

➤ How does the frequency of mental health illness and attitudes towards mental health vary by geographic location?

- Frequency of Mental Health Treatment by Country
- United States, United Kingdom, and Canada had the highest number of responses.
- In the United States, a significant proportion of respondents reported seeking mental health treatment, indicating higher awareness or access to care.
- In the United Kingdom, treatment rates were also high but slightly lower than the US.
- India and Germany showed more mixed results, with lower reported treatment rates—this could indicate either lower incidence, stigma, or lack of access.
- Attitudes Toward Mental Health (Work Interference)
- The level of interference of mental health issues with work varied notably:
- Respondents from the UK and Canada more frequently reported that mental health interferes with work “often” or “sometimes.”
- In contrast, countries like India and Germany had more respondents selecting “never” or “rarely,” possibly reflecting cultural stigma or underreporting.
- These findings suggest geographic variation not only in incidence or treatment but also in how openly individuals discuss or acknowledge mental health issues.

➤ What are the strongest predictors of mental health illness or certain attitudes towards mental health in the workplace?

- Top Predictors of Seeking Mental Health Treatment (from correlation analysis):
- The strongest predictors (positively correlated with seeking treatment) include:
- Family History of Mental Illness – People with a family history are significantly more likely to seek treatment.
- Work Interference – If mental health interferes with work (especially “often”), individuals are more likely to seek help.
- Perceived Consequences:
- Belief that seeking help has mental health consequences in the workplace increases likelihood of treatment (possibly due to severity).
- Observed consequences at work (seeing others face stigma) also plays a role.
- Company Support Systems:
- Availability of wellness programs, benefits, and care options were positively correlated with treatment.
- Anonymity and Privacy – Employees who believe mental health information is kept anonymous are more likely to seek help.
- Managerial Support – Positive attitudes from supervisors and coworkers are associated with higher treatment-seeking behaviour