

A large, stylized brain graphic in a teal color with white outlines of the gyri and sulci is centered in the background. Surrounding the brain are various decorative elements: several gears in orange, red, and teal, and various leaves and branches in teal, orange, and red. In the top left corner, there are diagonal stripes in teal and blue. The overall background is a light grey.

# **Spotlight\* KSA**

# **Views On Wellbeing**

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**October – 2021**

**GAME CHANGERS**

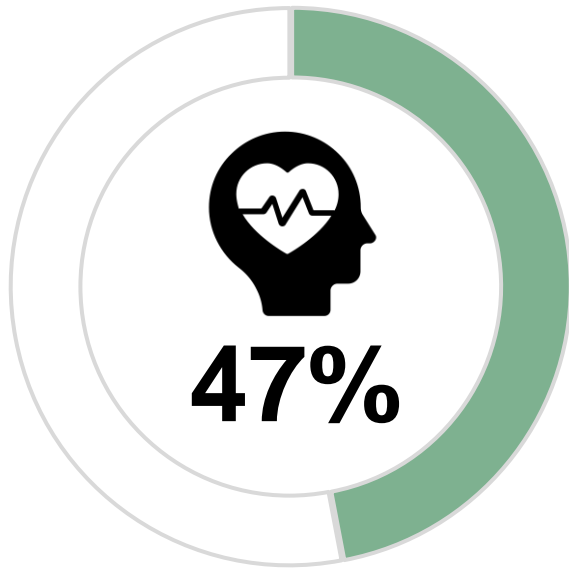




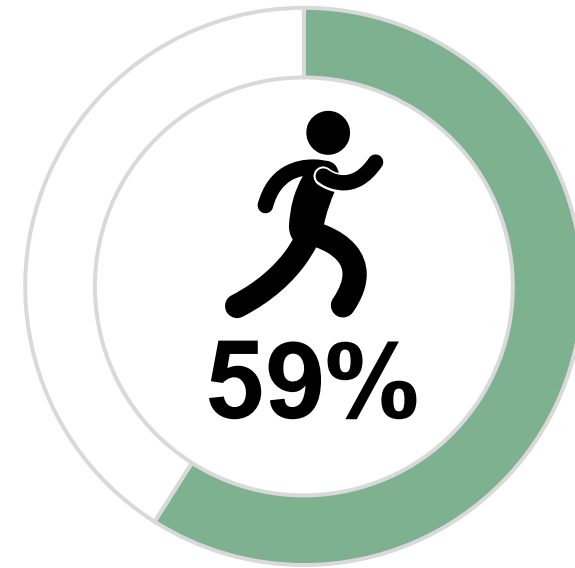
# Mental and Physical Wellbeing

# Frequency Of Thinking About Wellbeing

% Very or Fairly Often

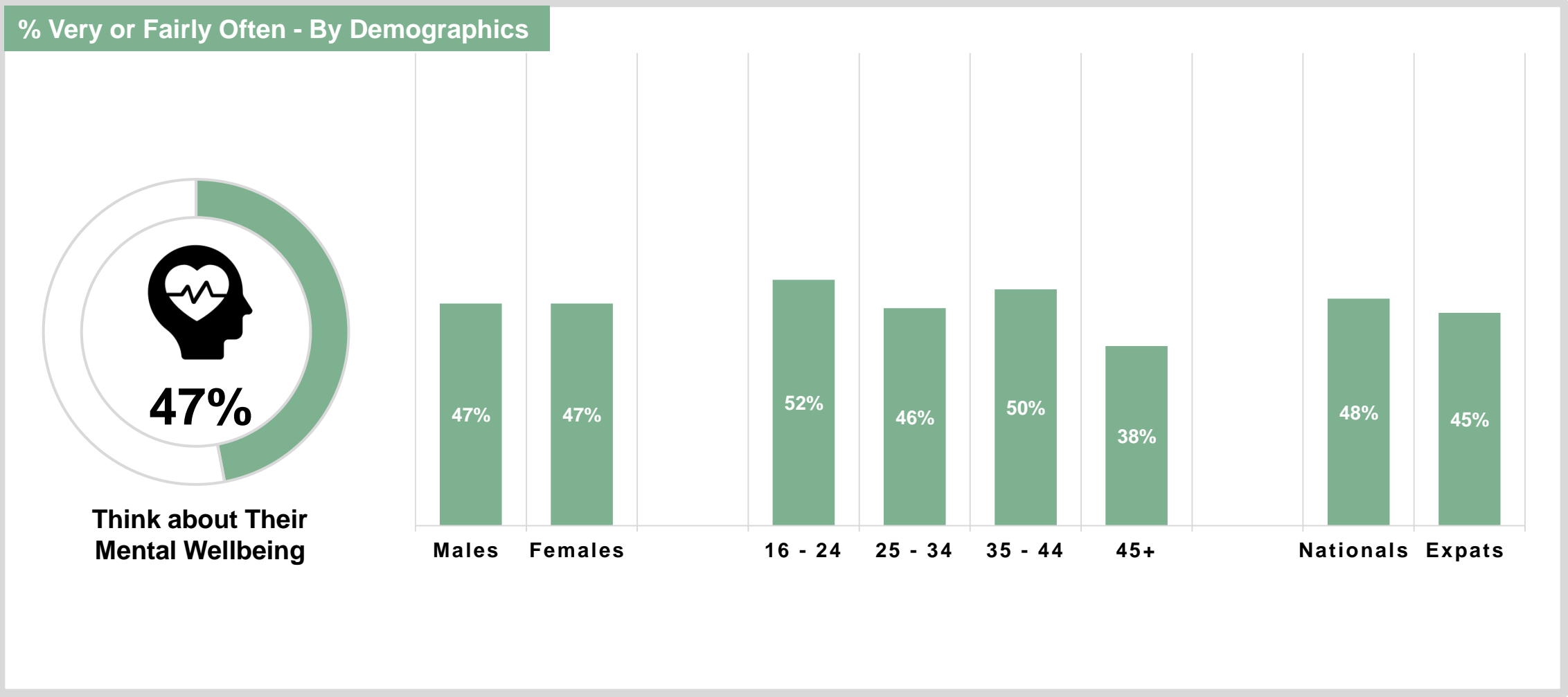


**Think About Their Mental Wellbeing**



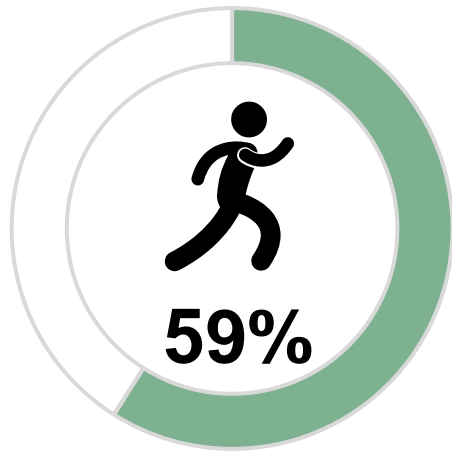
**Think About Their Physical Wellbeing**

# Frequency Of Thinking About Mental Wellbeing

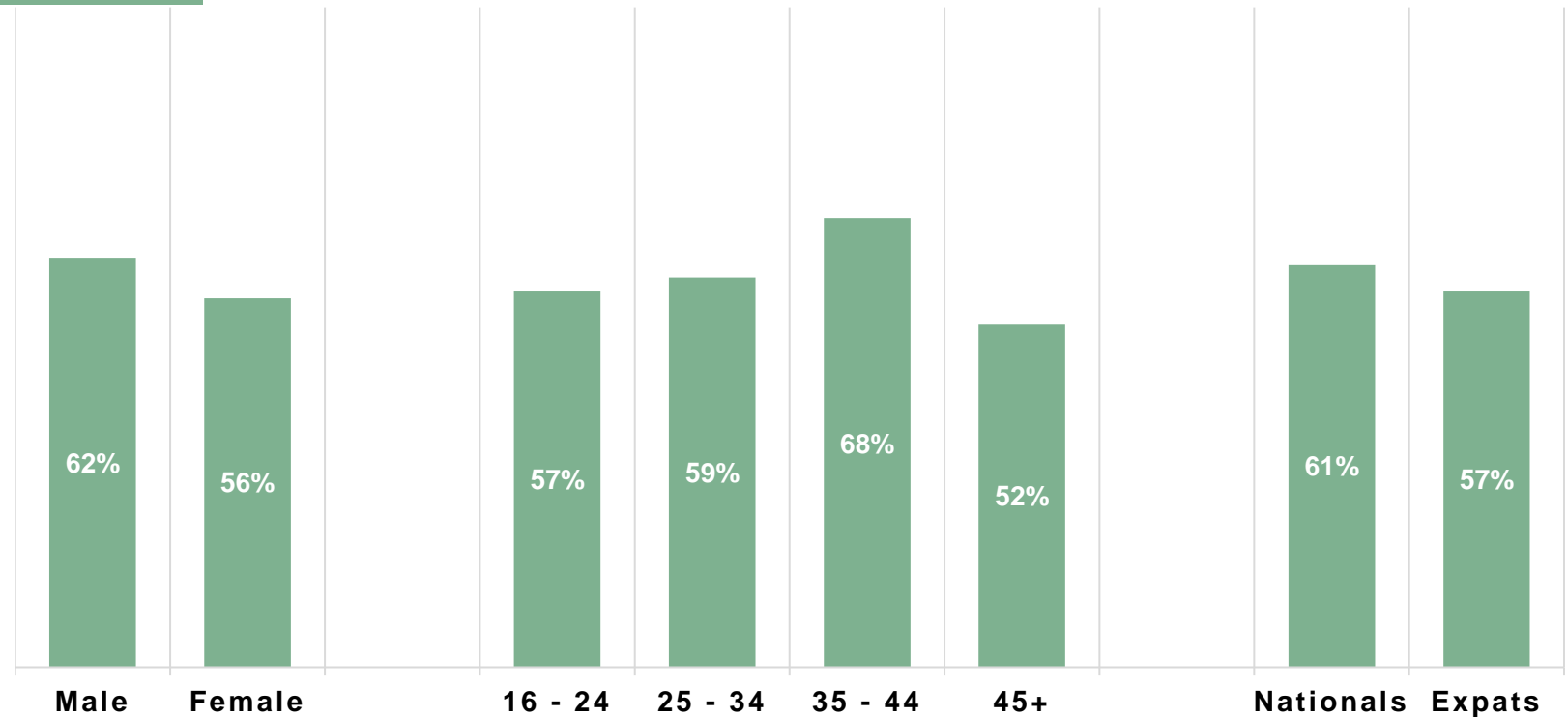


# Frequency Of Thinking About Physical Wellbeing

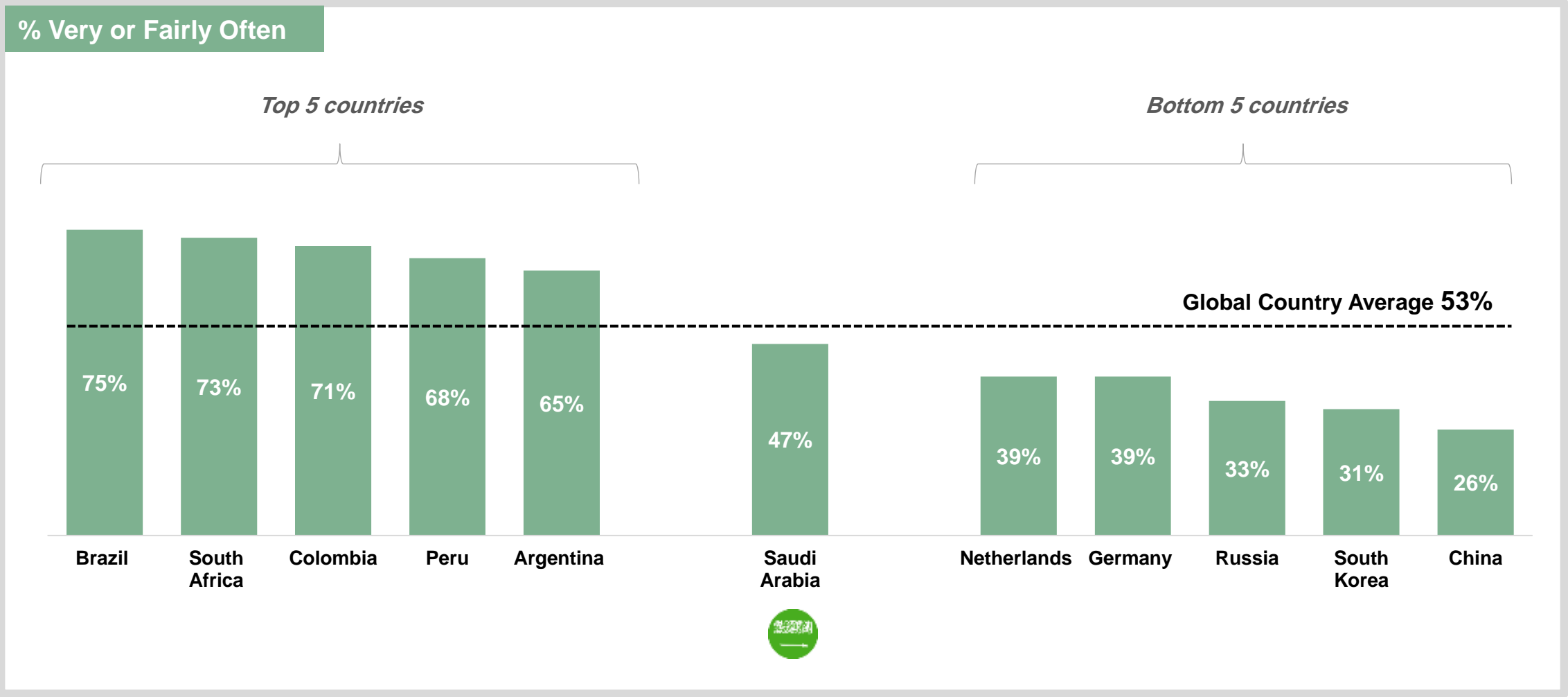
% Very or Fairly Often - By Demographics



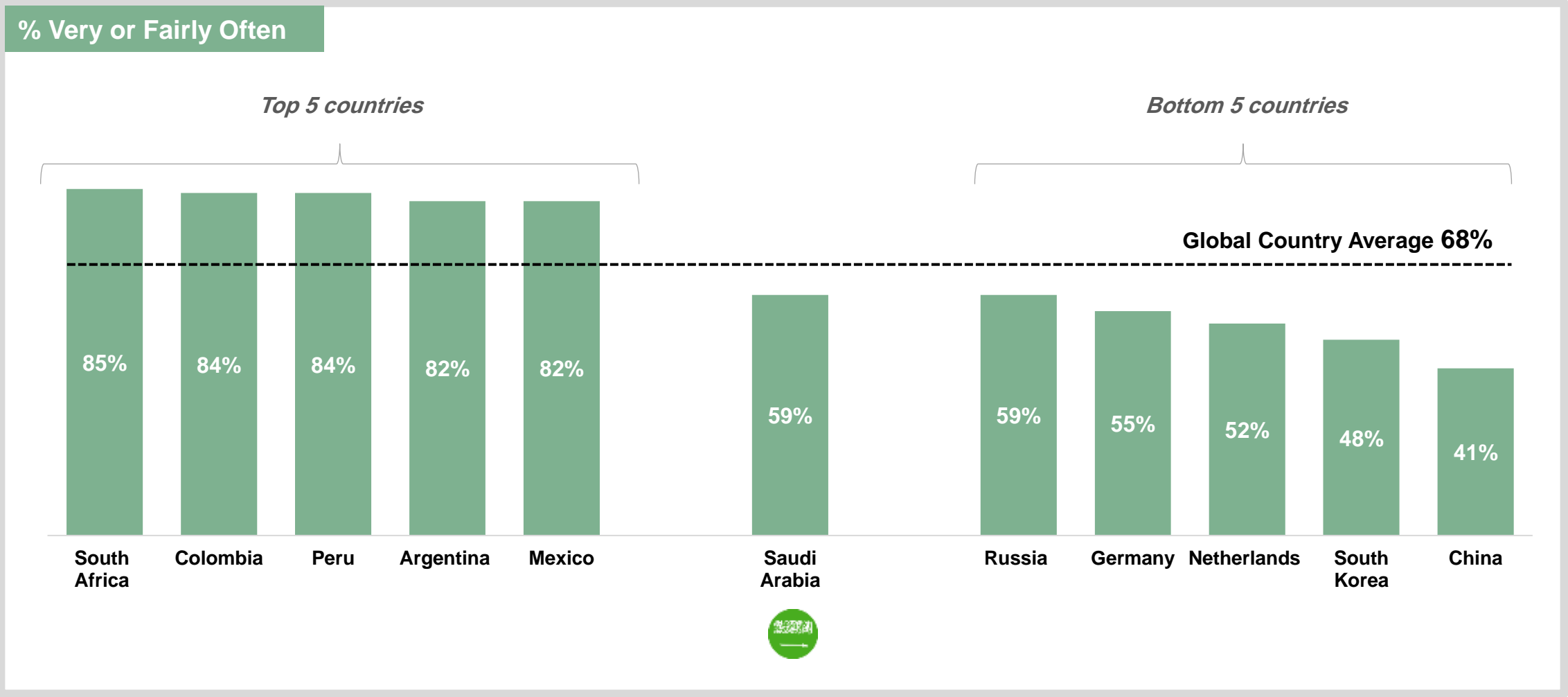
Think about Their  
Physical Wellbeing



# Frequency Of Thinking About Mental Wellbeing



# Frequency Of Thinking About Physical Wellbeing





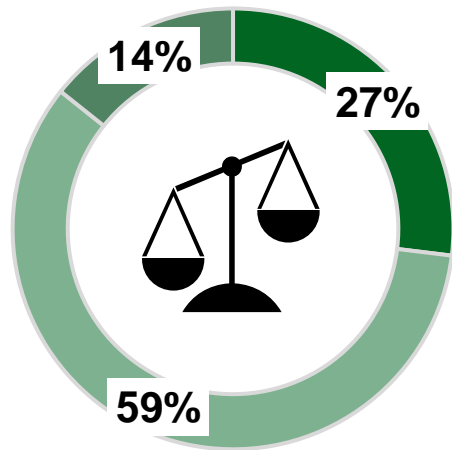


# Importance of Mental VS Physical Health

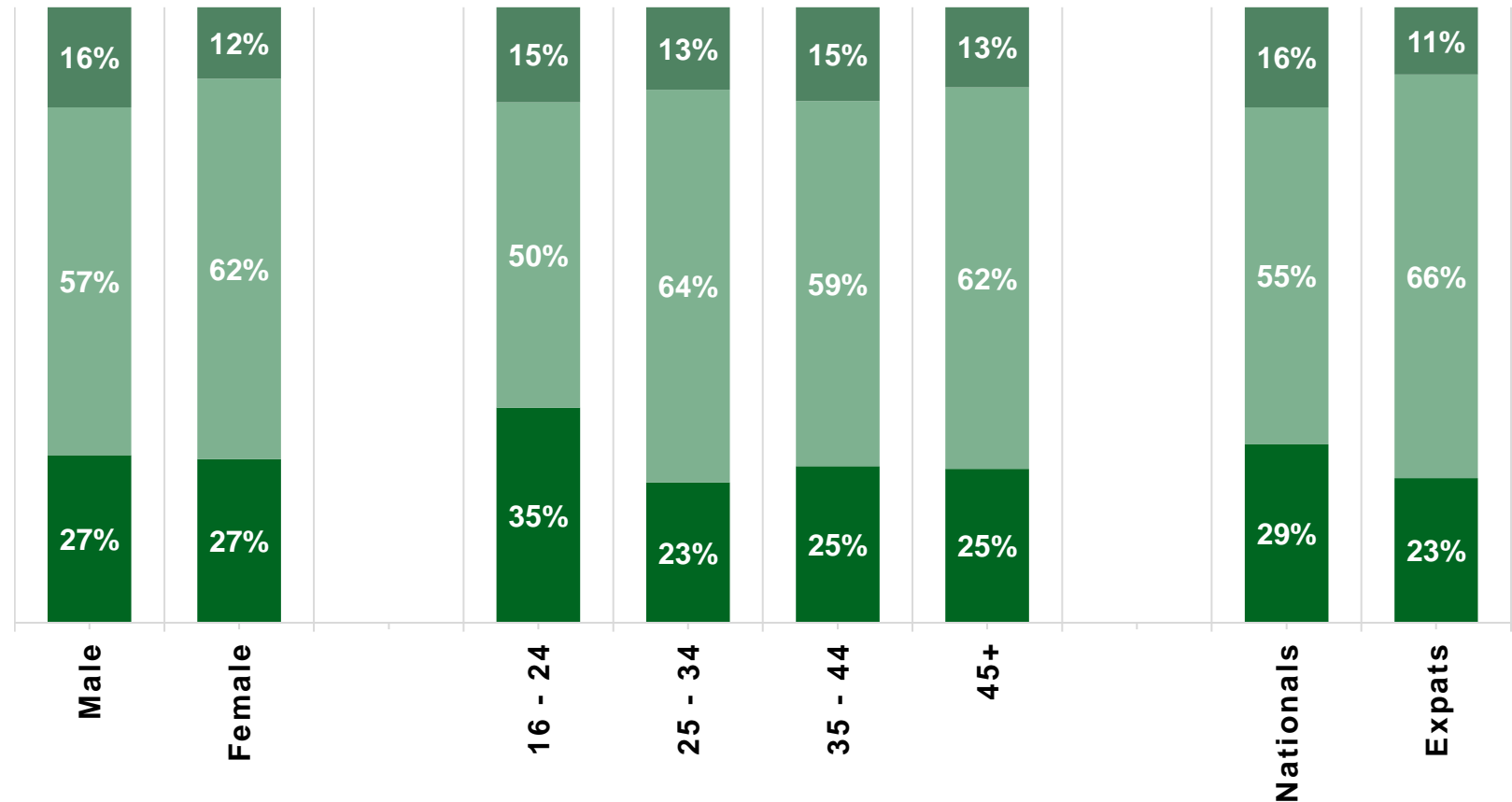


# Importance Of Mental Vs Physical Health

% By Demographics

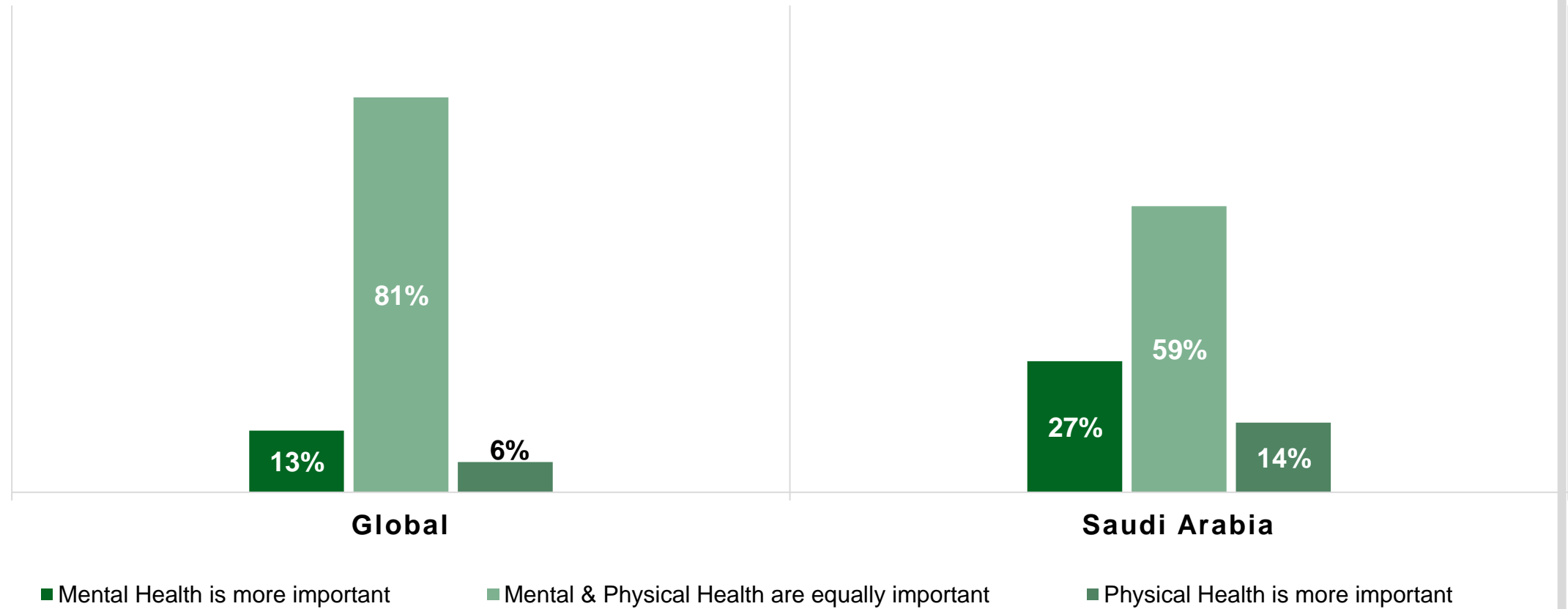


- Mental health is more important
- Mental & Physical health are equally important
- Physical health is more important



# Importance Of Mental Vs Physical Health

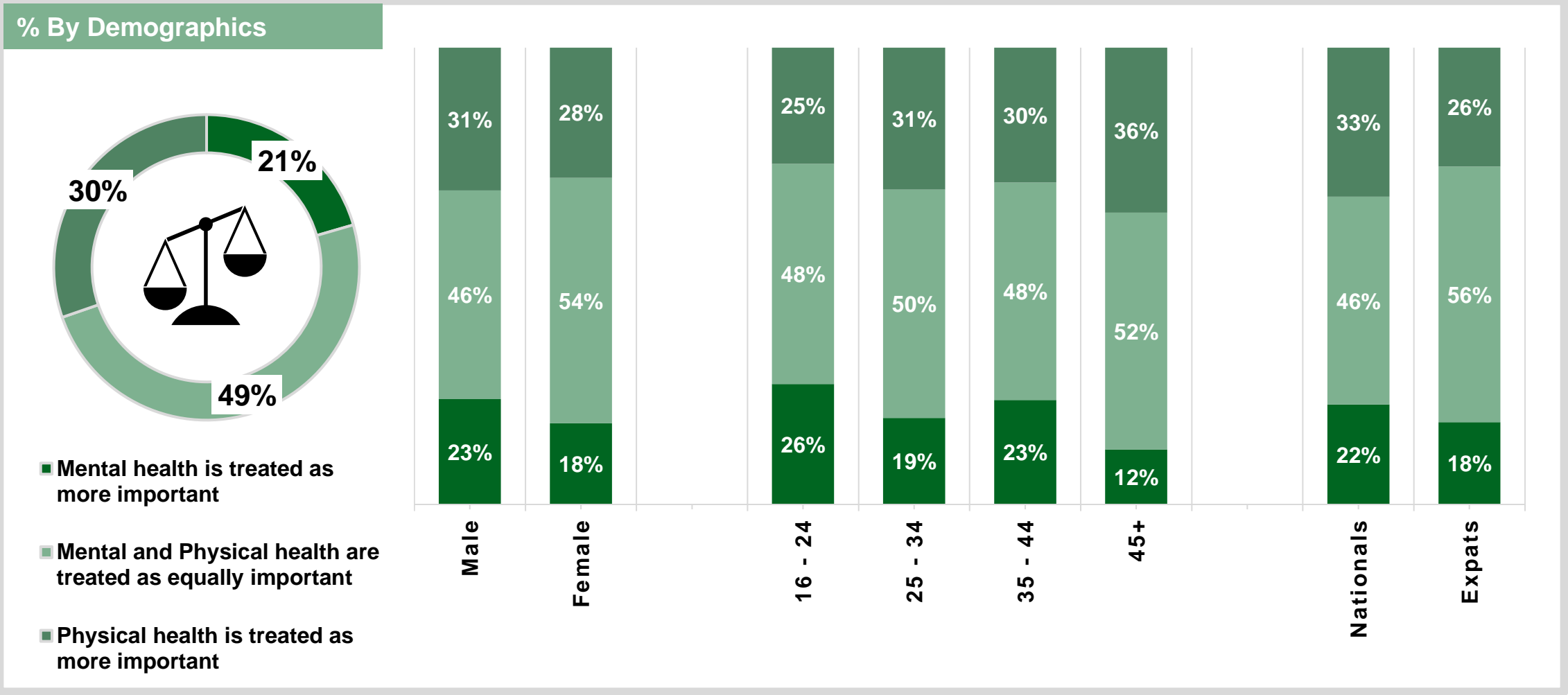
% Comparison – Global VS Saudi Arabia



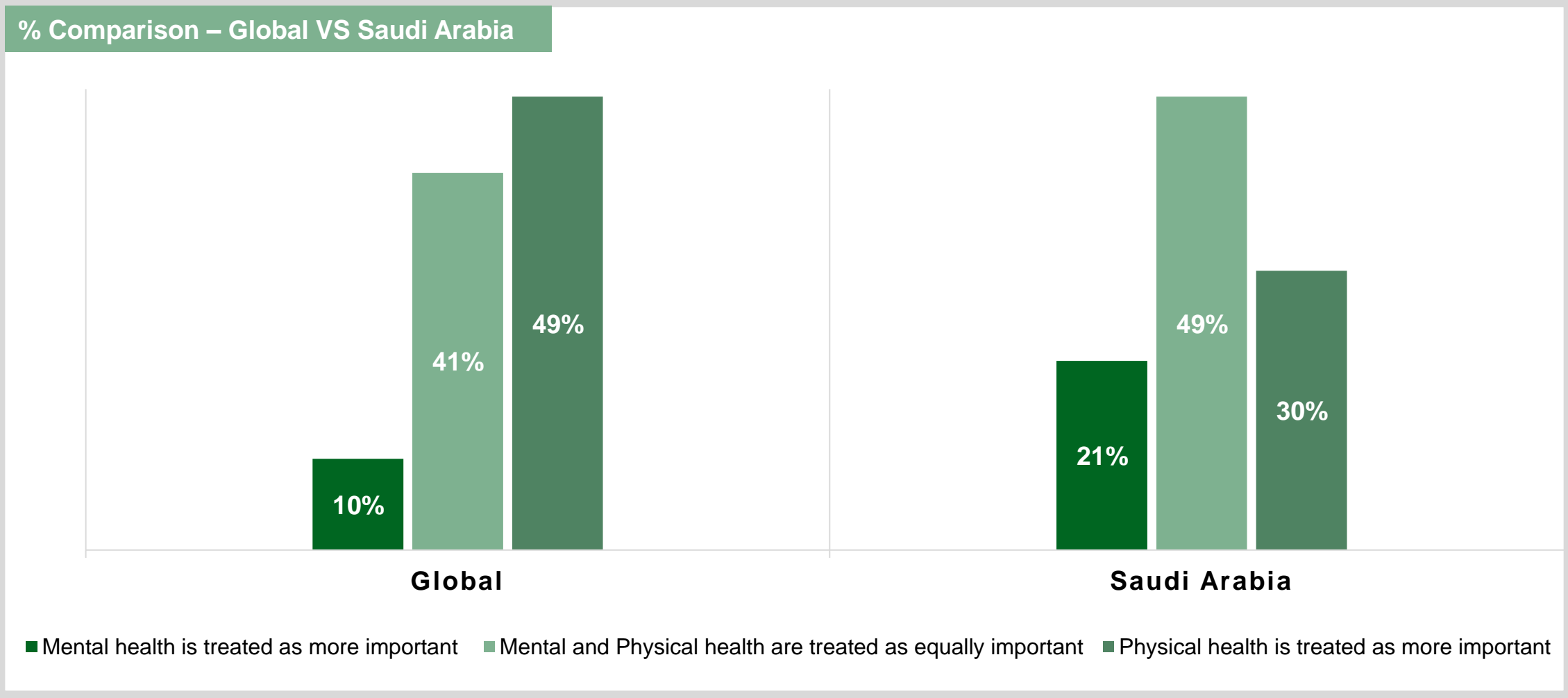


# Treatment Of Mental & Physical Health

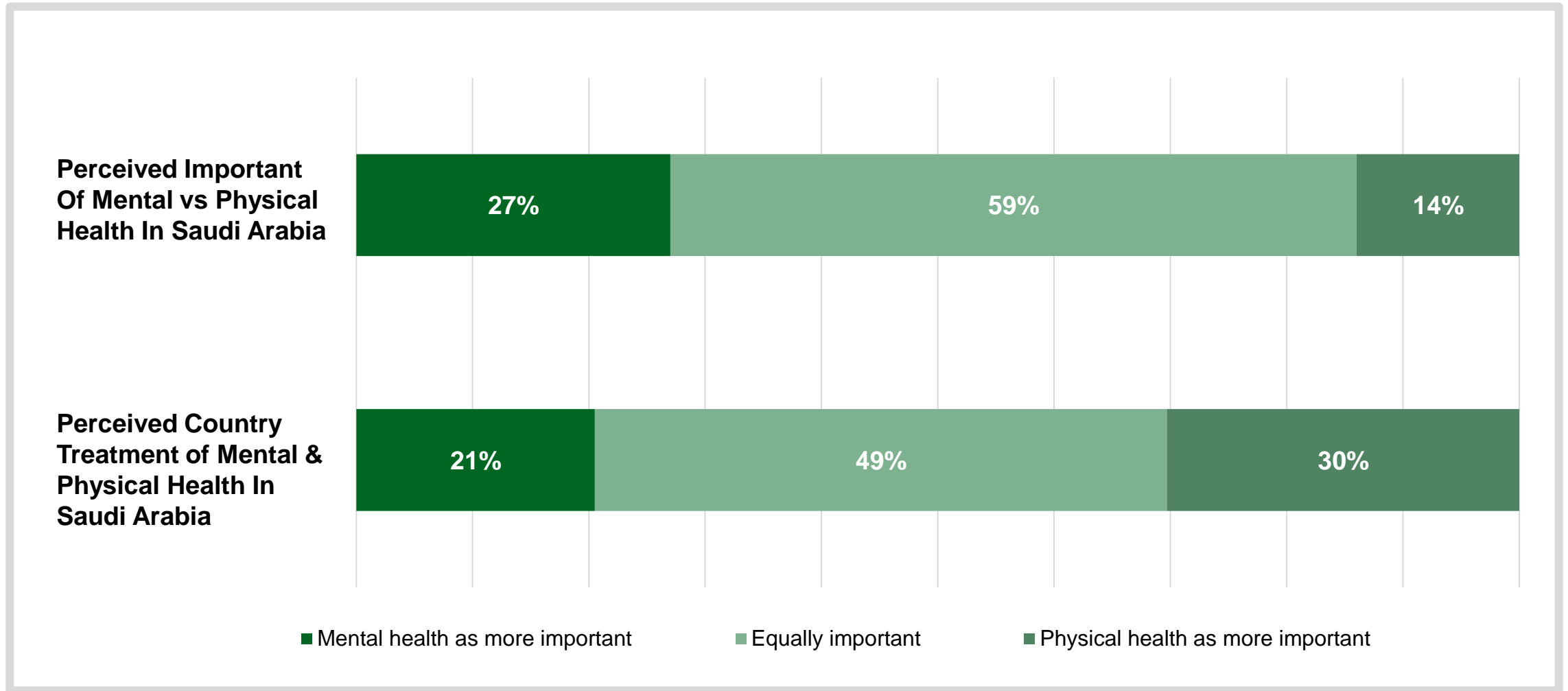
# Country Treatment Of Mental & Physical Health



# Country Treatment Of Mental & Physical Health



# Perceived Vs. Experienced Importance Of Health

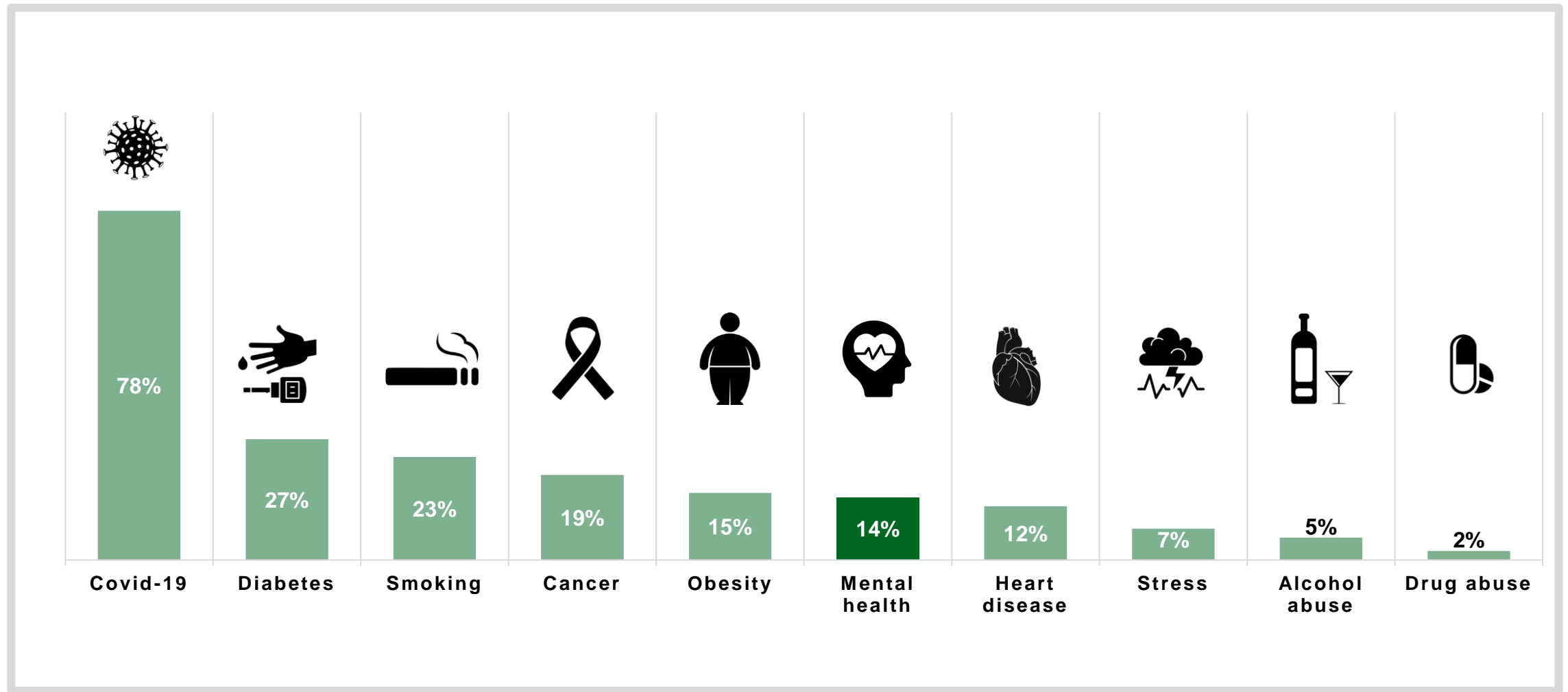






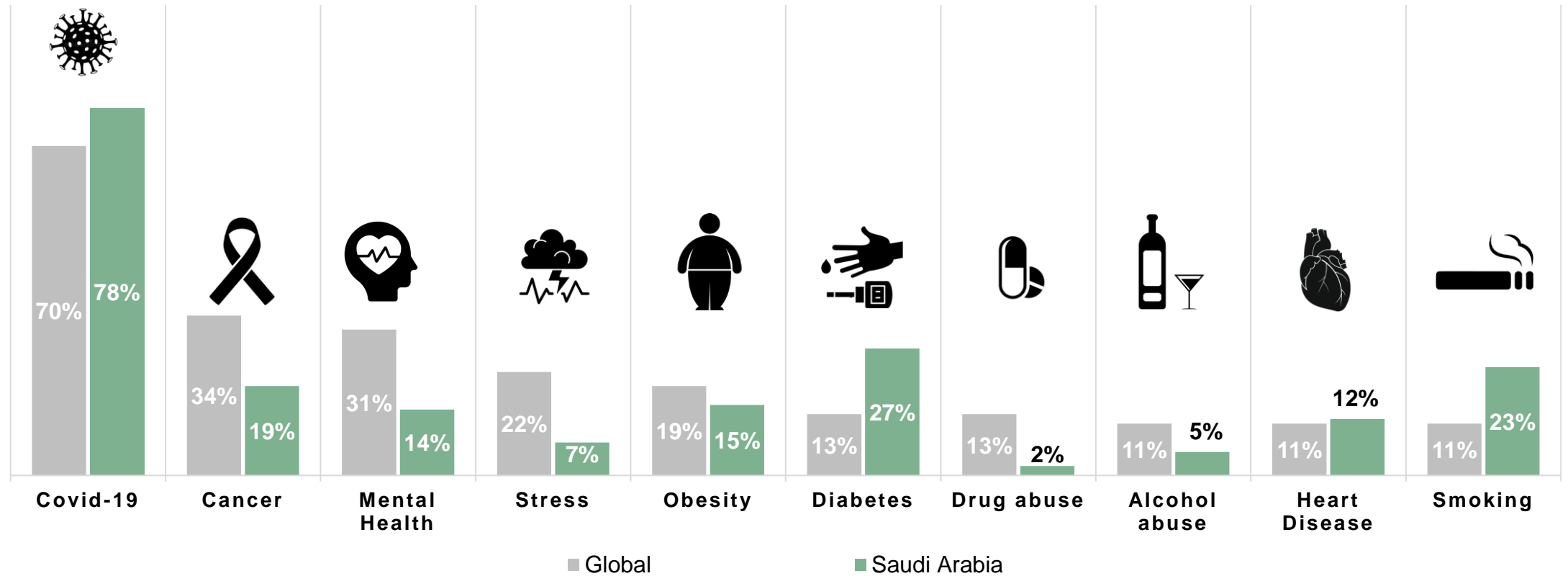
# Top 10 Health Concerns

# Top 10 Perceived Health Concerns



# Top 10 Perceived Health Concerns

## % Comparison – Global VS Saudi Arabia



# Methodology



## Sample Size

500 Interviews. Interviewed Individuals Are The General Public.



## Sample Criteria

The Survey Covered Saudis & Expats aged 16 years old and above, Males and Females.



## Methodology

The Survey Was Conducted Via The Ipsos Online Panel.



## Geographical Coverage

Conducted in Saudi Arabia, Across The Kingdom. Saudi Arabia was one of 29 countries included in the global survey.

A stylized illustration of a human brain in the center, rendered in a teal color with white outlines of the gyri and sulci. Surrounding the brain are various decorative elements: several interlocking gears in orange, red, and teal, and various types of leaves and branches in teal, orange, and red. In the top-left corner, there are two thick diagonal stripes, one teal and one purple. The background is a light grey.

## For More Information:

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