**Wellcome Global Monitor (WGM) 2020 Mental Health Module: User Guide & Data Dictionary**

The datasets and crosstabs cover the mental health sections of the WGM Survey 2020 conducted in 113 countries and territories around the world on views and experiences of mental health. In subsequent data releases the rest of the survey data will be published.

Please note some variables covered in the mental health report are from Gallup’s World Poll of which the WGM was a module but are not published in this dataset.

The crosstabs cover all the mental health questions broken down into different tabs by region, country, country income, country and socio-economic and demographic. All questions are laid out in column B and the answer options in column C. Percentages should be read as vertical for each answer and the 100% total is not included. Unweighted counts are listed next to each percentage and those under 100 are highlighted.

**List of all dataset variables**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | | | | |
| *ID* | *Name* | *Label* | *Values* | *Value Labels* |
| 1 | COUNTRYNEW | Country Name |  | \*\*String labels\*\* |
| 2 | WPID\_RANDOM | Random Unique Case ID | range: 111112499-211110808 | |
| 3 | WGT | National weight, for analysis at the country level | range: 0.1-8.7 | |
| 4 | PROJWT | Weight for cross-national analysis: Multiples respondent weight by a factor to project to 15+ population in each country) for analysis of pooled multi-country data | range: 62.6-1729254.9 | |
| 5 | FIELD\_DATE | Study Completion Date |  |  |
| 6 | YEAR\_WAVE | Wave Year | range: 2020-2020 | |
| 7 | MH1 | Importance of Mental Health For Well-Being | 1 2 3 99 | More important As important Less important DK/Refused |
| 8 | MH2A | How Much Science Can Explain How the Human Body Works | 1  2  3  4  99 | A lot  Some  Not much  Not at all  DK/Refused |
| 9 | MH2B | How Much Science Can Explain How Feelings and Emotions Work | 1  2  3  4  99 | A lot  Some  Not much  Not at all  DK/Refused |
| 10 | MH3A | How Much Science Helps to Treat Cancer | 1 2 3 4 99 | A lot Some Not much Not at all DK/Refused |
| 11 | MH3B | How Much Science Helps to Treat Anxiety or Depression | 1 2 3 4 99 | A lot Some Not much Not at all DK/Refused |
| 12 | MH3C | How Much Science Helps to Treat Infectious Diseases | 1 2 3 4 99 | A lot Some Not much Not at all DK/Refused |
| 13 | MH3D | How Much Science Helps to Treat Obesity | 1 2 3 4 99 | A lot Some Not much Not at all DK/Refused |
| 14 | MH4A | Important for National Govt to Fund Research on Cancer | 1 2 3 4 99 | Extremely important Somewhat important Not too important Not important at all DK/Refused |
| 15 | MH4B | Important for National Govt to Fund Research on Anxiety/Depression | 1 2 3 4 99 | Extremely important Somewhat important Not too important Not important at all DK/Refused |
| 16 | MH5 | Someone Local Comfortable Speaking About Anxiety/Depression | 1 2 3 99 | Very comfortable Somewhat comfortable Not at all comfortable DK/Refused |
| 17 | MH6 | Friends/Family Have Been Anxious/Depressed | 1 2 99 | Yes No DK/Refused |
| 18 | MH7A | Have Been Anxious/Depressed | 1 2 99 | Yes No DK/Refused |
| 19 | MH7B | Age When First Felt Anxious/Depressed [NOTE: Please refer to variable age\_mh (see below) in order to recreate the data which appears in the report with respect to the age a person first felt anxious or depressed. This variable was collected as open-end, meaning respondents simply provided the specific age. However, respondents who were unable to provide a specific age were asked MH7B\_2 below. The variable age\_mh combines the information between these two variables] | 0-96  97 99 | Numerical age  97+ DK/Refused |
| 20 | MH7B\_2 | Age Range When First Felt Anxious/Depressed  [NOTE: Please refer to variable age\_mh (see below) in order to recreate the data which appears in the report with respect to the age a person first felt anxious or depressed. This variable was only asked of respondents who did not provide a specific age in MH7B. The variable age\_mh combines the information between these two variables] | 1  2 3 4 5 99 | Less than 13 years old Ages 13 - 19 Ages 20 - 29 Ages 30 - 39 Age 40 or older DK/Refused |
| 21 | MH7C | Have Felt Anxious/Depressed More Than Once | 1 2 99 | Yes No DK/Refused |
| 22 | MH8A | Talked to Mental Health Professional When Anxious/Depressed | 1 2 99 | Yes No DK/Refused |
| 23 | MH8B | Engaged in Religious/Spiritual Activities When Anxious/Depressed | 1 2 99 | Yes No DK/Refused |
| 24 | MH8C | Talked to Friends or Family When Anxious/Depressed | 1 2 99 | Yes No DK/Refused |
| 25 | MH8D | Took Prescribed Medication When Anxious/Depressed | 1 2 99 | Yes No DK/Refused |
| 26 | MH8E | Improved Healthy Lifestyle Behaviours When Anxious/Depressed | 1 2 99 | Yes No DK/Refused |
| 27 | MH8G | Made a Change to Work Situation When Anxious/Depressed | 1 2 99 | Yes No DK/Refused |
| 28 | MH8F | Made a Change to Personal Relationships When Anxious/Depressed | 1 2 99 | Yes No DK/Refused |
| 29 | MH8H | Spent Time in Nature/The Outdoors When Anxious/Depressed | 1 2 99 | Yes No DK/Refused |
| 30 | MH9A | How Helpful Was Talking to Mental Health Professional When Anxious/Depressed | 1 2 3 99 | Very helpful Somewhat helpful Not helpful DK/Refused |
| 31 | MH9B | How Helpful Was Engaging in Religious or Spiritual Activities When Anxious/Depressed | 1 2 3 99 | Very helpful Somewhat helpful Not helpful DK/Refused |
| 32 | MH9C | How Helpful Was Talking to Friends or Family When Anxious/Depressed | 1 2 3 99 | Very helpful Somewhat helpful Not helpful DK/Refused |
| 33 | MH9D | How Helpful Was Taking Prescribed Medication When Anxious/Depressed | 1 2 3 99 | Very helpful Somewhat helpful Not helpful DK/Refused |
| 34 | MH9E | How Helpful Was Improving Healthy Lifestyle Behaviours When Anxious/Depressed | 1 2 3 99 | Very helpful Somewhat helpful Not helpful DK/Refused |
| 35 | MH9F | How Helpful Was Making a Change to Work Situation When Anxious/Depressed | 1 2 3 99 | Very helpful Somewhat helpful Not helpful DK/Refused |
| 36 | MH9G | How Helpful Was Making a Change to Personal Relationships When Anxious/Depressed | 1 2 3 99 | Very helpful Somewhat helpful Not helpful DK/Refused |
| 37 | MH9H | How Helpful Was Spending Time in Nature/The Outdoors When Anxious/Depressed | 1 2 3 99 | Very helpful Somewhat helpful Not helpful DK/Refused |
| 38 | age\_mh | Age first experienced anxiety/depression (combined MH7B & MH7B\_2 responses)  [NOTE: Please refer to this variable in order to recreate the data which appears in the report with respect to the age a person first felt anxious or depressed. This variable combines the information captured from MH7A and MH7B (see above) to place all respondents into 5 age groups, as well as an overall DK/Refused category. The DK/Refused category in this variable only applies to respondents who provided no information in both MH7A and MH7B, and consequently the number of cases is smaller than which appear in the “DK/Refused” category of either MH7A or MH7B]. | 1  2 3 4 5 99 | Less than 13 years old Ages 13-19 Ages 20-29 Ages 30-39 Age 40 or older DK/Refused |
| 39 | clusters\_global | Clusters of approaches to alleviating anxiety or depression -- Global results  [NOTE: “Outlier cluster” refers to cases which do not match the distance threshold for any cluster group and are kept as a separate group. Analysts may consider excluding this group when comparing survey results across cluster groups] | 1 2 3  99 | Holistic combination Lifestyle changes Primary support from friends or family Outlier Cluster |
| 40 | clusters\_East\_Asia\_Pacific | Clusters of approaches to alleviating anxiety or depression -- East Asia & Pacific results  [NOTE: Regional clusters were created using a smaller number of regions in order to enhance sample size. To see which countries belong to which regions, please see section ADDITIONAL NOTES below. These clusters were also not described in the report and are only represented by a value. “Outlier cluster” refers to cases which do not match the distance threshold for any cluster group and are kept as a separate group. Analysts may consider excluding this group when comparing survey results across cluster groups] | 99 | Outlier Cluster |
| 41 | clusters\_Europe | Clusters of approaches to alleviating anxiety or depression -- Europe results  [NOTE: Regional clusters were created using a smaller number of regions in order to enhance sample size. To see which countries belong to which regions, please see section ADDITIONAL NOTES below. These clusters were also not described in the report and are only represented by a value. “Outlier cluster” refers to cases which do not match the distance threshold for any cluster group and are kept as a separate group. Analysts may consider excluding this group when comparing survey results across cluster groups] | 99 | Outlier Cluster |
| 42 | clusters\_LatAm | Clusters of approaches to alleviating anxiety or depression -- Latin America results  [NOTE: Regional clusters were created using a smaller number of regions in order to enhance sample size. To see which countries belong to which regions, please see section ADDITIONAL NOTES below. These clusters were also not described in the report and are only represented by a value. “Outlier cluster” refers to cases which do not match the distance threshold for any cluster group and are kept as a separate group. Analysts may consider excluding this group when comparing survey results across cluster groups] | 99 | Outlier Cluster |
| 43 | clusters\_MENA | Clusters of approaches to alleviating anxiety or depression -- MENA results  [NOTE: Regional clusters were created using a smaller number of regions in order to enhance sample size. To see which countries belong to which regions, please see section ADDITIONAL NOTES below. These clusters were also not described in the report and are only represented by a value. “Outlier cluster” refers to cases which do not match the distance threshold for any cluster group and are kept as a separate group. Analysts may consider excluding this group when comparing survey results across cluster groups] | 99 | Outlier Cluster |
| 44 | clusters\_NAm | Clusters of approaches to alleviating anxiety or depression -- Northern America results  [NOTE: Regional clusters were created using a smaller number of regions in order to enhance sample size. To see which countries belong to which regions, please see section ADDITIONAL NOTES below. These clusters were also not described in the report and are only represented by a value. “Outlier cluster” refers to cases which do not match the distance threshold for any cluster group and are kept as a separate group. Analysts may consider excluding this group when comparing survey results across cluster groups] | 99 | Outlier Cluster |
| 45 | clusters\_SAsia | Clusters of approaches to alleviating anxiety or depression -- South Asia results  [NOTE: Regional clusters were created using a smaller number of regions in order to enhance sample size. To see which countries belong to which regions, please see section ADDITIONAL NOTES below. These clusters were also not described in the report and are only represented by a value. “Outlier cluster” refers to cases which do not match the distance threshold for any cluster group and are kept as a separate group. Analysts may consider excluding this group when comparing survey results across cluster groups] | 99 | Outlier Cluster |
| 46 | clusters\_SSA | Clusters of approaches to alleviating anxiety or depression -- Sub-Sarahan Africa results  [NOTE: Regional clusters were created using a smaller number of regions in order to enhance sample size. To see which countries belong to which regions, please see section ADDITIONAL NOTES below. These clusters were also not described in the report and are only represented by a value. “Outlier cluster” refers to cases which do not match the distance threshold for any cluster group and are kept as a separate group. Analysts may consider excluding this group when comparing survey results across cluster groups] | 99 | Outlier Cluster |
| 47 | clusters\_CAsia | Clusters of approaches to alleviating anxiety or depression -- Central Asia results  [NOTE: Regional clusters were created using a smaller number of regions in order to enhance sample size. To see which countries belong to which regions, please see section ADDITIONAL NOTES below. These clusters were also not described in the report and are only represented by a value. “Outlier cluster” refers to cases which do not match the distance threshold for any cluster group and are kept as a separate group. Analysts may consider excluding this group when comparing survey results across cluster groups] | 99 | Outlier Cluster |
| 48 | Age | Age | 99 100 | 99+ DK/Refused |
| 49 | age\_var1 | Age cohort (3 categories) | 1 2 3 99 | 15-29 30-49 50+ DK/Refused |
| 50 | age\_var2 | Age cohort (4 categories, with older age group) | 1 2 3 4 99 | 15-29 30-49 50-64 65+ DK/Refused |
| 51 | age\_var3 | Age cohort (4 categories, with youngest group being 15-24 year old group) | 1 2 3 4 99 | 15-24 25-34 35-49 50+ DK/Refused |
| 52 | Gender | Gender | 1 2 | Male Female |
| 53 | Education | Highest level of educational attainment | 1  2  3 | Elementary or less (8 years or less) Secondary (8-15 years) Tertiary (16+ years) |
| 54 | Household\_Income | Per Capita Income Quintiles | 1 2 3 4 5 | Poorest 20% Second 20% Middle 20% Fourth 20% Richest 20% |
| 55 | Global11Regions | Global regions used in report analysis | 1 2 3 4  5 6 7 8 9 10  11 | Western Europe Eastern Europe Post-Soviet Eurasia Australia/New Zealand East Asia SE Asia South Asia Latin America U.S./Canada Middle East/North Africa Sub-Saharan Africa |
| 56 | wbi | Country income level -- World Bank most recent definition | 1 2  3  4 | Low income Lower-middle income Upper-middle income High income |
| 57 | Subjective\_Income | Feelings About Household Income | 1  2  3  4  5 6 | Living comfortably on present income Getting by on present income Finding it difficult on present income Finding it very difficult on present income (DK) (Refused) |
| 58 | EMP\_2010 | Employment Status | 1  2  3  4 5  6 | Employed full time for an employer Employed full time for self Employed part time do not want full time Unemployed Employed part time want full time Out of workforce |

## ADDITIONAL NOTES: REGIONS USED FOR CLUSTER VARIABLES

As noted above, the regional groupings used for the cluster analysis differed from the main regional variable used in the analysis (Global11Regions). Information about this main variable appear in the report. The below table provides a mapping of which countries appear in each grouping for the purposes of the cluster analysis.

|  |  |
| --- | --- |
| Cluster Region | Country |
| East Asia & Pacific | Australia |
| Cambodia |
| China |
| Hong Kong |
| Indonesia |
| Japan |
| Laos |
| Malaysia |
| Mongolia |
| Myanmar |
| New Zealand |
| Philippines |
| South Korea |
| Taiwan |
| Thailand |
| Vietnam |
| Europe | Albania |
| Austria |
| Belgium |
| Bosnia Herzegovina |
| Bulgaria |
| Croatia |
| Cyprus |
| Czech Republic |
| Denmark |
| Estonia |
| Finland |
| France |
| Georgia |
| Germany |
| Greece |
| Hungary |
| Ireland |
| Italy |
| Kosovo |
| Latvia |
| Lithuania |
| Macedonia |
| Moldova |
| Montenegro |
| Netherlands |
| Norway |
| Poland |
| Portugal |
| Romania |
| Russia |
| Serbia |
| Slovakia |
| Slovenia |
| Spain |
| Sweden |
| Switzerland |
| Turkey |
| Ukraine |
| United Kingdom |
| Latin America & Caribbean | Argentina |
| Bolivia |
| Brazil |
| Chile |
| Colombia |
| Costa Rica |
| Dominican Republic |
| Ecuador |
| El Salvador |
| Mexico |
| Nicaragua |
| Paraguay |
| Peru |
| Uruguay |
| Venezuela |
| Middle East & North Africa | Algeria |
| Bahrain |
| Egypt |
| Iran |
| Iraq |
| Israel |
| Jordan |
| Lebanon |
| Malta |
| Morocco |
| Saudi Arabia |
| Tunisia |
| United Arab Emirates |
| North America | Canada |
| United States |
| South Asia | Bangladesh |
| India |
| Nepal |
| Sri Lanka |
| Sub-Saharan Africa | Benin |
| Burkina Faso |
| Cameroon |
| Congo Brazzaville |
| Ethiopia |
| Gabon |
| Ghana |
| Guinea |
| Ivory Coast |
| Kenya |
| Mali |
| Mauritius |
| Namibia |
| Nigeria |
| Senegal |
| South Africa |
| Tanzania |
| Uganda |
| Zambia |
| Zimbabwe |
| Central Asia | Kazakhstan |
| Kyrgyzstan |
| Tajikistan |
| Uzbekistan |