 3.1 points

# **Questionnaire**

QA1 To what extent, if at all, does your health limit you from...?

(ONE ANSWER PER LINE)

(READ OUT)	Yes, it limits you a lot	Yes, it limits you a little	No, it does not limit you at all	DK
------------	--------------------------	-----------------------------	----------------------------------	----

1	Doing moderate activities, such as moving a table, pushing a vacuum cleaner or carrying your shopping	1	2	3	4
2	Climbing several flights of stairs	1	2	3	4

EB64.4 NEW

QA2 During the past 4 weeks how much of the time have you had any of the following problems with your work or other regular activities as a result of your physical health?

(SHOW CARD WITH SCALE – ONE ANSWER PER LINE)

(READ OUT)	All the time	Most of the time	Sometimes	Rarely	Never	DK
------------	--------------	------------------	-----------	--------	-------	----

1	You have accomplished less than you would like	1	2	3	4	5	6
2	You have accomplished your usual activities less carefully	1	2	3	4	5	6

EB64.4 NEW

QA3 During the past 4 weeks, how much of the time have you had any of the following problems with your work or other regular activities as a result of any emotional problem (such as feeling depressed or being anxious)?

(SHOW SAME CARD WITH SCALE AS IN QA2 – ONE ANSWER PER LINE)

(READ OUT)	All the time	Most of the time	Sometimes	Rarely	Never	DK
------------	--------------	------------------	-----------	--------	-------	----

1	You have accomplished less than you would like	1	2	3	4	5	6
2	You have accomplished your usual activities less carefully	1	2	3	4	5	6

EB64.4 NEW

QA4 During the past 4 weeks, how much, if at all, has pain interfered with your activities?

(READ OUT – ONE ANSWER ONLY)

Extremely	1
Quite a bit	2
Moderately	3
A little	4
Not at all	5
DK	6

EB64.4 NEW

QA5 These questions are about how you feel and how things have been with you during the past 4 weeks. For each question, please give the one answer that comes closest to the way you have been feeling. How much of the time during the past 4 weeks?

(SHOW SAME CARD WITH SCALE AS IN QA2 – ONE ANSWER PER LINE)

(READ OUT)	All the time	Most of the time	Sometimes	Rarely	Never	DK
------------	--------------	------------------	-----------	--------	-------	----

1	Have you felt full of life	1	2	3	4	5	6
2	Have you felt particularly tense	1	2	3	4	5	6
3	Have you felt so down in the dumps that nothing could cheer you up	1	2	3	4	5	6
4	You felt calm and peaceful	1	2	3	4	5	6
5	Did you have lots of energy	1	2	3	4	5	6
6	Have you felt downhearted and depressed	1	2	3	4	5	6
7	Have you felt worn out	1	2	3	4	5	6
8	Have you felt happy	1	2	3	4	5	6
9	Did you feel tired	1	2	3	4	5	6

EB64.4 NEW

QA6	During the past 4 weeks, how much of the time has your physical health or emotional problems interfered with social activities (like visiting friends, relatives, etc.)?
-----	--

(SHOW SAME CARD WITH SCALE AS IN QA2 – ONE ANSWER ONLY)

All the time	1
Most of the time	2
Sometimes	3
Rarely	4
Never	5
DK	6

EB64.4 NEW

QA7	In the last 12 months, did you seek help from a professional in respect of a psychological or emotional health problem? (IF YES) Indicate who in the following list. (M)
-----	--

(SHOW CARD – READ OUT – MULTIPLE ANSWERS POSSIBLE)

No	1,
Yes, a general practitioner	2,
Yes, a pharmacist (M)	3,
Yes, a psychiatrist	4,
Yes, a psychologist	5,
Yes, a psychoanalyst (N)	6,
Yes, a nurse	7,
Yes, a social worker	8,
Yes, a psychotherapist not mentioned previously (N)	9,
Yes, another health professional (M)	10,
DK	11,

EB58.2 Q46 TREND MODIFIED

QA8	During the past 4 weeks, have you had any of the following problems with your work or other regular activities as a result of any emotional problems (such as feeling depressed or anxious)?
-----	--

(SHOW ITEM LIST – ONE ANSWER PER LINE)

	(READ OUT)	Yes	No
--	------------	-----	----

1	Cut down on the amount of time you spent on work or other activities?	1	2
2	Accomplished less than you would like?	1	2
3	Did not do work or other activities as carefully as usual?	1	2
4	Missed work days?	1	2

EB64.4 NEW

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QA9	Please indicate which ones of the following statements possibly apply to your situation. In the last 12 months...
-----	---

(SHOW ITEM LIST – ONE ANSWER PER LINE)
--

(READ OUT)	Yes	No	DK
------------	-----	----	----

1	You have received psychotherapy due to psychological or emotional health problems	1	2	3
2	You have taken drugs due to psychological or emotional health problems	1	2	3
3	You have been admitted to hospital due to psychological or emotional health problems	1	2	3

EB64.4 NEW
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QA10	If you were feeling bad, where would you seek more support first?
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(SHOW CARD – READ OUT – MULTIPLE ANSWERS POSSIBLE)
--

I would seek support from a health professional	1,
I would seek support from a family member	2,
I would seek support from a friend	3,
I would seek support from a religious counsellor	4,
I would seek support from a school teacher	5,
I would call a help line	6,
Other (SPONTANEOUS)	7,
DK	8,

EB64.4 NEW
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QA11	How easy or difficult do you find it is to find information on psychological or emotional health problems and how to deal with them?
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(READ OUT – ONE ANSWER ONLY)
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Very easy	1
Fairly easy	2
Fairly difficult	3
Very difficult	4
DK	5

EB64.4 NEW
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QA12	To what extent do you agree or disagree with the following statements?
------	--

(SHOW CARD WITH SCALE – ONE ANSWER PER LINE)

	(READ OUT)	Totally agree	Tend to agree	Tend to disagree	Totally disagree	DK
1	People with psychological or emotional health problems constitute a danger to others	1	2	3	4	5
2	People with psychological or emotional health problems are unpredictable	1	2	3	4	5
3	People with psychological or emotional health problems have themselves to blame	1	2	3	4	5
4	People with psychological or emotional health problems never recover	1	2	3	4	5

EB64.4 NEW

# Tables

QA1.1 Dans quelle mesure votre santé vous limite-t-elle pour ... ?

QA1.1 To what extent, if at all, does your health limit you from...?

Pratiquer des activités modérées, comme déplacer une table, passer l'aspirateur ou ramener vos courses

Doing moderate activities, such as moving a table, pushing a vacuum cleaner or carrying your shopping

	TOTAL	Elle vous limite beaucoup / It limits you a lot	Elle vous limite un peu / It limits you a little	Elle ne vous limite pas du tout / It does not limit you at all	NSP / DK
UE25 EU25	24738	9%	17%	74%	0%
BE	1011	8%	15%	77%	-
CZ	1012	8%	19%	73%	0%
DK	1039	8%	13%	79%	0%
D-W	1015	6%	17%	76%	0%
DE	1515	6%	18%	76%	0%
D-E	500	5%	18%	77%	-
EE	1000	8%	19%	73%	0%
EL	999	11%	14%	74%	0%
ES	1000	9%	15%	76%	1%
FR	1031	8%	13%	79%	1%
IE	1000	4%	14%	80%	1%
IT	1011	11%	23%	66%	1%
CY	507	8%	15%	76%	1%
LV	1046	8%	19%	73%	0%
LT	1022	10%	24%	66%	-
LU	500	9%	15%	75%	1%
HU	1010	13%	19%	68%	0%
MT	500	6%	20%	74%	-
NL	1127	7%	16%	77%	-
AT	1019	5%	24%	70%	1%
PL	1000	13%	20%	67%	0%
PT	1004	10%	21%	70%	-
SI	1028	9%	21%	70%	-
SK	1015	9%	21%	70%	0%
FI	1023	6%	15%	79%	0%
SE	1009	8%	13%	79%	-
UK	1310	9%	11%	80%	0%
BG	1002	17%	24%	59%	0%
HR	1000	13%	21%	65%	1%
RO	1003	13%	19%	68%	1%
TR	1005	8%	25%	67%	0%
CY (tcc)	500	9%	18%	73%	0%

QA1.2 Dans quelle mesure votre santé vous limite-t-elle pour ... ?

QA1.2 To what extent, if at all, does your health limit you from...?

Monter plusieurs volées d'escaliers

Climbing several flights of stairs

	TOTAL	Elle vous limite beaucoup / It limits you a lot	Elle vous limite un peu / It limits you a little	Elle ne vous limite pas du tout / It does not limit you at all	NSP / DK
UE25 EU25	24738	10%	18%	72%	0%
BE	1011	8%	17%	76%	-
CZ	1012	12%	22%	66%	-
DK	1039	8%	13%	79%	0%
D-W	1015	8%	18%	74%	0%
DE	1515	8%	18%	74%	0%
D-E	500	7%	19%	75%	-
EE	1000	8%	19%	72%	1%
EL	999	11%	19%	70%	0%
ES	1000	10%	15%	75%	0%
FR	1031	9%	14%	76%	1%
IE	1000	7%	15%	77%	1%
IT	1011	12%	26%	62%	0%
CY	507	12%	16%	71%	1%
LV	1046	8%	15%	76%	0%
LT	1022	13%	24%	63%	0%
LU	500	8%	14%	78%	1%
HU	1010	19%	19%	60%	2%
MT	500	9%	19%	72%	0%
NL	1127	7%	16%	77%	0%
AT	1019	7%	26%	67%	1%
PL	1000	14%	21%	64%	1%
PT	1004	10%	20%	71%	0%
SI	1028	10%	19%	71%	0%
SK	1015	11%	23%	65%	1%
FI	1023	6%	12%	81%	0%
SE	1009	6%	12%	82%	-
UK	1310	11%	11%	78%	0%
BG	1002	19%	24%	56%	1%
HR	1000	15%	20%	64%	1%
RO	1003	15%	18%	65%	2%
TR	1005	8%	25%	67%	1%
CY (tcc)	500	8%	20%	71%	1%

QA2.1 Au cours des 4 dernières semaines, à quelle fréquence avez-vous rencontré l'un des problèmes suivants dans l'exercice de votre travail ou de toute autre activité habituelle, en raison de votre état de santé physique ?

QA2.1 During the past 4 weeks how much of the time have you had any of the following problems with your work or other regular activities as a result of your physical health?

Vous avez fait moins de choses que ce que vous souhaitiez

You have accomplished less than you would like

	TOTAL	Tout le temps / All the time	La plupart du temps / Most of the time	Quelquefois / Sometimes	Rarement / Rarely	Jamais / Never	NSP / DK
UE25 EU25	24738	5%	8%	17%	17%	54%	0%
BE	1011	5%	7%	16%	15%	56%	0%
CZ	1012	2%	5%	19%	27%	48%	0%
DK	1039	4%	10%	15%	17%	54%	0%
D-W	1015	4%	6%	14%	20%	56%	0%
DE	1515	4%	6%	14%	20%	56%	0%
D-E	500	5%	7%	14%	19%	55%	-
EE	1000	4%	10%	17%	19%	50%	1%
EL	999	6%	9%	13%	19%	53%	-
ES	1000	3%	9%	11%	14%	62%	0%
FR	1031	5%	7%	15%	14%	59%	0%
IE	1000	2%	4%	20%	19%	53%	1%
IT	1011	4%	8%	25%	21%	42%	0%
CY	507	3%	7%	17%	12%	61%	-
LV	1046	4%	8%	20%	16%	51%	1%
LT	1022	5%	12%	23%	15%	44%	0%
LU	500	7%	7%	10%	10%	65%	1%
HU	1010	8%	15%	18%	16%	42%	-
MT	500	2%	8%	24%	24%	41%	1%
NL	1127	5%	6%	16%	16%	57%	0%
AT	1019	1%	6%	24%	32%	36%	1%
PL	1000	7%	12%	21%	18%	42%	1%
PT	1004	5%	9%	15%	14%	56%	0%
SI	1028	4%	8%	20%	24%	45%	-
SK	1015	4%	11%	23%	31%	30%	1%
FI	1023	3%	8%	18%	22%	49%	0%
SE	1009	5%	7%	14%	13%	60%	-
UK	1310	6%	7%	12%	10%	65%	0%
BG	1002	7%	13%	19%	26%	34%	1%
HR	1000	5%	9%	20%	17%	49%	0%
RO	1003	6%	12%	20%	21%	40%	0%
TR	1005	3%	7%	19%	15%	56%	1%
CY (tcc)	500	4%	8%	23%	18%	46%	1%

QA2.2 Au cours des 4 dernières semaines, à quelle fréquence avez-vous rencontré l'un des problèmes suivants dans l'exercice de votre travail ou de toute autre activité habituelle, en raison de votre état de santé physique ?

QA2.2 During the past 4 weeks how much of the time have you had any of the following problems with your work or other regular activities as a result of your physical health?

Vous avez accompli vos activités habituelles avec moins d'attention que d'habitude

You have accomplished your usual activities less carefully

		TOTAL	Tout le temps / All the time	La plupart du temps / Most of the time	Quelquefois / Sometimes	Rarement / Rarely	Jamais / Never	NSP / DK
UE25	EU25	24738	3%	6%	14%	18%	58%	0%
BE		1011	4%	6%	13%	15%	62%	0%
CZ		1012	1%	4%	15%	30%	49%	0%
DK		1039	6%	7%	16%	19%	52%	0%
D-W		1015	4%	4%	12%	19%	60%	0%
DE		1515	4%	5%	12%	18%	61%	0%
D-E		500	4%	6%	11%	17%	62%	0%
EE		1000	2%	6%	16%	20%	55%	1%
EL		999	4%	8%	13%	18%	57%	-
ES		1000	2%	5%	9%	14%	69%	1%
FR		1031	3%	5%	10%	13%	68%	1%
IE		1000	2%	4%	17%	20%	55%	2%
IT		1011	3%	8%	20%	24%	45%	0%
CY		507	2%	8%	14%	13%	63%	-
LV		1046	3%	5%	16%	15%	60%	1%
LT		1022	5%	9%	23%	18%	45%	0%
LU		500	4%	6%	9%	9%	70%	1%
HU		1010	5%	10%	17%	19%	49%	0%
MT		500	2%	5%	22%	26%	43%	1%
NL		1127	3%	6%	13%	17%	61%	0%
AT		1019	0%	5%	20%	28%	45%	1%
PL		1000	4%	10%	19%	19%	47%	1%
PT		1004	4%	9%	14%	15%	58%	0%
SI		1028	3%	6%	17%	23%	49%	0%
SK		1015	3%	6%	20%	31%	38%	1%
FI		1023	2%	5%	15%	22%	56%	0%
SE		1009	4%	5%	10%	13%	69%	0%
UK		1310	4%	6%	11%	12%	67%	0%
BG		1002	6%	9%	20%	25%	39%	1%
HR		1000	4%	8%	18%	19%	49%	1%
RO		1003	5%	8%	20%	22%	45%	1%
TR		1005	2%	6%	17%	16%	57%	1%
CY (tcc)		500	5%	8%	18%	21%	46%	1%

QA3.1 Au cours des 4 dernières semaines, à quelle fréquence avez-vous rencontré l'un des problèmes suivants dans le cadre de votre travail ou d'autres activités quotidiennes habituelles suite à un problème émotionnel (par exemple, un sentiment de déprime ou d'anxiété) ?

QA3.1 During the past 4 weeks, how much of the time have you had any of the following problems with your work or other regular activities as a result of any emotional problem (such as feeling depressed or being anxious)?

Vous avez fait moins de choses que ce que vous souhaitez

You have accomplished less than you would like

		TOTAL	Tout le temps / All the time	La plupart du temps / Most of the time	Quelquefois / Sometimes	Rarement / Rarely	Jamais / Never	NSP / DK
UE25	EU25	24738	3%	6%	14%	16%	61%	0%
BE		1011	3%	6%	14%	13%	63%	0%
CZ		1012	1%	3%	11%	22%	62%	0%
DK		1039	3%	7%	15%	19%	56%	0%
D-W		1015	2%	3%	11%	16%	67%	0%
DE		1515	2%	3%	11%	16%	68%	0%
D-E		500	2%	3%	10%	13%	71%	-
EE		1000	2%	7%	21%	21%	48%	0%
EL		999	3%	8%	16%	18%	55%	-
ES		1000	2%	5%	8%	13%	71%	0%
FR		1031	2%	6%	12%	11%	68%	1%
IE		1000	1%	4%	16%	18%	60%	1%
IT		1011	3%	7%	20%	22%	47%	0%
CY		507	2%	7%	15%	12%	64%	-
LV		1046	2%	6%	25%	20%	46%	1%
LT		1022	2%	8%	21%	19%	49%	0%
LU		500	4%	3%	9%	7%	77%	1%
HU		1010	6%	12%	16%	19%	47%	0%
MT		500	1%	5%	25%	24%	44%	1%
NL		1127	2%	4%	11%	14%	69%	-
AT		1019	1%	5%	20%	29%	46%	1%
PL		1000	4%	10%	21%	21%	43%	1%
PT		1004	3%	9%	14%	15%	58%	0%
SI		1028	1%	6%	15%	24%	54%	0%
SK		1015	2%	6%	19%	34%	39%	1%
FI		1023	1%	5%	18%	22%	54%	0%
SE		1009	2%	4%	13%	15%	66%	0%
UK		1310	4%	5%	13%	10%	67%	0%
BG		1002	4%	7%	17%	29%	42%	2%
HR		1000	3%	6%	16%	18%	56%	0%
RO		1003	3%	9%	19%	20%	49%	1%
TR		1005	2%	8%	20%	17%	52%	1%
CY (tcc)		500	5%	7%	23%	20%	42%	2%

QA3.2 Au cours des 4 dernières semaines, à quelle fréquence avez-vous rencontré l'un des problèmes suivants dans le cadre de votre travail ou d'autres activités quotidiennes habituelles suite à un problème émotionnel (par exemple, un sentiment de déprime ou d'anxiété) ?

QA3.2 During the past 4 weeks, how much of the time have you had any of the following problems with your work or other regular activities as a result of any emotional problem (such as feeling depressed or being anxious)?

Vous avez accompli vos activités habituelles avec moins d'attention que d'habitude

You have accomplished your usual activities less carefully

		TOTAL	Tout le temps / All the time	La plupart du temps / Most of the time	Quelquefois / Sometimes	Rarement / Rarely	Jamais / Never	NSP / DK
UE25	EU25	24738	2%	5%	13%	17%	64%	0%
BE		1011	3%	4%	12%	16%	66%	-
CZ		1012	1%	2%	10%	21%	65%	0%
DK		1039	3%	6%	15%	19%	56%	0%
D-W		1015	2%	3%	9%	16%	70%	0%
DE		1515	2%	3%	9%	16%	70%	0%
D-E		500	2%	3%	8%	13%	74%	-
EE		1000	1%	5%	17%	23%	52%	1%
EL		999	3%	6%	15%	19%	57%	-
ES		1000	1%	3%	8%	13%	75%	0%
FR		1031	2%	4%	10%	11%	71%	1%
IE		1000	1%	3%	14%	19%	61%	2%
IT		1011	3%	6%	18%	24%	49%	-
CY		507	1%	7%	14%	14%	64%	-
LV		1046	2%	4%	21%	18%	54%	1%
LT		1022	2%	8%	19%	20%	51%	1%
LU		500	3%	4%	8%	7%	78%	1%
HU		1010	3%	8%	16%	19%	53%	0%
MT		500	1%	4%	20%	25%	48%	1%
NL		1127	2%	4%	10%	13%	71%	0%
AT		1019	0%	4%	15%	26%	54%	0%
PL		1000	2%	8%	20%	22%	47%	1%
PT		1004	3%	7%	15%	16%	58%	0%
SI		1028	1%	4%	14%	24%	57%	0%
SK		1015	2%	5%	16%	34%	44%	1%
FI		1023	1%	4%	15%	21%	59%	0%
SE		1009	2%	3%	11%	14%	71%	0%
UK		1310	3%	4%	12%	11%	70%	0%
BG		1002	3%	7%	16%	28%	44%	2%
HR		1000	3%	6%	15%	20%	56%	0%
RO		1003	2%	6%	18%	21%	52%	1%
TR		1005	2%	7%	19%	17%	53%	1%
CY (tcc)		500	5%	8%	21%	22%	42%	2%

QA4 Au cours des 4 dernières semaines, à quel point la douleur a-t-elle gêné vos activités ?

QA4 During the past 4 weeks, how much, if at all, has pain interfered with your activities?

		TOTAL	Extrêmement / Extremely	Sérieusement / Quite a bit	Moderément / Moderately	Un peu / A little	Pas du tout / Not at all	NSP / DK
UE25	EU25	24738	4%	9%	12%	19%	57%	0%
BE		1011	1%	8%	13%	20%	57%	0%
CZ		1012	1%	5%	15%	38%	41%	-
DK		1039	2%	6%	9%	20%	62%	0%
D-W		1015	4%	9%	13%	18%	56%	0%
DE		1515	4%	9%	14%	17%	56%	0%
D-E		500	3%	10%	15%	15%	58%	-
EE		1000	3%	10%	13%	28%	46%	0%
EL		999	4%	9%	9%	14%	64%	-
ES		1000	3%	10%	8%	14%	65%	-
FR		1031	3%	9%	10%	14%	63%	0%
IE		1000	2%	5%	7%	13%	71%	1%
IT		1011	2%	7%	12%	28%	49%	1%
CY		507	3%	8%	11%	12%	65%	0%
LV		1046	4%	10%	9%	27%	49%	0%
LT		1022	5%	10%	13%	23%	49%	1%
LU		500	2%	8%	9%	13%	66%	1%
HU		1010	5%	11%	13%	17%	54%	-
MT		500	1%	6%	16%	25%	52%	0%
NL		1127	3%	6%	8%	20%	63%	-
AT		1019	2%	8%	14%	25%	51%	0%
PL		1000	6%	13%	18%	20%	43%	0%
PT		1004	3%	11%	17%	14%	54%	1%
SI		1028	6%	8%	12%	24%	48%	0%
SK		1015	3%	13%	14%	26%	43%	0%
FI		1023	3%	8%	13%	28%	48%	0%
SE		1009	4%	10%	12%	20%	54%	-
UK		1310	4%	7%	7%	15%	67%	-
BG		1002	3%	9%	13%	21%	43%	10%
HR		1000	7%	12%	13%	18%	51%	0%
RO		1003	5%	12%	12%	21%	49%	1%
TR		1005	4%	6%	13%	18%	56%	3%
CY (tcc)		500	5%	7%	13%	19%	56%	0%

QA5.1 Les questions suivantes portent sur comment vous vous sentez et sur la façon dont vous vous êtes porté au cours des 4 dernières semaines. Pour chaque question, veuillez indiquer la réponse qui se rapproche le plus de ce que vous avez ressenti. A quelle fréquence au cours de ces 4 dernières semaines ... ?

QA5.1 These questions are about how you feel and how things have been with you during the past 4 weeks. For each question, please give the one answer that comes closest to the way you have been feeling. How much of the time during the past 4 weeks ... ?

Vous êtes-vous senti(e) en pleine joie de vivre

Have you felt full of life

	TOTAL	Tout le temps / All the time	La plupart du temps / Most of the time	Quelquefois / Sometimes	Rarement / Rarely	Jamais / Never	NSP / DK
UE25 EU25	24738	21%	43%	23%	10%	4%	0%
BE	1011	25%	47%	15%	8%	5%	0%
CZ	1012	18%	46%	22%	11%	2%	1%
DK	1039	25%	52%	17%	5%	1%	0%
D-W	1015	24%	43%	20%	10%	3%	0%
DE	1515	23%	44%	19%	10%	3%	0%
D-E	500	20%	49%	17%	11%	3%	-
EE	1000	7%	27%	33%	18%	14%	2%
EL	999	25%	42%	21%	9%	3%	-
ES	1000	22%	48%	22%	6%	2%	-
FR	1031	20%	48%	22%	8%	2%	0%
IE	1000	16%	49%	25%	8%	1%	0%
IT	1011	12%	38%	32%	12%	5%	0%
CY	507	27%	38%	22%	10%	2%	1%
LV	1046	10%	48%	26%	11%	4%	1%
LT	1022	19%	39%	25%	13%	5%	0%
LU	500	26%	48%	17%	6%	2%	1%
HU	1010	6%	24%	31%	23%	16%	1%
MT	500	18%	38%	32%	9%	2%	0%
NL	1127	27%	49%	15%	6%	3%	0%
AT	1019	17%	49%	22%	9%	2%	0%
PL	1000	21%	36%	24%	14%	4%	1%
PT	1004	19%	43%	28%	8%	2%	0%
SI	1028	14%	47%	29%	9%	1%	1%
SK	1015	18%	50%	19%	12%	1%	0%
FI	1023	45%	45%	7%	2%	1%	0%
SE	1009	28%	44%	20%	5%	2%	0%
UK	1310	23%	41%	22%	9%	5%	-
BG	1002	21%	37%	22%	14%	4%	2%
HR	1000	15%	36%	30%	14%	4%	1%
RO	1003	18%	45%	22%	10%	3%	1%
TR	1005	16%	33%	32%	13%	6%	1%
CY (icc)	500	21%	33%	30%	10%	6%	1%

QA5.2 Les questions suivantes portent sur comment vous vous sentez et sur la façon dont vous vous êtes porté au cours des 4 dernières semaines. Pour chaque question, veuillez indiquer la réponse qui se rapproche le plus de ce que vous avez ressenti. A quelle fréquence au cours de ces 4 dernières semaines... ?

QA5.2 These questions are about how you feel and how things have been with you during the past 4 weeks. For each question, please give the one answer that comes closest to the way you have been feeling. How much of the time during the past 4 weeks...?

Vous êtes-vous senti(e) particulièrement tendu(e)

Have you felt particularly tense

	TOTAL	Tout le temps / All the time	La plupart du temps / Most of the time	Quelquefois / Sometimes	Rarement / Rarely	Jamais / Never	NSP / DK
UE25 EU25	24738	3%	11%	36%	27%	23%	0%
BE	1011	3%	12%	33%	26%	25%	0%
CZ	1012	2%	9%	34%	38%	18%	0%
DK	1039	2%	5%	27%	35%	31%	0%
D-W	1015	3%	12%	37%	33%	14%	0%
DE	1515	3%	12%	37%	34%	14%	0%
D-E	500	2%	11%	37%	36%	13%	-
EE	1000	4%	11%	33%	29%	23%	1%
EL	999	7%	18%	38%	22%	14%	-
ES	1000	1%	10%	30%	28%	30%	0%
FR	1031	4%	11%	37%	23%	24%	0%
IE	1000	1%	5%	32%	38%	23%	1%
IT	1011	4%	14%	46%	22%	13%	1%
CY	507	9%	20%	35%	20%	15%	-
LV	1046	3%	12%	39%	28%	18%	0%
LT	1022	2%	13%	34%	31%	21%	0%
LU	500	4%	10%	29%	25%	32%	-
HU	1010	4%	15%	30%	29%	22%	0%
MT	500	2%	10%	32%	31%	25%	0%
NL	1127	2%	8%	36%	24%	29%	-
AT	1019	1%	8%	35%	39%	17%	0%
PL	1000	3%	13%	32%	26%	25%	1%
PT	1004	3%	11%	30%	37%	19%	1%
SI	1028	1%	8%	38%	35%	19%	0%
SK	1015	1%	10%	35%	39%	14%	1%
FI	1023	1%	3%	25%	36%	34%	0%
SE	1009	1%	4%	29%	30%	35%	0%
UK	1310	2%	7%	34%	22%	35%	0%
BG	1002	4%	14%	30%	33%	18%	1%
HR	1000	3%	14%	41%	28%	12%	1%
RO	1003	4%	10%	37%	32%	14%	3%
TR	1005	4%	17%	42%	26%	10%	1%
CY (tcc)	500	7%	16%	39%	27%	11%	0%

QA5.3 Les questions suivantes portent sur comment vous vous sentez et sur la façon dont vous vous êtes porté au cours des 4 dernières semaines. Pour chaque question, veuillez indiquer la réponse qui se rapproche le plus de ce que vous avez ressenti. A quelle fréquence au cours de ces 4 dernières semaines ... ?

QA5.3 These questions are about how you feel and how things have been with you during the past 4 weeks. For each question, please give the one answer that comes closest to the way you have been feeling. How much of the time during the past 4 weeks...?

Vous êtes-vous senti(e) tellement malheureux(se) que plus rien ne parvenait à vous remonter le moral

Have you felt so down in the dumps that nothing could cheer you up

		TOTAL	Tout le temps / All the time	La plupart du temps / Most of the time	Quelquefois / Sometimes	Rarement / Rarely	Jamais / Never	NSP / DK
UE25	EU25	24738	2%	5%	15%	23%	55%	0%
BE		1011	1%	5%	11%	19%	64%	0%
CZ		1012	0%	4%	14%	30%	52%	1%
DK		1039	1%	2%	10%	24%	63%	0%
D-W		1015	1%	4%	11%	30%	54%	0%
DE		1515	1%	4%	11%	30%	54%	0%
D-E		500	1%	4%	10%	31%	54%	-
EE		1000	1%	5%	14%	21%	58%	1%
EL		999	3%	8%	19%	33%	37%	0%
ES		1000	2%	7%	15%	20%	56%	0%
FR		1031	1%	3%	10%	15%	70%	0%
IE		1000	0%	2%	14%	35%	48%	1%
IT		1011	3%	10%	22%	24%	41%	1%
CY		507	1%	6%	15%	27%	50%	-
LV		1046	1%	5%	18%	25%	50%	1%
LT		1022	1%	8%	28%	30%	31%	0%
LU		500	1%	3%	8%	11%	76%	0%
HU		1010	2%	8%	17%	20%	53%	0%
MT		500	1%	5%	16%	28%	49%	1%
NL		1127	1%	4%	12%	18%	65%	-
AT		1019	0%	5%	19%	29%	47%	1%
PL		1000	2%	6%	17%	23%	52%	0%
PT		1004	3%	7%	17%	28%	45%	1%
SI		1028	1%	3%	17%	27%	52%	0%
SK		1015	0%	4%	18%	32%	46%	1%
FI		1023	0%	2%	14%	23%	61%	-
SE		1009	1%	2%	7%	15%	75%	0%
UK		1310	1%	3%	15%	18%	63%	0%
BG		1002	1%	9%	18%	36%	34%	2%
HR		1000	2%	5%	18%	35%	38%	1%
RO		1003	3%	8%	20%	33%	34%	2%
TR		1005	2%	5%	22%	18%	51%	2%
CY (tcc)		500	5%	13%	32%	32%	18%	1%

QA5.4 Les questions suivantes portent sur comment vous vous sentez et sur la façon dont vous vous êtes porté au cours des 4 dernières semaines. Pour chaque question, veuillez indiquer la réponse qui se rapproche le plus de ce que vous avez ressenti. A quelle fréquence au cours de ces 4 dernières semaines ... ?

QA5.4 These questions are about how you feel and how things have been with you during the past 4 weeks. For each question, please give the one answer that comes closest to the way you have been feeling. How much of the time during the past 4 weeks...?

Vous êtes-vous senti(e) calme et serein(e)

Have you felt calm and peaceful

	TOTAL	Tout le temps / All the time	La plupart du temps / Most of the time	Quelquefois / Sometimes	Rarement / Rarely	Jamais / Never	NSP / DK
UE25 EU25	24738	15%	48%	24%	10%	3%	0%
BE	1011	20%	51%	17%	9%	3%	-
CZ	1012	14%	57%	20%	8%	1%	0%
DK	1039	25%	55%	13%	5%	2%	0%
D-W	1015	14%	52%	21%	11%	2%	0%
DE	1515	15%	52%	21%	11%	2%	0%
D-E	500	16%	52%	19%	10%	3%	-
EE	1000	11%	52%	21%	11%	4%	1%
EL	999	9%	49%	29%	11%	2%	-
ES	1000	15%	46%	29%	8%	2%	0%
FR	1031	17%	49%	20%	10%	4%	0%
IE	1000	11%	56%	26%	5%	1%	1%
IT	1011	7%	39%	35%	15%	4%	1%
CY	507	16%	45%	24%	11%	3%	-
LV	1046	9%	53%	23%	13%	3%	0%
LT	1022	24%	47%	19%	7%	2%	0%
LU	500	22%	44%	19%	9%	5%	1%
HU	1010	16%	52%	17%	12%	3%	0%
MT	500	11%	53%	27%	6%	3%	0%
NL	1127	19%	57%	15%	6%	2%	-
AT	1019	11%	55%	23%	9%	1%	1%
PL	1000	23%	46%	19%	10%	2%	0%
PT	1004	11%	39%	33%	13%	3%	0%
SI	1028	8%	44%	35%	11%	2%	0%
SK	1015	14%	58%	18%	8%	0%	1%
FI	1023	26%	57%	12%	4%	1%	0%
SE	1009	26%	49%	16%	7%	1%	0%
UK	1310	17%	47%	25%	7%	3%	0%
BG	1002	14%	47%	20%	13%	3%	2%
HR	1000	11%	48%	26%	11%	2%	1%
RO	1003	14%	51%	23%	8%	2%	2%
TR	1005	11%	38%	37%	9%	4%	1%
CY (icc)	500	13%	42%	27%	14%	3%	1%

QA5.5 Les questions suivantes portent sur comment vous vous sentez et sur la façon dont vous vous êtes porté au cours des 4 dernières semaines. Pour chaque question, veuillez indiquer la réponse qui se rapproche le plus de ce que vous avez ressenti. A quelle fréquence au cours de ces 4 dernières semaines ... ?

QA5.5 These questions are about how you feel and how things have been with you during the past 4 weeks. For each question, please give the one answer that comes closest to the way you have been feeling. How much of the time during the past 4 weeks...?

Vous êtes-vous senti(e) plein(e) d'énergie

Did you have lots of energy

		TOTAL	Tout le temps / All the time	La plupart du temps / Most of the time	Quelquefois / Sometimes	Rarement / Rarely	Jamais / Never	NSP / DK
UE25	EU25	24738	15%	40%	27%	13%	5%	0%
BE		1011	20%	42%	21%	11%	5%	-
CZ		1012	12%	46%	27%	11%	3%	0%
DK		1039	18%	49%	22%	9%	2%	0%
D-W		1015	7%	28%	35%	21%	8%	1%
DE		1515	8%	29%	35%	20%	7%	1%
D-E		500	9%	32%	34%	19%	6%	0%
EE		1000	9%	36%	30%	16%	8%	1%
EL		999	25%	40%	21%	11%	3%	0%
ES		1000	17%	42%	28%	11%	2%	-
FR		1031	18%	48%	20%	10%	4%	0%
IE		1000	13%	48%	26%	11%	2%	1%
IT		1011	11%	39%	33%	13%	4%	1%
CY		507	24%	44%	21%	10%	2%	-
LV		1046	9%	38%	32%	15%	6%	1%
LT		1022	15%	38%	25%	15%	6%	0%
LU		500	24%	42%	21%	8%	5%	1%
HU		1010	23%	37%	17%	15%	8%	1%
MT		500	11%	38%	38%	10%	3%	0%
NL		1127	20%	52%	19%	7%	2%	0%
AT		1019	13%	52%	21%	13%	1%	1%
PL		1000	17%	37%	27%	14%	5%	1%
PT		1004	14%	32%	33%	16%	4%	1%
SI		1028	12%	43%	30%	13%	2%	0%
SK		1015	15%	48%	24%	10%	2%	1%
FI		1023	19%	51%	19%	9%	1%	0%
SE		1009	19%	41%	30%	9%	1%	0%
UK		1310	15%	40%	27%	11%	6%	0%
BG		1002	16%	39%	21%	16%	6%	2%
HR		1000	12%	32%	29%	19%	7%	1%
RO		1003	16%	45%	22%	11%	4%	3%
TR		1005	14%	30%	36%	12%	6%	2%
CY (tcc)		500	15%	25%	32%	19%	8%	0%

QA5.6 Les questions suivantes portent sur comment vous vous sentez et sur la façon dont vous vous êtes porté au cours des 4 dernières semaines. Pour chaque question, veuillez indiquer la réponse qui se rapproche le plus de ce que vous avez ressenti. A quelle fréquence au cours de ces 4 dernières semaines ... ?

QA5.6 These questions are about how you feel and how things have been with you during the past 4 weeks. For each question, please give the one answer that comes closest to the way you have been feeling. How much of the time during the past 4 weeks...?

Vous êtes-vous senti(e) démoralisé(e) et déprimé(e)

Have you felt downhearted and depressed

		TOTAL	Tout le temps / All the time	La plupart du temps / Most of the time	Quelquefois / Sometimes	Rarement / Rarely	Jamais / Never	NSP / DK
UE25	EU25	24738	2%	6%	21%	28%	43%	0%
BE		1011	1%	7%	17%	27%	48%	-
CZ		1012	1%	5%	15%	33%	46%	0%
DK		1039	1%	2%	14%	32%	51%	0%
D-W		1015	1%	4%	15%	29%	50%	0%
DE		1515	1%	4%	15%	29%	51%	0%
D-E		500	2%	4%	13%	26%	54%	1%
EE		1000	2%	6%	18%	28%	45%	1%
EL		999	2%	10%	23%	35%	31%	-
ES		1000	2%	8%	18%	29%	43%	0%
FR		1031	2%	5%	20%	21%	51%	0%
IE		1000	0%	2%	18%	34%	44%	1%
IT		1011	3%	9%	32%	33%	22%	0%
CY		507	1%	9%	19%	26%	44%	0%
LV		1046	1%	8%	27%	37%	27%	0%
LT		1022	2%	10%	33%	35%	19%	1%
LU		500	2%	4%	16%	20%	57%	0%
HU		1010	3%	8%	14%	21%	55%	1%
MT		500	2%	4%	28%	34%	32%	0%
NL		1127	1%	4%	17%	23%	55%	0%
AT		1019	1%	4%	17%	26%	52%	1%
PL		1000	3%	9%	27%	30%	31%	0%
PT		1004	2%	7%	21%	32%	35%	2%
SI		1028	0%	4%	22%	37%	37%	0%
SK		1015	1%	4%	19%	36%	39%	1%
FI		1023	0%	3%	19%	34%	43%	0%
SE		1009	1%	4%	16%	27%	53%	0%
UK		1310	1%	4%	21%	22%	53%	0%
BG		1002	2%	8%	18%	28%	42%	2%
HR		1000	3%	7%	25%	37%	27%	1%
RO		1003	3%	7%	23%	32%	34%	2%
TR		1005	3%	9%	38%	34%	15%	2%
CY (tcc)		500	4%	11%	25%	31%	28%	2%

QA5.7 Les questions suivantes portent sur comment vous vous sentez et sur la façon dont vous vous êtes porté au cours des 4 dernières semaines. Pour chaque question, veuillez indiquer la réponse qui se rapproche le plus de ce que vous avez ressenti. A quelle fréquence au cours de ces 4 dernières semaines ... ?

QA5.7 These questions are about how you feel and how things have been with : weeks. For each question, please give the one answer that comes closest to the feeling. How much of the time during the past 4 weeks...?

Vous êtes-vous senti(e) épuisé(e)

Have you felt worn out

		TOTAL	Tout le temps / All the time	La plupart du temps / Most of the time	Quelquefois / Sometimes	Rarement / Rarely	Jamais / Never	NSP / DK
UE25	EU25	24738	2%	10%	34%	27%	27%	0%
BE		1011	2%	10%	25%	26%	38%	-
CZ		1012	3%	10%	24%	31%	32%	0%
DK		1039	1%	3%	16%	30%	49%	0%
D-W		1015	2%	8%	37%	32%	20%	0%
DE		1515	2%	8%	37%	33%	20%	0%
D-E		500	0%	8%	36%	36%	20%	-
EE		1000	2%	9%	30%	32%	26%	0%
EL		999	2%	14%	33%	31%	21%	-
ES		1000	1%	8%	26%	25%	39%	0%
FR		1031	4%	7%	30%	23%	35%	0%
IE		1000	0%	6%	44%	31%	18%	0%
IT		1011	2%	14%	36%	26%	21%	1%
CY		507	3%	13%	32%	26%	25%	0%
LV		1046	1%	11%	40%	29%	18%	0%
LT		1022	2%	11%	32%	30%	24%	1%
LU		500	3%	12%	28%	20%	37%	0%
HU		1010	4%	15%	31%	29%	21%	-
MT		500	0%	6%	27%	26%	38%	3%
NL		1127	2%	11%	29%	28%	31%	0%
AT		1019	1%	8%	40%	35%	16%	0%
PL		1000	3%	11%	35%	27%	23%	0%
PT		1004	2%	14%	32%	33%	17%	1%
SI		1028	1%	9%	42%	28%	19%	0%
SK		1015	2%	8%	21%	36%	33%	1%
FI		1023	1%	4%	17%	24%	54%	0%
SE		1009	3%	10%	40%	27%	21%	0%
UK		1310	3%	11%	43%	18%	24%	0%
BG		1002	3%	11%	23%	27%	33%	2%
HR		1000	3%	14%	47%	23%	12%	1%
RO		1003	4%	12%	33%	33%	16%	2%
TR		1005	3%	12%	41%	31%	12%	1%
CY (tcc)		500	4%	8%	22%	21%	44%	1%

QA5.8 Les questions suivantes portent sur comment vous vous sentez et sur la façon dont vous vous êtes porté au cours des 4 dernières semaines. Pour chaque question, veuillez indiquer la réponse qui se rapproche le plus de ce que vous avez ressenti. A quelle fréquence au cours de ces 4 dernières semaines ... ?

QA5.8 These questions are about how you feel and how things have been with you during the past 4 weeks. For each question, please give the one answer that comes closest to the way you have been feeling. How much of the time during the past 4 weeks...?

Avez-vous été heureux(se)

Have you felt happy

	TOTAL	Tout le temps / All the time	La plupart du temps / Most of the time	Quelquefois / Sometimes	Rarement / Rarely	Jamais / Never	NSP / DK
UE25 EU25	24738	17%	48%	25%	8%	2%	0%
BE	1011	27%	53%	13%	5%	2%	0%
CZ	1012	13%	49%	29%	8%	1%	1%
DK	1039	22%	49%	24%	4%	1%	0%
D-W	1015	13%	46%	29%	10%	2%	1%
DE	1515	12%	47%	28%	10%	2%	1%
D-E	500	11%	47%	28%	11%	3%	0%
EE	1000	9%	39%	33%	12%	5%	2%
EL	999	14%	47%	27%	10%	2%	-
ES	1000	17%	53%	22%	6%	1%	0%
FR	1031	23%	51%	19%	4%	1%	0%
IE	1000	16%	66%	14%	3%	1%	0%
IT	1011	9%	39%	35%	13%	3%	1%
CY	507	24%	43%	23%	7%	3%	-
LV	1046	8%	34%	34%	16%	6%	2%
LT	1022	15%	37%	30%	12%	4%	1%
LU	500	26%	49%	18%	5%	2%	0%
HU	1010	13%	44%	24%	14%	5%	1%
MT	500	10%	51%	33%	5%	0%	0%
NL	1127	26%	57%	13%	4%	1%	0%
AT	1019	12%	48%	31%	7%	1%	1%
PL	1000	20%	40%	24%	13%	3%	1%
PT	1004	18%	38%	32%	8%	3%	1%
SI	1028	15%	46%	32%	7%	1%	0%
SK	1015	13%	50%	28%	8%	1%	1%
FI	1023	23%	55%	16%	5%	1%	0%
SE	1009	24%	46%	23%	6%	1%	1%
UK	1310	20%	55%	20%	3%	1%	0%
BG	1002	11%	31%	30%	19%	7%	2%
HR	1000	13%	40%	35%	9%	2%	1%
RO	1003	11%	45%	32%	9%	2%	2%
TR	1005	15%	37%	34%	10%	3%	1%
CY (tcc)	500	18%	43%	27%	10%	2%	1%

QA5.9 Les questions suivantes portent sur comment vous vous sentez et sur la façon dont vous vous êtes porté au cours des 4 dernières semaines. Pour chaque question, veuillez indiquer la réponse qui se rapproche le plus de ce que vous avez ressenti. A quelle fréquence au cours de ces 4 dernières semaines ... ?

QA5.9 These questions are about how you feel and how things have been with you during the past 4 weeks. For each question, please give the one answer that comes closest to the way you have been feeling. How much of the time during the past 4 weeks...?

Vous êtes-vous senti(e) fatigué(e)

Have you felt tired

	TOTAL	Tout le temps / All the time	La plupart du temps / Most of the time	Quelquefois / Sometimes	Rarement / Rarely	Jamais / Never	NSP / DK
UE25 EU25	24738	4%	14%	48%	23%	11%	0%
BE	1011	4%	13%	39%	28%	15%	-
CZ	1012	3%	11%	48%	33%	5%	0%
DK	1039	3%	12%	45%	26%	14%	0%
D-W	1015	2%	13%	49%	27%	9%	0%
DE	1515	3%	13%	49%	27%	9%	0%
D-E	500	3%	11%	48%	28%	10%	-
EE	1000	5%	14%	54%	20%	6%	0%
EL	999	5%	20%	45%	21%	9%	0%
ES	1000	3%	15%	42%	26%	14%	0%
FR	1031	5%	13%	49%	17%	16%	0%
IE	1000	2%	10%	58%	24%	6%	0%
IT	1011	4%	17%	49%	21%	9%	0%
CY	507	6%	21%	46%	14%	13%	-
LV	1046	2%	14%	52%	22%	9%	0%
LT	1022	4%	19%	46%	24%	7%	1%
LU	500	3%	15%	49%	15%	18%	0%
HU	1010	7%	21%	42%	23%	6%	-
MT	500	2%	11%	59%	23%	5%	0%
NL	1127	4%	15%	45%	20%	16%	0%
AT	1019	0%	10%	52%	31%	7%	0%
PL	1000	4%	15%	48%	24%	9%	0%
PT	1004	4%	16%	44%	25%	10%	1%
SI	1028	3%	11%	59%	22%	5%	0%
SK	1015	3%	15%	49%	28%	4%	1%
FI	1023	3%	11%	51%	24%	11%	0%
SE	1009	5%	15%	53%	18%	9%	0%
UK	1310	5%	15%	53%	17%	10%	0%
BG	1002	5%	16%	38%	32%	8%	1%
HR	1000	5%	16%	52%	20%	6%	1%
RO	1003	5%	14%	43%	30%	7%	1%
TR	1005	5%	15%	44%	28%	7%	2%
CY (tcc)	500	8%	19%	42%	20%	10%	1%

QA6 Au cours des 4 dernières semaines, à quelle fréquence votre santé physique ou des problèmes émotionnels vous ont-ils gêné(e) dans vos activités sociales (par exemple, rendre visite à des amis, la famille, etc.) ?

QA6 During the past 4 weeks, how much of the time has your physical health or emotional problems interfered with social activities (like visiting friends, relatives, etc.)?

	TOTAL	Tout le temps / All the time	La plupart du temps / Most of the time	Quelquefois / Sometimes	Rarement / Rarely	Jamais / Never	NSP / DK
UE25 EU25	24738	2%	6%	13%	19%	60%	0%
BE	1011	3%	6%	12%	17%	62%	-
CZ	1012	1%	4%	11%	19%	64%	0%
DK	1039	2%	4%	14%	22%	58%	1%
D-W	1015	2%	5%	10%	19%	64%	0%
DE	1515	2%	5%	11%	19%	63%	0%
D-E	500	2%	4%	11%	21%	62%	-
EE	1000	3%	6%	12%	16%	60%	2%
EL	999	3%	6%	15%	22%	55%	-
ES	1000	1%	4%	11%	14%	69%	0%
FR	1031	2%	5%	13%	14%	65%	0%
IE	1000	1%	4%	12%	17%	65%	1%
IT	1011	2%	8%	18%	24%	47%	0%
CY	507	2%	6%	19%	20%	54%	-
LV	1046	4%	6%	16%	19%	53%	2%
LT	1022	4%	10%	19%	18%	48%	1%
LU	500	2%	3%	12%	11%	72%	0%
HU	1010	3%	6%	11%	17%	62%	1%
MT	500	2%	5%	14%	25%	55%	0%
NL	1127	3%	6%	16%	19%	55%	0%
AT	1019	0%	3%	19%	25%	52%	1%
PL	1000	3%	7%	13%	23%	53%	2%
PT	1004	2%	8%	15%	16%	59%	1%
SI	1028	1%	4%	13%	25%	57%	0%
SK	1015	3%	5%	17%	31%	44%	1%
FI	1023	2%	5%	14%	21%	57%	0%
SE	1009	2%	5%	14%	18%	60%	0%
UK	1310	3%	5%	11%	15%	66%	0%
BG	1002	4%	8%	14%	21%	51%	3%
HR	1000	3%	7%	19%	20%	51%	1%
RO	1003	4%	8%	13%	19%	55%	1%
TR	1005	3%	6%	15%	19%	53%	4%
CY (tcc)	500	4%	10%	18%	19%	49%	1%

QA7 Au cours des 12 derniers mois, avez-vous cherché de l'aide auprès d'un(e) professionnel(le) suite à un problème psychique ou psychologique ? (SI OUI) Indiquez de quelle personne il s'agissait dans la liste suivante. (PLUSIEURS REPONSES POSSIBLES)

QA7 In the last 12 months, did you seek help from a professional in respect of a psychological or emotional health problem? (IF YES) Indicate who in the following list. (MULTIPLE ANSWERS POSSIBLE)

	TOTAL	Non / No	Oui, un(e) médecin généraliste / Yes, a general practitioner	Oui, un(e) pharmacien(ne) / Yes, a pharmacist	Oui, un(e) psychiatre / Yes, a psychiatrist	Oui, un(e) psychologue / Yes, a psychologist	Oui, un(e) psychanalyste / Yes, a psychoanalyst	Oui, un(e) infirmière / Yes, a nurse	Oui, un(e) assistant(e) social(e) / Yes, a social worker	Oui, un(e) psychothérapeute non mentionné(e) / Yes, a psychotherapist not mentioned previously	Oui, un(e) autre professionnel(le) de la santé / Yes, another health professional	NSP / DK	Oui / Yes
UE25 EU25	24738	87%	9%	2%	2%	2%	0%	0%	0%	1%	2%	0%	13%
BE	1011	88%	8%	1%	2%	1%	0%	1%	1%	1%	1%	0%	12%
CZ	1012	86%	8%	2%	2%	1%	0%	1%	1%	1%	2%	1%	13%
DK	1039	83%	13%	1%	1%	4%	-	1%	1%	1%	2%	1%	17%
D-W	1015	85%	12%	3%	1%	2%	0%	0%	1%	1%	1%	0%	14%
DE	1515	85%	11%	3%	1%	2%	0%	0%	1%	1%	1%	0%	14%
D-E	500	86%	11%	1%	1%	2%	0%	0%	0%	2%	2%	0%	14%
EE	1000	83%	13%	2%	3%	1%	0%	0%	1%	0%	2%	0%	17%
EL	999	87%	7%	3%	2%	1%	0%	0%	0%	0%	2%	-	13%
ES	1000	90%	6%	1%	2%	4%	-	0%	0%	0%	1%	0%	10%
FR	1031	86%	9%	1%	3%	2%	0%	1%	1%	1%	2%	0%	14%
IE	1000	86%	13%	2%	0%	1%	0%	1%	1%	0%	1%	0%	14%
IT	1011	88%	8%	2%	1%	1%	0%	-	-	0%	1%	0%	12%
CY	507	90%	4%	1%	1%	2%	-	0%	0%	-	4%	0%	10%
LV	1046	89%	8%	1%	1%	1%	-	1%	0%	1%	0%	1%	10%
LT	1022	83%	12%	4%	3%	1%	-	0%	0%	0%	1%	0%	16%
LJ	500	78%	17%	6%	3%	1%	0%	1%	1%	0%	6%	-	22%
HU	1010	86%	8%	1%	3%	1%	-	0%	0%	0%	1%	1%	13%
MT	500	91%	6%	1%	2%	1%	-	0%	0%	-	2%	-	9%
NL	1127	82%	8%	3%	3%	5%	0%	1%	2%	2%	3%	0%	17%
AT	1019	84%	12%	1%	1%	1%	0%	0%	0%	1%	1%	0%	15%
PL	1000	89%	7%	1%	2%	2%	0%	-	0%	0%	1%	0%	11%
PT	1004	83%	11%	0%	4%	2%	0%	0%	0%	0%	2%	0%	16%
SI	1028	89%	9%	2%	2%	1%	0%	0%	0%	0%	1%	0%	11%
SK	1015	82%	14%	4%	1%	1%	-	1%	0%	0%	6%	0%	18%
FI	1023	90%	5%	0%	3%	2%	0%	1%	1%	0%	1%	0%	10%
SE	1009	86%	8%	1%	1%	3%	0%	2%	0%	0%	4%	0%	13%
UK	1310	87%	10%	1%	1%	1%	0%	1%	1%	0%	2%	0%	12%
BG	1002	83%	14%	2%	1%	0%	-	0%	1%	-	2%	2%	16%
HR	1000	85%	11%	3%	3%	1%	0%	1%	0%	0%	1%	1%	14%
RO	1003	69%	22%	8%	1%	0%	-	0%	0%	0%	7%	1%	30%
TR	1005	92%	4%	-	2%	2%	0%	-	0%	0%	0%	0%	8%
CY (tcc)	500	89%	3%	0%	2%	4%	0%	-	1%	-	1%	3%	9%

QA8.1 Au cours des 4 dernières semaines, avez-vous rencontré l'un des problèmes suivants dans le cadre de votre travail ou d'autres activités quotidiennes habituelles, suite à des problèmes émotionnels (par exemple, un sentiment de déprime ou d'anxiété) ?

QA8.1 During the past 4 weeks, have you had any of the following problems with your work or other regular activities as a result of any emotional problems (such as feeling depressed or anxious)?

Avez-vous réduit le temps que vous consacriez au travail ou à d'autres activités ?

Have you cut down on the amount of time you spent on work or other activities?

		TOTAL	Oui / Yes	Non / No
UE25	EU25	24738	12%	88%
BE		1011	11%	89%
CZ		1012	9%	91%
DK		1039	11%	89%
D-W		1015	10%	90%
DE		1515	10%	90%
D-E		500	8%	92%
EE		1000	17%	83%
EL		999	13%	87%
ES		1000	10%	90%
FR		1031	13%	87%
IE		1000	10%	90%
IT		1011	13%	87%
CY		507	13%	87%
LV		1046	20%	80%
LT		1022	17%	83%
LU		500	12%	88%
HU		1010	13%	87%
MT		500	15%	85%
NL		1127	13%	87%
AT		1019	11%	89%
PL		1000	19%	81%
PT		1004	14%	86%
SI		1028	14%	86%
SK		1015	17%	83%
FI		1023	12%	88%
SE		1009	14%	86%
UK		1310	9%	91%
BG		1002	14%	86%
HR		1000	15%	85%
RO		1003	17%	83%
TR		1005	19%	81%
CY (tcc)		500	25%	75%

QA8.2 Au cours des 4 dernières semaines, avez-vous rencontré l'un des problèmes suivants dans le cadre de votre travail ou d'autres activités quotidiennes habituelles, suite à des problèmes émotionnels (par exemple, un sentiment de déprime ou d'anxiété) ?

QA8.2 During the past 4 weeks, have you had any of the following problems with your work or other regular activities as a result of any emotional problems (such as feeling depressed or anxious)?

Avez-vous fait moins de choses que ce que vous souhaitiez ?

Have you accomplished less than you would like?

	TOTAL	Oui / Yes	Non / No
UE25 EU25	24738	18%	82%
BE	1011	16%	84%
CZ	1012	12%	88%
DK	1039	21%	79%
D-W	1015	16%	84%
DE	1515	15%	85%
D-E	500	14%	86%
EE	1000	29%	71%
EL	999	24%	76%
ES	1000	16%	84%
FR	1031	21%	79%
IE	1000	16%	84%
IT	1011	17%	83%
CY	507	19%	81%
LV	1046	27%	73%
LT	1022	23%	77%
LU	500	17%	83%
HU	1010	18%	82%
MT	500	24%	76%
NL	1127	17%	83%
AT	1019	16%	84%
PL	1000	28%	72%
PT	1004	20%	80%
SI	1028	19%	81%
SK	1015	28%	72%
FI	1023	18%	82%
SE	1009	24%	76%
UK	1310	13%	87%
BG	1002	25%	75%
HR	1000	21%	79%
RO	1003	26%	74%
TR	1005	23%	77%
CY (tcc)	500	30%	70%

QA8.3 Au cours des 4 dernières semaines, avez-vous rencontré l'un des problèmes suivants dans le cadre de votre travail ou d'autres activités quotidiennes habituelles, suite à des problèmes émotionnels (par exemple, un sentiment de déprime ou d'anxiété) ?

QA8.3 During the past 4 weeks, have you had any of the following problems with your work or other regular activities as a result of any emotional problems (such as feeling depressed or anxious)?

N'avez-vous pas travaillé ou fait d'autres activités avec autant d'attention que d'habitude ?

Did you not do work or other activities as carefully as usual?

		TOTAL	Oui / Yes	Non / No
UE25	EU25	24738	14%	86%
BE		1011	13%	87%
CZ		1012	14%	86%
DK		1039	17%	83%
D-W		1015	10%	90%
DE		1515	10%	90%
D-E		500	8%	92%
EE		1000	20%	80%
EL		999	22%	78%
ES		1000	9%	91%
FR		1031	16%	84%
IE		1000	9%	91%
IT		1011	16%	84%
CY		507	15%	85%
LV		1046	22%	78%
LT		1022	23%	77%
LU		500	16%	84%
HU		1010	16%	84%
MT		500	17%	83%
NL		1127	12%	88%
AT		1019	11%	89%
PL		1000	23%	77%
PT		1004	15%	85%
SI		1028	15%	85%
SK		1015	20%	80%
FI		1023	12%	88%
SE		1009	17%	83%
UK		1310	10%	90%
BG		1002	18%	82%
HR		1000	18%	82%
RO		1003	20%	80%
TR		1005	21%	79%
CY (tcc)		500	26%	74%

QA8.4 Au cours des 4 dernières semaines, avez-vous rencontré l'un des problèmes suivants dans le cadre de votre travail ou d'autres activités quotidiennes habituelles, suite à des problèmes émotionnels (par exemple, un sentiment de déprime ou d'anxiété) ?

QA8.4 During the past 4 weeks, have you had any of the following problems with your work or other regular activities as a result of any emotional problems (such as feeling depressed or anxious)?

Avez-vous manqué des jours de travail ?

Have you missed work days?

		TOTAL	Oui / Yes	Non / No
UE25	EU25	24738	6%	94%
BE		1011	10%	90%
CZ		1012	3%	97%
DK		1039	10%	90%
D-W		1015	5%	95%
DE		1515	5%	95%
D-E		500	6%	94%
EE		1000	6%	94%
EL		999	6%	94%
ES		1000	4%	96%
FR		1031	6%	94%
IE		1000	5%	95%
IT		1011	9%	91%
CY		507	10%	90%
LV		1046	7%	93%
LT		1022	7%	93%
LU		500	12%	88%
HU		1010	3%	97%
MT		500	5%	95%
NL		1127	13%	87%
AT		1019	7%	93%
PL		1000	7%	93%
PT		1004	4%	96%
SI		1028	5%	95%
SK		1015	7%	93%
FI		1023	6%	94%
SE		1009	6%	94%
UK		1310	5%	95%
BG		1002	5%	95%
HR		1000	6%	94%
RO		1003	4%	96%
TR		1005	10%	90%
CY (tcc)		500	15%	85%

QA9.1 Veuillez indiquer lesquelles des affirmations suivantes s'appliquent éventuellement à votre situation. Au cours des 12 derniers mois ...

QA9.1 Please indicate which ones of the following statements possibly apply to your situation. In the last 12 months...

Vous avez suivi une psychothérapie suite à des problèmes psychiques ou psychologiques

You have received psychotherapy due to psychological or emotional health problems

		TOTAL	Oui / Yes	Non / No	NSP / DK
UE25	EU25	24738	3%	96%	1%
BE		1011	4%	96%	-
CZ		1012	2%	98%	-
DK		1039	4%	96%	0%
D-W		1015	2%	97%	0%
DE		1515	2%	97%	0%
D-E		500	3%	97%	1%
EE		1000	2%	97%	0%
EL		999	2%	98%	0%
ES		1000	5%	92%	3%
FR		1031	5%	95%	1%
IE		1000	3%	95%	2%
IT		1011	2%	97%	0%
CY		507	3%	96%	1%
LV		1046	3%	97%	0%
LT		1022	3%	96%	0%
LU		500	3%	97%	0%
HU		1010	4%	95%	1%
MT		500	3%	97%	0%
NL		1127	7%	93%	0%
AT		1019	3%	95%	2%
PL		1000	4%	96%	0%
PT		1004	5%	95%	0%
SI		1028	3%	94%	3%
SK		1015	3%	97%	1%
FI		1023	5%	94%	0%
SE		1009	5%	94%	1%
UK		1310	3%	97%	0%
BG		1002	2%	95%	3%
HR		1000	4%	94%	1%
RO		1003	1%	97%	3%
TR		1005	5%	92%	2%
CY (tcc)		500	5%	94%	2%

QA9.2 Veuillez indiquer lesquelles des affirmations suivantes s'appliquent éventuellement à votre situation. Au cours des 12 derniers mois ...

QA9.2 Please indicate which ones of the following statements possibly apply to your situation. In the last 12 months...

Vous avez pris des médicaments suite à des problèmes psychiques ou psychologiques

You have taken drugs due to psychological or emotional health problems

		TOTAL	Oui / Yes	Non / No	NSP / DK
UE25	EU25	24738	7%	92%	1%
BE		1011	8%	92%	-
CZ		1012	6%	94%	0%
DK		1039	7%	93%	0%
D-W		1015	7%	93%	0%
DE		1515	7%	93%	0%
D-E		500	7%	92%	0%
EE		1000	10%	90%	0%
EL		999	4%	96%	-
ES		1000	6%	90%	3%
FR		1031	9%	90%	1%
IE		1000	6%	92%	2%
IT		1011	5%	95%	1%
CY		507	2%	97%	1%
LV		1046	9%	91%	0%
LT		1022	11%	89%	0%
LU		500	10%	90%	0%
HU		1010	9%	91%	0%
MT		500	5%	95%	0%
NL		1127	8%	92%	0%
AT		1019	10%	89%	1%
PL		1000	8%	92%	0%
PT		1004	10%	89%	1%
SI		1028	6%	92%	3%
SK		1015	6%	93%	1%
FI		1023	7%	93%	0%
SE		1009	7%	92%	1%
UK		1310	8%	92%	0%
BG		1002	6%	91%	3%
HR		1000	9%	90%	1%
RO		1003	5%	93%	2%
TR		1005	9%	89%	2%
CY (tcc)		500	6%	92%	2%

QA9.3 Veuillez indiquer lesquelles des affirmations suivantes s'appliquent éventuellement à votre situation. Au cours des 12 derniers mois ...

QA9.3 Please indicate which ones of the following statements possibly apply to your situation. In the last 12 months...

Vous avez été admis(e) à l'hôpital suite à des problèmes psychiques ou psychologiques

You have been admitted to hospital due to psychological or emotional health problems

		TOTAL	Oui / Yes	Non / No	NSP / DK
UE25	EU25	24738	1%	98%	1%
BE		1011	5%	95%	-
CZ		1012	1%	99%	-
DK		1039	1%	99%	0%
D-W		1015	1%	99%	0%
DE		1515	1%	98%	0%
D-E		500	2%	97%	0%
EE		1000	1%	99%	0%
EL		999	1%	99%	-
ES		1000	2%	95%	3%
FR		1031	2%	98%	1%
IE		1000	1%	97%	2%
IT		1011	1%	98%	1%
CY		507	1%	98%	1%
LV		1046	2%	98%	0%
LT		1022	2%	98%	-
LU		500	2%	98%	0%
HU		1010	2%	98%	0%
MT		500	1%	99%	0%
NL		1127	1%	99%	0%
AT		1019	2%	97%	0%
PL		1000	1%	99%	0%
PT		1004	1%	99%	0%
SI		1028	0%	97%	3%
SK		1015	1%	98%	1%
FI		1023	1%	99%	0%
SE		1009	0%	98%	1%
UK		1310	2%	98%	0%
BG		1002	1%	96%	3%
HR		1000	2%	97%	1%
RO		1003	1%	97%	2%
TR		1005	3%	95%	3%
CY (tcc)		500	2%	97%	2%

QA10 Si vous vous sentiez mal, auprès de qui chercheriez-vous un soutien en premier ? (PLUSIEURS REPONSES POSSIBLES)

QA10 If you were feeling bad, where would you seek more support first? (MULTIPLE ANSWERS POSSIBLE)

	TOTAL	Vous chercheriez l'aide d'un(e) professionnel(le) de la santé / You would seek support from a health professional	Vous chercheriez l'aide d'un membre de votre famille / You would seek support from a family member	Vous chercheriez l'aide d'un(e) ami(e) / You would seek support from a friend	Vous chercheriez l'aide d'un(e) conseiller(ère) religieux(se) / You would seek support from a religious counsellor	Vous chercheriez l'aide d'un(e) enseignant(e) / You would seek support from a school teacher	Vous appelleriez un service d'aide téléphonique / You would call a help line	Autre (SPONTANE) / Other (SPONTANEOUS)	NSP / DK
UE25 EU25	24738	50%	53%	22%	2%	0%	2%	2%	
BE	1011	51%	54%	33%	2%	0%	1%	1%	
CZ	1012	46%	58%	22%	1%	0%	5%	2%	
DK	1039	68%	53%	29%	2%	1%	1%	1%	
D-W	1015	46%	64%	24%	2%	0%	1%	1%	
DE	1515	48%	63%	24%	2%	0%	1%	1%	
D-E	500	59%	60%	21%	1%	-	1%	1%	
EE	1000	40%	62%	30%	2%	0%	1%	3%	
EL	999	46%	62%	28%	4%	0%	3%	-	
ES	1000	60%	49%	19%	0%	1%	0%	2%	
FR	1031	43%	58%	31%	1%	0%	1%	3%	
IE	1000	64%	42%	21%	2%	0%	2%	3%	
IT	1011	56%	48%	12%	2%	0%	6%	1%	
CY	507	32%	69%	32%	5%	0%	1%	1%	
LV	1046	53%	48%	21%	2%	1%	1%	1%	
LT	1022	63%	36%	12%	2%	0%	1%	3%	
LU	500	43%	60%	27%	1%	0%	0%	2%	
HU	1010	39%	63%	10%	1%	0%	0%	3%	
MT	500	63%	58%	14%	3%	0%	2%	1%	
NL	1127	38%	49%	37%	2%	0%	1%	1%	
AT	1019	58%	50%	29%	4%	0%	5%	5%	
PL	1000	52%	47%	19%	3%	-	1%	3%	
PT	1004	70%	46%	5%	-	-	1%	1%	
SI	1028	66%	58%	25%	3%	0%	1%	1%	
SK	1015	60%	60%	22%	5%	0%	5%	2%	
FI	1023	40%	53%	34%	2%	0%	1%	1%	
SE	1009	54%	34%	13%	1%	1%	1%	2%	
UK	1310	44%	51%	22%	2%	0%	1%	1%	
BG	1002	79%	31%	11%	2%	0%	1%	3%	
HR	1000	58%	54%	16%	1%	0%	0%	1%	
RO	1003	74%	41%	13%	3%	0%	2%	2%	
TR	1005	51%	47%	28%	1%	0%	1%	3%	
CY (tcc)	500	27%	60%	33%	1%	1%	1%	3%	

QA11 Dans quelle mesure estimez-vous qu'il est facile ou difficile de trouver des informations sur les problèmes psychiques ou psychologiques et sur les méthodes permettant d'y faire face ?

QA11 How easy or difficult do you find it is to find information on psychological or emotional health problems and how to deal with them?

		TOTAL	Très facile / Very easy	Plutôt facile / Fairly easy	Plutôt difficile / Fairly difficult	Très difficile / Very difficult	NSP / DK	Facile / Easy	Difficile / Difficult
UE25	EU25	24738	14%	41%	23%	6%	17%	55%	28%
	BE	1011	16%	48%	23%	7%	6%	64%	29%
	CZ	1012	16%	42%	23%	5%	14%	57%	29%
	DK	1039	18%	36%	9%	3%	34%	54%	12%
	D-W	1015	16%	39%	24%	8%	12%	55%	33%
	DE	1515	17%	39%	24%	8%	13%	56%	32%
	D-E	500	18%	40%	24%	4%	14%	58%	28%
	EE	1000	9%	38%	18%	4%	31%	47%	22%
	EL	999	30%	34%	21%	9%	6%	64%	30%
	ES	1000	15%	43%	21%	6%	15%	58%	27%
	FR	1031	8%	41%	28%	4%	19%	50%	32%
	IE	1000	20%	41%	12%	4%	23%	61%	16%
	IT	1011	7%	43%	32%	7%	11%	50%	39%
	CY	507	38%	38%	12%	2%	10%	75%	15%
	LV	1046	13%	40%	19%	6%	23%	53%	24%
	LT	1022	11%	37%	20%	4%	27%	49%	24%
	LU	500	12%	30%	26%	10%	22%	43%	35%
	HU	1010	8%	30%	24%	7%	31%	38%	31%
	MT	500	11%	46%	14%	5%	24%	58%	19%
	NL	1127	33%	34%	7%	3%	23%	66%	10%
	AT	1019	7%	30%	28%	7%	28%	37%	35%
	PL	1000	11%	44%	24%	4%	17%	55%	28%
	PT	1004	6%	34%	28%	13%	19%	40%	41%
	SI	1028	11%	45%	23%	6%	15%	57%	29%
	SK	1015	10%	36%	36%	10%	8%	46%	46%
	FI	1023	20%	47%	20%	4%	10%	66%	24%
	SE	1009	12%	32%	15%	5%	35%	44%	21%
	UK	1310	15%	48%	12%	3%	22%	63%	15%
	BG	1002	9%	24%	20%	10%	37%	33%	30%
	HR	1000	14%	32%	29%	11%	15%	46%	40%
	RO	1003	7%	26%	20%	8%	39%	34%	27%
	TR	1005	15%	28%	29%	15%	13%	43%	44%
	CY (tcc)	500	26%	31%	12%	7%	25%	57%	19%

QA12.1 Dans quelle mesure êtes-vous d'accord ou pas d'accord avec les affirmations suivantes ?

QA12.1 To what extent do you agree or disagree with the following statements?

Les personnes qui souffrent de problèmes psychiques ou psychologiques sont un danger pour les autres

People with psychological or emotional health problems constitute a danger to others

		TOTAL	Tout à fait d'accord / Totally agree	Plutôt d'accord / Tend to agree	Plutôt pas d'accord / Tend to disagree	Pas du tout d'accord / Totally disagree	NSP / DK	D'accord / Agree	Pas d'accord / Disagree
UE25	EU25	24738	7%	30%	34%	21%	8%	37%	56%
BE		1011	4%	28%	40%	27%	2%	32%	67%
CZ		1012	10%	37%	35%	13%	5%	48%	48%
DK		1039	6%	38%	32%	18%	5%	44%	50%
D-W		1015	5%	23%	40%	26%	6%	28%	66%
DE		1515	5%	22%	41%	27%	6%	27%	67%
D-E		500	3%	21%	43%	28%	5%	24%	71%
EE		1000	13%	47%	20%	11%	9%	60%	31%
EL		999	15%	28%	32%	24%	2%	42%	56%
ES		1000	4%	23%	28%	36%	10%	27%	63%
FR		1031	4%	29%	36%	23%	8%	33%	60%
IE		1000	3%	22%	34%	29%	12%	25%	63%
IT		1011	10%	39%	28%	15%	8%	49%	43%
CY		507	9%	28%	35%	24%	4%	37%	59%
LV		1046	19%	44%	24%	8%	5%	63%	31%
LT		1022	16%	52%	21%	5%	6%	68%	26%
LU		500	4%	24%	28%	39%	6%	28%	67%
HU		1010	4%	23%	37%	26%	10%	27%	64%
MT		500	7%	43%	24%	15%	11%	50%	38%
NL		1127	3%	22%	40%	31%	4%	25%	71%
AT		1019	7%	23%	41%	20%	9%	29%	61%
PL		1000	13%	38%	34%	7%	8%	50%	42%
PT		1004	4%	34%	30%	22%	9%	38%	53%
SI		1028	7%	28%	39%	23%	4%	35%	61%
SK		1015	7%	34%	37%	17%	5%	41%	54%
FI		1023	5%	26%	44%	22%	3%	31%	66%
SE		1009	6%	49%	25%	16%	4%	55%	41%
UK		1310	6%	32%	35%	16%	11%	38%	51%
BG		1002	13%	36%	26%	13%	12%	49%	39%
HR		1000	12%	33%	32%	16%	6%	45%	49%
RO		1003	11%	32%	27%	16%	14%	43%	43%
TR		1005	20%	25%	15%	35%	5%	45%	50%
CY (tcc)		500	16%	23%	13%	41%	7%	39%	54%

QA12.2 Dans quelle mesure êtes-vous d'accord ou pas d'accord avec les affirmations suivantes ?

QA12.2 To what extent do you agree or disagree with the following statements?

Les personnes qui souffrent de problèmes psychiques ou psychologiques sont imprévisibles

People with psychological or emotional health problems are unpredictable

	TOTAL	Tout à fait d'accord / Totally agree	Plutôt d'accord / Tend to agree	Plutôt pas d'accord / Tend to disagree	Pas du tout d'accord / Totally disagree	NSP / DK	D'accord / Agree	Pas d'accord / Disagree
UE25 EU25	24738	14%	49%	21%	8%	7%	63%	29%
BE	1011	15%	51%	25%	7%	2%	67%	31%
CZ	1012	23%	53%	15%	4%	4%	76%	19%
DK	1039	9%	45%	29%	10%	7%	54%	39%
D-W	1015	7%	34%	34%	17%	8%	41%	51%
DE	1515	7%	35%	34%	17%	7%	42%	51%
D-E	500	6%	39%	35%	15%	5%	45%	50%
EE	1000	25%	50%	13%	4%	7%	76%	17%
EL	999	25%	52%	15%	6%	2%	77%	21%
ES	1000	13%	42%	19%	15%	11%	55%	34%
FR	1031	15%	58%	14%	5%	8%	73%	19%
IE	1000	10%	48%	19%	13%	11%	58%	32%
IT	1011	19%	56%	14%	5%	6%	75%	19%
CY	507	29%	47%	11%	6%	6%	76%	18%
LV	1046	28%	48%	13%	3%	7%	76%	17%
LT	1022	21%	55%	14%	3%	8%	76%	16%
LU	500	10%	42%	18%	21%	9%	52%	39%
HU	1010	8%	39%	30%	12%	11%	47%	42%
MT	500	7%	41%	18%	12%	22%	48%	30%
NL	1127	12%	47%	29%	8%	4%	59%	37%
AT	1019	7%	32%	35%	15%	10%	39%	51%
PL	1000	23%	51%	17%	2%	7%	74%	19%
PT	1004	15%	54%	12%	10%	9%	69%	22%
SI	1028	14%	53%	21%	7%	4%	68%	28%
SK	1015	13%	58%	21%	5%	4%	70%	26%
FI	1023	10%	46%	32%	9%	4%	55%	41%
SE	1009	13%	59%	16%	7%	5%	72%	23%
UK	1310	14%	54%	19%	3%	10%	68%	22%
BG	1002	19%	45%	16%	5%	15%	64%	21%
HR	1000	20%	51%	16%	6%	6%	72%	22%
RO	1003	20%	45%	14%	5%	16%	65%	19%
TR	1005	25%	29%	25%	16%	5%	53%	41%
CY (tcc)	500	19%	28%	14%	29%	9%	47%	44%

QA12.3 Dans quelle mesure êtes-vous d'accord ou pas d'accord avec les affirmations suivantes ?

QA12.3 To what extent do you agree or disagree with the following statements?

Les personnes qui souffrent de problèmes psychiques ou psychologiques n'ont qu'à s'en prendre à eux-mêmes

People with psychological or emotional health problems have themselves to blame

	TOTAL	Tout à fait d'accord / Totally agree	Plutôt d'accord / Tend to agree	Plutôt pas d'accord / Tend to disagree	Pas du tout d'accord / Totally disagree	NSP / DK	D'accord / Agree	Pas d'accord / Disagree
UE25 EU25	24738	2%	11%	33%	46%	7%	14%	80%
BE	1011	1%	9%	36%	52%	1%	11%	88%
CZ	1012	5%	17%	44%	28%	7%	21%	71%
DK	1039	0%	6%	24%	66%	4%	6%	90%
D-W	1015	1%	10%	35%	47%	6%	11%	82%
DE	1515	1%	10%	36%	47%	6%	11%	83%
D-E	500	1%	9%	37%	48%	5%	9%	86%
EE	1000	7%	18%	40%	23%	13%	24%	62%
EL	999	5%	16%	39%	36%	4%	21%	76%
ES	1000	1%	6%	22%	65%	6%	7%	87%
FR	1031	1%	7%	28%	59%	4%	9%	87%
IE	1000	1%	5%	28%	56%	11%	6%	83%
IT	1011	6%	22%	30%	32%	10%	28%	62%
CY	507	5%	19%	39%	32%	5%	24%	70%
LV	1046	5%	23%	43%	21%	8%	28%	65%
LT	1022	5%	19%	41%	24%	11%	24%	65%
LU	500	3%	11%	33%	47%	6%	15%	79%
HU	1010	2%	12%	41%	36%	9%	14%	77%
MT	500	1%	8%	41%	37%	14%	9%	77%
NL	1127	1%	5%	36%	55%	3%	6%	91%
AT	1019	1%	11%	38%	39%	10%	12%	77%
PL	1000	6%	17%	46%	22%	10%	22%	67%
PT	1004	1%	9%	32%	49%	9%	10%	81%
SI	1028	1%	14%	39%	41%	4%	16%	80%
SK	1015	2%	11%	48%	31%	8%	14%	79%
FI	1023	2%	10%	41%	45%	3%	11%	86%
SE	1009	0%	6%	19%	73%	2%	6%	92%
UK	1310	1%	9%	33%	52%	6%	10%	84%
BG	1002	5%	6%	32%	42%	15%	10%	74%
HR	1000	5%	18%	35%	35%	6%	23%	71%
RO	1003	3%	10%	34%	36%	16%	14%	71%
TR	1005	16%	13%	27%	38%	6%	29%	65%
CY (tcc)	500	8%	15%	21%	45%	11%	23%	66%