



UNIVERSITÀ DEGLI STUDI DI PADOVA

DIPARTIMENTO DI SCIENZE ECONOMICHE ED AZIENDALI "M. FANNO"

CORSO DI LAUREA MAGISTRALE IN ECONOMICS AND FINANCE

TESI DI LAUREA  
TITOLO

RELATORE:

CH.MA PROF.SSA: ELISA TOSETTI

LAUREANDA: JESSICA CREMONESE

MATRICOLA N°: 2023147

ANNO ACCADEMICO 2023-2024

Dichiaro di aver preso visione del “Regolamento antiplagio” approvato dal Consiglio del Dipartimento di Scienze Economiche e Aziendali e, consapevole delle conseguenze derivanti da dichiarazioni mendaci, dichiaro che il presente lavoro non è già stato sottoposto, in tutto o in parte, per il conseguimento di un titolo accademico in altre Università italiane o straniere. Dichiaro inoltre che tutte le fonti utilizzate per la realizzazione del presente lavoro, inclusi i materiali digitali, sono state correttamente citate nel corpo del testo e nella sezione ‘Riferimenti bibliografici’.

*I hereby declare that I have read and understood the “Anti-plagiarism rules and regulations” approved by the Council of the Department of Economics and Management and I am aware of the consequences of making false statements. I declare that this piece of work has not been previously submitted – either fully or partially – for fulfilling the requirements of an academic degree, whether in Italy or abroad. Furthermore, I declare that the references used for this work – including the digital materials – have been appropriately cited and acknowledged in the text and in the section ‘References’.*

Firma (signature):

 Jessica Cremonese

# Contents

<b>1</b>	<b>Mental Health</b>	<b>3</b>
1.1	Defining mental health . . . . .	3
1.2	Exploring the data . . . . .	4
1.3	Measurement via psychometric tools . . . . .	4
1.4	MH and COVID19 . . . . .	4
<b>2</b>	<b>research question</b>	<b>5</b>
<b>3</b>	<b>data</b>	<b>7</b>
<b>4</b>	<b>strategy</b>	<b>9</b>
<b>5</b>	<b>estimation</b>	<b>11</b>
<b>6</b>	<b>discussion</b>	<b>13</b>
<b>7</b>	<b>conclusion</b>	<b>15</b>
<b>8</b>	<b>References</b>	<b>17</b>
<b>9</b>	<b>appendix</b>	<b>19</b>



# Introduction



# 1 Mental Health

Increasingly recognized as a crucial factor for well-being, mental health carries significant economic implications that are often overlooked in favor of more easily quantified conditions, such as physical health. Nevertheless, recent events such as the COVID-19 pandemic shed light on the importance of psychological welfare.

Mental health is an economically relevant phenomenon with far-reaching implications that extend beyond individual well-being. Poor mental health often leads to reduced productivity, increased absenteeism, and higher turnover rates in the workplace, directly impacting an organization's bottom line (OECD/EU (2018), OECD/EU (2022)). Furthermore, it places a significant burden on healthcare systems through increased medical costs and utilization of services. The indirect costs, such as loss of income due to disability and the ripple effects on families and communities, further amplify its economic relevance (OECD/EU (2022)). Therefore, investing in mental health not only enhances individual quality of life but also has the potential for significant economic returns, framing it as a key opportunity in the context of social capital accumulation.

This chapter aims to shed light on the definitions, statistics and dynamics of the topic, with the aim of providing the reader with comprehensive and up to date knowledge in this realm.

## 1.1 Defining mental health

Mental health can be defined as a state of psychological well-being which allows people to cope with demands of life, realize their abilities, learn and work well while contributing to their community. It represents a crucial feature of personal and collective socio-economic development, involving psychological, emotional and social welfare, and affecting how people think, feel and act.

Being mentally healthy goes beyond the mere absence of clinically relevant mental conditions, it encompasses self-esteem, resilience, relationships. Conditions that affect mental health include mental disorders, psychosocial disabilities and mental states associated with impaired functioning, or risk of self-harm. Those affected by these conditions are more likely to report lower mental well-being.

## **1.2 Exploring the data**

**Gender differences**

**Cohort specificity**

## **1.3 Measurement via psychometric tools**

## **1.4 MH and COVID19**



## **2 research question**



## **3 data**



## **4 strategy**



## **5 estimation**





## **6 discussion**



## **7 conclusion**



## 8 References

1. OECD/EU (2018), Health at a Glance: Europe 2018: State of Health in the EU Cycle, OECD Publishing, Paris, [https://doi.org/10.1787/health\\_glance\\_eur-2018-en](https://doi.org/10.1787/health_glance_eur-2018-en).
2. OECD/EU (2022), Health at a Glance: Europe 2022: State of Health in the EU Cycle, OECD Publishing, Paris, <https://doi.org/10.1787/507433b0-en>.
3. s



## **9    appendix**

