

PMH010: MENTAL HEALTH AFFECTED BY THE COVID-19 CRISIS (OPTIONAL)

Topic and detailed topic	Module/Measuring the impact of COVID-19 on households and living conditions
Variable type	Ad-hoc optional module 2021, 2022, 2023
Unit	All current household members aged 16 years and over or selected respondent (where applies)
Reference period	Last 12 months
Mode of collection	Personal interview (proxy as an exception for persons temporarily away or in incapacity)
In use (period)	New, 2021, 2022, 2023 (as optional)
Series' differences	Not applicable
Values and Format	1. Yes, has been negatively affected 2. Yes, has been positively affected 3. No, has not been affected
Flags	1 Filled -1 Missing -3 Not applicable (Non-selected respondent (RB245 equal to 3)) -7 Not applicable (PB010 ≠ 2021, 2022, 2023) -8 Not applicable (variable not collected)

DESCRIPTION

This variable indicates whether mental health /well-being is directly or indirectly affected by the COVID-19 pandemic. The variable should collect information on respondents self-assessment and not be based on any diagnose or doctor prescription. These conditions may be situational (short-term) or long-lasting (chronic).

Mental health is a state of well-being in which an individual can realize his or her own potential, cope with the normal stresses of life, work productively and make a contribution to the community (WHO, 2001). It's related to a person's thinking, feeling, mood or behaviour in a way that influences their ability to relate to others.

Mental health is often divided into two major dimensions: positive and negative mental health. Concepts of mental health include subjective well-being, perceived self-efficacy, autonomy, competence, and self-actualization of one's intellectual and emotional potential. Other dimensions include self-acceptance, self-esteem, personal growth (reflected in one's sense of continual psychological growth and development), positive relations with others, a sense that one's life has purpose and meaning, self-determination and the ability to control one's own life, environmental mastery, etc.

During the interview, all answer options should be systematically read out to respondents. The concept of mental health is subjective. The notion is restricted to an assessment coming from the individual and as far as possible not from anyone else, whether an interviewer, healthcare professional or relative.

Suggested question

Has your mental health/well-being been affected by the Covid-19 pandemic during the last 12 months?

(With mental health it will be understood as the emotional reactions including relief, fear and worry, stress, sadness, anger, happy, safe, etc. influencing your daily mood or behavior)

1. Yes, has been negatively affected
2. Yes, has been positively affected
3. No, has not been affected