Flash Eurobarometer 530

Mental health

Survey requested by the European Commission, Directorate-General for Health and Food Safety and coordinated by the Directorate-General for Communication

Fieldwork
14/6-21/6/2023

Technical note

Survey requested by the European Commission, Directorate-General for Health and Food Safety and coordinated by the Directorate-General for Communication

Fieldwork conducted by Ipsos European Public Affairs
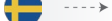
Methodology

- The survey was conducted via computer-assisted web interviewing (CAWI), using Ipsos online panels and their partner network. A share of respondents in Luxembourg and Malta was recruited via social media networks.

- Fieldwork: from 14 to 21 June 2023

- Target population: EU citizens, 15 years and over

- Coverage: EU27

- Number of interviews: 26 501

- Sample size per country: 500 in LU, CY, MT, and 1000 in all other countries

Presentation of survey data

- Survey data are **weighted** to marginal age by gender, activity status and region population distributions using *rim* weighting. The EU27 averages are weighted according to the size of the 15+ population of each country.

- *Note:* Percentages may not total 100 due to rounding. Response percentages will exceed 100% if the question allowed respondents to select multiple responses.
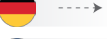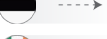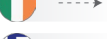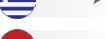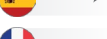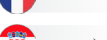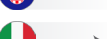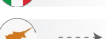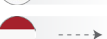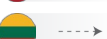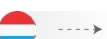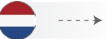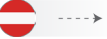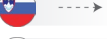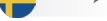
Q1 Which of the following statements best describes how you felt in your day-to-day life, whether at home, at work or elsewhere, during the past 4 weeks?

	I felt full of energy	I felt happy	I felt calm and peaceful	I felt tense	I felt tired/worn out	I felt downhearted/low	Don't know	Prefer not to answer
EU27	7	11	29	14	27	10	2	1
BE	6	18	26	15	27	7	1	0
BG	7	10	33	20	20	9	1	1
CZ	7	11	21	18	33	7	2	1
DK	5	23	25	10	28	7	1	1
DE	8	12	32	14	27	4	2	1
EE	4	7	33	16	26	9	4	1
IE	7	16	22	9	34	11	1	1
EL	10	8	24	9	29	18	0	2
ES	6	11	28	12	26	16	1	0
FR	8	11	28	15	29	7	2	0
HR	8	12	25	19	26	8	1	1
IT	5	5	27	20	27	14	2	0
CY	6	10	22	20	33	7	1	1
LV	6	10	28	16	29	10	1	1
LT	4	10	40	16	22	8	1	0
LU	6	10	24	17	33	8	1	0
HU	5	7	33	16	27	11	1	1
MT	5	15	19	18	33	9	1	1
NL	7	22	33	11	21	5	0	1
AT	8	14	29	13	30	4	1	1
PL	6	11	24	16	25	13	6	1
PT	5	11	32	10	31	10	0	2
RO	9	8	33	10	29	11	1	1
SI	10	14	29	14	28	4	1	0
SK	7	7	38	9	31	7	1	1
FI	5	13	30	7	34	9	1	1
SE	7	13	24	8	32	14	1	1
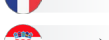
Q2 To what extent have the recent world events (the COVID-19 pandemic, Russian aggression against Ukraine, climate crisis, unemployment, food and energy costs rising) influenced your mental health?

	To a great extent	Somewhat	Very little	Not at all	Don't know	Prefer not to answer
EU27	18	44	25	12	1	1
BE	13	46	27	14	1	0
BG	23	40	23	13	1	1
CZ	20	47	21	10	1	1
DK	9	35	40	15	1	0
DE	19	40	26	14	1	0
EE	15	47	25	12	2	0
IE	22	49	19	8	1	1
EL	23	44	25	8	0	1
ES	19	44	25	12	1	0
FR	14	51	24	10	1	0
HR	18	46	25	11	0	0
IT	14	48	25	11	2	1
CY	18	49	27	5	0	0
LV	22	43	22	12	1	1
LT	24	50	16	9	1	0
LU	23	47	20	9	1	1
HU	23	43	21	13	1	1
MT	19	47	24	9	0	1
NL	11	46	28	13	1	0
AT	18	42	27	11	1	1
PL	28	42	21	7	2	0
PT	21	52	16	9	1	1
RO	14	41	22	21	2	1
SI	13	46	25	15	0	1
SK	30	39	16	14	1	0
FI	10	44	32	14	1	0
SE	7	32	46	14	2	0

Q3 In your opinion, which of the following activities and behaviours contribute the most to good mental health? (Please choose three answers.)

	Being in contact with nature, green spaces	Sleeping habits	Sports / physical activity	Social contact	Doing something enjoyable	Healthy eating habits	Relaxation	Work/life balance	Leisure activities	Reducing the use of digital / social media	Other	Don't know
EU27	35	35	34	33	30	29	27	26	20	9	1	1
BE	27	41	31	35	21	36	29	25	21	10	1	1
BG	47	20	26	31	30	20	40	29	20	8	1	1
CZ	44	26	25	25	24	22	49	22	23	11	1	1
DK	30	41	32	46	28	24	27	28	14	8	2	1
DE	38	31	29	43	31	24	35	21	18	6	2	1
EE	44	40	31	23	37	26	24	28	21	7	1	1
IE	28	42	27	34	28	30	24	32	14	13	1	1
EL	35	21	33	44	37	19	20	28	21	11	2	0
ES	24	42	41	31	32	30	23	25	20	11	1	1
FR	36	46	37	24	20	43	11	24	21	12	1	1
HR	42	20	31	34	43	28	28	25	21	10	1	0
IT	39	27	37	31	33	28	24	22	26	10	1	0
CY	35	29	35	37	35	21	24	39	20	9	1	0
LV	32	29	29	17	30	24	37	40	23	8	1	1
LT	45	38	27	25	31	19	27	36	26	7	0	1
LU	31	31	36	46	35	23	21	33	16	11	0	1
HU	35	37	29	34	22	32	18	38	28	6	2	2
MT	37	25	35	24	35	23	28	44	12	13	2	1
NL	17	35	30	39	27	30	46	25	19	7	2	1
AT	44	31	35	41	30	21	28	19	21	7	1	0
PL	44	24	33	28	36	24	36	31	13	10	1	2
PT	29	45	39	25	23	30	14	40	25	8	1	1
RO	35	32	27	30	38	31	34	31	12	12	0	0
SI	49	26	36	31	23	27	38	17	21	13	1	0
SK	37	51	29	25	24	20	26	24	22	11	1	0
FI	28	44	26	35	36	23	31	31	22	6	1	1
SE	28	48	41	37	43	23	20	27	11	6	1	1
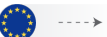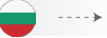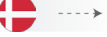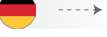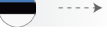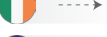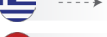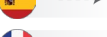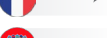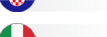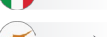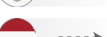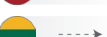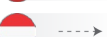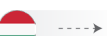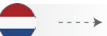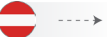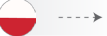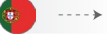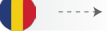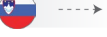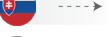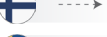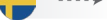
Q4 In your opinion, which of the following factors are the most important to achieve good mental health? (Please choose three answers.)

		Living conditions	Financial security	Physical activity	Social contact	Selfcare	Work environments	Health care facilities (primary care, hospital care, etc.)	Educational settings (kindergarten, schools, etc.)	Digital spaces (internet, social media, etc.)	Other	Don't know
EU27		60	53	41	41	35	18	17	6	3	1	1
BE		55	54	37	42	45	14	15	3	3	2	2
BG		59	58	37	33	40	20	18	6	4	1	0
CZ		55	53	43	43	36	20	10	4	4	2	1
DK		40	53	42	51	31	22	23	6	4	2	2
DE		57	52	39	49	34	15	17	4	3	1	1
EE		53	58	41	33	50	24	14	6	5	1	1
IE		48	44	43	41	45	19	24	5	4	1	1
EL		55	65	34	44	25	19	22	6	5	1	0
ES		58	53	42	42	31	22	19	5	4	1	1
FR		66	47	42	32	48	12	14	4	2	2	1
HR		52	56	46	38	53	16	13	4	3	1	0
IT		60	43	40	36	43	20	16	11	3	1	0
CY		49	66	38	44	28	30	18	8	4	1	0
LV		58	65	37	15	48	20	20	4	3	2	1
LT		57	59	36	31	43	24	25	3	3	1	0
LU		50	57	43	47	48	20	11	4	1	1	0
HU		68	59	36	37	20	21	25	7	3	2	1
MT		54	59	38	24	49	31	21	2	3	1	0
NL		59	55	44	50	27	12	16	5	4	3	1
AT		53	53	41	51	31	18	20	5	3	2	1
PL		67	66	45	40	13	17	17	3	3	1	1
PT		62	54	44	30	33	24	18	2	2	1	1
RO		67	52	44	38	32	18	17	9	3	1	0
SI		62	59	61	47	11	18	12	6	4	2	0
SK		52	50	36	35	52	22	15	4	4	1	1
FI		57	61	37	52	18	15	33	4	5	1	1
SE		60	60	44	49	22	24	9	8	3	2	1

Q5 In your opinion, in which areas can the European Union contribute the most to improve the mental health of European citizens? (Please choose three answers.)

	Improving Europeans' overall quality of life	Improving access and support to diagnosis, treatment and care of mental health patients	Supporting the mental health of the most vulnerable, including children, youth and elderly	Tackling psychosocial risks at work (stress, safety risks etc.)	Early detection and screening of mental health problems at the population level	Promoting good mental health and preventing mental health problems	Breaking the stigma of mental health and tackling discrimination	Promoting mental health awareness programmes	Other	None of these	Don't know
EU27	45	37	35	29	27	27	21	20	2	3	4
BE	43	32	33	30	24	26	22	19	3	4	8
BG	58	32	36	34	31	25	10	16	2	2	3
CZ	51	29	35	22	21	34	15	19	3	7	4
DK	30	38	40	25	25	40	20	16	3	2	9
DE	40	37	33	22	20	30	23	23	3	5	6
EE	43	39	49	25	29	39	17	19	2	2	4
IE	35	46	41	17	31	30	34	25	2	1	2
EL	53	40	34	28	36	28	21	19	1	3	1
ES	39	48	33	32	36	25	25	25	2	1	3
FR	48	32	32	36	30	20	17	16	2	6	4
HR	63	27	37	29	28	26	29	26	2	1	2
IT	51	30	36	29	26	25	22	21	1	2	2
CY	56	36	42	35	32	28	23	23	1	1	1
LV	45	28	41	30	25	27	19	15	2	4	6
LT	46	33	41	37	27	32	20	18	1	2	3
LU	42	35	39	31	27	29	29	17	2	2	4
HU	55	30	37	22	33	31	18	19	3	4	5
MT	54	30	33	33	33	26	34	26	2	2	2
NL	37	31	34	26	21	33	22	19	3	5	8
AT	46	42	34	22	21	33	20	23	3	5	3
PL	45	44	38	29	28	23	23	20	1	2	5
PT	54	41	36	33	32	33	26	22	1	1	1
RO	59	38	39	39	30	25	16	17	2	1	2
SI	54	30	33	31	33	28	23	22	2	4	3
SK	58	29	39	29	23	28	13	20	3	2	4
FI	28	47	51	23	36	42	23	14	2	1	4
SE	24	42	41	25	32	29	26	20	3	4	8
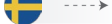
Q6 Where do you think mental health problems can best be detected at an early stage? (Please select two answers.)

	In primary and community care (e.g. GP's surgery)	In educational settings (kindergarten, school, etc.)	In the working environment	In hospitals	Within social services	Within sports, creative or leisure activities	Other	None of these	Don't know
EU27	50	43	29	16	15	10	3	2	6
BE	53	34	26	21	15	8	3	2	8
BG	47	48	31	22	10	7	1	2	4
CZ	40	37	26	20	13	15	4	4	7
DK	39	54	27	11	22	12	4	1	8
DE	52	36	26	12	18	11	3	3	7
EE	51	57	29	11	15	12	2	1	5
IE	51	50	25	15	16	13	3	2	3
EL	37	53	30	16	25	15	2	2	2
ES	60	43	28	16	18	7	1	1	4
FR	54	40	27	22	11	11	2	2	5
HR	36	59	40	11	10	13	3	2	3
IT	39	53	32	14	15	11	3	1	4
CY	36	62	37	12	20	16	1	1	1
LV	48	50	26	16	11	10	3	3	6
LT	45	45	39	14	22	6	2	2	4
LU	51	45	32	11	13	16	4	3	5
HU	44	48	28	14	19	9	4	2	6
MT	40	57	45	10	17	12	2	1	3
NL	58	37	25	12	17	8	3	3	6
AT	52	38	29	14	20	10	4	2	5
PL	54	42	25	17	11	8	2	2	8
PT	48	37	40	19	15	12	3	1	4
RO	56	35	33	28	14	7	1	1	3
SI	37	43	34	12	23	14	4	4	5
SK	44	36	29	22	13	13	3	2	6
FI	53	57	30	6	20	9	4	1	5
SE	34	56	41	7	7	11	7	2	8
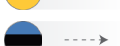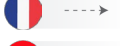
Q7 When thinking about good quality mental healthcare, which of the following attributes would you select as priorities? (Please select three answers.)

	Is equally accessible for everyone	Is provided by skilled, well-resourced professionals	Is timely and available when needed	Is person-centred, addressing the specific needs of, and options for every individual	Is affordable	Is reliable and safe	Is respectful of human rights, fundamental freedoms, dignity and different cultures and norms	Takes the support system of the patients (family, carers – formal or informal, etc.) into consideration	Primarily focuses on protecting the specific interests and needs of children and young people, and of the elderly	Breaks stigmas and is non-discriminatory	Other	Don't know
EU27	39	37	34	33	23	21	21	18	14	13	1	5
BE	38	32	24	32	44	26	17	16	9	13	1	5
BG	35	37	33	35	27	19	21	17	18	13	1	2
CZ	32	33	34	36	28	22	22	14	16	10	2	6
DK	38	39	42	29	19	22	19	22	13	9	1	8
DE	38	32	43	33	20	22	16	17	14	10	1	6
EE	37	36	42	38	37	30	19	14	12	10	0	3
IE	43	32	36	31	32	24	20	19	15	17	1	2
EL	37	37	32	24	39	21	31	17	19	13	1	1
ES	39	47	37	31	20	18	17	22	16	15	1	4
FR	35	43	24	29	25	23	22	18	12	15	1	6
HR	33	25	33	35	22	17	27	20	23	25	2	3
IT	39	36	33	32	12	22	26	21	14	13	0	3
CY	36	43	27	26	38	20	34	19	23	15	0	1
LV	34	41	39	24	30	19	17	15	18	12	1	6
LT	32	42	45	39	19	17	29	10	19	13	1	2
LU	41	43	36	37	19	15	18	14	15	15	0	6
HU	46	43	25	33	28	24	28	9	17	12	1	2
MT	45	43	40	30	33	16	17	21	13	21	0	2
NL	48	32	30	31	32	34	17	13	9	11	2	4
AT	45	31	41	35	30	19	17	17	14	11	2	4
PL	40	32	41	33	26	19	24	15	12	14	0	5
PT	34	44	24	35	31	14	27	23	17	18	2	4
RO	38	39	24	39	29	11	29	19	22	14	1	3
SI	39	27	43	31	19	19	31	15	19	16	2	3
SK	34	35	35	33	26	22	23	15	15	9	2	5
FI	48	25	53	38	29	31	16	18	13	9	0	2
SE	45	38	38	49	10	21	18	17	12	12	1	5
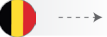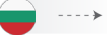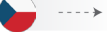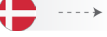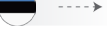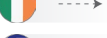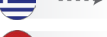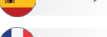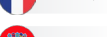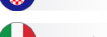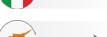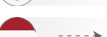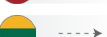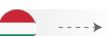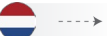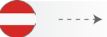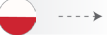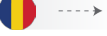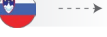
Q8_1 How would you rate the quality of mental health services based on your own experience or that of others you know? **Before the COVID-19 pandemic**

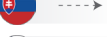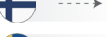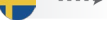|	0 - Poor	1	2	3	4	5	6	7	8	9	10 - Excellent	Not applicable	Don't know
EU27	6	2	4	8	9	16	13	12	8	3	4	4	11
BE	1	1	2	5	5	15	16	22	15	2	3	4	10
BG	9	5	7	14	12	18	10	7	5	2	5	1	8
CZ	3	2	3	6	7	20	16	13	12	4	4	2	9
DK	3	1	3	6	10	17	13	15	10	4	4	4	12
DE	4	2	4	8	8	20	12	11	9	6	5	3	11
EE	3	2	4	6	8	16	10	10	7	3	4	11	16
IE	8	3	7	12	9	16	10	10	7	3	4	4	7
EL	11	5	7	13	9	16	11	8	6	3	3	1	9
ES	11	4	6	9	10	14	12	11	7	2	2	4	8
FR	7	3	5	10	9	17	12	11	6	3	3	4	13
HR	4	2	5	10	9	20	14	13	9	3	4	3	5
IT	5	1	4	6	8	15	17	14	8	3	3	4	13
CY	7	4	6	12	10	16	12	7	3	0	3	1	16
LV	5	2	3	8	9	19	11	11	6	1	2	7	17
LT	3	2	3	6	7	18	13	16	10	2	6	1	12
LU	3	1	2	6	7	17	15	13	7	1	1	5	23
HU	10	4	4	11	10	19	12	9	4	3	4	2	9
MT	3	2	3	5	10	17	10	14	12	3	5	4	12
NL	2	1	1	3	5	9	17	26	16	3	2	5	10
AT	4	2	3	8	10	18	12	14	10	5	5	3	8
PL	6	4	7	8	11	14	12	9	7	2	3	9	10
PT	5	3	5	9	10	21	14	13	7	2	3	2	9
RO	8	4	6	10	8	13	11	10	9	4	6	3	11
SI	4	1	4	6	9	15	15	16	10	4	3	2	11
SK	6	1	4	8	8	20	12	12	7	3	5	7	7
FI	3	1	4	6	9	15	16	17	11	3	2	2	12
SE	4	2	3	8	8	14	9	11	7	1	3	3	27

Q8_2 How would you rate the quality of mental health services based on your own experience or that of others you know? **During the COVID-19 pandemic**

	0 - Poor	1	2	3	4	5	6	7	8	9	10 - Excellent	Not applicable	Don't know
EU27	11	5	8	10	10	16	10	8	5	2	2	4	10
BE	6	2	5	9	11	18	14	12	8	2	2	3	9
BG	15	7	10	14	10	16	7	6	3	2	3	2	7
CZ	7	3	7	11	11	20	12	9	6	3	3	2	8
DK	4	3	7	11	11	17	10	10	5	3	2	4	12
DE	7	4	8	12	10	19	8	9	5	3	3	3	9
EE	5	4	8	9	8	16	9	8	4	1	2	9	17
IE	16	6	11	13	11	11	8	6	5	2	2	3	6
EL	15	7	9	11	10	14	10	8	5	2	2	1	8
ES	20	7	8	10	8	14	8	6	5	2	2	4	7
FR	11	4	8	11	10	16	9	8	5	2	2	3	11
HR	10	6	10	12	10	17	11	8	6	3	2	2	5
IT	9	3	5	7	10	16	15	10	5	3	2	5	11
CY	9	5	10	13	11	16	10	6	4	1	2	0	15
LV	9	5	7	11	12	16	8	7	4	2	1	6	14
LT	9	6	7	12	11	16	10	9	5	2	2	1	11
LU	6	2	6	12	11	15	10	7	5	1	1	4	21
HU	17	6	10	14	10	15	7	5	3	2	2	2	7
MT	3	2	7	8	10	17	13	12	9	2	2	5	10
NL	3	2	4	7	11	14	20	14	7	2	1	4	11
AT	9	5	8	14	12	16	9	8	5	2	3	2	7
PL	13	7	10	10	10	12	10	6	5	1	2	8	8
PT	10	4	9	13	11	18	11	8	4	2	1	2	7
RO	13	7	8	9	9	14	8	9	4	3	3	4	9
SI	11	7	10	11	11	14	9	8	4	2	2	2	9
SK	14	5	7	11	9	18	6	7	5	2	3	6	6
FI	5	3	6	13	12	17	14	9	6	2	1	2	11
SE	6	3	7	8	10	13	8	7	4	1	2	3	29

Q8_3 How would you rate the quality of mental health services based on your own experience or that of others you know? **After the COVID-19 pandemic**

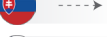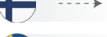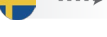|	0 - Poor	1	2	3	4	5	6	7	8	9	10 - Excellent	Not applicable	Don't know
EU27	7	3	6	9	9	15	13	11	7	3	3	3	10
BE	3	1	2	6	7	16	16	20	13	4	2	3	9
BG	9	5	10	14	11	16	10	6	5	3	3	1	7
CZ	5	3	5	9	10	17	15	12	9	4	3	1	7
DK	3	2	5	9	10	16	13	12	8	3	4	4	11
DE	5	2	7	10	9	17	12	11	7	3	5	3	9
EE	4	3	5	8	9	14	11	10	7	3	3	8	16
IE	10	4	9	10	11	13	12	9	7	3	3	3	6
EL	13	5	6	10	10	15	11	10	7	3	2	1	8
ES	14	5	6	10	10	15	11	10	6	2	2	3	7
FR	8	3	8	11	9	15	11	11	6	2	2	3	11
HR	5	5	7	10	12	17	14	10	8	3	3	2	4
IT	6	2	4	6	8	16	19	12	8	3	2	4	10
CY	6	3	8	10	11	16	14	9	5	1	3	1	13
LV	6	3	5	8	10	16	13	11	5	2	2	6	14
LT	4	3	4	9	8	18	14	14	9	2	4	1	11
LU	5	1	3	7	9	14	15	11	8	2	2	4	20
HU	14	5	7	14	10	16	10	7	5	1	3	1	7
MT	3	1	4	5	7	16	14	17	11	3	5	4	10
NL	2	2	2	6	7	11	19	20	13	3	2	4	10
AT	6	3	6	10	10	20	11	10	7	4	4	2	6
PL	8	5	7	10	8	13	13	10	5	3	3	8	8
PT	6	4	6	10	10	16	15	13	8	2	2	2	7
RO	8	3	7	9	8	12	11	11	9	5	5	3	9
SI	6	4	7	9	11	14	14	11	8	3	2	2	9
SK	8	3	6	8	10	19	11	10	6	3	4	6	6
FI	4	2	6	9	11	16	15	14	8	2	2	2	10
SE	5	2	5	8	9	13	11	8	5	2	2	3	27
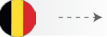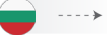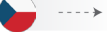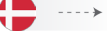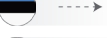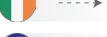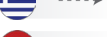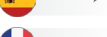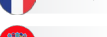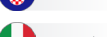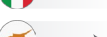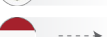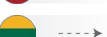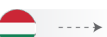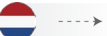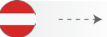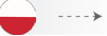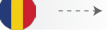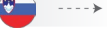
Q9 Have you or any of your family members ever encountered any issue(s) accessing mental health services?

	Yes	No	Don't know	Prefer not to answer
EU27	25	63	8	3
BE	22	69	6	3
BG	20	68	7	4
CZ	34	56	8	3
DK	29	56	13	3
DE	27	64	6	3
EE	27	55	15	3
IE	44	43	7	6
EL	30	60	4	6
ES	32	58	8	3
FR	19	73	6	2
HR	23	68	4	5
IT	13	75	8	4
CY	23	62	6	9
LV	22	60	13	5
LT	16	57	19	7
LU	31	57	8	5
HU	31	50	14	6
MT	33	55	8	5
NL	33	58	7	3
AT	26	63	7	5
PL	28	53	17	3
PT	43	48	6	3
RO	24	65	7	5
SI	24	68	5	3
SK	24	61	12	3
FI	37	52	10	2
SE	38	48	12	3

Q10 Which of the following issue(s) did you or they encounter? (Choose a maximum of 3 answers.)

	Long waiting lists/delays before diagnostic or treatment	Too expensive	Didn't know any good doctor or specialist	Wanted to wait and see if problem got better on its own	Fear of doctors, hospitals, examination or treatment	Too far to travel to	Lack of time	Other reason	Prefer not to answer	Don't know
EU27	67	35	30	22	19	14	12	10	1	1
BE	64	50	21	25	17	15	9	7	1	4
BG	28	46	51	34	31	10	16	14	1	0
CZ	61	30	37	30	32	11	16	9	2	1
DK	73	32	22	19	16	14	16	18	0	1
DE	81	15	37	20	15	24	12	8	1	1
EE	78	55	40	17	17	18	13	6	0	0
IE	72	40	28	27	22	11	13	11	1	1
EL	49	51	28	26	27	19	11	8	1	1
ES	87	35	12	14	13	10	10	11	0	1
FR	53	37	37	26	17	17	17	12	0	0
HR	60	33	31	29	24	14	12	14	2	1
IT	47	51	28	16	14	12	10	7	1	0
CY	35	31	29	35	37	18	13	12	4	3
LV	56	56	40	24	19	13	10	10	0	0
LT	75	36	50	18	17	10	10	14	1	0
LU	72	42	44	20	10	14	10	6	0	1
HU	67	43	39	22	31	17	19	13	0	1
MT	54	54	30	36	25	4	17	11	2	2
NL	65	21	17	24	16	8	10	13	1	4
AT	72	55	27	15	18	13	12	10	3	1
PL	67	48	41	15	24	7	10	8	0	3
PT	57	50	30	33	17	18	13	9	1	1
RO	38	52	34	30	36	13	12	11	1	1
SI	67	33	34	31	24	11	16	10	0	2
SK	54	30	38	24	28	13	23	5	0	0
FI	73	32	18	27	13	7	12	14	1	2
SE	67	15	26	27	17	7	15	21	1	2

Q11 Can the use of social media by children and young people have a negative impact on their mental health (low self-esteem/body image, peer pressure, bullying etc.)?

		Yes, but only if used frequently	Yes, even if used only sporadically	No	Don't know
EU27	----→	43	44	7	7
BE	----→	36	49	9	6
BG	----→	50	35	8	8
CZ	----→	51	36	7	6
DK	----→	33	53	5	10
DE	----→	39	43	11	7
EE	----→	41	47	5	7
IE	----→	41	48	6	5
EL	----→	49	38	6	6
ES	----→	40	49	6	6
FR	----→	40	48	7	6
HR	----→	52	42	3	2
IT	----→	49	38	7	7
CY	----→	54	38	5	3
LV	----→	48	40	5	8
LT	----→	54	34	5	7
LU	----→	43	48	4	5
HU	----→	40	49	5	6
MT	----→	50	45	3	2
NL	----→	39	47	6	8
AT	----→	43	42	10	6
PL	----→	44	41	4	11
PT	----→	45	46	5	4
RO	----→	53	29	8	10
SI	----→	43	49	4	4
SK	----→	54	38	4	4
FI	----→	42	49	3	6
SE	----→	28	61	3	9

Q12_1 Do you think that mental health patients are judged differently than other patients by…**society in general**

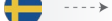|	Yes	No	Don't know
EU27	77	13	10
BE	74	13	13
BG	80	11	9
CZ	72	15	14
DK	80	12	8
DE	74	16	11
EE	60	13	27
IE	83	11	6
EL	86	10	4
ES	76	15	9
FR	78	13	8
HR	85	8	7
IT	79	14	7
CY	83	10	7
LV	74	12	15
LT	75	12	13
LU	84	8	8
HU	82	9	9
MT	84	11	5
NL	74	15	12
AT	78	15	7
PL	78	8	14
PT	85	10	5
RO	85	9	7
SI	82	10	8
SK	65	19	16
FI	70	16	15
SE	65	12	23

Q12_2 Do you think that mental health patients are judged differently than other patients by…**medical professionals**

		Yes	No	Don't know
EU27		41	43	16
BE		33	51	16
BG		47	38	16
CZ		40	46	14
DK		43	41	16
DE		41	46	14
EE		36	32	32
IE		51	37	13
EL		42	46	13
ES		40	45	14
FR		40	46	14
HR		43	46	11
IT		39	49	13
CY		41	42	16
LV		39	36	25
LT		43	34	23
LU		37	44	19
HU		51	36	14
MT		34	51	15
NL		36	45	19
AT		40	48	12
PL		45	30	26
PT		34	52	14
RO		53	31	16
SI		43	42	16
SK		44	37	19
FI		41	36	23
SE		35	34	31

Q12_3 Do you think that mental health patients are judged differently than other patients by...**people in educational or professional settings**

		Yes	No	Don't know
EU27		60	24	16
BE		57	24	19
BG		61	25	14
CZ		52	31	17
DK		59	22	19
DE		50	31	19
EE		57	16	27
IE		66	20	14
EL		72	18	10
ES		62	25	13
FR		63	23	14
HR		62	25	13
IT		61	27	12
CY		64	23	14
LV		65	17	18
LT		64	18	19
LU		62	21	17
HU		65	22	12
MT		59	28	14
NL		56	25	20
AT		50	32	18
PL		70	11	20
PT		64	27	9
RO		74	13	13
SI		62	24	15
SK		54	27	19
FI		59	22	20
SE		50	18	33

Q13_1 To what extent do you agree or disagree with the following statements about people with mental health issues in [YOUR COUNTRY]? **People with mental health issues receive the same level of care as those with a physical condition**

	Totally agree	Tend to agree	Tend to disagree	Totally disagree	Don't know
EU27	7	26	39	18	10
BE	5	29	39	16	11
BG	9	25	40	20	7
CZ	9	38	35	9	9
DK	7	18	40	25	10
DE	9	24	39	17	11
EE	4	21	42	17	16
IE	8	16	41	30	6
EL	7	24	44	19	7
ES	5	20	38	30	7
FR	7	31	35	17	10
HR	6	26	46	17	6
IT	8	28	41	13	10
CY	6	25	42	18	8
LV	7	29	39	8	17
LT	10	35	33	9	13
LU	6	29	39	15	11
HU	7	24	38	21	10
MT	12	24	39	16	9
NL	6	26	44	13	11
AT	9	23	43	17	7
PL	5	24	35	21	14
PT	6	19	46	24	5
RO	10	33	37	9	12
SI	6	27	45	13	9
SK	11	32	38	9	11
FI	4	19	47	24	7
SE	7	19	39	19	16

Q13_2 To what extent do you agree or disagree with the following statements about people with mental health issues in [YOUR COUNTRY]? **Mental health promotion is as important as physical health promotion**

	Totally agree	Tend to agree	Tend to disagree	Totally disagree	Don't know
EU27	56	33	7	2	2
BE	44	42	8	3	3
BG	62	27	6	3	2
CZ	58	32	6	3	2
DK	62	26	7	3	3
DE	59	29	8	2	2
EE	57	35	5	1	1
IE	61	28	6	3	2
EL	67	24	6	1	1
ES	55	32	8	4	2
FR	39	49	7	3	3
HR	62	31	4	2	0
IT	55	33	8	3	2
CY	72	22	4	1	1
LV	55	35	6	1	3
LT	60	31	5	2	2
LU	66	28	3	2	2
HU	70	22	5	1	2
MT	50	24	16	8	2
NL	51	37	7	3	2
AT	60	30	6	2	1
PL	60	31	5	2	2
PT	74	21	3	2	1
RO	62	28	6	2	2
SI	51	41	5	1	2
SK	56	32	6	3	2
FI	71	22	4	1	1
SE	74	18	6	2	1

Q13_3 To what extent do you agree or disagree with the following statements about people with mental health issues in [YOUR COUNTRY]? **People with mental health issues are perceived as less capable and contributing less to society**

		Totally agree	Tend to agree	Tend to disagree	Totally disagree	Don't know
EU27		22	54	14	4	5
BE		16	52	20	5	8
BG		30	51	12	4	3
CZ		16	54	20	5	5
DK		17	48	19	9	7
DE		26	54	12	3	5
EE		14	57	17	4	7
IE		22	52	15	8	4
EL		19	49	20	9	3
ES		24	53	15	5	4
FR		17	55	15	5	7
HR		22	53	17	6	2
IT		26	56	12	3	4
CY		21	43	20	13	4
LV		16	53	21	5	6
LT		21	54	15	4	5
LU		21	60	12	4	2
HU		18	53	17	7	6
MT		14	49	22	12	3
NL		16	54	19	6	5
AT		31	53	11	3	3
PL		21	54	13	4	9
PT		23	56	14	5	3
RO		24	52	15	4	5
SI		17	61	15	3	4
SK		14	52	23	4	7
FI		25	58	11	4	4
SE		22	49	16	8	6
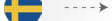
Q13_4 To what extent do you agree or disagree with the following statements about people with mental health issues in [YOUR COUNTRY]? **People with mental health issues are seen as less sociable**

	Totally agree	Tend to agree	Tend to disagree	Totally disagree	Don't know
EU27	17	52	18	5	9
BE	11	46	26	8	9
BG	25	50	16	3	6
CZ	14	54	22	5	6
DK	11	46	20	8	16
DE	17	47	21	5	10
EE	9	52	20	5	15
IE	20	54	15	5	7
EL	16	54	20	5	5
ES	21	55	13	4	7
FR	13	57	17	5	7
HR	23	57	13	5	2
IT	17	54	17	4	10
CY	19	51	17	9	4
LV	12	45	27	5	11
LT	15	51	23	4	8
LU	12	55	21	4	9
HU	18	53	17	4	9
MT	14	58	18	8	3
NL	9	50	23	8	11
AT	17	52	20	4	7
PL	17	50	16	3	14
PT	22	58	13	4	3
RO	22	51	17	3	8
SI	11	47	28	8	7
SK	14	53	21	4	8
FI	17	53	18	5	8
SE	14	47	19	8	13

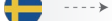Q13_5 To what extent do you agree or disagree with the following statements about people with mental health issues in [YOUR COUNTRY]? **People with mental health issues get less opportunities at work, in finding housing, in social activities etc.**

		Totally agree	Tend to agree	Tend to disagree	Totally disagree	Don't know
EU27	----→	24	52	13	3	8
BE	----→	18	51	17	4	10
BG	----→	36	45	9	3	7
CZ	----→	20	56	16	3	5
DK	----→	18	51	14	5	12
DE	----→	21	48	17	4	10
EE	----→	18	56	15	4	7
IE	----→	25	49	13	4	10
EL	----→	32	52	11	3	3
ES	----→	27	51	11	3	8
FR	----→	22	57	12	3	7
HR	----→	29	56	9	3	3
IT	----→	27	54	11	3	6
CY	----→	30	52	10	4	4
LV	----→	30	55	10	1	4
LT	----→	30	52	11	3	4
LU	----→	23	55	13	1	8
HU	----→	25	53	12	3	7
MT	----→	19	54	15	4	8
NL	----→	16	55	14	5	10
AT	----→	19	56	17	3	5
PL	----→	24	53	12	2	9
PT	----→	30	54	9	3	5
RO	----→	37	47	9	2	5
SI	----→	21	58	13	3	5
SK	----→	21	54	15	4	6
FI	----→	22	55	12	3	7
SE	----→	22	50	12	4	12

Q13_6 To what extent do you agree or disagree with the following statements about people with mental health issues in [YOUR COUNTRY]? **Mental health issues are perceived as not curable**

	Totally agree	Tend to agree	Tend to disagree	Totally disagree	Don't know
EU27	9	38	32	12	10
BE	6	32	36	15	12
BG	12	38	31	13	6
CZ	7	37	39	9	8
DK	9	38	31	14	9
DE	7	29	37	16	11
EE	4	28	41	16	11
IE	10	39	31	12	8
EL	7	31	37	19	8
ES	12	46	23	10	9
FR	8	42	31	11	7
HR	8	36	37	16	4
IT	11	49	26	7	7
CY	7	25	41	18	10
LV	8	35	38	9	10
LT	10	42	33	9	8
LU	5	34	38	14	9
HU	8	35	34	14	8
MT	7	31	35	22	5
NL	5	28	37	19	11
AT	7	30	40	16	7
PL	8	38	28	9	18
PT	9	39	35	12	5
RO	13	33	35	11	8
SI	9	45	33	6	7
SK	5	28	43	13	10
FI	6	33	39	15	8
SE	6	22	34	25	14
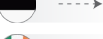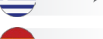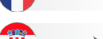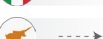
Q14 In the last 12 months, have you had any emotional or psychosocial problems (such as feeling depressed or feeling anxious)?

	Yes	No	Don't know	Prefer not to answer
EU27	46	51	2	2
BE	37	60	1	2
BG	54	42	2	2
CZ	48	49	2	2
DK	34	62	2	2
DE	40	57	1	2
EE	50	46	4	1
IE	63	34	1	2
EL	60	37	1	2
ES	54	45	1	1
FR	41	56	1	2
HR	51	47	1	1
IT	44	52	2	2
CY	63	35	1	2
LV	61	36	1	2
LT	69	27	1	3
LU	45	54	2	1
HU	56	41	1	2
MT	67	31	1	1
NL	35	62	1	2
AT	43	54	1	2
PL	51	41	6	2
PT	57	41	1	2
RO	42	54	3	2
SI	41	57	1	2
SK	42	54	2	2
FI	48	49	3	1
SE	55	42	1	2

Flash Eurobarometer 530 - Mental Health / Fieldwork: 14/06 -21/06/2023 / (%) Base: n=25 693 – Respondents who provided consent to answer to this question

Q15 Which of the following symptoms have you experienced? [MULTIPLE ANSWERS POSSIBLE]

	Feeling sad/down	Excessive fears or worries	Low self-esteem	Difficulty to concentrate	Social withdrawal, loss of interest/ enjoyment from activities previously enjoyed	Inability to cope with daily problems or stress	Extreme mood changes	Extreme changes in eating and or sleeping habits	Problems with alcohol or drug use	Detachment from reality, paranoia or hallucinations (visual or audio)	Other	Prefer not to answer	Don't know
EU27	69	50	42	41	40	34	33	23	6	5	3	0	0
BE	68	38	48	41	52	39	33	28	9	4	4	1	0
BG	66	45	37	31	37	29	24	22	5	4	2	0	0
CZ	69	49	26	38	41	32	31	16	7	4	3	0	1
DK	72	50	52	53	50	60	34	28	13	7	7	0	0
DE	68	51	43	44	47	37	40	21	6	6	5	0	0
EE	65	55	42	49	45	37	31	26	13	6	3	1	0
IE	75	53	53	44	50	34	35	25	11	8	2	0	0
EL	71	36	30	30	33	33	22	21	4	2	3	1	0
ES	67	59	47	47	37	36	31	30	5	5	3	0	0
FR	64	45	39	34	34	31	34	26	7	4	3	0	0
HR	74	47	38	40	48	35	29	18	5	3	3	0	0
IT	60	53	38	38	33	29	31	19	3	7	2	0	1
CY	66	42	30	35	33	39	20	26	1	3	4	0	1
LV	60	35	34	30	29	32	29	20	8	3	4	1	1
LT	72	39	29	33	33	27	14	19	8	4	3	0	1
LU	73	53	44	48	38	37	39	24	5	2	4	1	0
HU	73	55	41	38	36	38	29	20	6	3	3	0	0
MT	70	44	35	45	40	31	38	22	7	5	4	0	1
NL	66	30	46	45	51	35	23	24	8	6	7	1	0
AT	66	45	43	44	49	36	38	26	7	7	5	1	0
PL	78	62	50	49	45	37	35	21	10	4	2	1	1
PT	76	50	44	40	43	37	30	27	5	3	3	0	0
RO	73	51	40	46	30	30	40	28	4	5	1	0	1
SI	68	51	35	46	35	36	25	15	9	4	3	0	1
SK	73	50	31	34	37	38	27	20	8	5	3	1	0
FI	76	46	47	45	61	34	26	19	9	7	6	0	0
SE	78	42	46	45	47	37	19	21	8	3	6	0	1

Flash Eurobarometer 530 - Mental Health / Fieldwork: 14/06 -21/06/2023 / (%) Base: n=12 687 – Respondents who have had an emotional or psychosocial problem in the past 12 months

Q16 In the last 12 months, have you received professional help for mental health problems from any of the following? [MULTIPLE ANSWERS POSSIBLE]

	A general practitioner	A psychiatrist	A psychologist	A psychotherapist	A pharmacist	A nurse	A social worker	A psychoanalyst	None of these	Prefer not to answer	Don't know
EU27	19	14	14	8	5	4	3	2	54	1	1
BE	34	19	22	8	6	4	6	3	39	0	0
BG	11	6	8	2	5	2	2	1	66	2	3
CZ	14	18	10	6	4	2	3	1	54	3	2
DK	34	19	27	8	5	8	8	4	35	1	1
DE	22	17	12	13	4	4	5	3	49	2	1
EE	15	14	12	4	5	4	2	1	61	1	1
IE	27	10	12	9	6	3	4	2	49	2	0
EL	8	15	10	4	4	1	2	3	61	1	0
ES	19	13	21	4	4	4	3	2	54	0	0
FR	24	12	12	5	7	2	3	3	54	0	1
HR	14	14	6	3	2	1	1	1	69	1	1
IT	17	11	12	10	6	4	3	3	54	2	0
CY	9	7	13	3	3	1	2	1	69	1	0
LV	15	7	6	4	3	2	1	1	70	1	1
LT	11	7	10	3	9	2	3	0	66	3	2
LU	18	8	17	12	2	3	1	7	55	2	0
HU	8	9	8	1	2	2	2	1	75	1	0
MT	13	13	11	7	3	1	2	1	63	1	1
NL	32	14	28	9	6	8	11	2	39	0	0
AT	19	18	14	19	5	2	5	4	52	1	1
PL	12	20	10	8	5	3	2	1	53	2	1
PT	17	15	14	4	2	3	1	2	55	2	1
RO	16	12	8	5	7	4	1	1	62	4	1
SI	13	14	7	6	2	4	2	1	61	1	3
SK	10	19	11	4	4	3	3	1	59	3	1
FI	18	11	9	9	2	15	5	0	58	1	1
SE	12	9	17	6	2	9	3	2	61	1	1

Flash Eurobarometer 530 - Mental Health / Fieldwork: 14/06 -21/06/2023 / (%) Base: n=12 687 – Respondents who have had an emotional or psychosocial problem in the past 12 months

Q17 For you personally, what are the most effective solutions to tackle mental health issues? (Choose a maximum of two answers.)

	Counselling or therapy	Physical activity	Discussing with close ones	Social activity	Medication	Other	Prefer not to answer	Don't know
EU27	43	37	36	29	19	5	1	4
BE	47	35	31	30	20	4	1	5
BG	43	43	36	31	14	7	0	3
CZ	32	41	43	23	22	5	1	3
DK	34	32	33	21	27	9	1	7
DE	50	34	27	32	21	5	1	5
EE	29	50	33	26	22	8	1	4
IE	42	37	33	22	29	4	1	4
EL	50	34	31	37	22	4	1	1
ES	61	37	32	25	19	3	0	2
FR	44	38	40	35	14	3	0	3
HR	23	47	52	32	16	6	0	2
IT	46	35	35	34	12	3	2	3
CY	43	36	43	34	18	4	1	2
LV	18	46	45	16	20	12	1	5
LT	18	48	48	20	20	7	0	5
LU	49	42	41	30	10	4	1	1
HU	22	33	53	38	13	9	1	4
MT	41	37	43	25	22	6	0	2
NL	34	35	36	31	20	8	1	6
AT	51	36	32	25	22	7	0	2
PL	19	43	48	15	28	8	1	5
PT	61	36	21	27	25	4	1	3
RO	30	43	45	36	16	3	0	4
SI	48	45	46	19	15	4	0	4
SK	26	39	43	20	22	8	1	4
FI	29	35	38	26	28	10	0	6
SE	36	44	28	27	21	8	2	6

Flash Eurobarometer 530 - Mental Health   /   Fieldwork: 14/06 -21/06/2023   /   (%) Base: n=12 687 – Respondents who have had an emotional or psychosocial problem in the past 12 months