

SPOTLIGHT*KUWAIT

VIEWS ON MENTAL HEALTH

May - 2024

Contents

1

Health as a life priority

2

**Frequency of thinking
about health**

3

**Perceptions on the Importance
of physical and mental health**

4

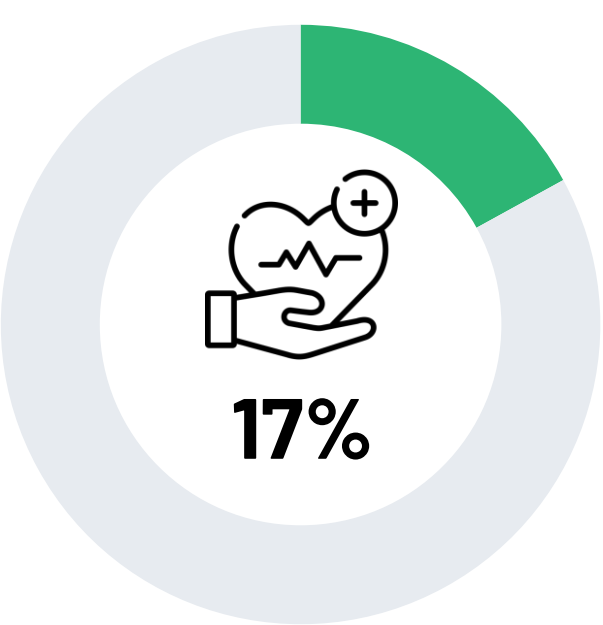
**Mental health conversations
in Kuwait**

HEALTH AS A LIFE PRIORITY

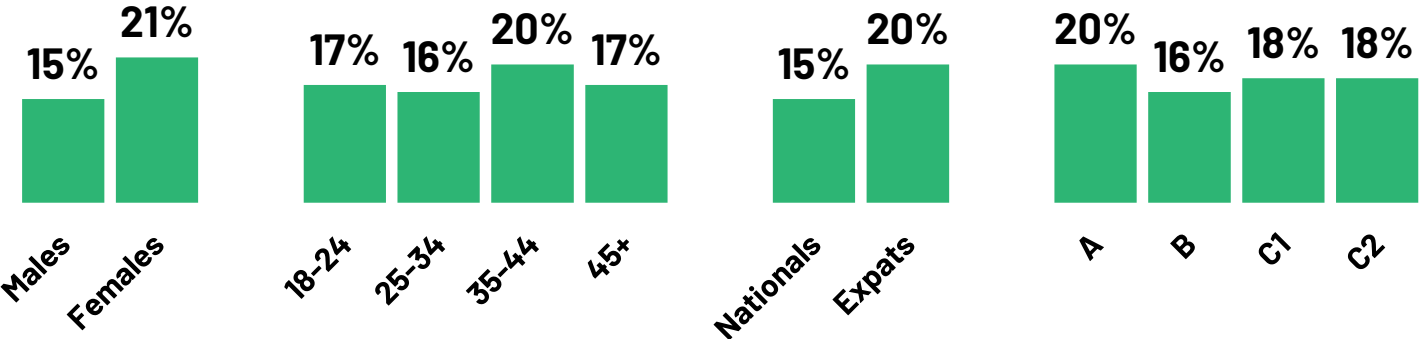


Health as a life priority

% – by demographics



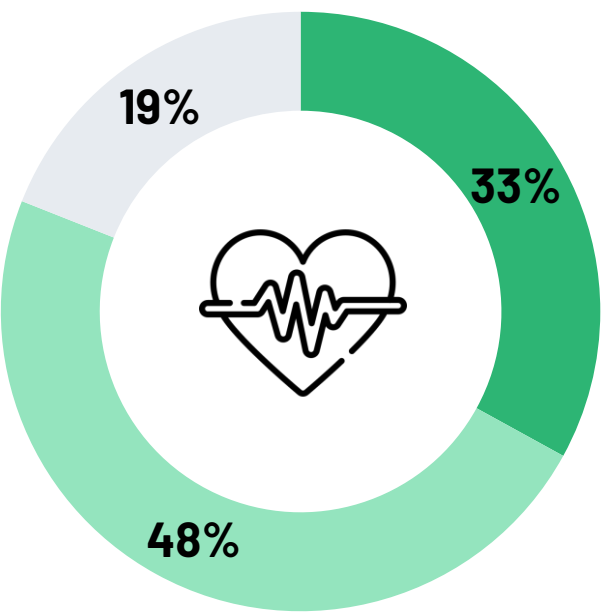
Consider maintaining physical health and mental well-being as an ultimate life priority



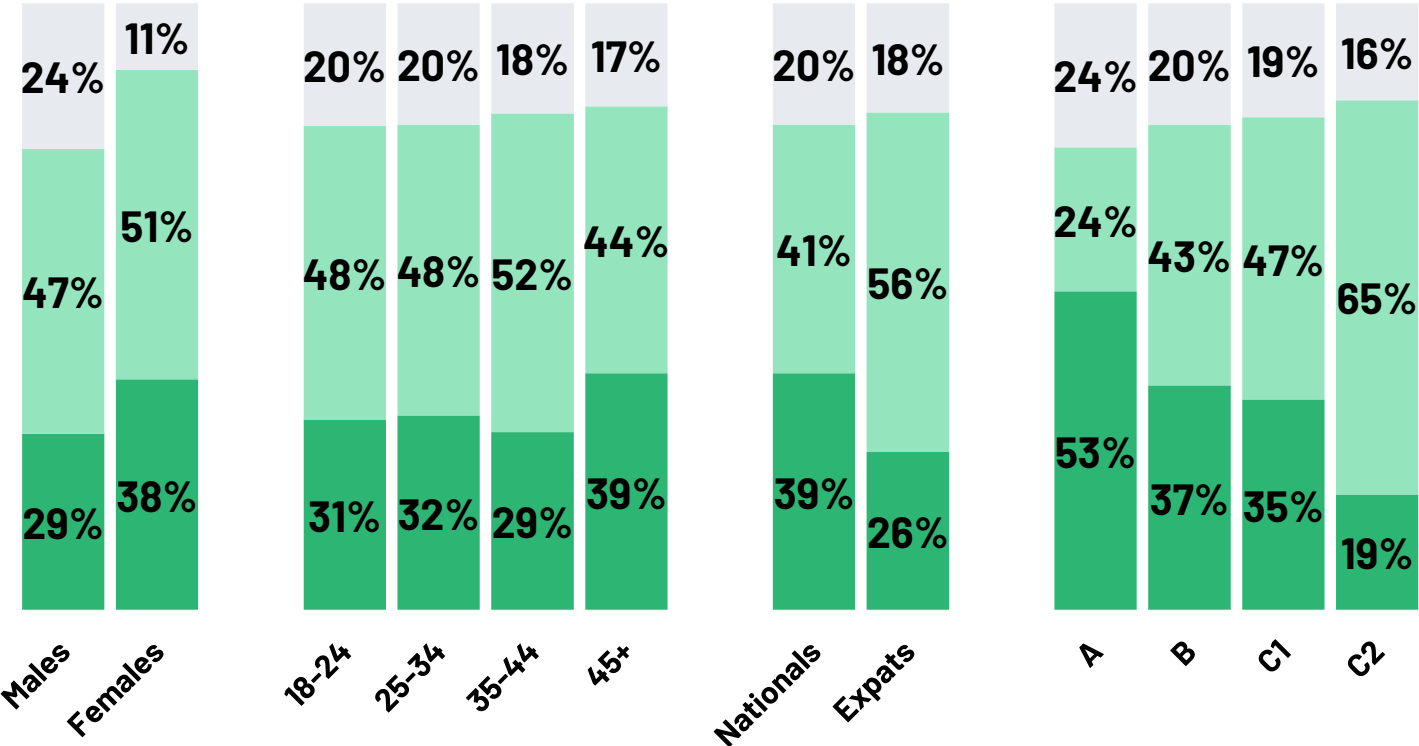
FREQUENCY OF THINKING ABOUT HEALTH

Frequency of thinking about physical health

% - by demographics

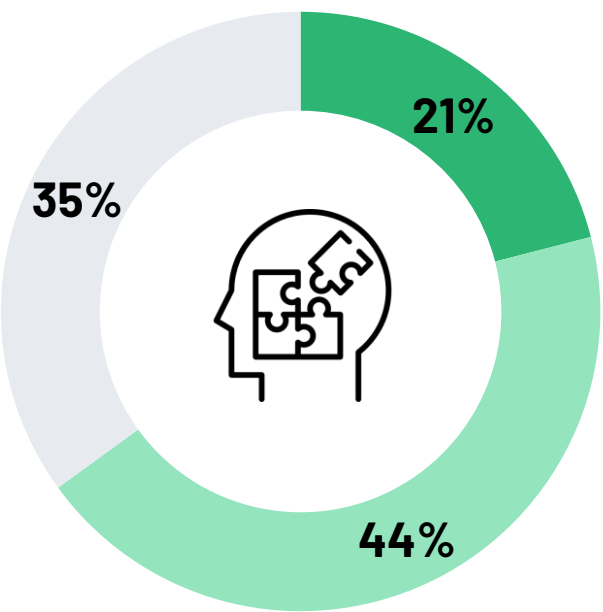


Very often Fairly often Rarely/Never

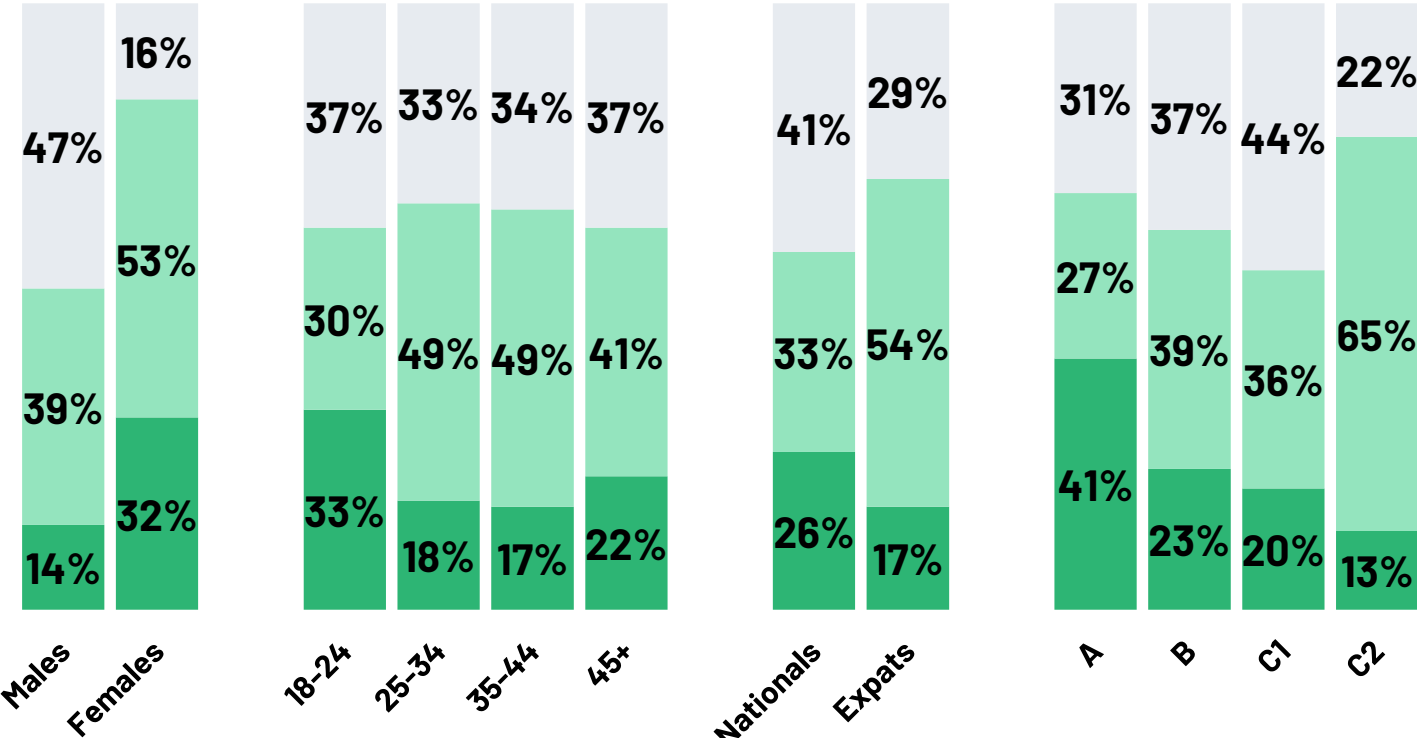


Frequency of thinking about mental health

% - by demographics



Very often Fairly often Rarely/Never





PERCEPTIONS ON THE IMPORTANCE OF PHYSICAL AND MENTAL HEALTH

Perceptions on the importance of physical and mental health

61%

Think that physical and mental health are equally important



19%

Think mental health is more important than physical health



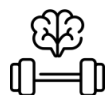
16%

Think physical health is more important than mental health



Perceptions on the importance of physical and mental health

% - by demographics



Think that physical and mental health are equally important



Think mental health is more important than physical health

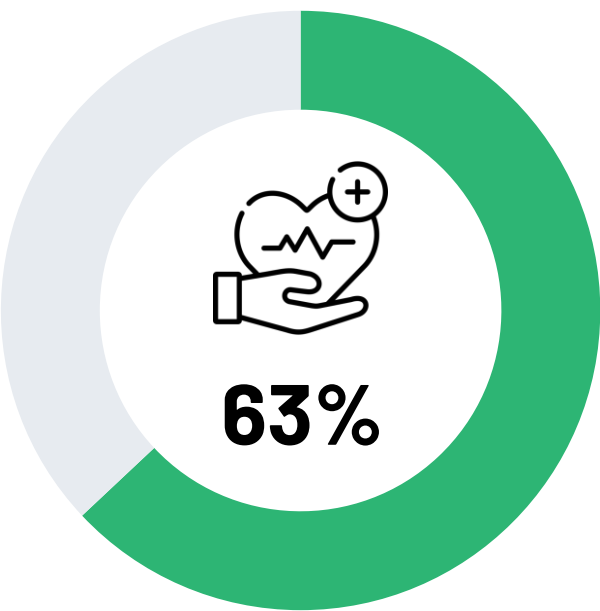


Think physical health is more important than mental health

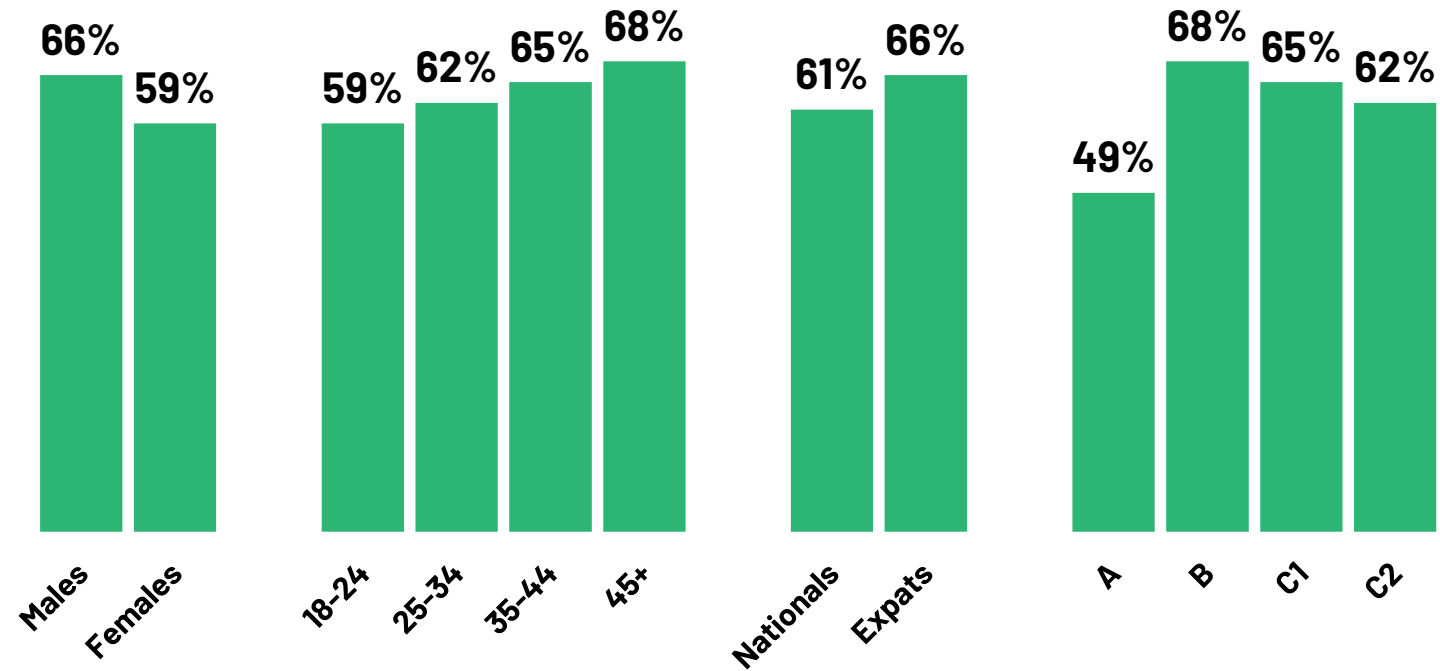
Total	61%	19%	16%
Male	59%	21%	18%
Female	66%	18%	14%
18-24	65%	23%	7%
25-34	52%	21%	23%
35-44	65%	18%	15%
45+	68%	16%	15%
Nationals	62%	18%	17%
Expats	61%	21%	16%
A	75%	18%	4%
B	66%	18%	11%
C1	59%	18%	22%
C2	54%	24%	19%

Perceptions on prioritizing physical health over mental health in Kuwait

% – by demographics



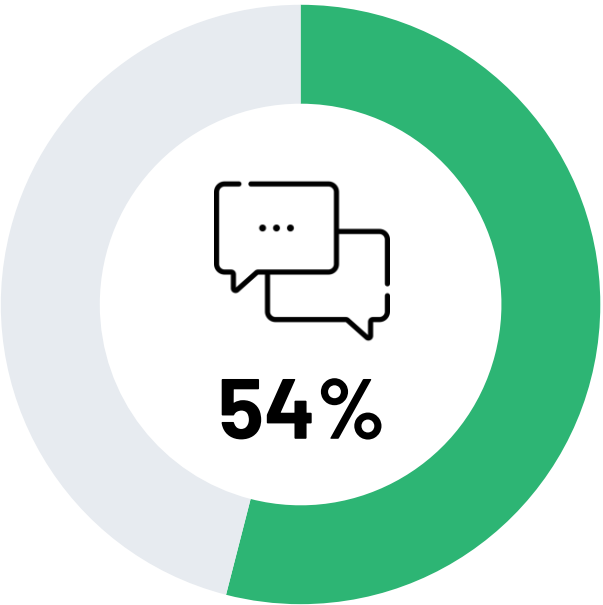
Think that physical health is treated more importantly than mental health in Kuwait



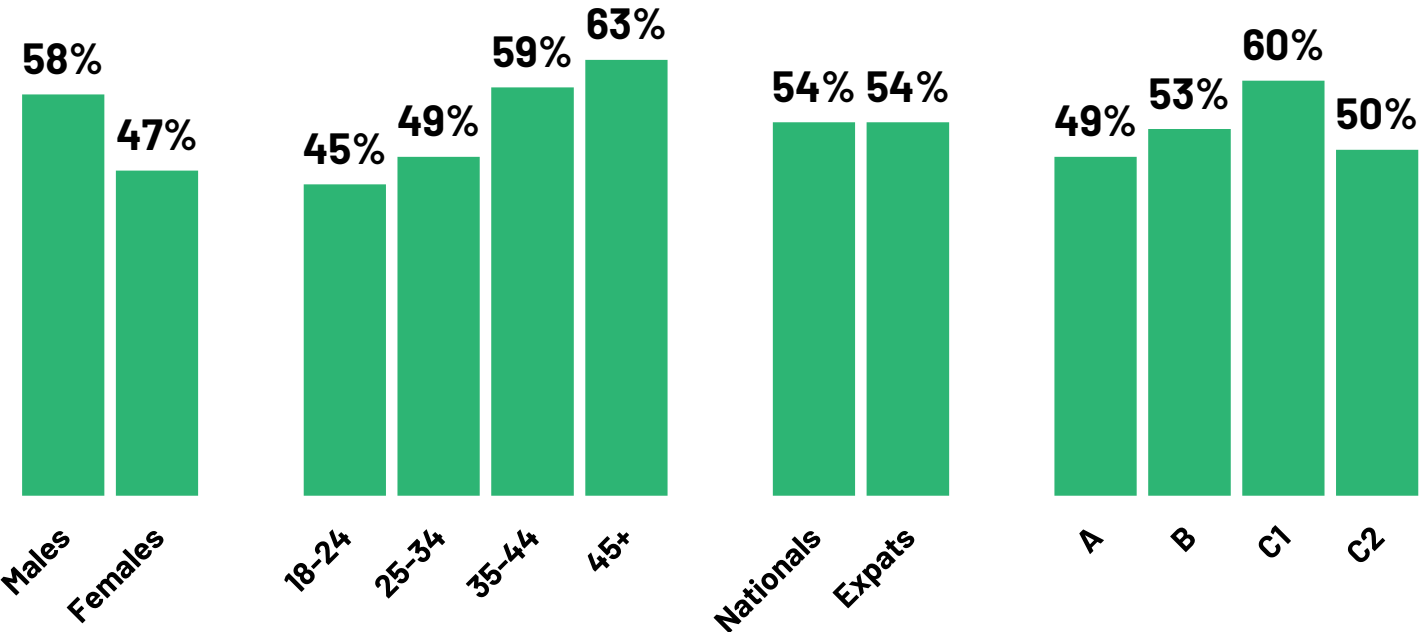
MENTAL HEALTH CONVERSATIONS IN KUWAIT

Mental health conversations in Kuwait

% – by demographics



Think that people don't talk enough about mental health in Kuwait



Sample and methodology

Sample size

500 respondents

Sample criteria

General public
representative of the population across gender, age (18+),
nationality and SEC

Methodology

The survey was conducted via computer-aided
personal interviews

Geographical coverage

Conducted in Kuwait
with a nationwide coverage

FOR MORE INFORMATION

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