

Flash Eurobarometer 530


Mental health



Spain

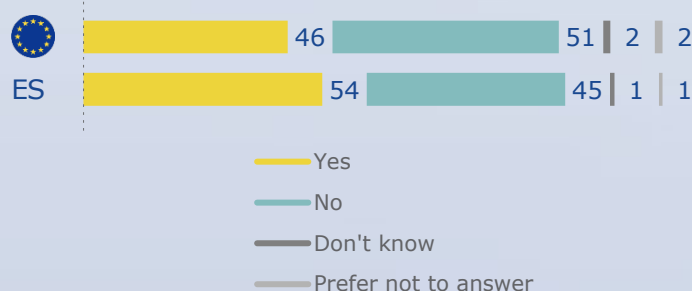
Interviews with EU citizens: EU27 – 26 501 | ES – 1 014

Fieldwork: 14.6-21.6.2023

Methodology: 

Personal experience with mental health

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



Q16 In the last 12 months, have you received professional help for mental health problems from any of the following? (%)

Base: Respondents who have had an emotional or psychosocial problem in the past 12 months

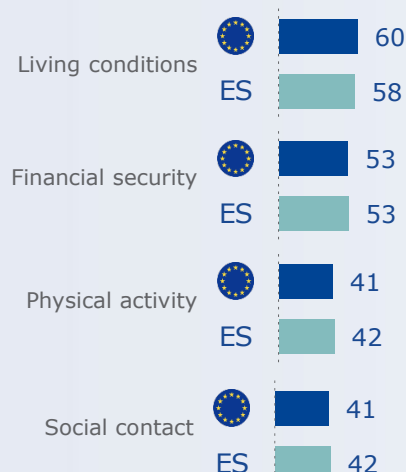
(Respondents could select multiple responses from a list of eight or they could reply "none of these")



Most important contributors to good mental health

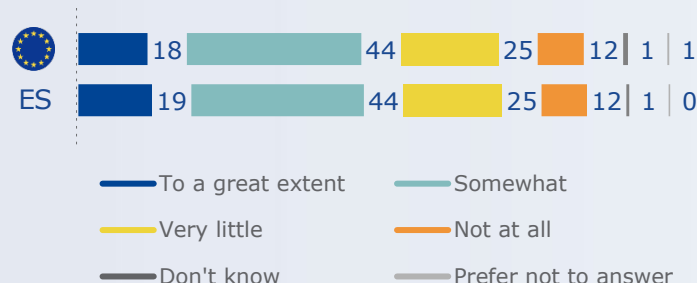
Q4 In your opinion, which of the following factors are the most important to achieve good mental health? (%)

(Respondents could select up to three responses from a list of nine)



Impact of recent world events on EU citizens' mental health

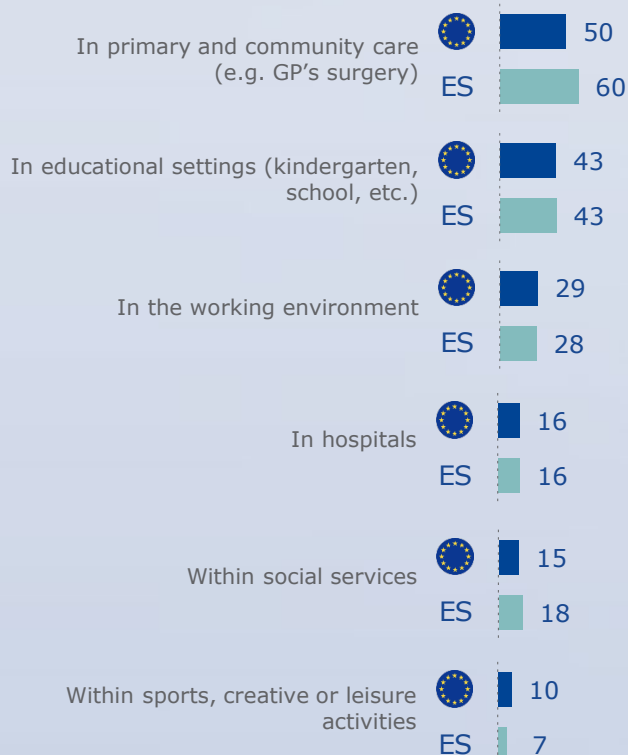
Q2 To what extent have the recent world events (the COVID-19 pandemic, Russian aggression against Ukraine, climate crisis, unemployment, food and energy costs rising) influenced your mental health? (%)



Early detection of mental health problems

Q6 Where do you think mental health problems can best be detected at an early stage? (%)

(Respondents could select up to two responses from a list of six)

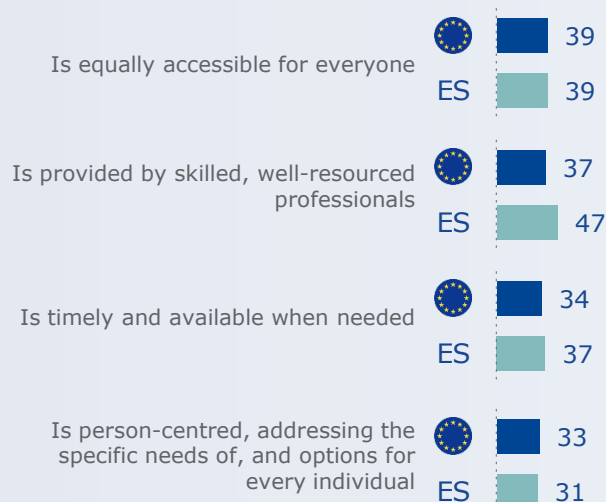


Priority attributes of good mental healthcare

Q7 When thinking about good quality mental healthcare, which of the following attributes would you select as priorities? (%)

(Respondents could select up to three responses from a list of ten)

Good quality mental healthcare:



Role of the EU in improving the mental health of European citizens

Q5 In your opinion, in which areas can the European Union contribute the most to improve the mental health of European citizens? (%)

(Respondents could select up to three responses from a list of eight)

