

MIND HEALTH REPORT



SWITZERLAND

February 2025



Public Affairs Contacts in Ipsos France

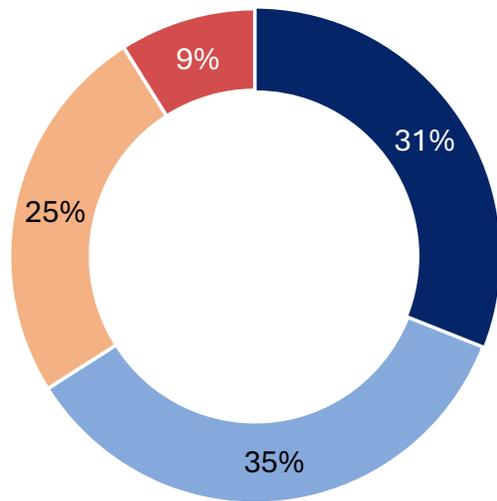
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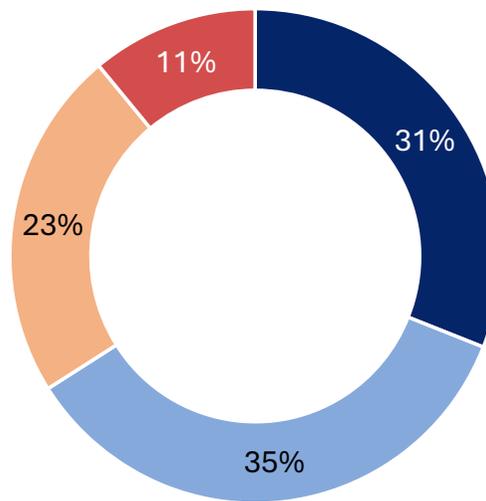
MHI in Switzerland

2022 MHI



Flourishing

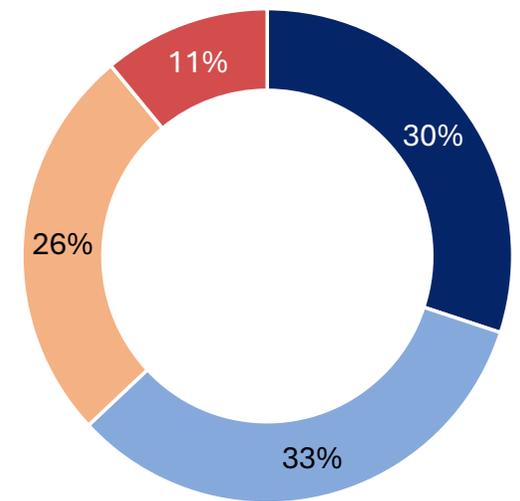
2023 MHI



Getting by

Languishing

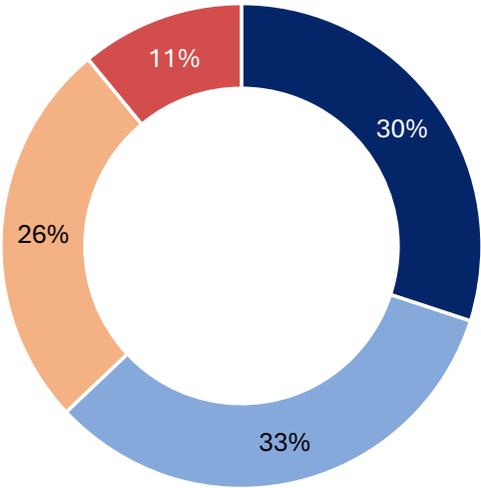
2024 MHI



Struggling

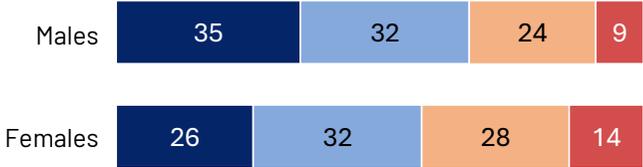
Mind Health Index: details per sex and age

2024 MHI

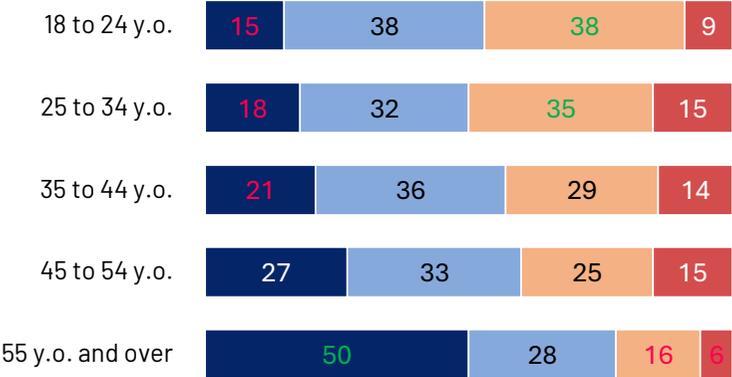


Flourishing
 Getting by
 Languishing
 Struggling

Sex



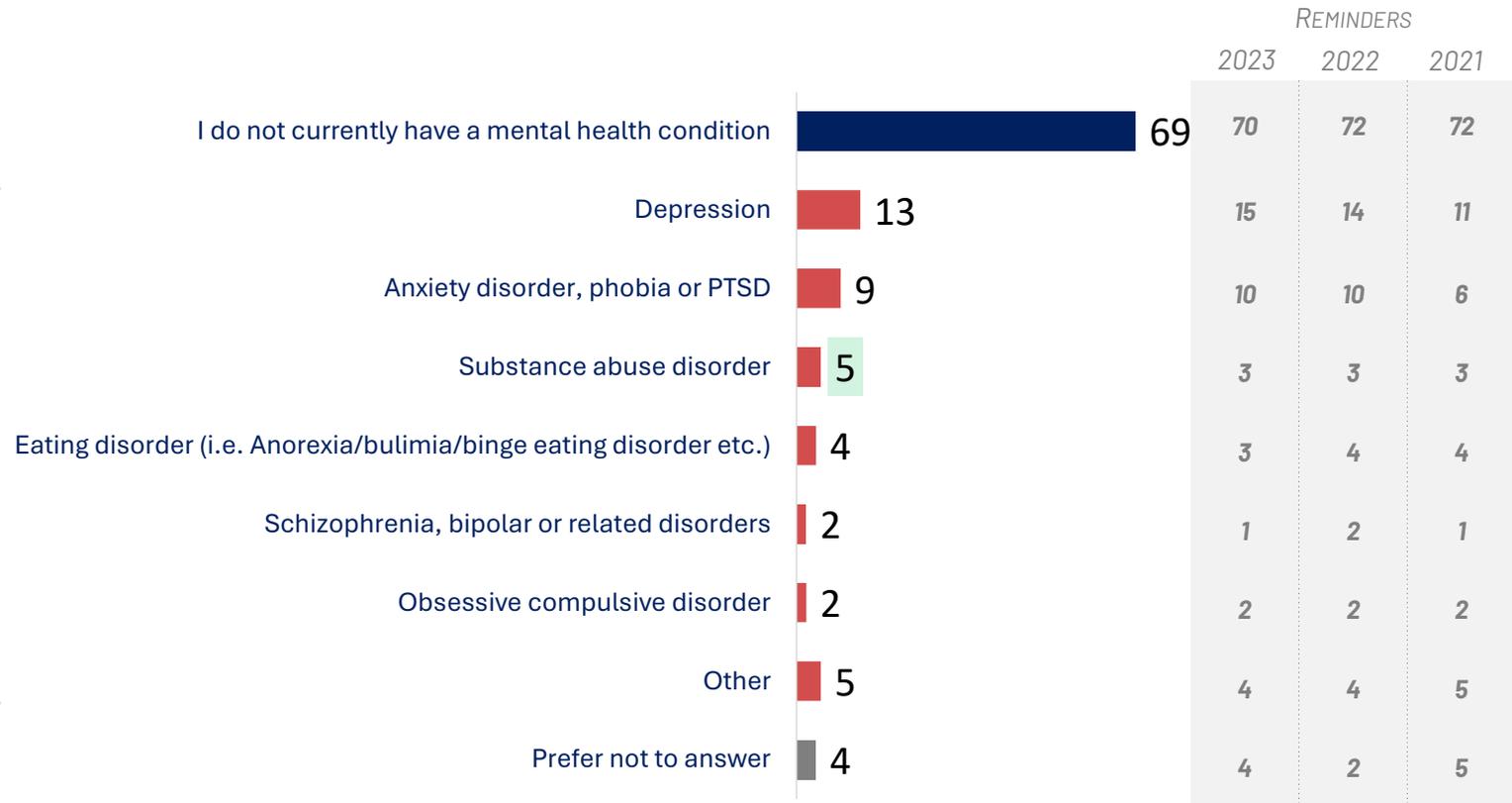
Age



Current mental health conditions

27%
Currently suffer from mental health conditions

2023 : 26%
 2022 : 26%
 2021 : 23%



QA5 : Are you currently experiencing any of the following mental health conditions ?
 Base : To all

Several possible answers (total may be superior to 100)

Current mental health conditions

Details per gender and age



PROFILES

	ALL	Gender		Age				
		Males 502	Females 498	18-24 100	25-34 166	35-44 209	45-54 195	55+ 330
I do not currently have a mental health condition	69	69	68	57	58	64	66	81
Are currently suffering from mental health condition	27	27	27	38	36	32	31	14
Depression	13	12	14	13	14	17	16	9
Anxiety disorder, phobia or PTSD	9	6	11	16	10	11	8	5
Substance abuse disorder	5	6	4	5	7	6	4	2
Eating disorder (i.e. Anorexia/bulimia/binge eating disorder etc.)	4	4	5	11	9	5	2	0
Schizophrenia, bipolar or related disorders	2	3	2	4	3	3	3	0
Obsessive compulsive disorder	2	3	2	7	4	2	1	0
Other	5	4	5	3	5	6	7	3
Prefer not to answer	4	4	5	5	6	4	3	5

QA5 : Are you currently experiencing any of the following mental health conditions ?
Base : To all

Several possible answers (total may be superior to 100)

Results in %

Current mental health conditions

Details per country



	ALL	EUROPE	Belgium	France	Germany	Italy	Spain	Switzerland	UK	Ireland	Turkey	AMERICA	USA	Mexico	ASIA	Japan	China	Hong Kong	Philippines	Thailand
I do not currently have a mental health condition	63	62	65	69	62	63	62	69	60	61	52	56	56	56	66	72	65	73	59	61
Are currently suffering from mental health condition	32	33	30	28	34	27	31	27	37	36	44	40	42	38	29	19	34	25	37	31
Depression	15	16	14	11	18	9	13	13	21	19	24	22	24	20	11	6	8	12	19	10
Anxiety disorder, phobia or PTSD	15	15	12	15	14	11	14	9	23	21	14	20	26	14	12	7	13	13	20	9
Eating disorder (i.e. Anorexia/bulimia/binge eating disorder etc.)	6	5	6	5	4	4	3	4	4	6	10	5	6	3	7	2	12	2	6	12
Obsessive-compulsive disorder	4	3	2	2	2	3	3	2	4	4	5	5	4	6	6	1	12	4	5	10
Substance abuse disorder	3	3	5	2	5	3	3	5	3	3	2	3	4	2	1	1	3	2	1	1
Schizophrenia, bipolar or related disorders	2	2	3	2	2	1	2	2	2	2	2	3	4	2	2	2	3	1	2	3
Other	4	4	3	4	4	4	5	5	4	3	4	5	5	5	3	6	1	2	4	4
Prefer not to answer	5	5	5	3	4	10	7	4	3	3	4	4	2	6	5	9	1	2	4	8

QA5 : Are you currently experiencing any of the following mental health conditions?

Base : To all

Results in %

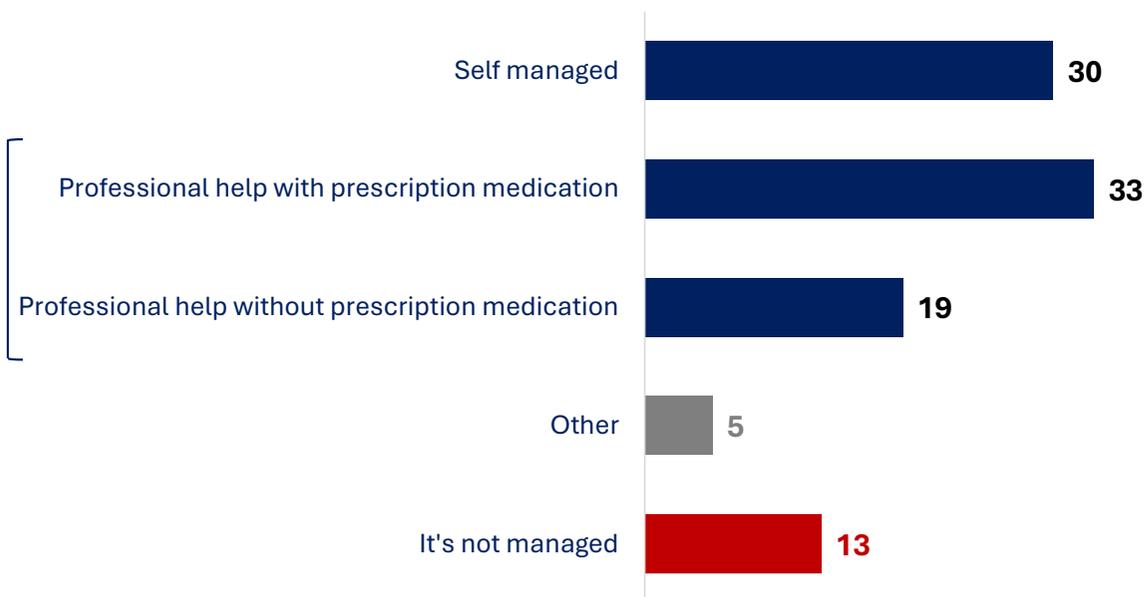
Management of the current conditions

52 %
PROFESSIONAL HELP

2023 : 53

2022 : 56

2021 : Not asked



	REMINDERS		
	2023	2022	2021
Self managed	31	32	--
Professional help with prescription medication	35	32	--
Professional help without prescription medication	18	24	--
Other	3	1	--
It's not managed	13	11	--

QA7B : How is this condition currently managed?

Base : Individuals with current mental health conditions, N = 270

Management of the current conditions

Details per sex and age

		Gender		Age				
ALL		Males	Females	18-24	25-34	35-44	45-54	55+
		134	136	38	59	65	61	47
Self managed	30	36	23	26	32	34	26	28
Professional help	52	46	58	53	45	53	54	58
<i>Professional help with prescription medication</i>	33	29	36	23	25	39	36	39
<i>Professional help without prescription medication</i>	19	17	22	30	20	14	18	19
Other	5	4	7	8	7	4	7	0
It's not managed	13	14	12	13	16	9	13	14

QA7B : How is this condition currently managed?

Base : Individuals with current mental health conditions, N = 270

Management of the current conditions

Details per country



Base : Individuals with current mental health conditions, n = 5533 (33% of the total sample)

	ALL	EUROPE	Belgium	France	Germany	Italy	Spain	Switzerland	UK	Ireland	Turkey	AMERICA	USA	Mexico	ASIA	Japan	China	Hong Kong	Philippines	Thailand
		3 292	294	272	679	262	308	270	374	368	465	802	425	377	1 439	194	325	237	369	314
It's not managed	15	16	19	16	20	11	20	13	15	15	12	15	10	19	12	20	18	11	7	10
Self managed	41	35	30	39	23	42	21	30	40	41	49	34	38	29	55	27	46	55	73	62
Professional help	42	46	50	44	53	42	57	52	43	43	37	48	50	47	31	48	36	33	19	27
Professional help with prescription medication	25	27	28	23	33	19	35	33	29	27	19	28	37	17	21	40	22	22	12	17
Professional help without prescription medication	17	19	22	21	20	23	22	19	14	16	18	20	13	30	10	8	14	11	7	10
Other	2	3	1	1	4	5	2	5	2	1	2	3	2	5	2	5	0	1	1	1

QA7B : How is this condition currently managed?

Base : Individuals with current mental health conditions, N = 5533 (33% of the total sample)

Results in %

Methodology of the 2024 Wave

TARGET

Survey conducted in **16 countries** among representative samples of the population aged 18 - 75 y.o. in each country. 1000 interviews per country except in Germany (n=2000)

17 000 Interviews



COLLECTION DATES

From October 8th to November 11th 2024.



METHODOLOGY

Online interviews via Ipsos Access Panel. Quota method applied to gender, age, occupation and region.

The data is weighted so that each country's sample composition best reflects the demographic profile of the adult population in terms of gender, age, occupation and country's regions. Additional weighting achieved in order to match with education and income outcome from the previous waves.



Reading note

- The "All countries" average reflects the average result for all the countries 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.

International scope: 16 countries covered

