

WORLD MENTAL HEALTH DAY 2022

A Global Advisor survey 29 SEPT

October 2022

EMBARGO: Wednesday 5 October 2022, 11am UTC+1

GAME CHANGERS



SUMMARY OF GLOBAL FINDINGS

58%



on average say they “often” think about their own mental wellbeing.

This ranges from:

82% in Portugal
to **33%** in China

76%



on average say that mental health and physical health are equally important...

This view travels across borders; it is shared by more than 7/10 people in

30 out of 34 countries.

...but 33%

on average say that they are treated as such by their local healthcare system.

41% say physical health is given **more priority** (vs. 12% who say the same about mental health).

Mental Health
now ranks **2nd** among global health concerns.

Up 5 points from 2021, it has overtaken cancer in the ranking of the biggest health problems facing nations.



The impact of stress on daily life

was experienced by **63%** of respondents globally. **41%** of people under 35 experienced it “several times”.

SUMMARY OF AUSTRALIAN FINDINGS

54%



on average say they “often” think about their own mental wellbeing.

72%



on average say they “often” think about their own physical wellbeing.

73%



on average say that mental health and physical health are equally important...

...but 31%

on average say that they are treated as such by their local healthcare system.

45% say physical health is given **more priority** (vs. 13% who say the same about mental health).



The impact of stress on daily life

was experienced by 59% of Australian respondents. **Females (40%)** and **people under 35 (44%)** were most likely to experience it “several times”.

THE CONTEXT:

WHERE DOES MENTAL HEALTH RANK AS A HEALTH CONCERN?

HEALTH PROBLEMS: GLOBAL OVERVIEW

Thinking generally, which of the following, if any, do you see as the biggest health problems facing people in your country today?

Mental health has seen a 5 point increase from 2021, surpassing cancer for the first time to become the second biggest health concern globally.

Read and download the [Global Health Service Monitor – 2022](#) for further details.

		2018	2020	2021
Coronavirus/Covid-19	47%	N/A	72%	70%
Mental Health	36%	27%	26%	31%
Cancer	34%	52%	37%	34%
Stress	26%	25%	21%	22%
Obesity	22%	33%	18%	19%
Diabetes	16%	22%	13%	13%
Drug abuse	16%	23%	12%	13%
Alcohol abuse	13%	18%	10%	11%
Heart disease	13%	17%	12%	11%
Smoking	11%	15%	8%	9%
Dementia	5%	7%	4%	4%
Hospital superbugs	3%	3%	3%	2%
Sexually transmitted diseases (STDs)	3%	7%	3%	2%
Other	2%	1%	1%	1%

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01

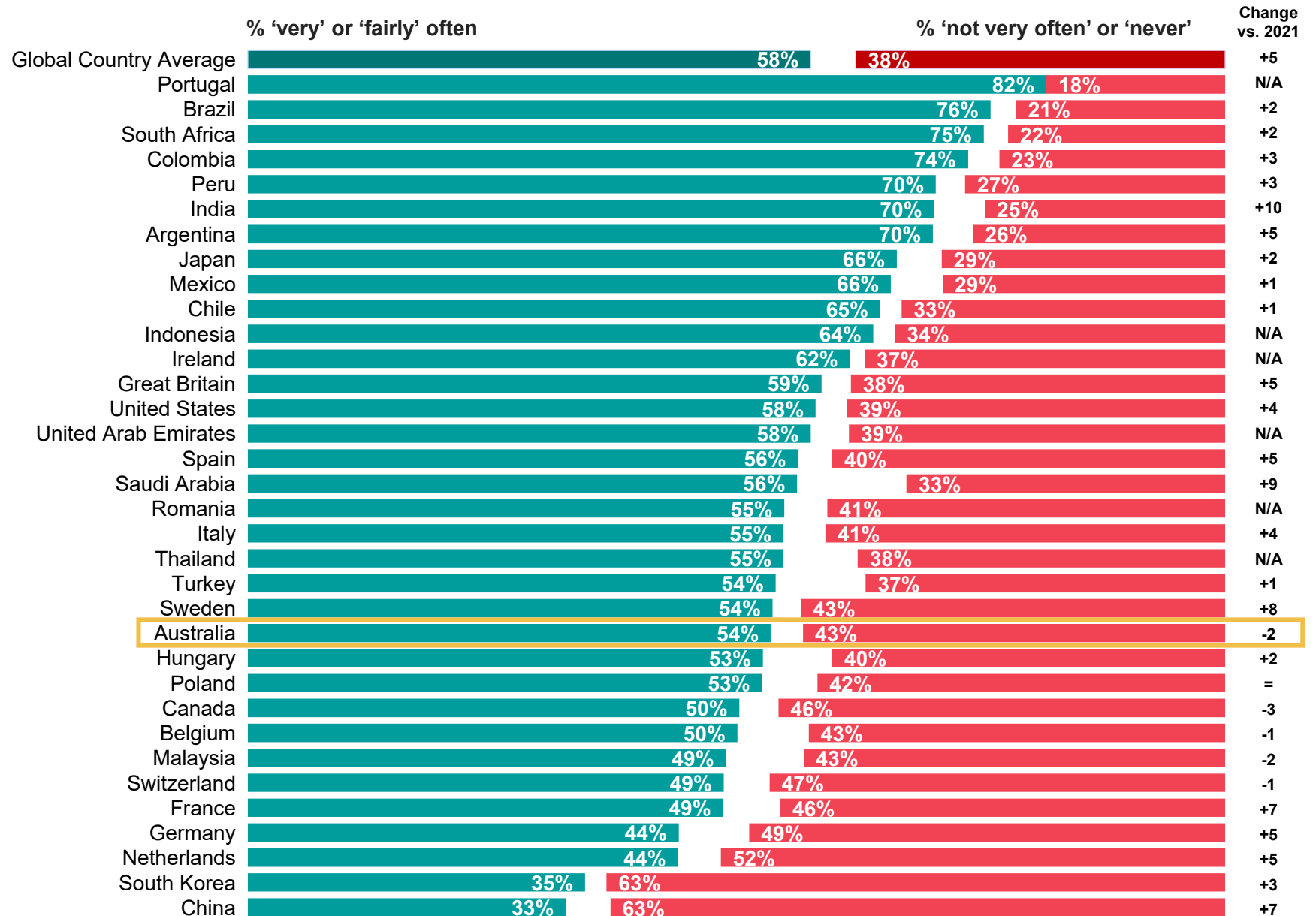
THINKING ABOUT OUR MENTAL AND PHYSICAL WELLBEING

MENTAL WELLBEING

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

A majority globally report that they think “very” or “fairly” often about their mental wellbeing, up 5 points from 2021.

A majority of countries have recorded an increase this year in the proportion of people reporting this.



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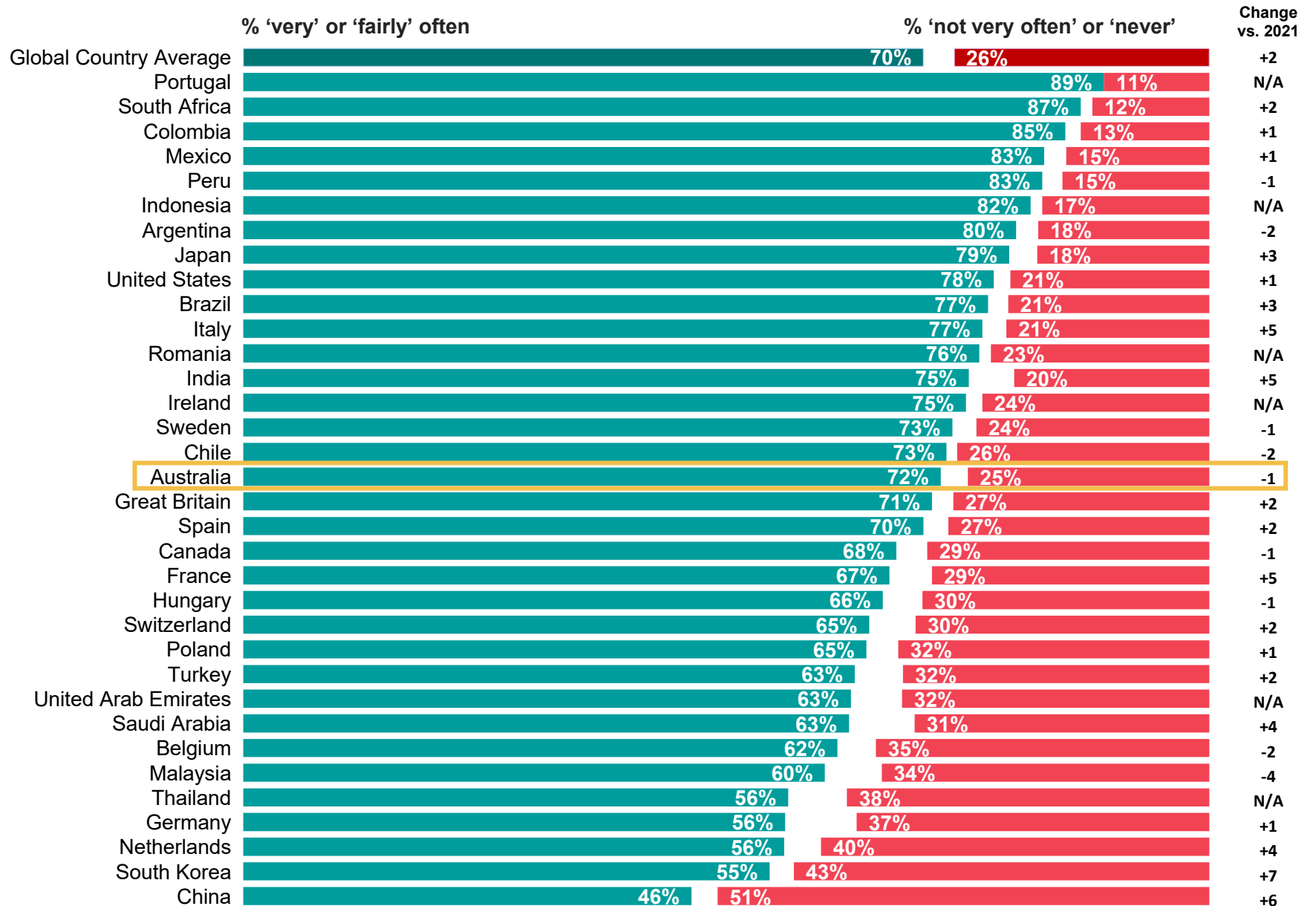
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PHYSICAL WELLBEING

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

The proportion of people regularly thinking about their physical wellbeing is 12 points larger than the proportion of those regularly thinking about their mental wellbeing



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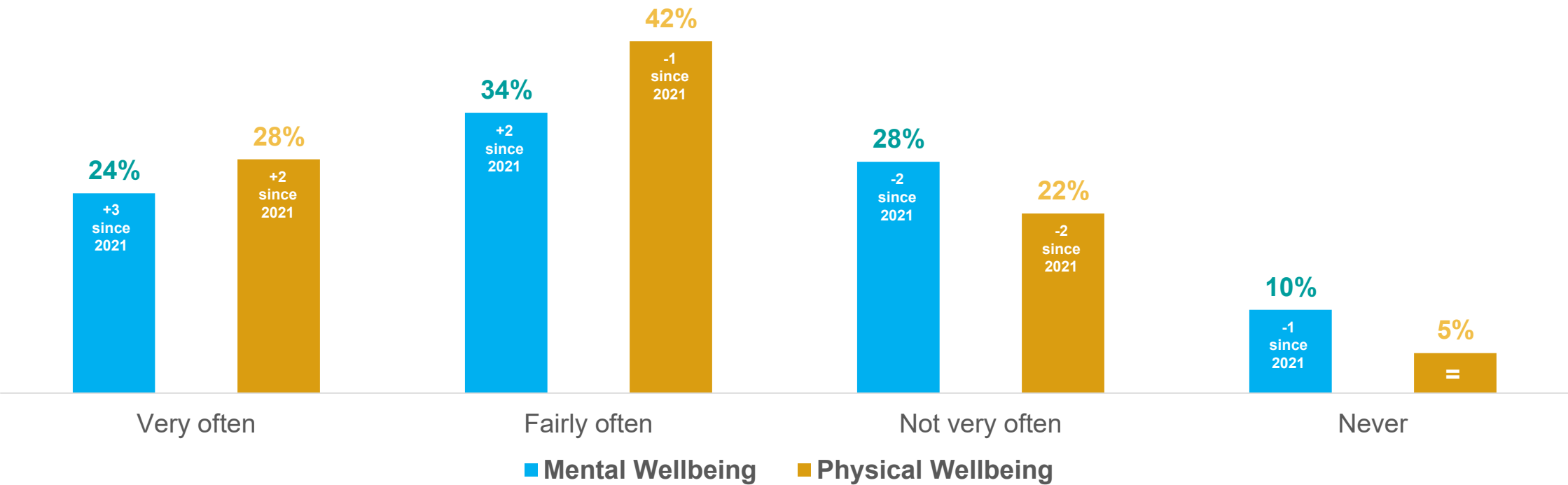
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COMPARISON: HOW OFTEN, IF AT ALL, WOULD YOU SAY YOU THINK ABOUT YOUR OWN MENTAL/PHYSICAL WELLBEING?

Physical wellbeing is more at the forefront of people’s minds.

Global Country Average

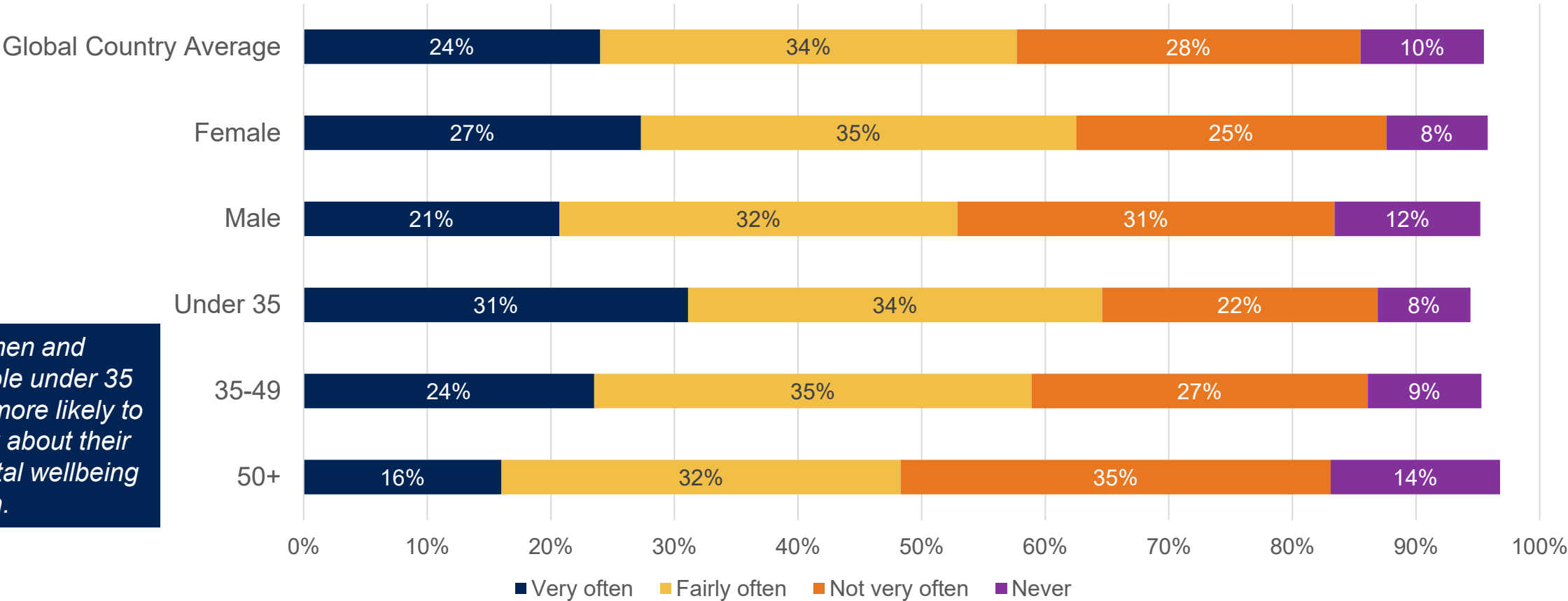


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DEMOGRAPHIC DIFFERENCES: MENTAL WELLBEING

How often do you think about your own mental wellbeing?



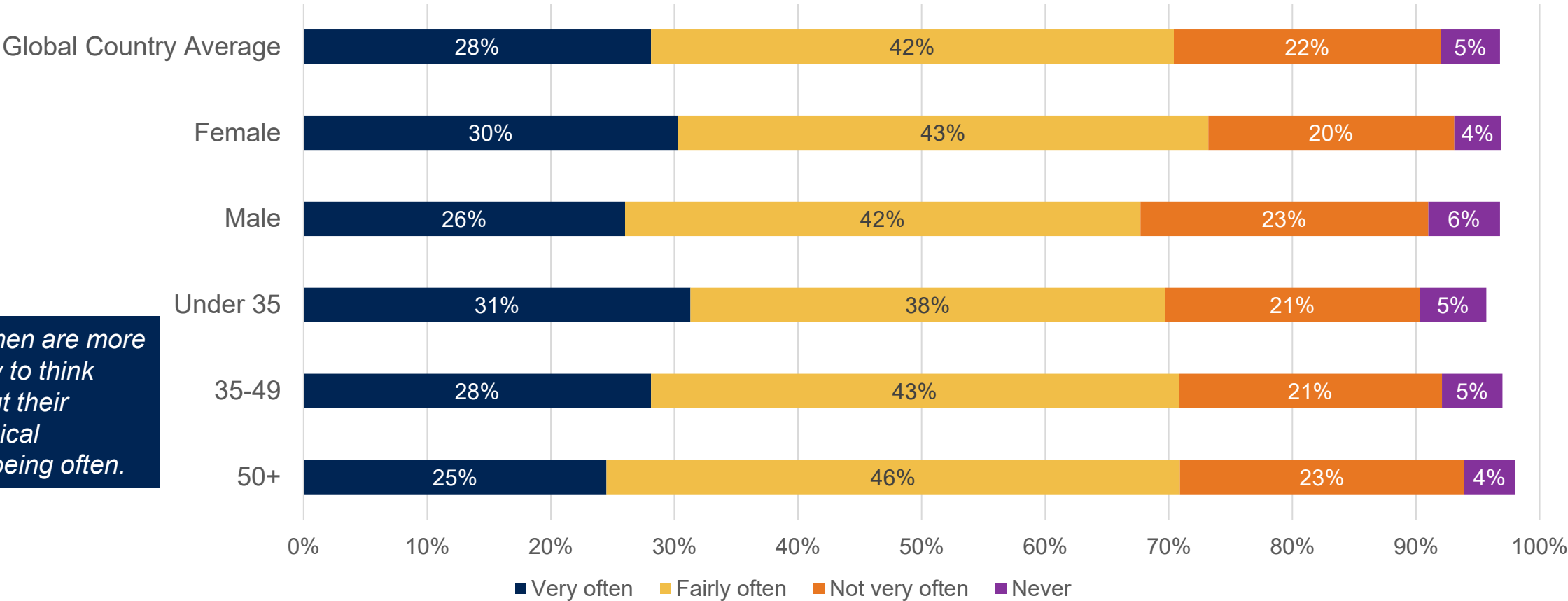
Women and people under 35 are more likely to think about their mental wellbeing often.

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DEMOGRAPHIC DIFFERENCES: PHYSICAL WELLBEING

How often do you think about your own physical wellbeing?



Women are more likely to think about their physical wellbeing often.

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02

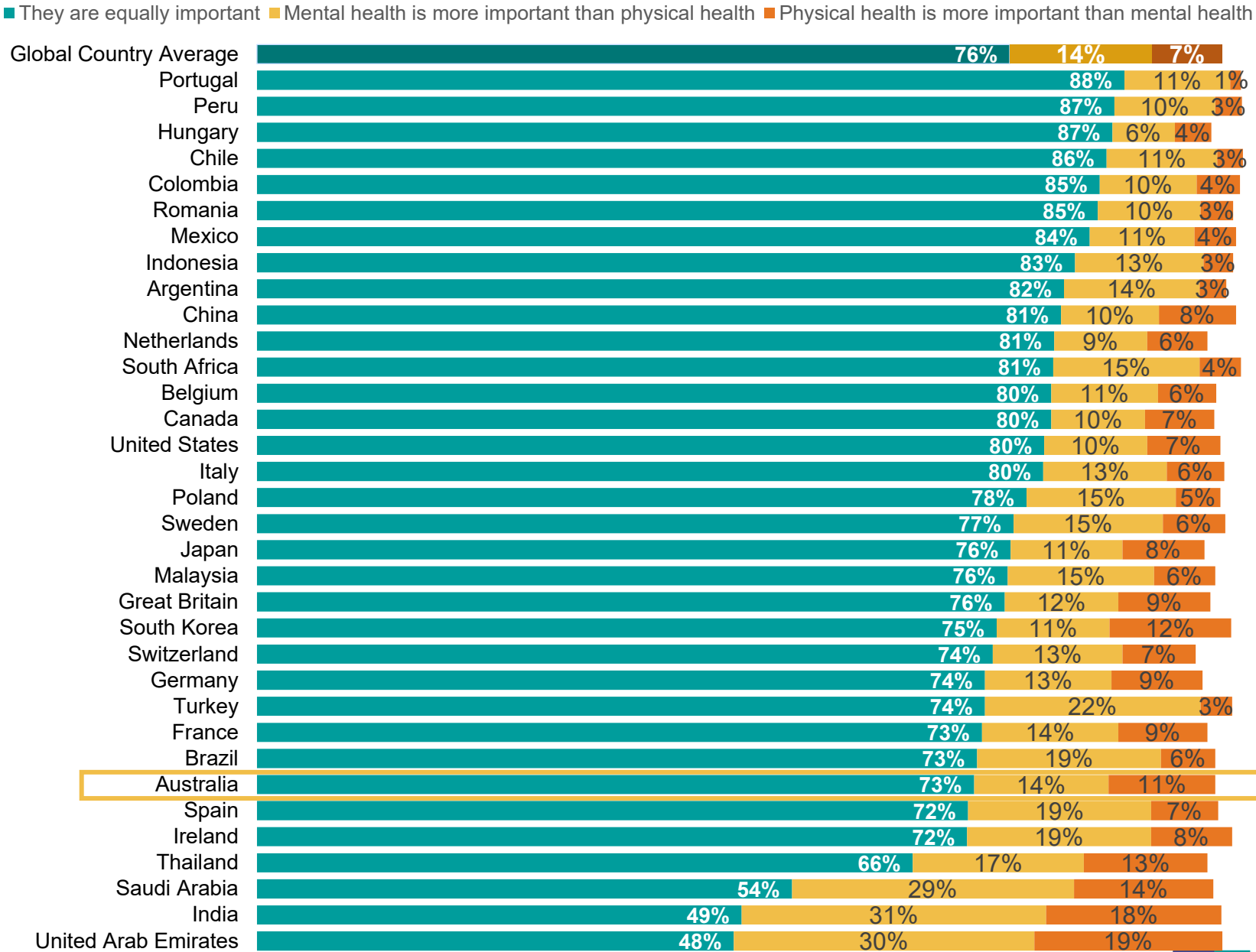
MENTAL AND PHYSICAL HEALTH – WHICH TAKES PRIORITY?

RELATIVE IMPORTANCE OF OWN MENTAL AND PHYSICAL HEALTH

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

A majority in 32 out of 34 countries rate mental and physical health as equally important.

Those who don't think they are equally important are more inclined to view mental health as the greater priority.



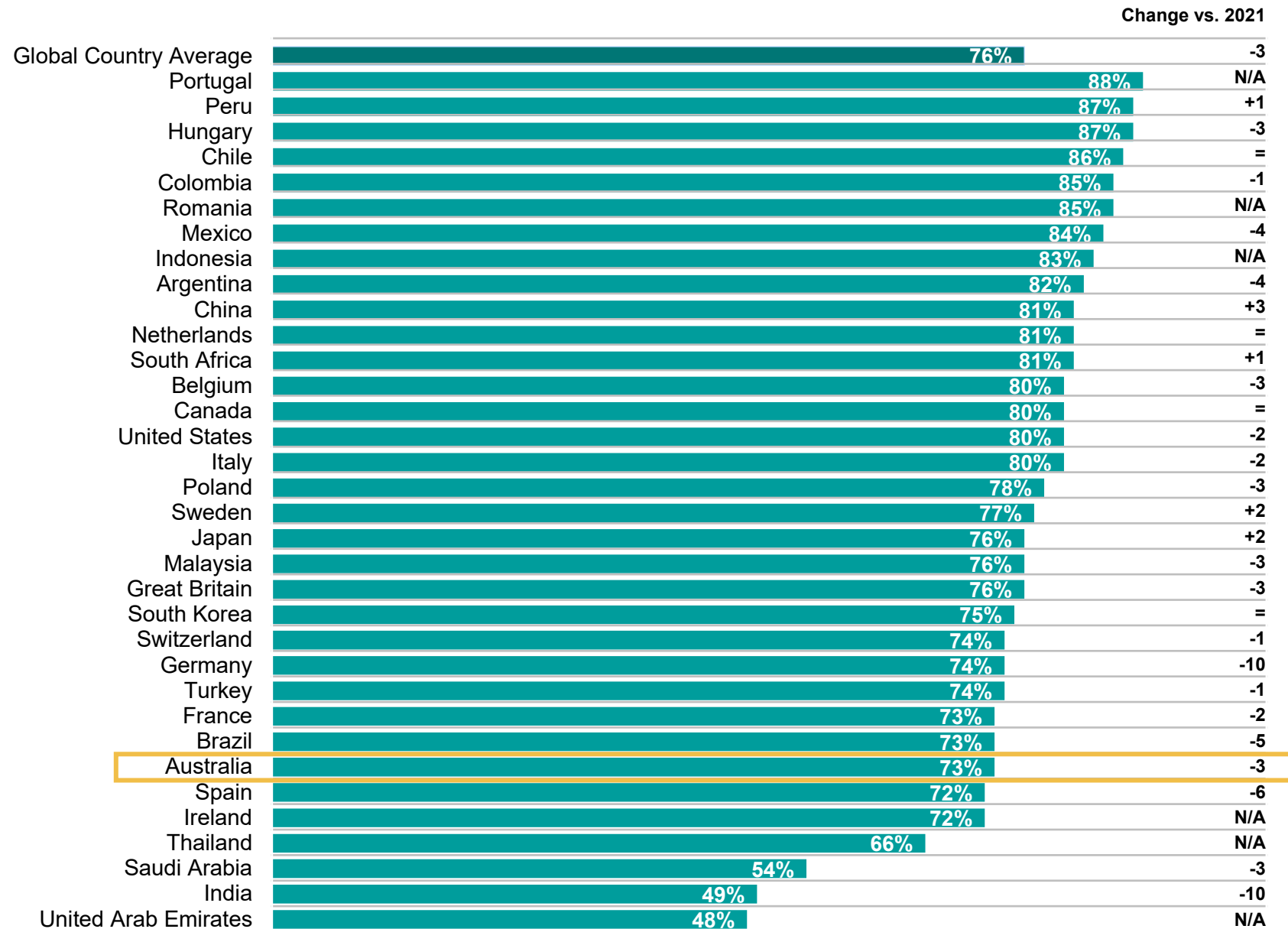
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OWN MENTAL AND PHYSICAL HEALTH “EQUALLY IMPORTANT”

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

The proportion of those who say mental and physical health are equally important remains fairly stable at 76% (-3 pts vs. 2021). We see a more marked decrease in Germany, India (both -10) and Spain (-6).



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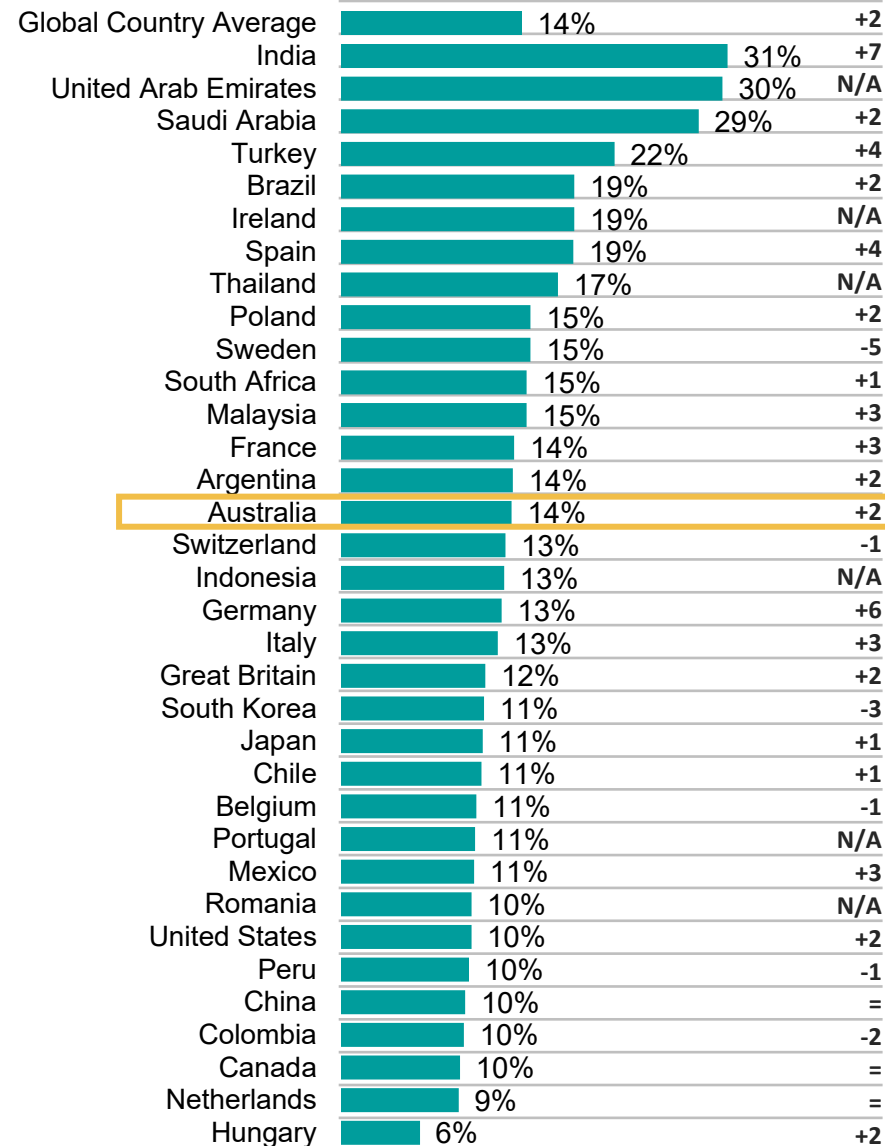
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OWN “MENTAL” VS. “PHYSICAL” HEALTH MORE IMPORTANT

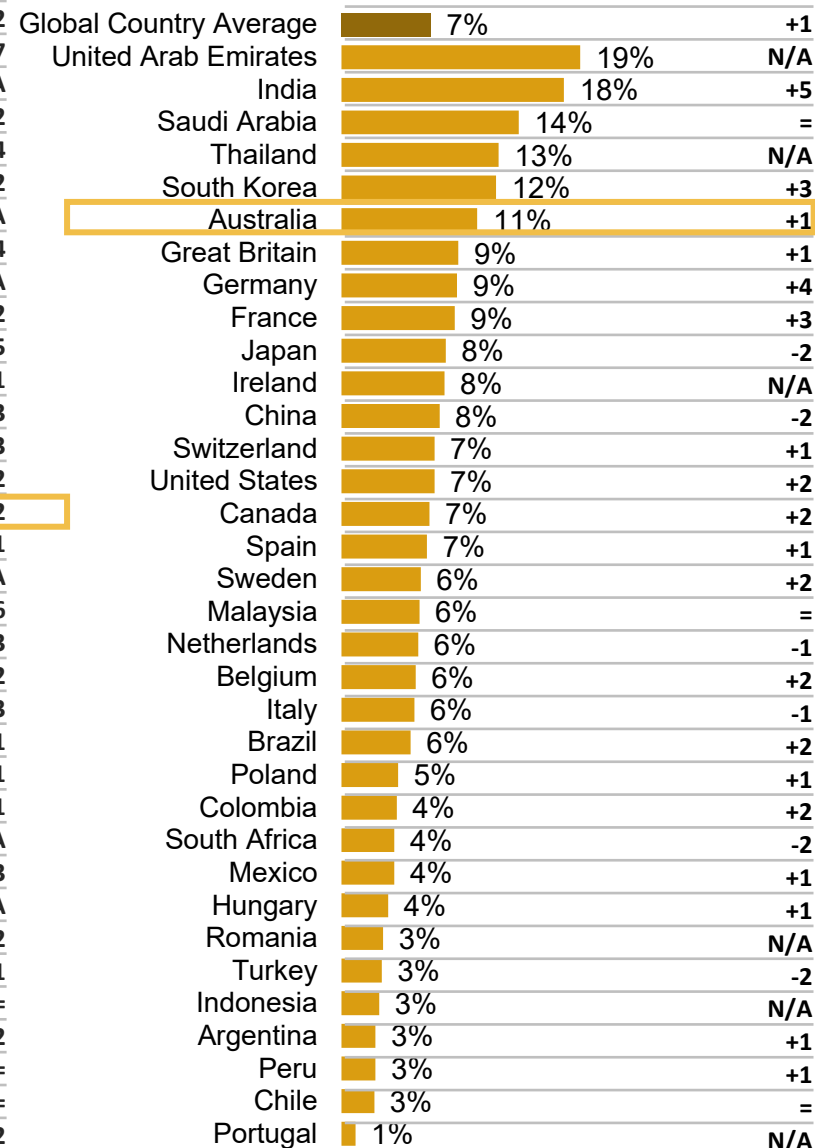
Thinking about your own health, do you think that mental health or physical health is more important, or are they equally important?

MENTAL HEALTH

Change vs. 2021



PHYSICAL HEALTH



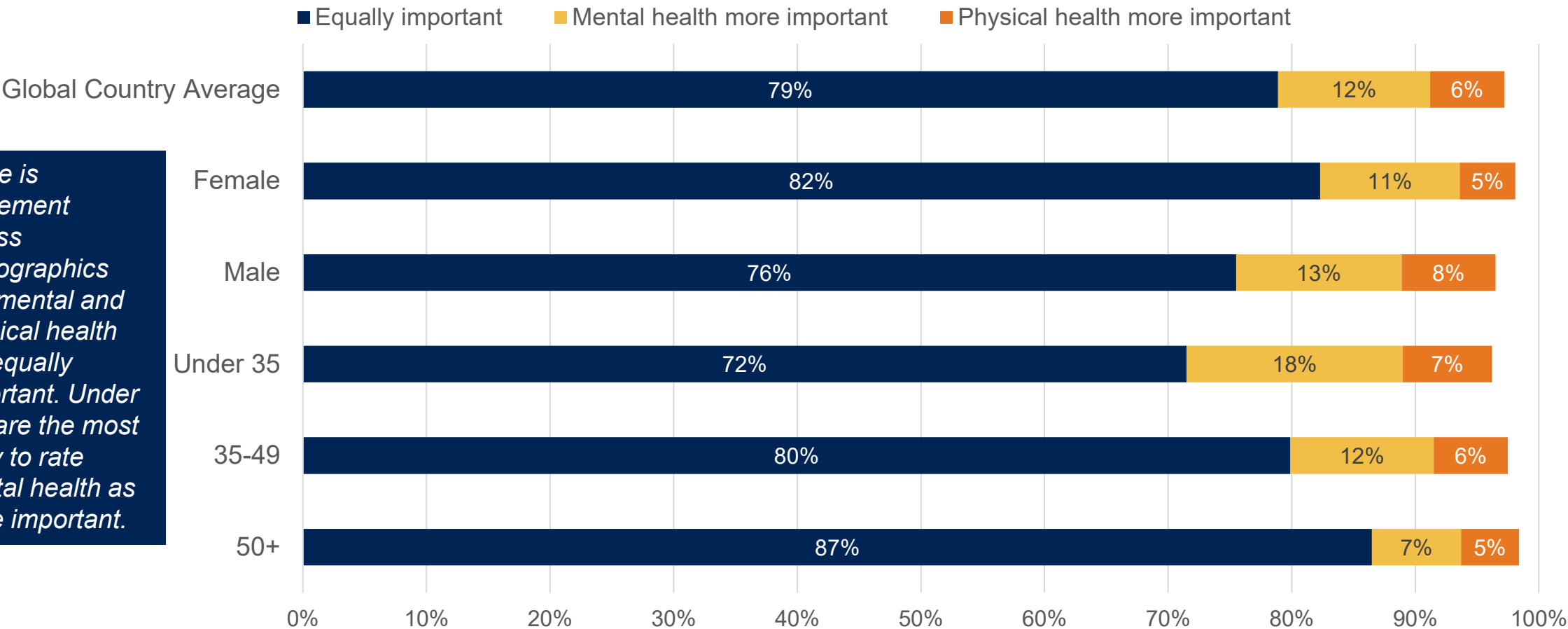
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DEMOGRAPHIC DIFFERENCES

Do you think that mental health or physical health is more important, or are they equally important?



There is agreement across demographics that mental and physical health are equally important. Under 35s are the most likely to rate mental health as more important.

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03

THE SYSTEM IN MY COUNTRY – PERCEIVED VS. EXPERIENCED

PERCEIVED VS. EXPERIENCED IMPORTANCE OF HEALTH

A majority think that mental and physical health are equally important, but that healthcare services place greater importance on physical health.

Global Country Average

Thinking of your own health, do you think mental or physical health is more important?



How are mental health and physical health treated in your country's healthcare system?



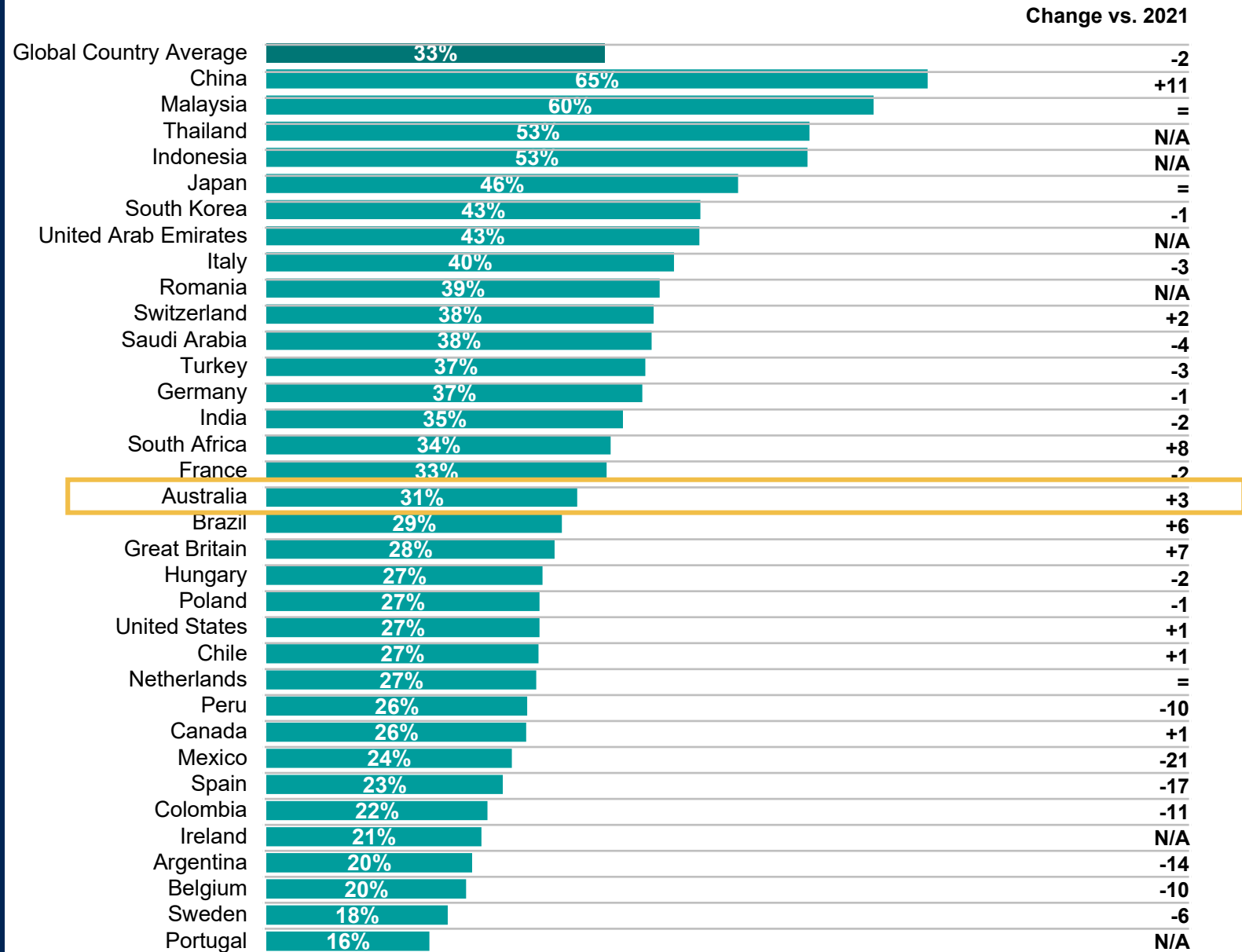
■ Equally important ■ Mental health more important ■ Physical health more important ■ Don't know/did not answer

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MENTAL AND PHYSICAL HEALTH TREATED AS “EQUALLY IMPORTANT”

Which of the following best describes how you think the importance of mental health and physical health are treated in your country's current healthcare system?



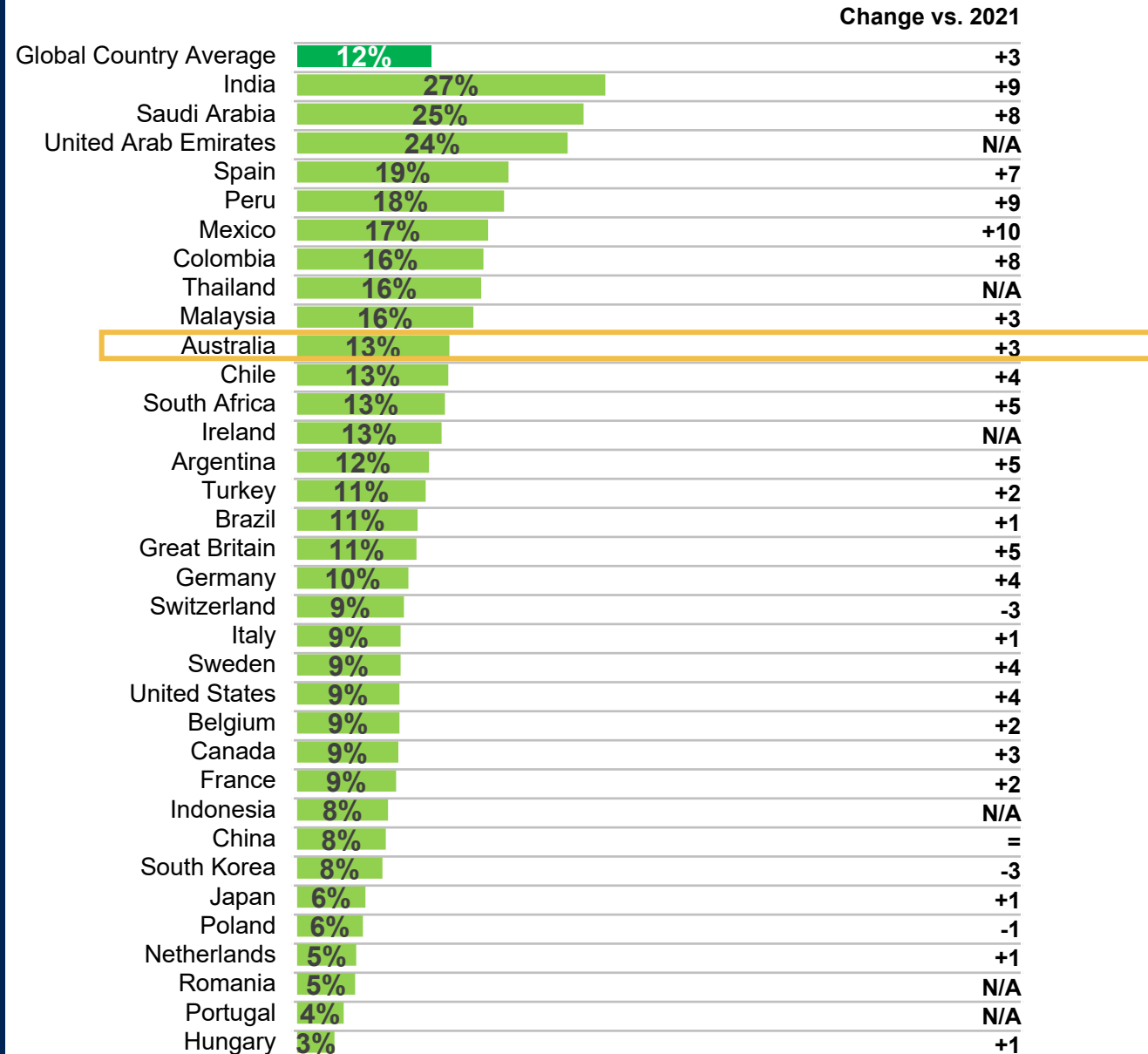
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MENTAL HEALTH TREATED AS MORE IMPORTANT

Which of the following best describes how you think the importance of mental health and physical health are treated in your country's current healthcare system?



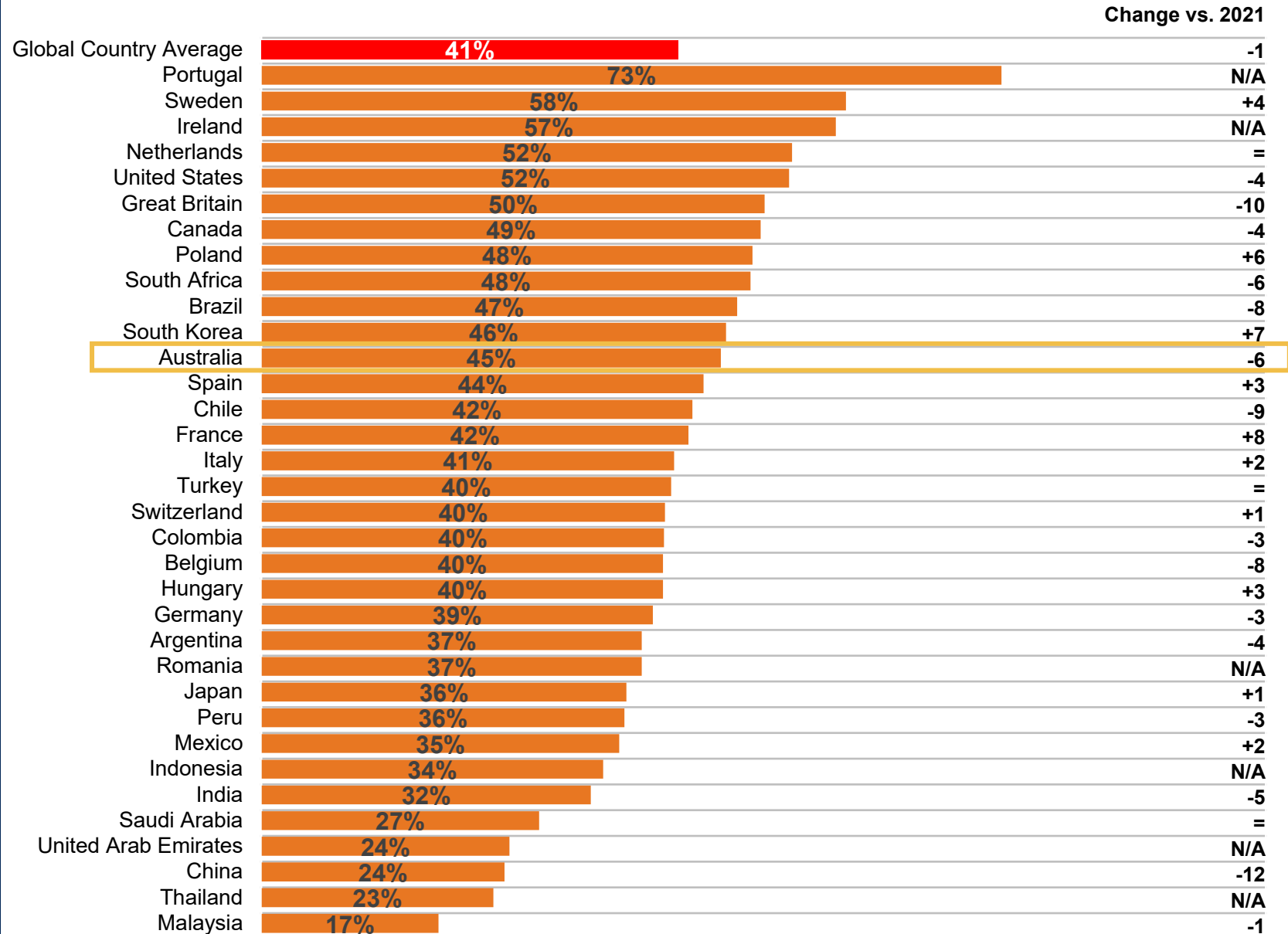
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PHYSICAL HEALTH TREATED AS MORE IMPORTANT

Which of the following best describes how you think the importance of mental health and physical health are treated in your country's current healthcare system?



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04

IN DETAIL: OUR PERSONAL EXPERIENCES

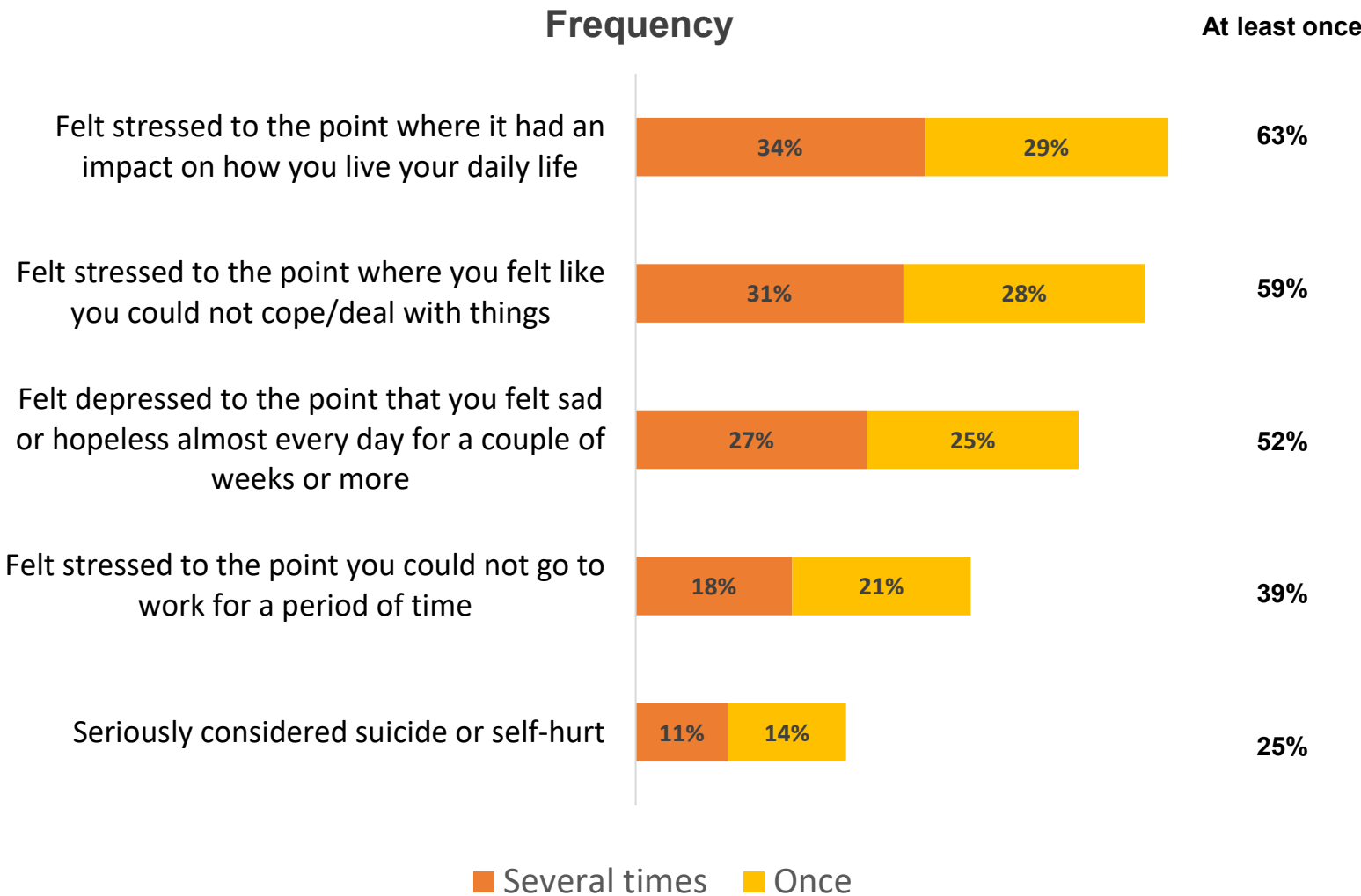
OUR PERSONAL EXPERIENCES

DID AT LEAST ONCE IN THE PAST YEAR (% of global sample)

	Global Average	Male	Female	Under 35	35 to 49	50 to 74
Felt stressed to the point where it had an impact on how you live your daily life	34%	29%	39%	41%	34%	26%
Felt stressed to the point where you felt like you could not cope/deal with things	31%	26%	36%	40%	31%	22%
Talked with friends/family about mental health issues/concerns	31%	27%	36%	39%	31%	22%
Felt depressed to the point that you felt sad or hopeless almost every day for a couple of weeks or more	27%	23%	31%	35%	26%	19%
Felt stressed to the point you could not go to work for a period of time	18%	17%	20%	24%	19%	11%
Taken a medication to help with your mental health, for things like stress, depression	18%	15%	20%	18%	18%	16%
Talked with a counsellor, psychologist, psychiatrist about your mental health	16%	14%	18%	20%	17%	11%
Missed any social gathering/family events due to your mental health	16%	14%	18%	23%	16%	8%
Talked with your primary healthcare provider, like a family doctor, about your mental health	14%	13%	15%	15%	15%	12%
Taken time off work/school to deal with a personal mental health issue	14%	13%	15%	21%	14%	6%
Seriously considered suicide or self-hurt	11%	10%	12%	17%	10%	5%
Taken time off work/school to help a family member/close friend with a mental health issue	10%	11%	10%	14%	11%	6%
Posted/written something online, in social media when you have been feeling stressed, depressed	9%	8%	10%	13%	9%	4%

MENTAL HEALTH ISSUES

During the past year have you ever...?

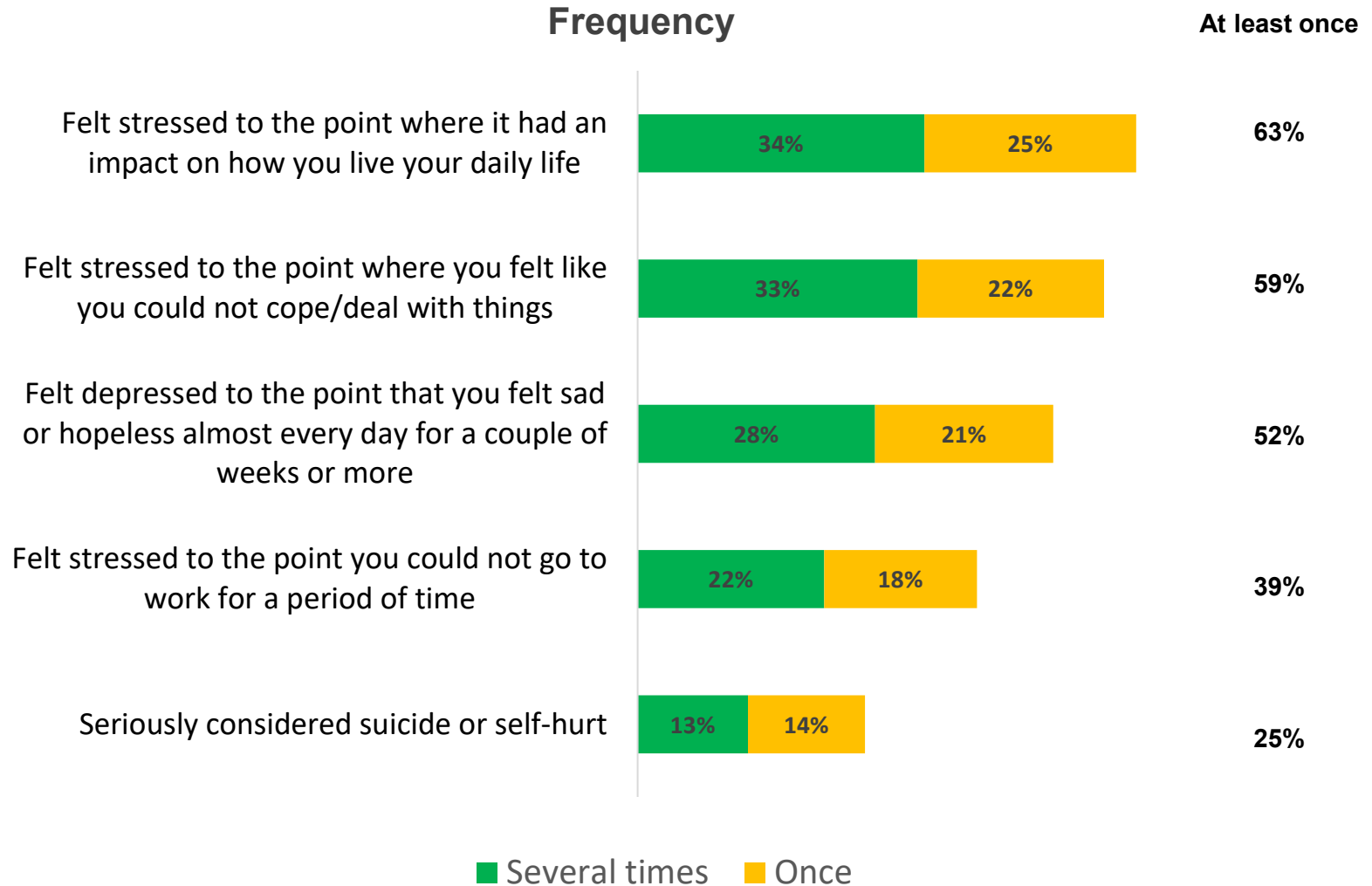


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MENTAL HEALTH ISSUES - AUSTRALIA

During the past year have you ever...?



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MENTAL HEALTH ISSUES

Please indicate whether you have done any of the following in the past year?

People under 35, women, unmarried people and low-income households are more likely to report mental health issues.

% “several times”

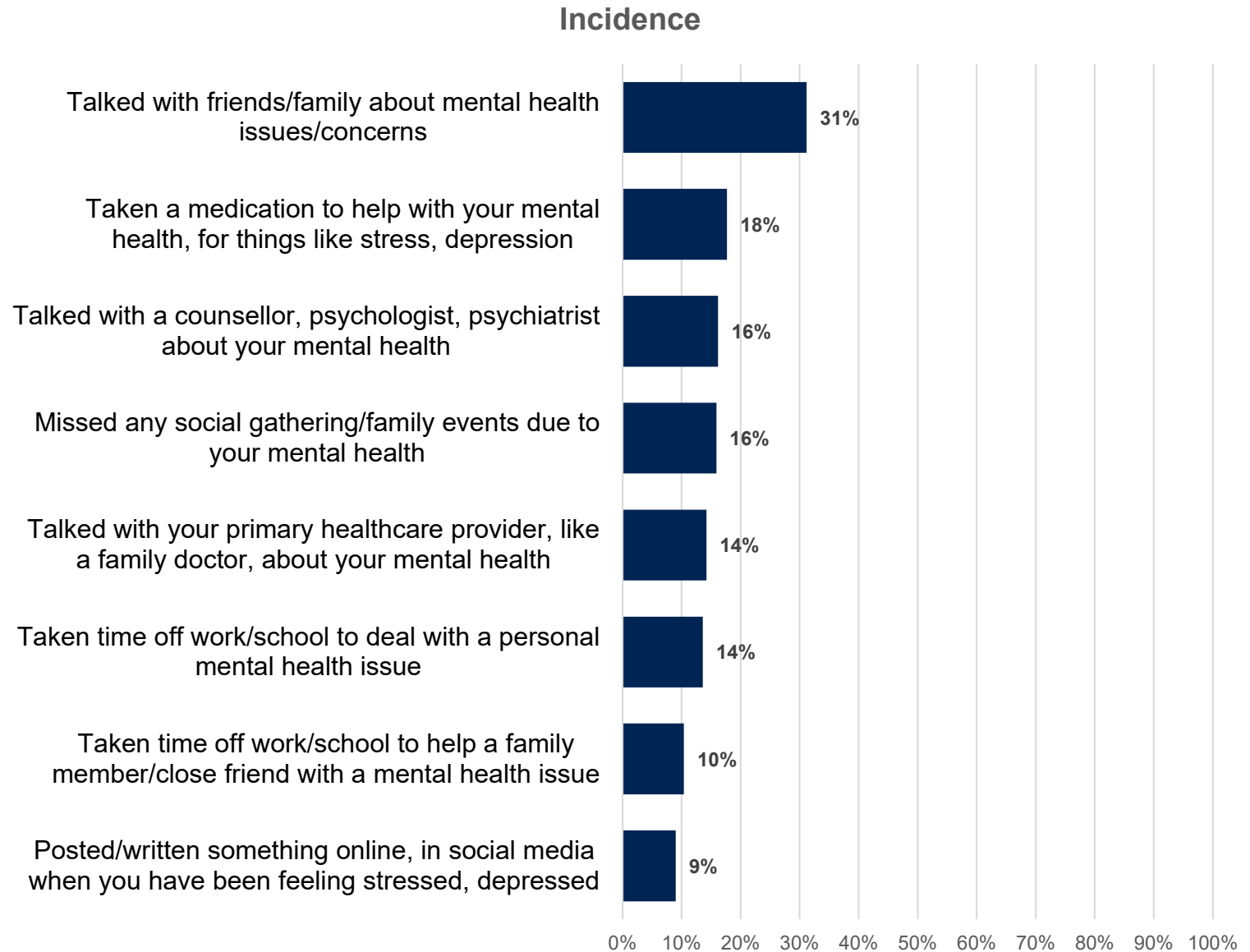
	Gender		Age			Household Income			Marital Status	
	Male	Female	Under 35	35 to 49	50 to 74	Low	Medium	High	Married	Other
Felt stressed to the point where it had an impact on how you live your daily life	29%	39%	41%	34%	26%	38%	35%	31%	29%	38%
Felt stressed to the point where you felt like you could not cope/deal with things	26%	36%	40%	31%	22%	36%	33%	28%	26%	36%
Felt depressed to the point that you felt sad or hopeless almost every day for a couple of weeks or more	23%	31%	35%	26%	19%	33%	28%	24%	22%	32%
Felt stressed to the point you could not go to work for a period of time	17%	20%	24%	19%	11%	23%	19%	16%	16%	21%
Seriously considered suicide or self-hurt	10%	12%	17%	10%	5%	15%	11%	9%	8%	13%

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MENTAL HEALTH ISSUES

Please indicate whether you have done any of the following in the past year?

	Gender		Age			Household Income			Marital Status	
	Male	Female	Under 35	35 to 49	50 to 74	Low	Medium	High	Married	Other
Talked with friends/family about mental health issues/concerns	27%	36%	39%	31%	22%	30%	33%	32%	28%	34%
Taken a medication to help with your mental health, for things like stress, depression	15%	20%	18%	18%	16%	19%	19%	16%	16%	19%
Talked with a counsellor, psychologist, psychiatrist about your mental health	14%	18%	20%	17%	11%	17%	16%	16%	13%	19%
Missed any social gathering/family events due to your mental health	14%	18%	23%	16%	8%	18%	17%	15%	12%	19%
Talked with your primary healthcare provider, like a family doctor, about your mental health	13%	15%	15%	15%	12%	15%	16%	14%	14%	14%
Taken time off work/school to deal with a personal mental health issue	13%	15%	21%	14%	6%	15%	14%	13%	12%	15%
Taken time off work/school to help a family member/close friend with a mental health issue	11%	10%	14%	11%	6%	12%	10%	11%	11%	10%
Posted/written something online, in social media when you have been feeling stressed, depressed	8%	10%	13%	9%	4%	10%	9%	10%	7%	11%

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APPENDICES

TREATMENT OF MENTAL AND PHYSICAL HEALTH

Which of the following best describes how you think the importance of mental health and physical health is treated in your country’s current healthcare system?

APPENDIX A – COUNTRY BREAKDOWN

	Global Country Average	Argentina	Australia	Belgium	Brazil	Canada	Chile	China	Colombia	France	Germany	Great Britain	Hungary	India	Indonesia	Ireland	Italy
Mental health is treated as more important than physical health	12%	12%	13%	9%	11%	9%	13%	8%	16%	9%	10%	11%	3%	27%	8%	13%	9%
Physical health is treated as more important than mental health	41%	37%	45%	40%	47%	49%	42%	24%	40%	42%	39%	50%	40%	32%	34%	57%	41%
Physical and mental health are treated as equally important	33%	20%	31%	20%	29%	26%	27%	65%	22%	33%	37%	28%	27%	35%	53%	21%	40%
Difference Mental more important / Physical more important	-29%	-26%	-32%	-31%	-36%	-40%	-29%	-16%	-23%	-33%	-29%	-39%	-36%	-5%	-26%	-44%	-32%

	Global Country Average	Japan	Malaysia	Mexico	Netherlands	Peru	Poland	Portugal	Romania	Saudi Arabia	South Africa	South Korea	Spain	Sweden	Switzerland	Thailand	Turkey	United Arab Emirates	United States
Mental health is treated as more important than physical health	12%	6%	16%	17%	5%	18%	6%	4%	5%	25%	13%	8%	19%	9%	9%	16%	11%	24%	9%
Physical health is treated as more important than mental health	41%	36%	17%	35%	52%	36%	48%	73%	37%	27%	48%	46%	44%	58%	40%	23%	40%	24%	52%
Physical and mental health are treated as equally important	33%	46%	60%	24%	27%	26%	27%	16%	39%	38%	34%	43%	23%	18%	38%	53%	37%	43%	27%
Difference Mental more important / Physical more important	-29%	-30%	-2%	-18%	-47%	-18%	-43%	-69%	-32%	-2%	-35%	-38%	-25%	-48%	-30%	-7%	-29%	-1%	-43%

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MENTAL HEALTH ISSUES

Please indicate whether you have done any of the following in the past year?

APPENDIX B.1 – COUNTRY BREAKDOWN

% “several times”

	Argentina	Australia	Belgium	Brazil	Canada	Chile	China	Colombia	France	Germany	Great Britain	Hungary	India	Indonesia	Ireland	Italy	Japan
Felt stressed to the point where it had an impact on how you live your daily life	36%	34%	40%	44%	33%	38%	15%	32%	35%	32%	34%	29%	37%	24%	37%	27%	37%
Felt stressed to the point where you felt like you could not cope/deal with things	38%	33%	35%	43%	28%	41%	15%	29%	30%	27%	30%	25%	36%	24%	34%	33%	32%
Felt depressed to the point that you felt sad or hopeless almost every day for a couple of weeks or more	30%	28%	26%	38%	25%	37%	11%	27%	25%	25%	28%	31%	34%	22%	27%	23%	22%
Felt stressed to the point you could not go to work for a period of time	22%	22%	18%	25%	15%	23%	8%	19%	15%	19%	18%	7%	33%	17%	21%	12%	12%
Seriously considered suicide or self-hurt	7%	13%	10%	14%	12%	10%	5%	8%	12%	14%	14%	8%	24%	7%	11%	9%	8%

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MENTAL HEALTH ISSUES

Please indicate whether you have done any of the following in the past year?

APPENDIX B.2 – COUNTRY BREAKDOWN

% “several times”

	Malaysia	Mexico	Netherlands	Peru	Poland	Portugal	Romania	Saudi Arabia	South Africa	South Korea	Spain	Sweden	Switzerland	Thailand	Turkey	United Arab Emirates	United States
Felt stressed to the point where it had an impact on how you live your daily life	23%	35%	29%	32%	41%	41%	31%	36%	38%	20%	33%	50%	32%	26%	50%	36%	35%
Felt stressed to the point where you felt like you could not cope/deal with things	24%	35%	26%	34%	39%	39%	31%	33%	40%	16%	24%	39%	24%	22%	46%	33%	29%
Felt depressed to the point that you felt sad or hopeless almost every day for a couple of weeks or more	22%	30%	16%	29%	32%	30%	26%	31%	37%	15%	20%	32%	23%	18%	43%	32%	28%
Felt stressed to the point you could not go to work for a period of time	17%	20%	13%	22%	19%	12%	16%	25%	23%	10%	14%	19%	16%	15%	30%	26%	19%
Seriously considered suicide or self-hurt	11%	9%	5%	7%	12%	4%	5%	15%	16%	8%	11%	15%	15%	12%	12%	16%	11%

Base: Base: 23,507 online adults in 34 countries, 22 July – 5 August 2022.

Online samples in Brazil, Chile, mainland China, Colombia, India, Indonesia, Ireland, Malaysia, Mexico, Peru, Saudi Arabia, South Africa, Thailand and Turkey tend to be more urban, educated, and/or affluent than the general population.

The “Global Country Average” reflects the average result for all the countries where the survey was conducted.

MENTAL HEALTH ISSUES

Please indicate whether you have done any of the following in the past year?

APPENDIX C.1 – COUNTRY BREAKDOWN

	Argentina	Australia	Belgium	Brazil	Canada	Chile	China	Colombia	France	Germany	Great Britain	Hungary	India	Indonesia	Ireland	Italy	Japan
Talked with friends/family about mental health issues/concerns	39%	32%	28%	36%	31%	39%	33%	31%	27%	24%	34%	23%	39%	38%	36%	23%	11%
Taken a medication to help with your mental health, for things like stress, depression	16%	22%	23%	25%	19%	32%	10%	14%	18%	14%	20%	12%	28%	10%	21%	14%	11%
Talked with a counsellor, psychologist, psychiatrist about your mental health	21%	20%	16%	23%	18%	26%	12%	19%	15%	17%	15%	11%	24%	14%	15%	12%	7%
Missed any social gathering/family events due to your mental health	16%	19%	13%	17%	18%	21%	14%	15%	14%	16%	19%	13%	25%	15%	21%	12%	5%
Talked with your primary healthcare provider, like a family doctor, about your mental health	7%	25%	19%	19%	18%	14%	10%	11%	18%	16%	17%	5%	29%	11%	21%	11%	4%
Taken time off work/school to deal with a personal mental health issue	11%	18%	14%	16%	15%	15%	11%	8%	9%	13%	15%	8%	24%	16%	15%	6%	6%
Taken time off work/school to help a family member/close friend with a mental health issue	6%	10%	6%	11%	7%	10%	11%	9%	8%	7%	8%	4%	29%	11%	13%	7%	3%
Posted/written something online, in social media when you have been feeling stressed, depressed	10%	7%	5%	16%	6%	12%	17%	10%	3%	4%	5%	6%	10%	23%	6%	6%	7%

Base: 23,507 online adults in 34 countries, 22 July – 5 August 2022.

Online samples in Brazil, Chile, mainland China, Colombia, India, Indonesia, Ireland, Malaysia, Mexico, Peru, Saudi Arabia, South Africa, Thailand and Turkey tend to be more urban, educated, and/or affluent than the general population.

The "Global Country Average" reflects the average result for all the countries where the survey was conducted.

MENTAL HEALTH ISSUES

Please indicate whether you have done any of the following in the past year?

APPENDIX C.2 – COUNTRY BREAKDOWN

	Malaysia	Mexico	Netherlands	Peru	Poland	Portugal	Romania	Saudi Arabia	South Africa	South Korea	Spain	Sweden	Switzerland	Thailand	Turkey	United Arab Emirates	United States
Talked with friends/family about mental health issues/concerns	25%	34%	25%	38%	26%	35%	25%	27%	45%	17%	38%	44%	35%	37%	27%	26%	31%
Taken a medication to help with your mental health, for things like stress, depression	12%	18%	12%	18%	20%	26%	16%	12%	21%	9%	20%	25%	18%	14%	18%	15%	22%
Talked with a counsellor, psychologist, psychiatrist about your mental health	13%	17%	15%	19%	18%	16%	10%	12%	18%	7%	18%	22%	19%	13%	18%	10%	21%
Missed any social gathering/family events due to your mental health	18%	19%	8%	22%	21%	9%	6%	15%	24%	10%	15%	23%	15%	17%	16%	14%	22%
Talked with your primary healthcare provider, like a family doctor, about your mental health	13%	9%	15%	11%	9%	18%	9%	14%	16%	6%	17%	16%	18%	16%	10%	14%	22%
Taken time off work/school to deal with a personal mental health issue	22%	11%	10%	10%	14%	11%	8%	14%	23%	11%	10%	16%	11%	22%	14%	20%	18%
Taken time off work/school to help a family member/close friend with a mental health issue	15%	9%	6%	10%	8%	11%	8%	19%	15%	5%	10%	7%	10%	22%	8%	20%	11%
Posted/written something online, in social media when you have been feeling stressed, depressed	11%	14%	3%	14%	9%	5%	7%	8%	17%	6%	5%	6%	5%	15%	13%	12%	8%

Base: Base: 23,507 online adults in 34 countries, 22 July – 5 August 2022.

Online samples in Brazil, Chile, mainland China, Colombia, India, Indonesia, Ireland, Malaysia, Mexico, Peru, Saudi Arabia, South Africa, Thailand and Turkey tend to be more urban, educated, and/or affluent than the general population.

The "Global Country Average" reflects the average result for all the countries where the survey was conducted.

METHODOLOGY

These are the results of a 34-country survey conducted by Ipsos on its Global Advisor online platform. Ipsos interviewed a total of 23,507 adults aged 18-74 in the United States, Canada, Malaysia, South Africa, and Turkey, 20-74 in Thailand, 21-74 in Indonesia, and 16-74 in 27 other markets between Friday, July 22 and Friday, August 5, 2022.

The sample consists of approximately 1,000 individuals in each of Australia, Brazil, Canada, mainland China, France, Germany, Great Britain, Italy, Japan, Spain, and the U.S., and 500 individuals in each of Argentina, Belgium, Chile, Colombia, Hungary, India, Indonesia, Ireland, Malaysia, Mexico, the Netherlands, Peru, Poland, Portugal, Romania, Saudi Arabia, South Africa, South Korea, Sweden, Switzerland, Thailand, Turkey, and the United Arab Emirates.

The samples in Argentina, Australia, Belgium, Canada, France, Germany, Great Britain, Hungary, Italy, Japan, the Netherlands, Poland, Portugal, Romania, South Korea, Spain, Sweden, Switzerland, and the U.S. can be taken as representative of their general adult population under the age of 75.

For more information, please contact:
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The samples in Brazil, Chile, mainland China, Colombia, India, Indonesia, Ireland, Malaysia, Mexico, Peru, Saudi Arabia, South Africa, Thailand, Turkey, and United Arab Emirates 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 their 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.

The “Global Country Average” reflects the average result for all the countries and markets where the survey was conducted. It has not been adjusted to the population size of each country or market and is not intended to suggest a total result.

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 know” or not stated responses.

The precision of Ipsos online polls is calculated using a credibility interval with a poll of 1,000 accurate to +/- 3.5 percentage points and of 500 accurate to +/- 5.0 percentage points. For more information on Ipsos’ use of credibility intervals, please visit the Ipsos website.

The publication of these findings abides by local rules and regulations.