



ATTITUDES TOWARDS MENTAL HEALTH

OCTOBER 2019

Ipsos Survey Conducted on Global Advisor September 2019 Wave

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ATTITUDES TOWARDS MENTAL HEALTH IN THE UNITED STATES

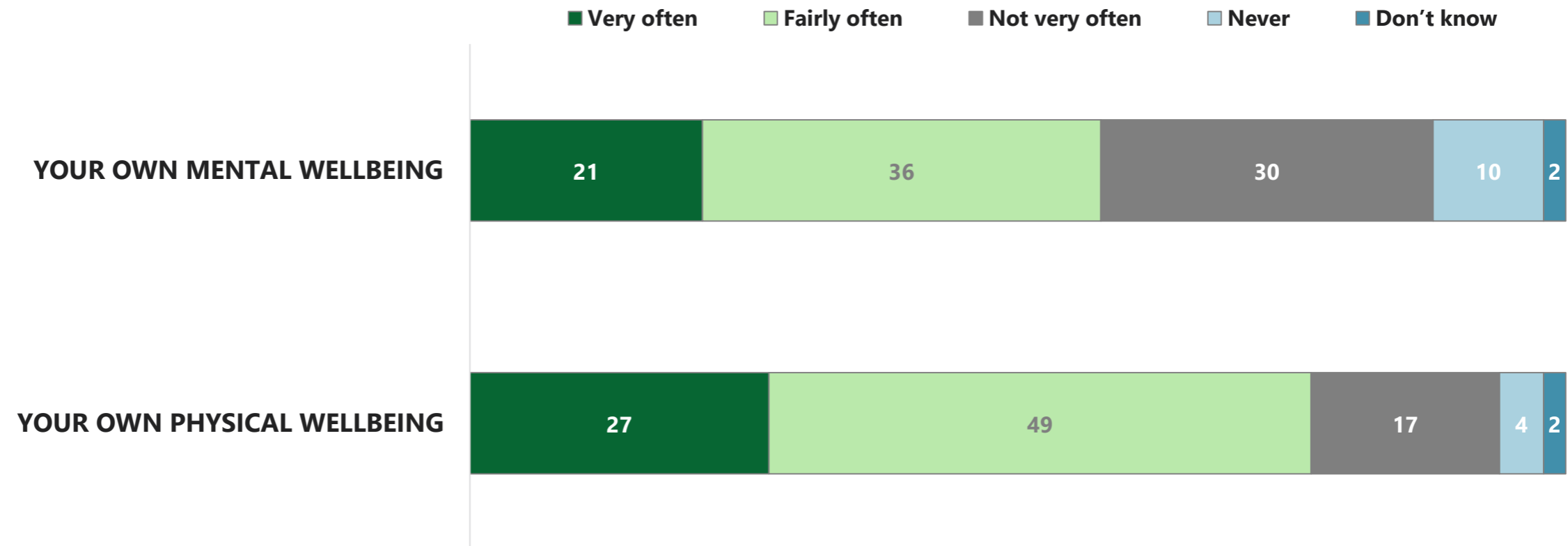


AMERICANS ARE MORE LIKELY TO *OFTEN* THINK ABOUT THEIR PHYSICAL WELLBEING THAN THEIR MENTAL WELLBEING

Q. HOW OFTEN, IF AT ALL, WOULD YOU SAY YOU THINK ABOUT

YOUR OWN MENTAL WELLBEING

YOUR OWN PHYSICAL WELLBEING



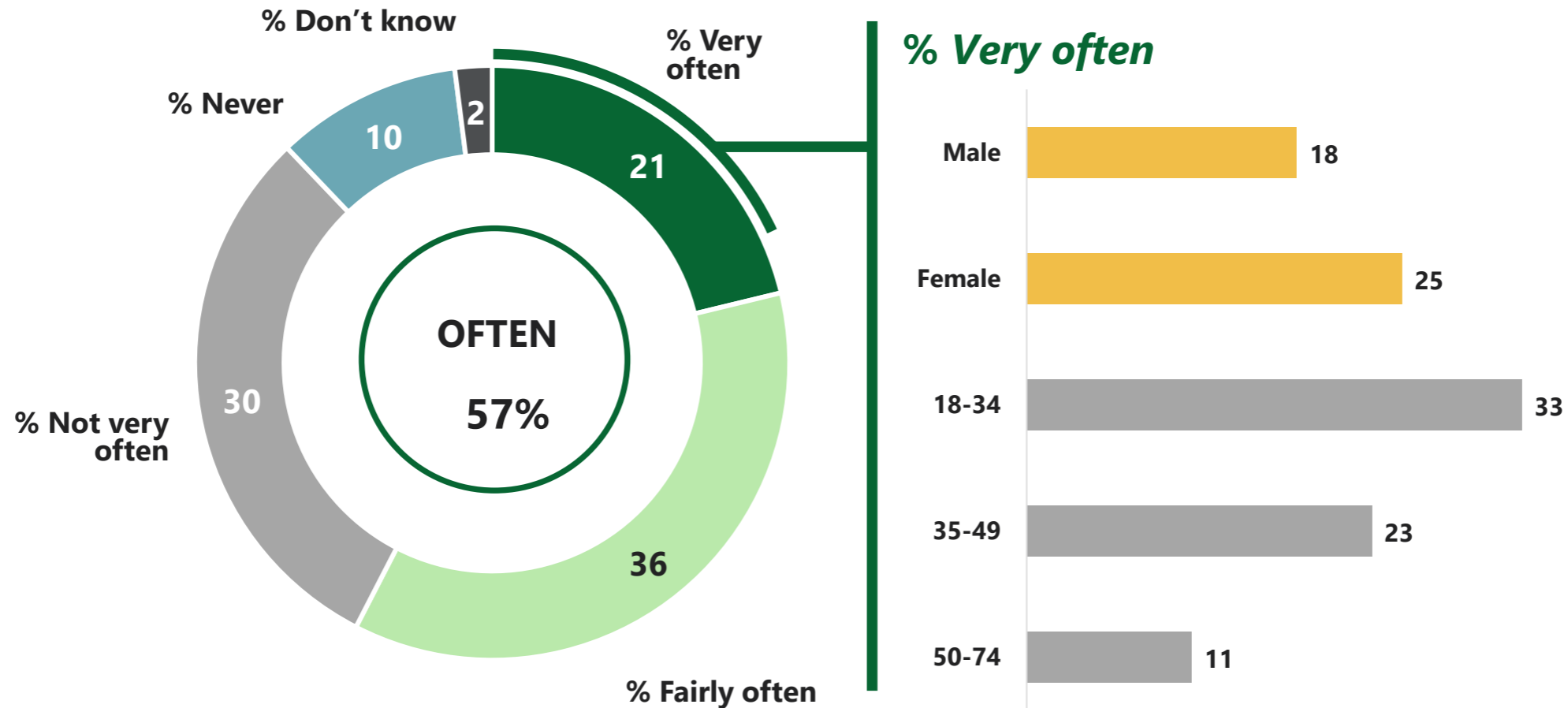
Base 1,000 adults aged 18+ in the US between August 23 – September 6, 2019.



YOUNG PEOPLE IN THE US ARE MORE LIKELY TO THINK ABOUT THEIR MENTAL WELLBEING THAN OLDER GENERATIONS

Q. HOW OFTEN, IF AT ALL, WOULD YOU SAY YOU THINK ABOUT

YOUR OWN MENTAL WELLBEING

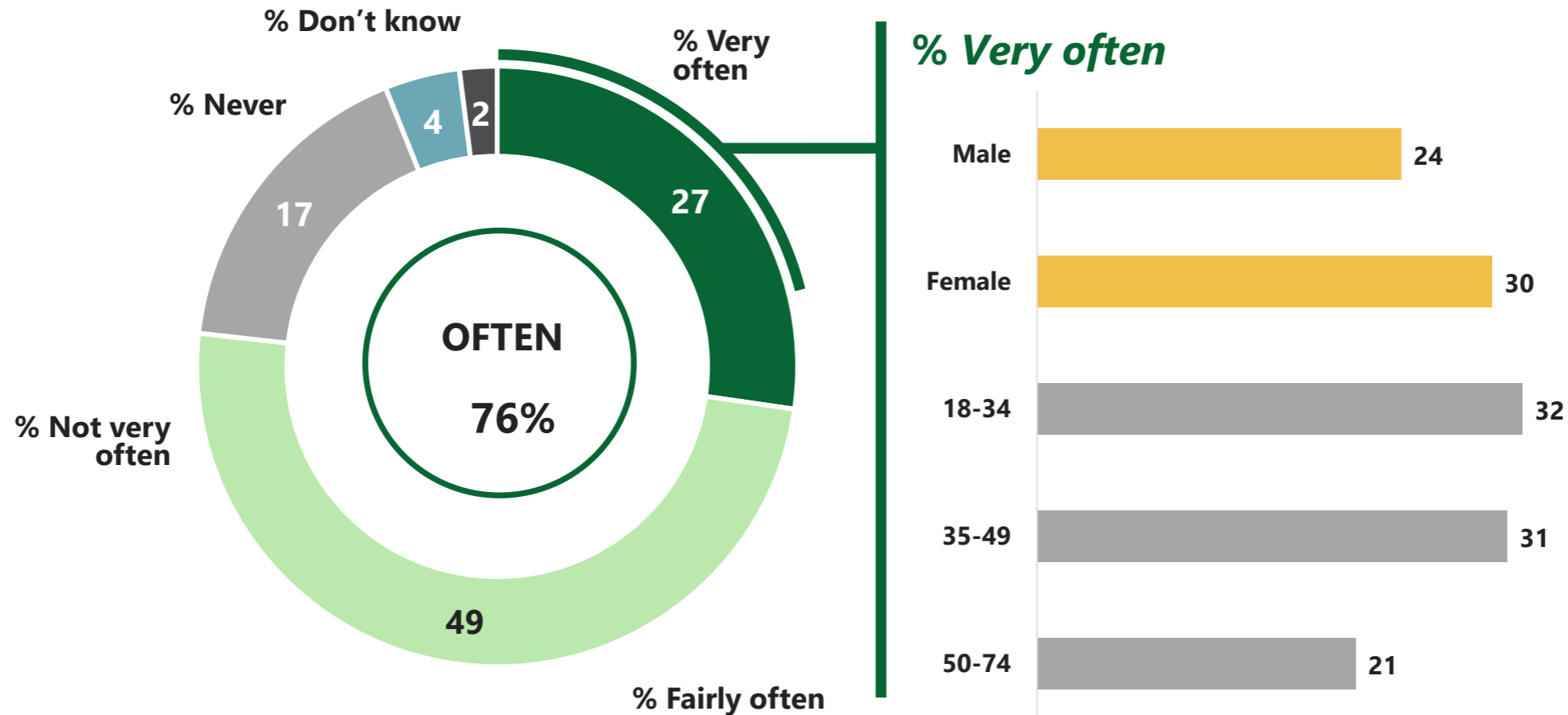


Base 1,000 adults aged 18+ in the US between August 23 – September 6, 2019.



YOUNG PEOPLE ALSO THINK ABOUT THEIR PHYSICAL WELLBEING MORE THAN THE OLDER GENERATIONS

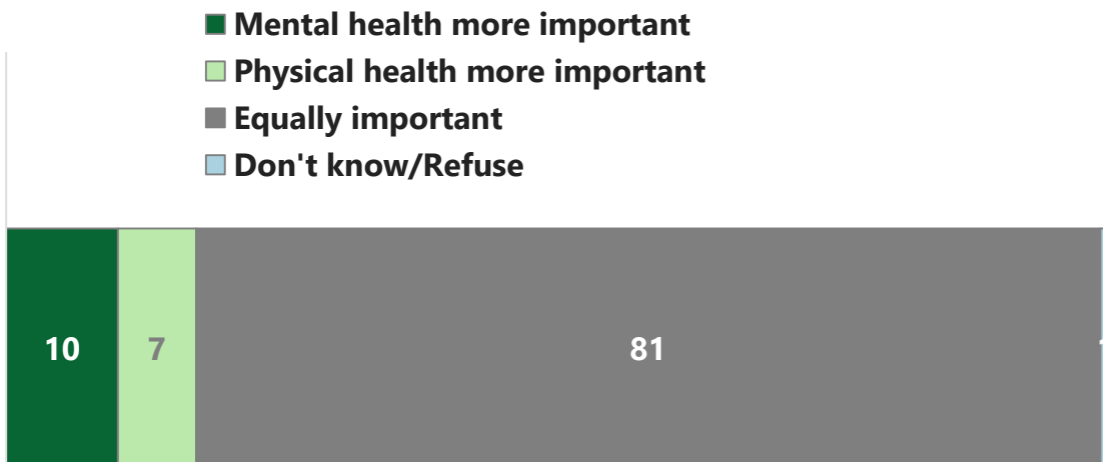
Q. HOW OFTEN, IF AT ALL, WOULD YOU SAY YOU THINK ABOUT YOUR OWN PHYSICAL WELLBEING



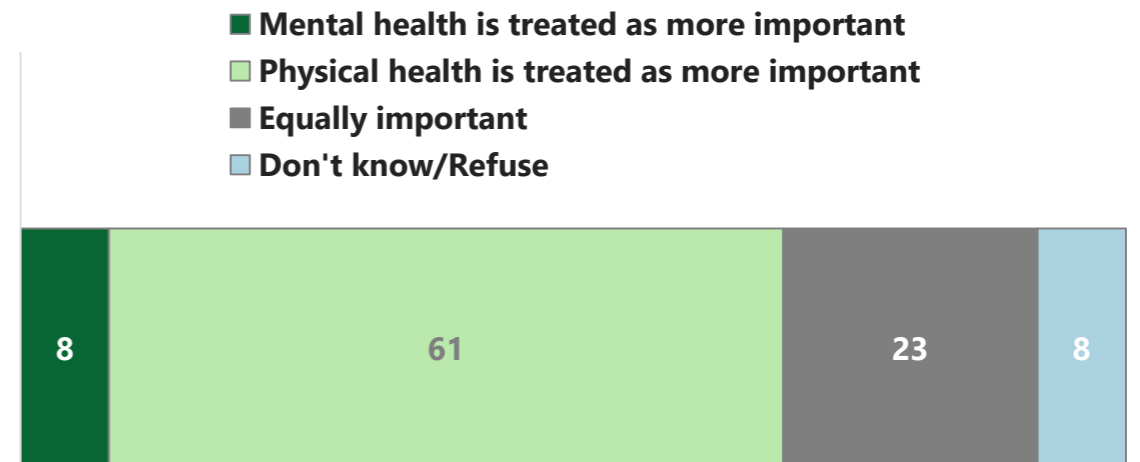
Base 1,000 adults aged 18+ in the US between August 23 – September 6, 2019.

EIGHT IN TEN AMERICANS THINK MENTAL AND PHYSICAL HEALTH ARE EQUALLY IMPORTANT, BUT MOST THINK THE HEALTHCARE SYSTEM PRIORITIZES PHYSICAL HEALTH OVER MENTAL HEALTH

Q. THINKING ABOUT YOUR OWN HEALTH, DO YOU THINK THAT MENTAL HEALTH OR PHYSICAL HEALTH IS MORE IMPORTANT OR ARE THEY EQUALLY IMPORTANT?



Q. WHICH OF THE FOLLOWING BEST DESCRIBES HOW YOU THINK THE IMPORTANCE OF MENTAL & PHYSICAL HEALTH ARE TREATED IN [COUNTRY'S] CURRENT HEALTH CARE SYSTEM?



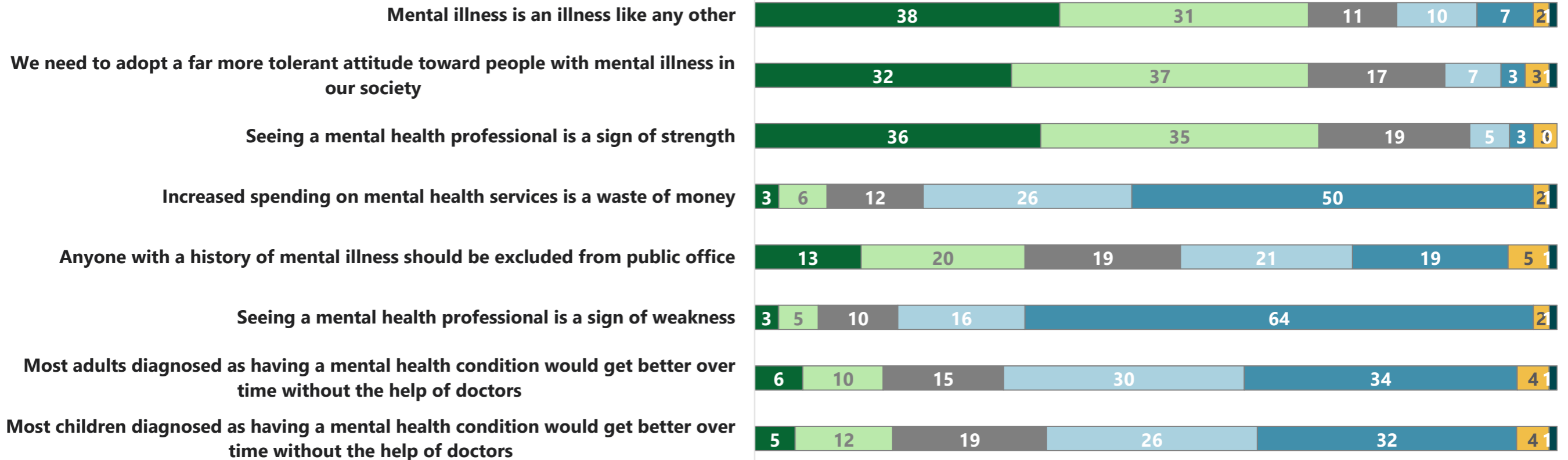
Base 1,000 adults aged 18+ in the US between August 23 – September 6, 2019.



IN THE US, THREE QUARTERS AGREE MENTAL ILLNESS IS AN ILLNESS LIKE ANY OTHER. A SIMILAR PROPORTION SAY WE NEED TO ADOPT A MORE TOLERANT ATTITUDE TO MENTAL ILLNESS

Q TO WHAT EXTENT, IF AT ALL, DO YOU AGREE OR DISAGREE WITH THE FOLLOWING STATEMENTS

■ Strongly agree
 ■ Tend to agree
 ■ Neither agree nor disagree
 ■ Tend to disagree
 ■ Strongly disagree
 ■ Don't know
 ■ Refusal



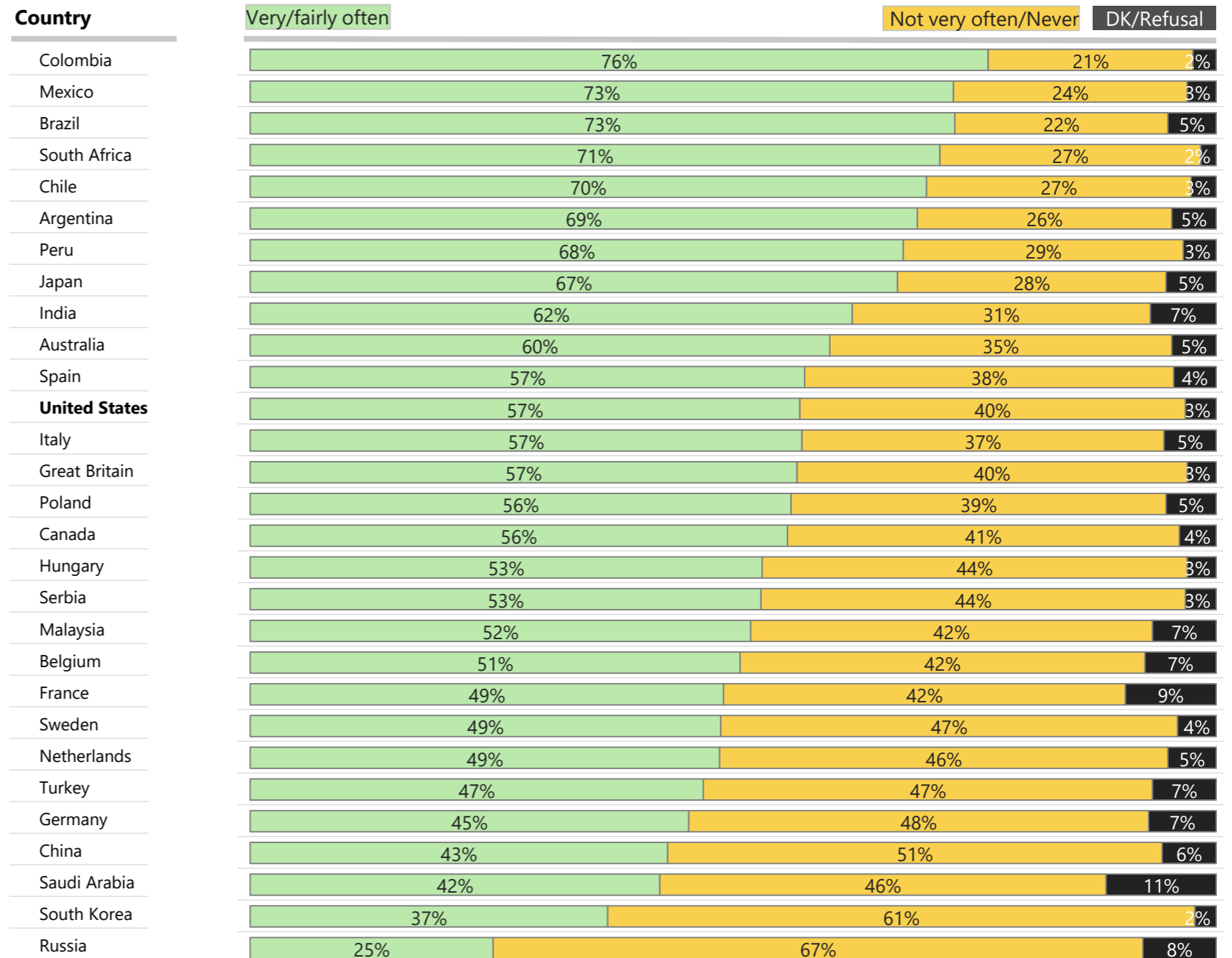
Base 1,000 adults aged 18+ in the US between August 23 – September 6, 2019.



ATTITUDES TOWARDS MENTAL HEALTH AROUND THE WORLD

Q. How often, if at all, would you say you think about your own mental wellbeing

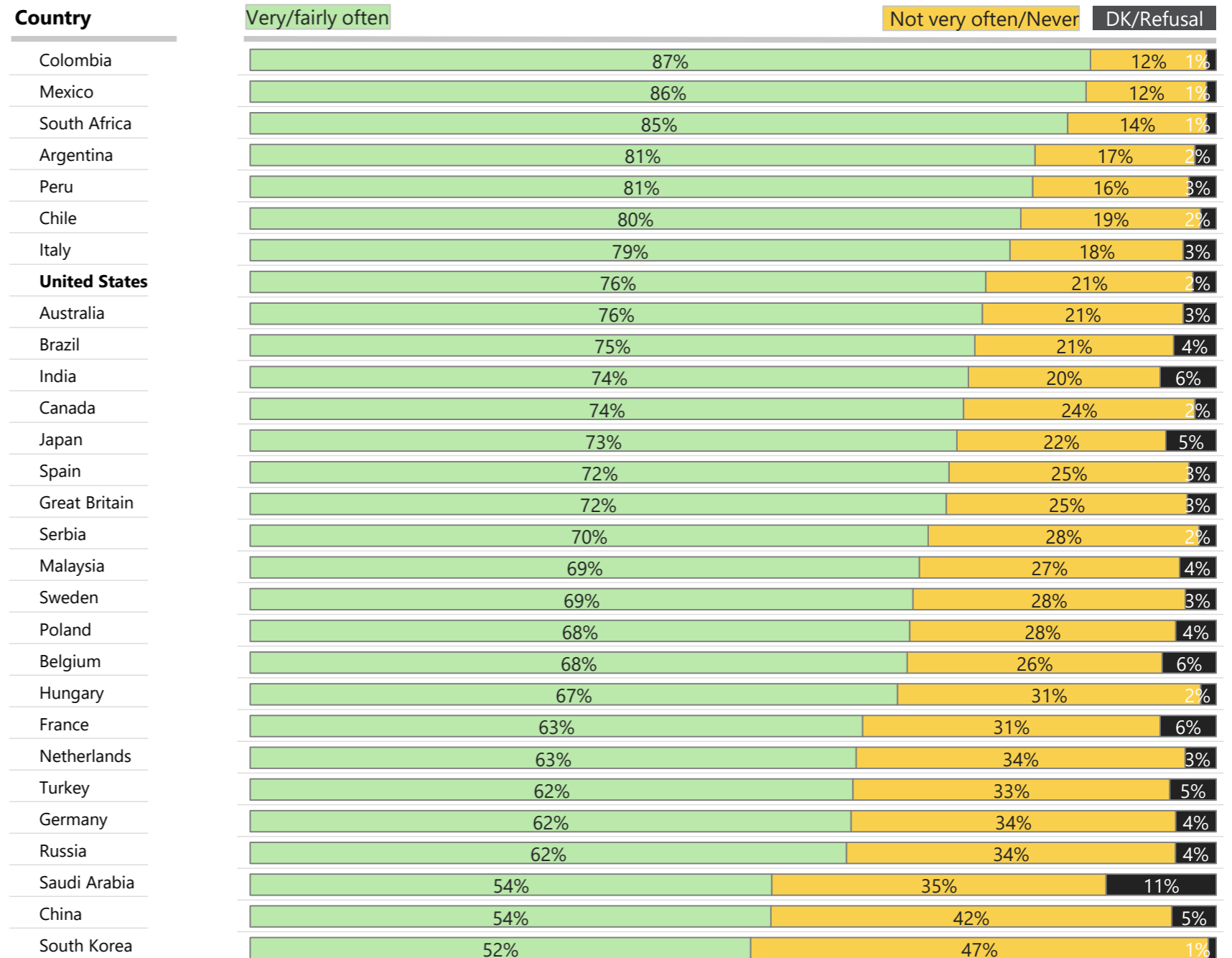
People in Colombia, Mexico, Brazil and South Africa are most likely to think about their mental wellbeing often.



Base: 20,030 adults aged 16+ in 29 countries, between August 23 – September 6, 2019.

Q. How often, if at all, would you say you think about your own physical wellbeing

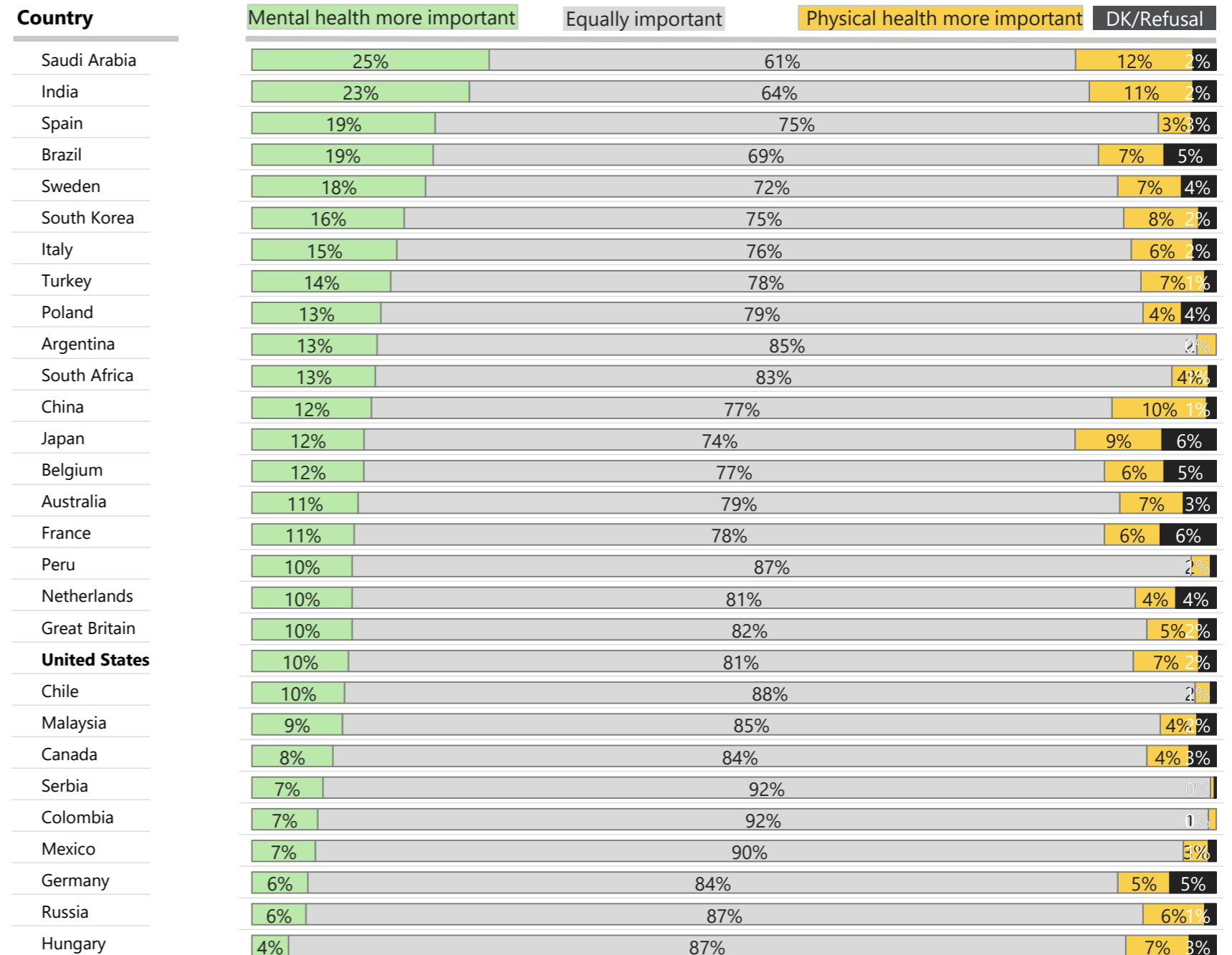
People in Colombia, Mexico, South Africa and Argentina are most likely to think about their physical wellbeing often.



Base: 20,030 adults aged 16+ in 29 countries, between August 23 – September 6, 2019.

Q. Thinking about your own health, do you think that mental health or physical health is more important, or are they equally important?

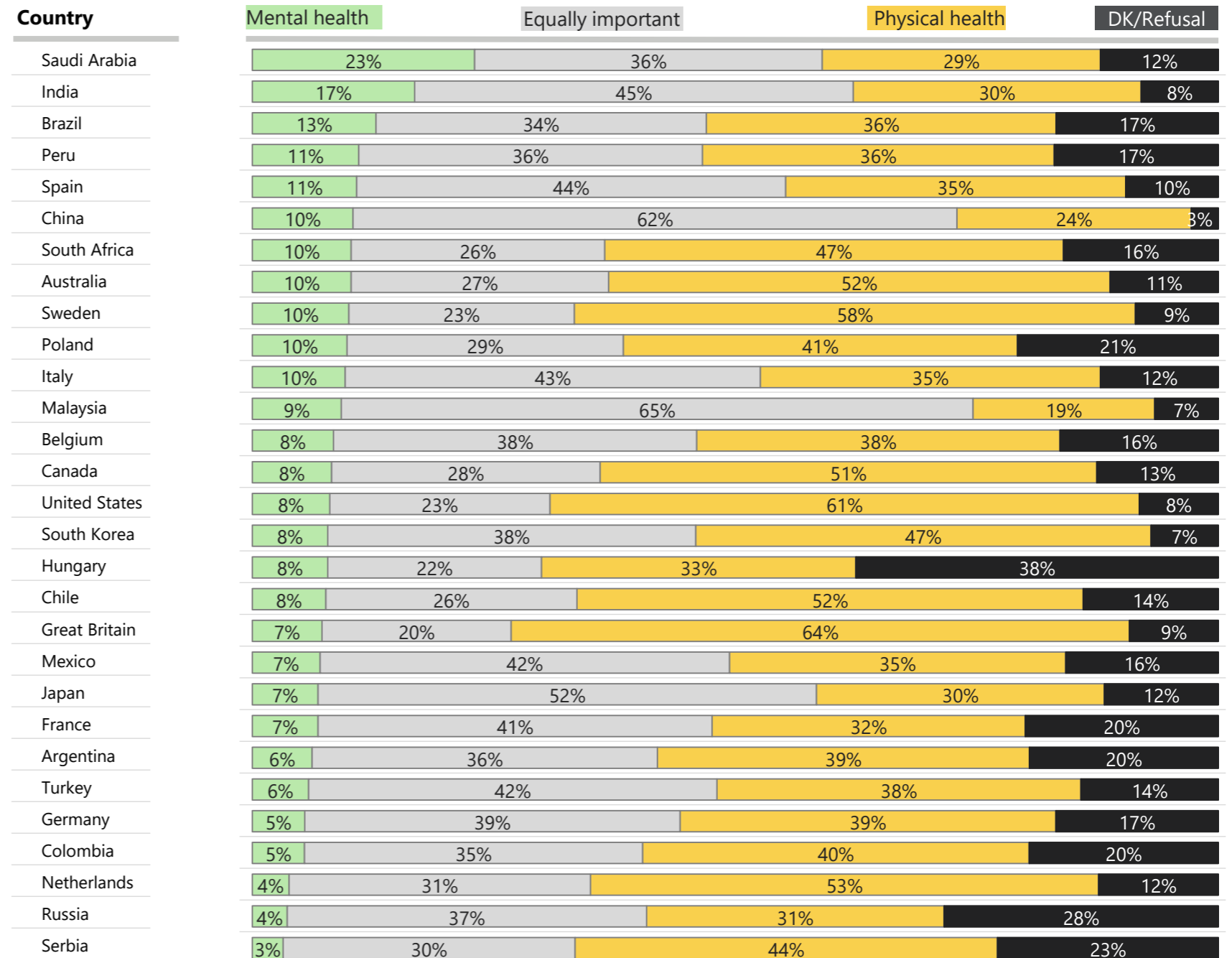
In all countries, the majority of people say mental and physical health is equally important.



Base: 20,030 adults aged 16+ in 29 countries, between August 23 – September 6, 2019.

Q. Which of the following best describes how you think the importance of mental health and physical health are treated in [COUNTRY's] current health care system?

In many countries, people think physical health is treated with more importance than mental health – this is particularly true in the US, Sweden and Great Britain.

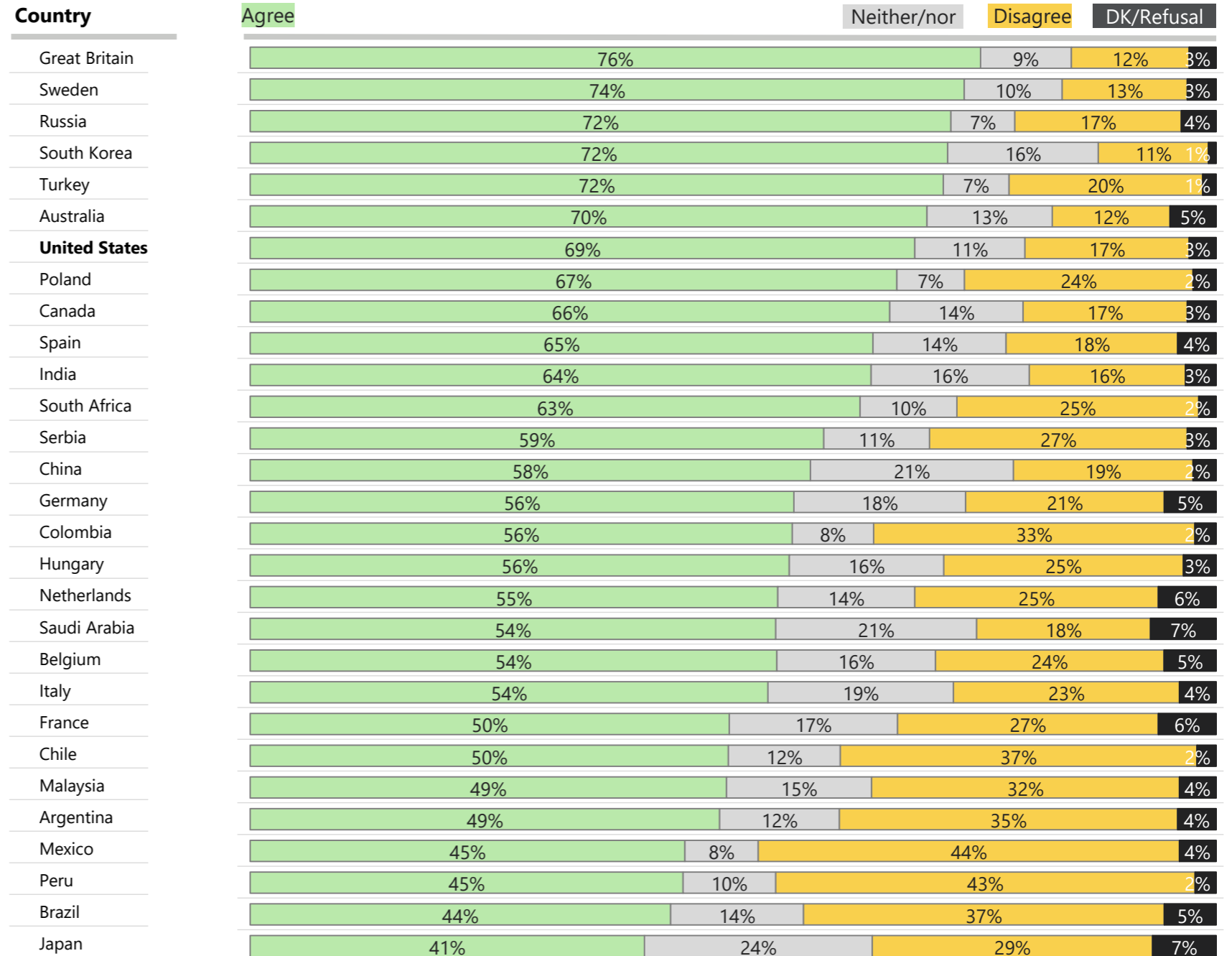


Base: 20,030 adults aged 16+ in 29 countries, between August 23 – September 6, 2019.

Q. To what extent , if at all, do you agree or disagree with the following statement?

Mental illness is an illness like any other

Of all countries surveyed, Brits are most likely to agree that mental illness is an illness like any other.

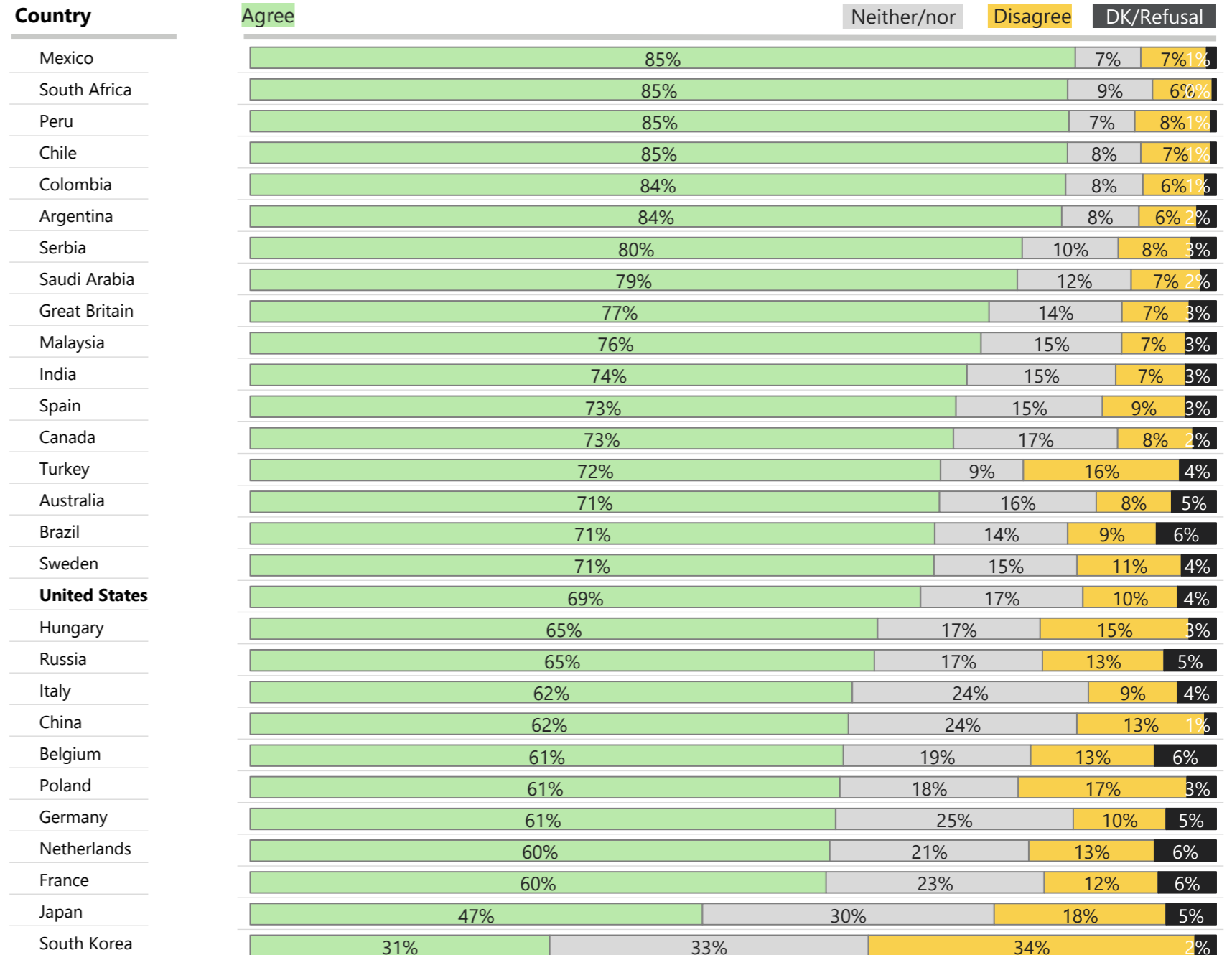


Base: 20,030 adults aged 16+ in 29 countries, between August 23 – September 6, 2019.

Q. To what extent , if at all, do you agree or disagree with the following statement?

We need to adopt a far more tolerant attitude toward people with mental illness in our society

Most countries agree that we need to be more tolerant when it comes to people with mental illness. South American countries are particularly likely to think this.

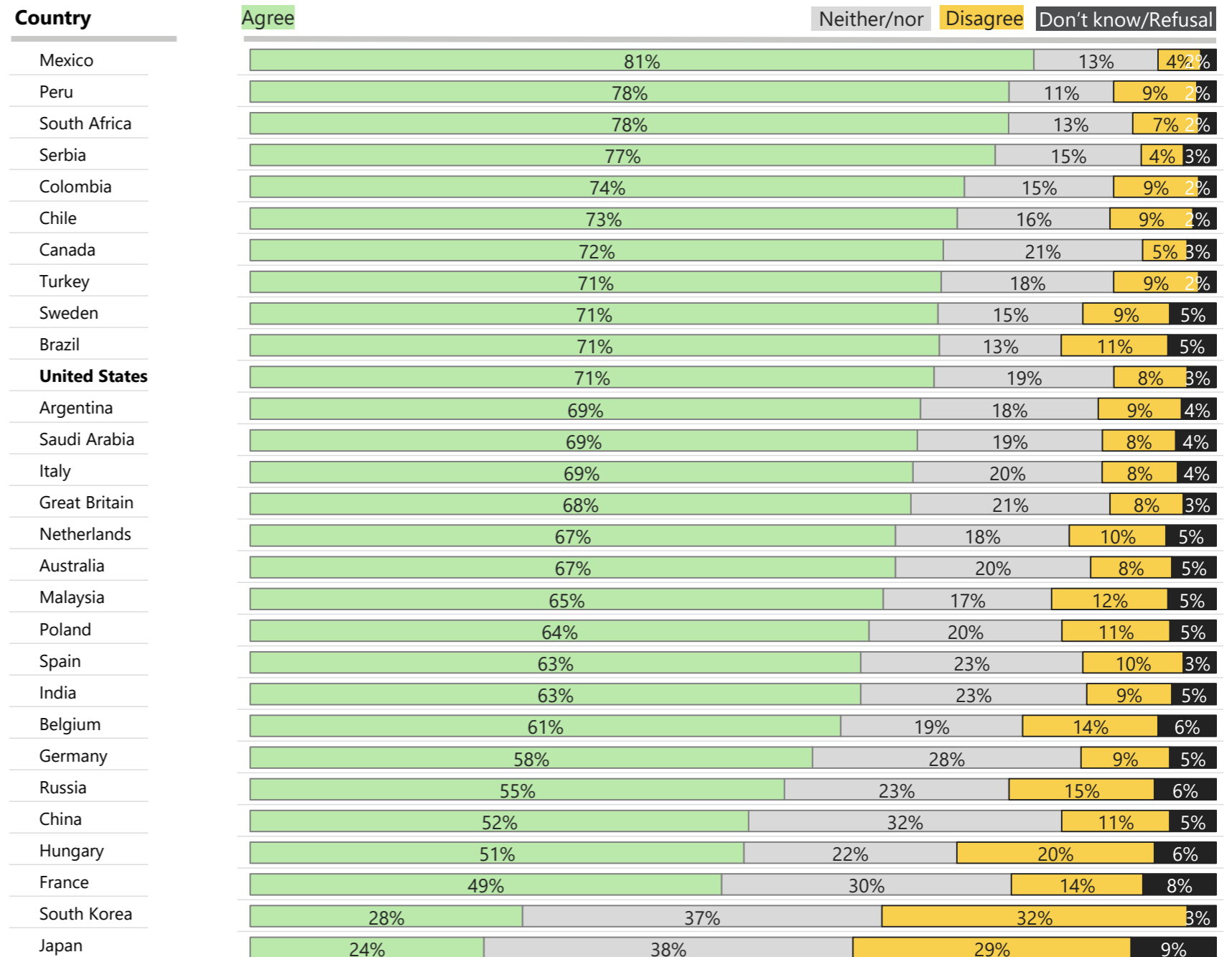


Base: 20,030 adults aged 16+ in 29 countries, between August 23 – September 6, 2019.

Q. To what extent , if at all, do you agree or disagree with the following statement?

Seeing a mental health professional is a sign of strength

In many countries, people agree that seeing a mental health professional is a sign of strength. In South Korea and Japan only around a quarter of people agree with this statement.

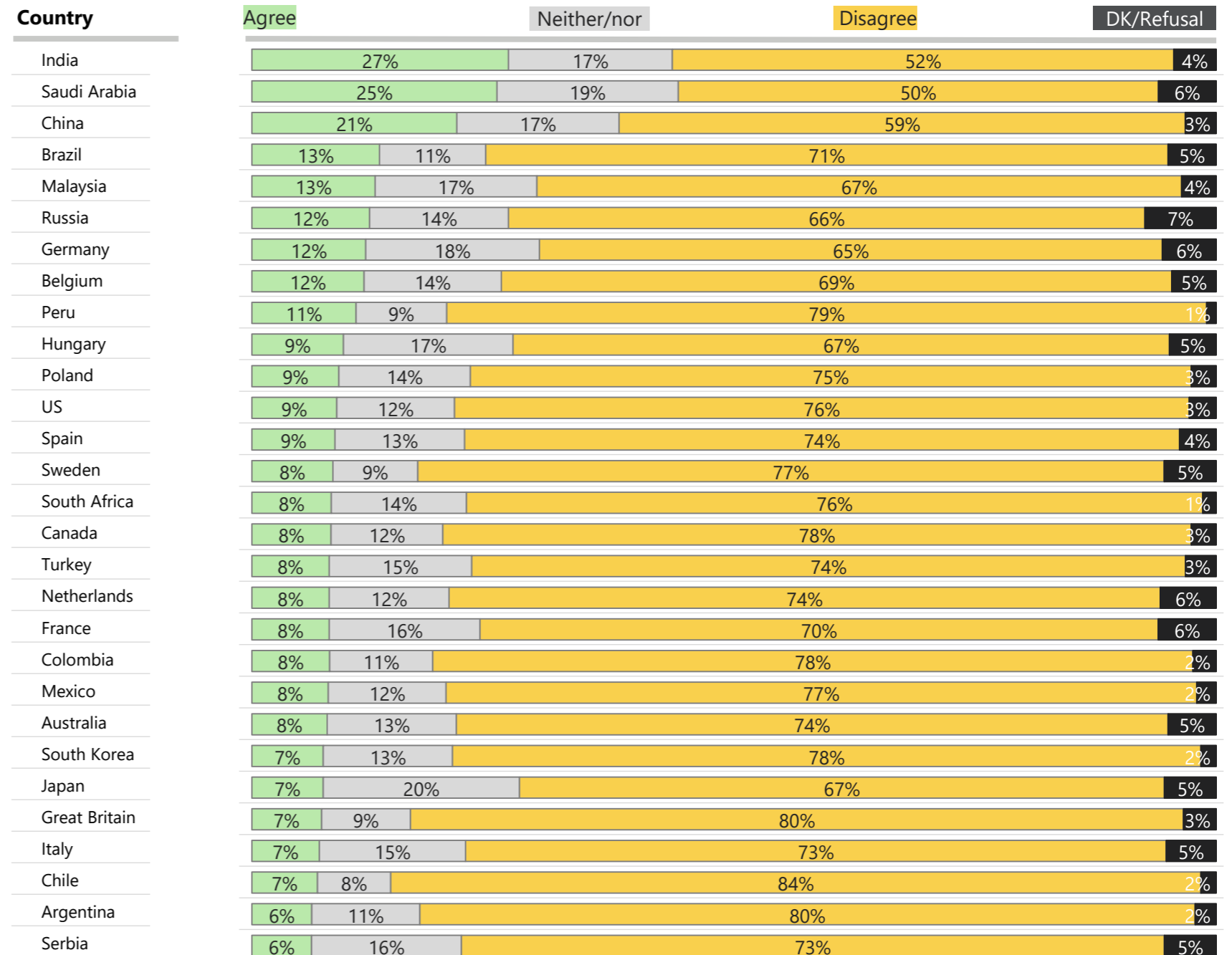


Base: 20,030 adults aged 16+ in 29 countries, between August 23 – September 6, 2019.

Q. To what extent , if at all, do you agree or disagree with the following statement?

Increased spending on mental health services is a waste of money

People in India, Saudi Arabia and China are most likely to agree that increased spending on mental health services is a waster of money.

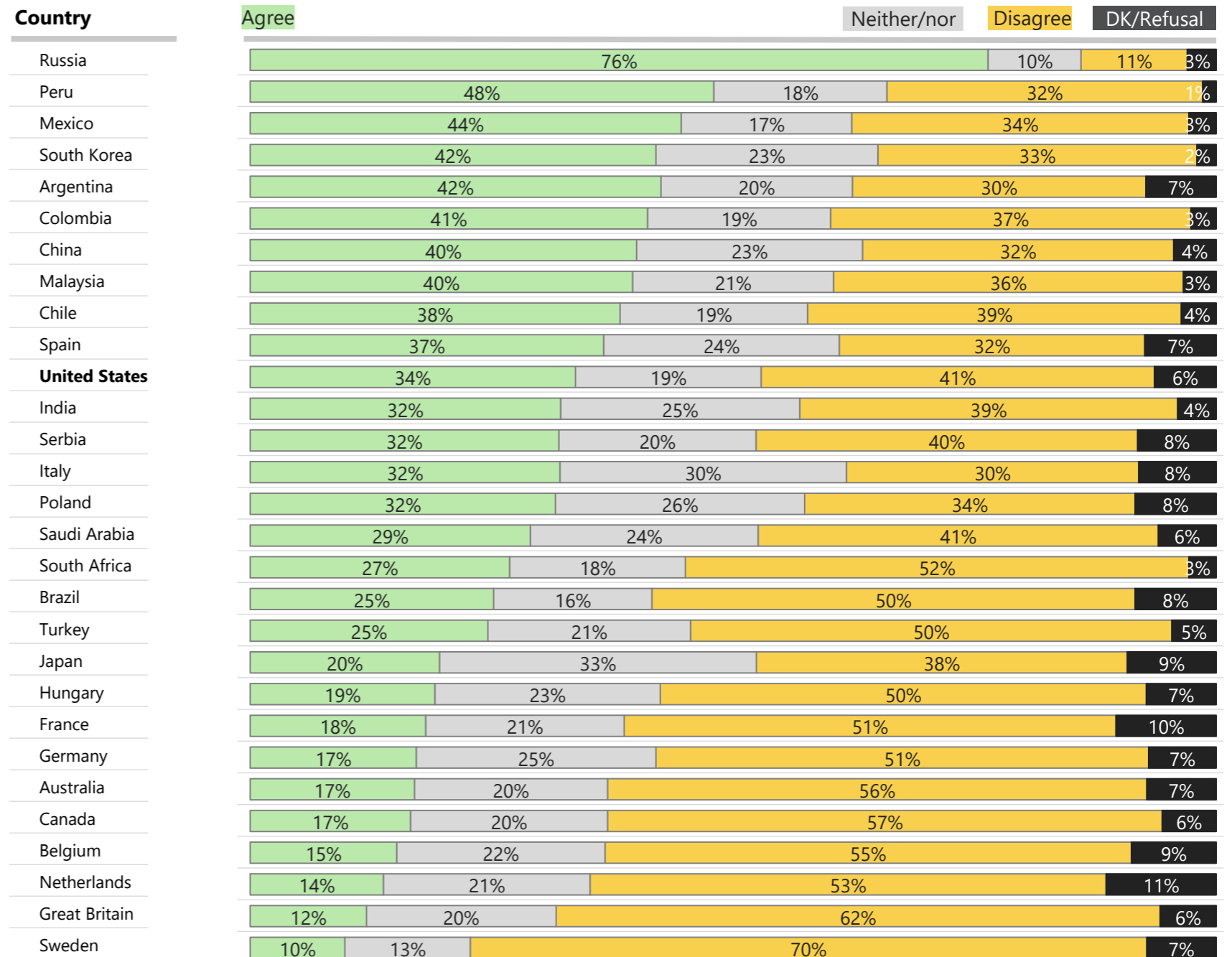


Base: 20,030 adults aged 16+ in 29 countries, between August 23 – September 6, 2019.

Q. To what extent , if at all, do you agree or disagree with the following statement?

Anyone with a history of mental illness should be excluded from public office

Western European countries are the least likely to agree that anyone with a history of mental illness should be excluded from public office. In Russia, three quarters of people agree with the statement.

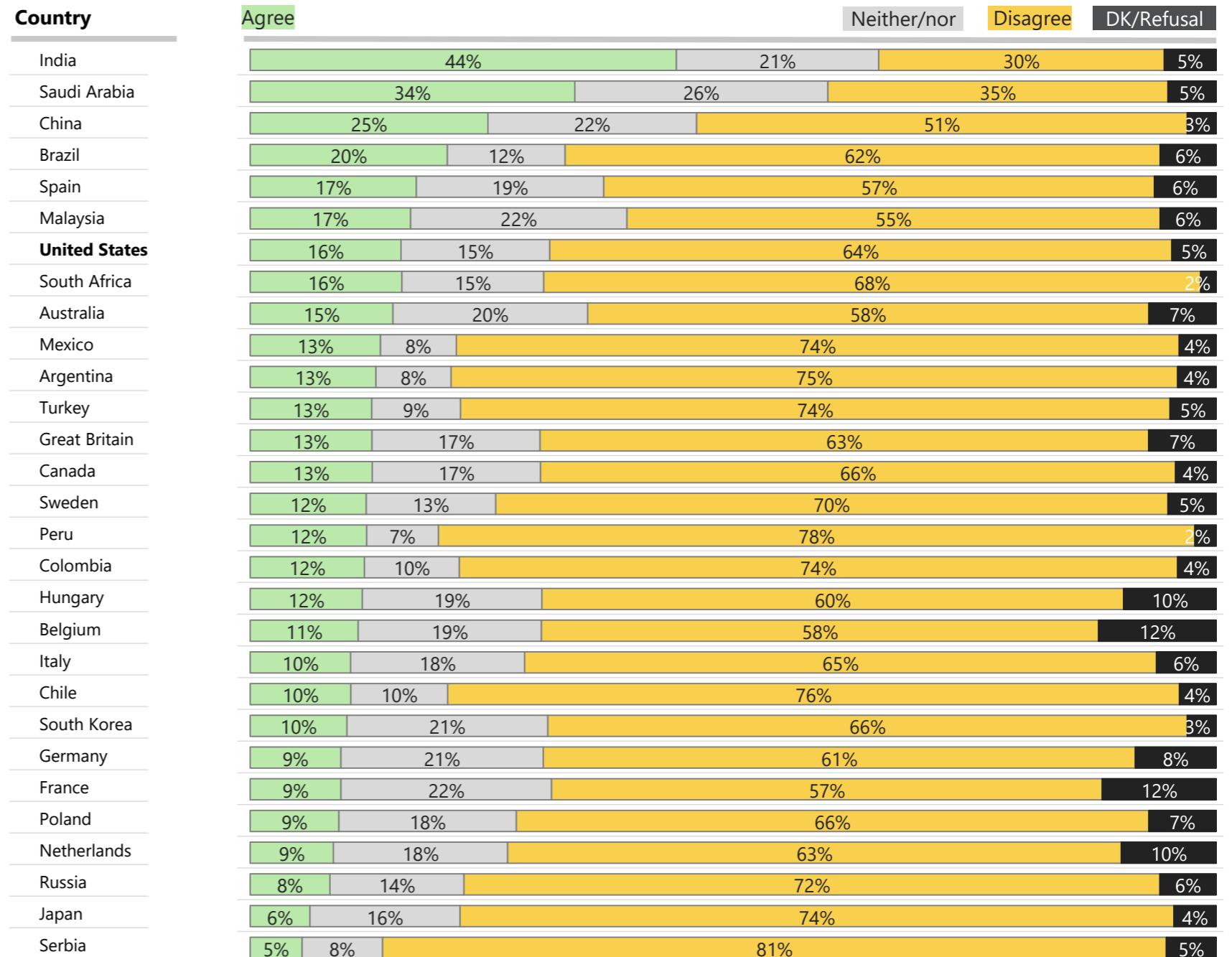


Base: 20,030 adults aged 16+ in 29 countries, between August 23 – September 6, 2019.

Q. To what extent , if at all, do you agree or disagree with the following statement?

Most adults diagnosed as having a mental health condition would get better over time without the help of doctors

People in India, Saudi Arabia are also the most likely to agree that most adults diagnosed as having a mental health condition would get better over time without the help of doctors.

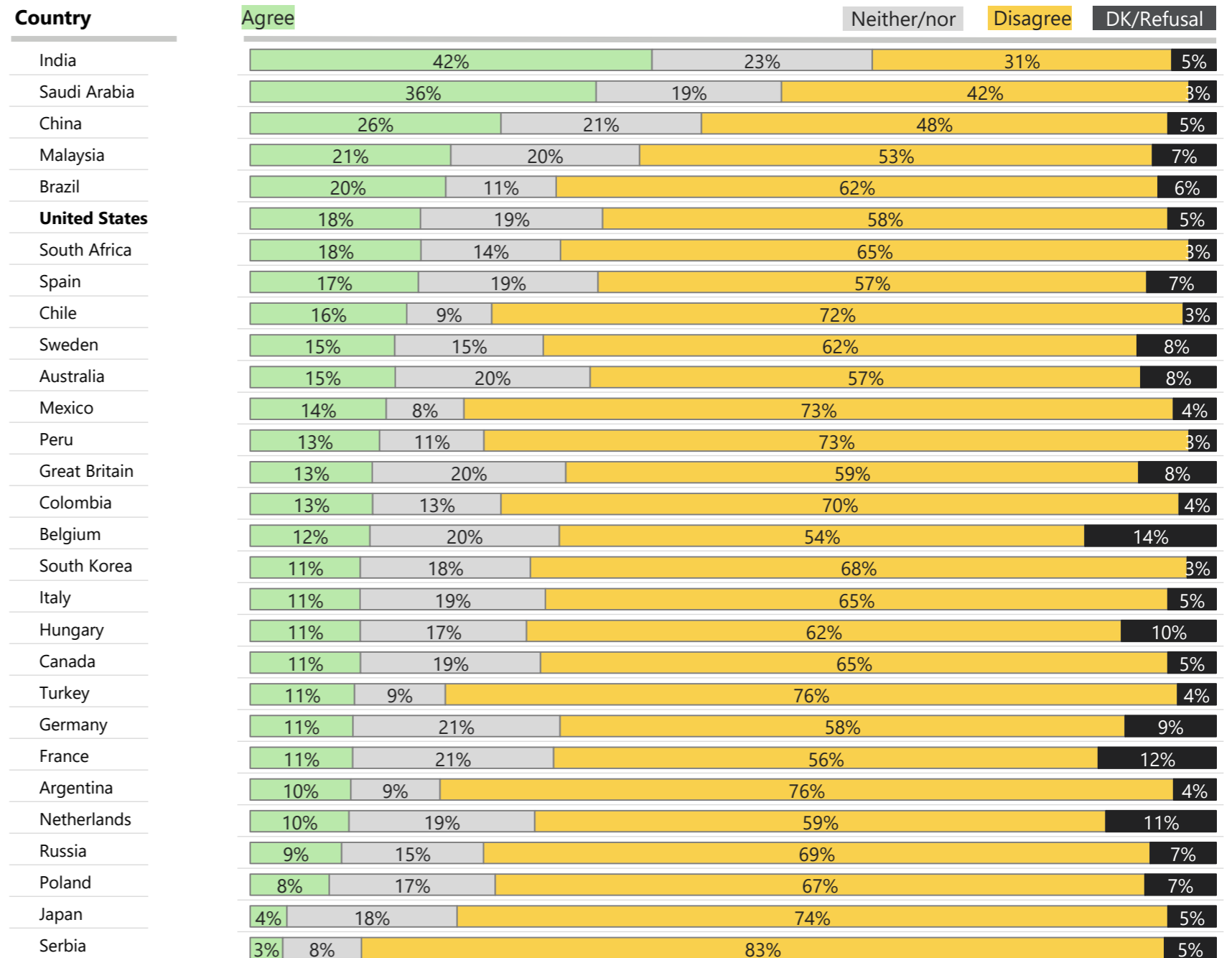


Base: 20,030 adults aged 16+ in 29 countries, between August 23 – September 6, 2019.

Q. To what extent , if at all, do you agree or disagree with the following statement?

Most children diagnosed as having a mental health condition would get better over time without the help of doctors

People in India, Saudi Arabia are also the most likely to agree that most children diagnosed as having a mental health condition would get better over time without the help of doctors.



Base: 20,030 adults aged 16+ in 29 countries, between August 23 – September 6, 2019.



METHODOLOGY

- These are the results of a survey conducted by Ipsos on the Global Advisor platform.
- Ipsos interviewed a total of 20,030 adults aged 18-74 in United States, Canada, Malaysia, South Africa, and Turkey, and 16-74 in 24 other countries on its Global Advisor online survey platform between August 23 and September 6, 2019.
- The sample consists of approximately 1,000 individuals in each of Australia, Brazil, Canada, China (mainland), France, Germany, Italy, Japan, Spain, Great Britain and the U.S., and 500 individuals in each of Argentina, Belgium, Chile, Colombia, Hungary, India, Malaysia, Mexico, the Netherlands, Peru, Poland, Russia, Saudi Arabia, South Africa, South Korea, Sweden and Turkey.
- The samples in Argentina, Australia, Belgium, Canada, France, Germany, Great Britain, Hungary, Italy, Japan, the Netherlands, Poland, Singapore, South Korea, Spain, Sweden, and the U.S. can be taken as representative of these countries' general adult population under the age of 75.
- The samples in Brazil, Chile, China (mainland), Colombia, India, Malaysia, Mexico, Peru, Russia, Saudi Arabia, South Africa and Turkey are more urban, more educated, and/or more affluent than the general population. The survey results for these countries should be viewed as reflecting the views of the more "connected" segment of these population.
- The data is weighted so that each country's sample composition best reflects the demographic profile of the adult population according to the most recent census data.
- Where results do not sum to 100 or the 'difference' appears to be +/-1 more/less than the actual, this may be due to rounding, multiple responses or the exclusion of don't knows or not stated responses.
- The precision of Ipsos online polls are calculated using a credibility interval with a poll of 1,000 accurate to +/- 3.5 percentage points and of 500 accurate to +/- 4.8 percentage points. For more information on the Ipsos use of credibility intervals, please visit the Ipsos website.



CONTACT



Chris Jackson

Vice President, US, Public Affairs

Ipsos

2020 K Street

Washington, DC 20006, USA

Email: Chris.Jackson@ipsos.com