

# MIND HEALTH REPORT



## Country report: SWITZERLAND

2026



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# 2026 Mind Health Report – Methods



## SAMPLES AND COLLECTION DATES

### 19 000 participants

Survey conducted in **18 countries** from January 12th to February 16th 2026 among representative samples of the population aged 18 - 75 y.o. in each country. 1000 interviews per country except in Germany (n=2000)



## METHODOLOGY

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

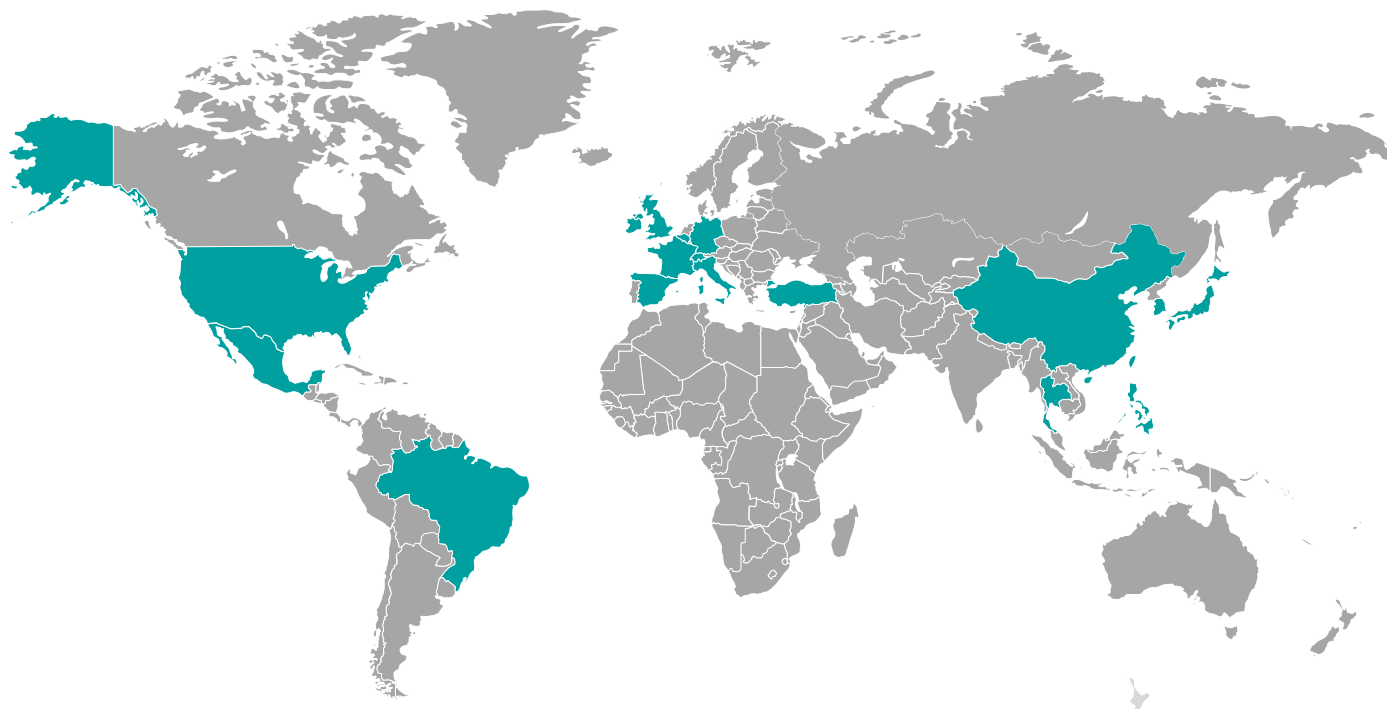
The data is weighted so that each country's sample composition best reflects the demographic profile of the adult population in terms of gender, age, occupation and country's regions. Additional weighting achieved in order to match with education and income outcome from the previous waves.










- The data from this report is derived from **self-reported survey responses**, not from medical statistics.
- 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 'world' result.
- Differences compared to the total population are displayed with signs (+/-) to improve your reading (99%).
- Evolution compared to the previous wave is highlighted with arrows ▲▼
- AXA proposes maintaining the evolution calculation despite the inclusion of two new countries for simpler communication of the results

# International scope: 18 countries covered

19 000 RESPONDENTS

- USA 
- MEXICO 
- BRAZIL  *New*
- UNITED KINGDOM 
- IRELAND 
- FRANCE 
- SPAIN 
- ITALY 
- BELGIUM 



-  SWITZERLAND
-  GERMANY
-  TURKEY
-  CHINA
-  HONG KONG
-  SOUTH KOREA *New*
-  JAPAN
-  PHILIPPINES
-  THAILAND

# MIND HEALTH EVALUATION

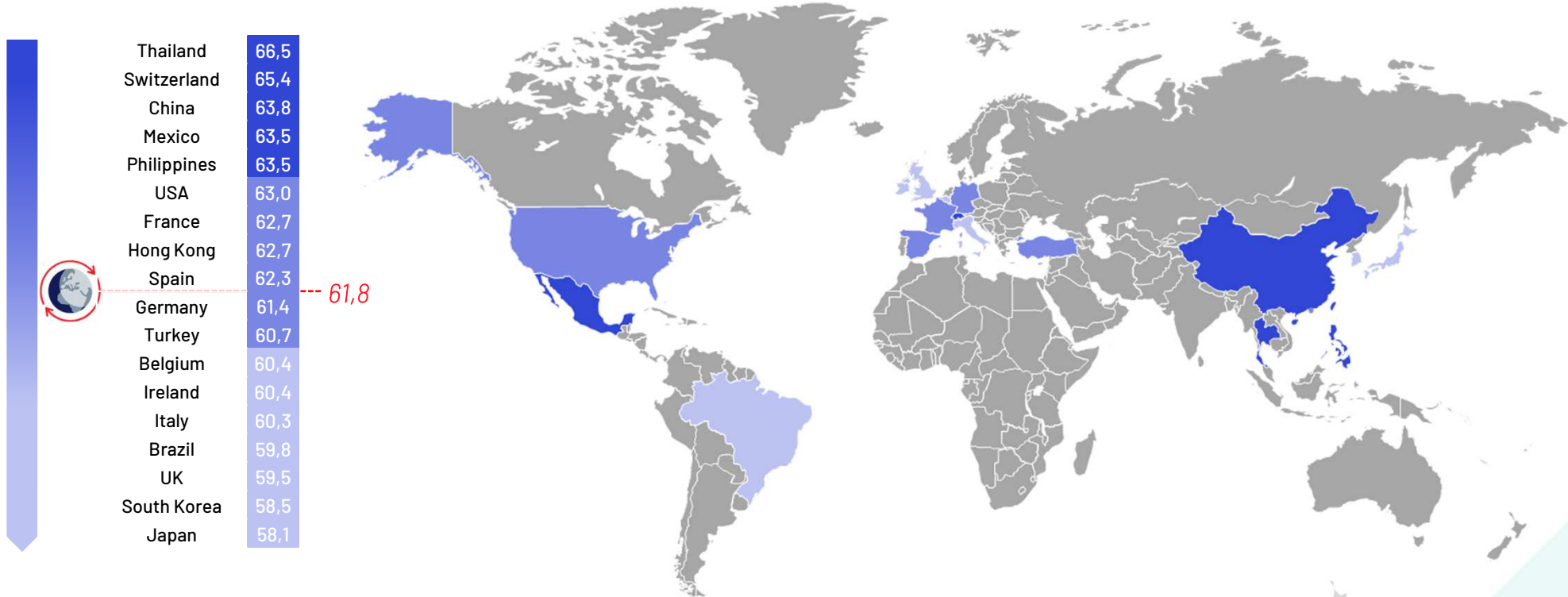
# 01

# Mind health index in 2026

The Mind Health Index, creation from AXA therefore consists of three groups of questions that relate to either positive actions, modifiers or psychological wellbeing outcomes. The scoring system used allowed these questions to be scored, scaled and aggregated into a single Mind Health Index score. **The overall index and every sub-index are scored between 0 to 100, with 100 being optimal.**

To help elucidate the significance of a score Axa have defined 4 categories of results for the MHJ:

- **FLOURISHING**: A score of 74 and above represents the pinnacle of mental health, encompassing the presence of good social, psychological and emotional wellbeing. Flourishing individuals do well across a range of mental wellbeing determinates and outcomes.
- **GETTING BY**: A score between 61-74 describes those who may have some areas of good wellbeing but not enough to be reach the state of flourishing. Those getting by may experience a dampened sense of wellbeing compared to those who are flourishing.
- **LANGUISHING**: A score between 46-61 represents the absence of positive wellbeing. If you are languishing you are not functioning at full capacity, you may feel unmotivated and struggle to focus. Those who are languishing are at an increased risk of developing mental illness.
- **STRUGGLING**: A score less than 46. The absence of wellbeing in most areas is likely to result in struggle and difficulty. Struggling is associated with emotional distress and psychosocial impairment.



For further information about the index, please refer to: [545223\\_2962134\\_Mind\\_Health\\_Whitepaper-Jan\\_2023\\_V4](#)

# Country Mind Health Index Evolution



*i* The Mind Health Index, creation from AXA therefore consists of three groups of questions that relate to either positive actions, modifiers or psychological wellbeing outcomes. The scoring system used allowed these questions to be scored, scaled and aggregated into a single Mind Health Index score. The overall index and every sub-index are scored between 0 to 100, with 100 being optimal.

## Flourishing

A score of 74 and above represents the pinnacle of mental health. Encompassing the presence of good social, psychological and emotional wellbeing. Flourishing individuals do well across a range of mental wellbeing determinates and outcomes.

## Getting by

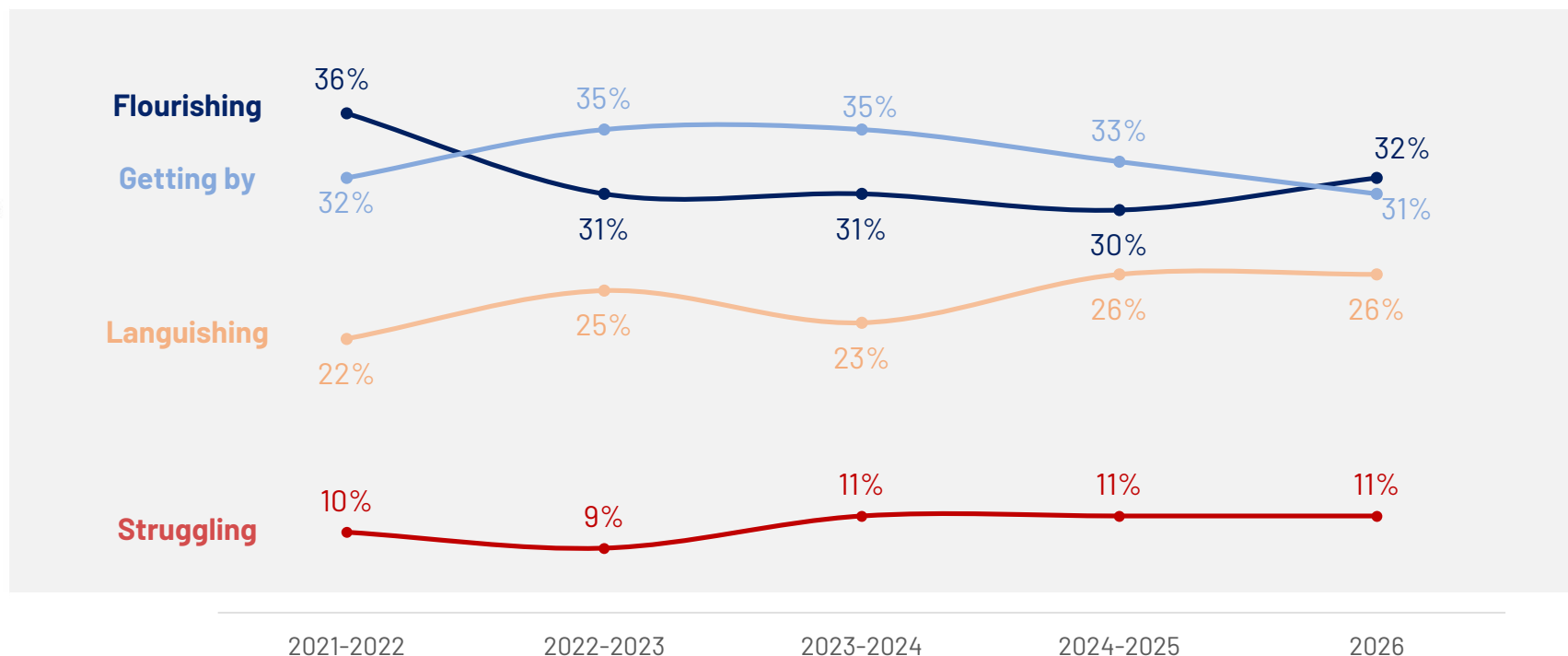
A score between 61-74 describes those who may have some areas of good wellbeing but not enough to be reach the state of flourishing. Those getting by may experience a dampened sense of wellbeing compared to those who are flourishing.

## Languishing

A score between 46-61 represents the absence of positive wellbeing. If you are languishing you are not functioning at full capacity, you may feel unmotivated and struggle to focus. Those who are languishing are at an increased risk of developing mental illness.

## Struggling

A score less than 46. The absence of wellbeing in most areas is likely to result in struggle and difficulty. Struggling is associated with emotional distress and psychosocial impairment.



*i* Please note that since the 2022-2023 wave, AXA has slightly altered the calculation of the Mind Health Index.

1 000 RESPONDENTS



# Mind Health Index Evolution



**i** The Mind Health Index, creation from AXA therefore consists of three groups of questions that relate to either positive actions, modifiers or psychological wellbeing outcomes. The scoring system used allowed these questions to be scored, scaled and aggregated into a single Mind Health Index score. The overall index and every sub-index are scored between 0 to 100, with 100 being optimal.

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## Getting by

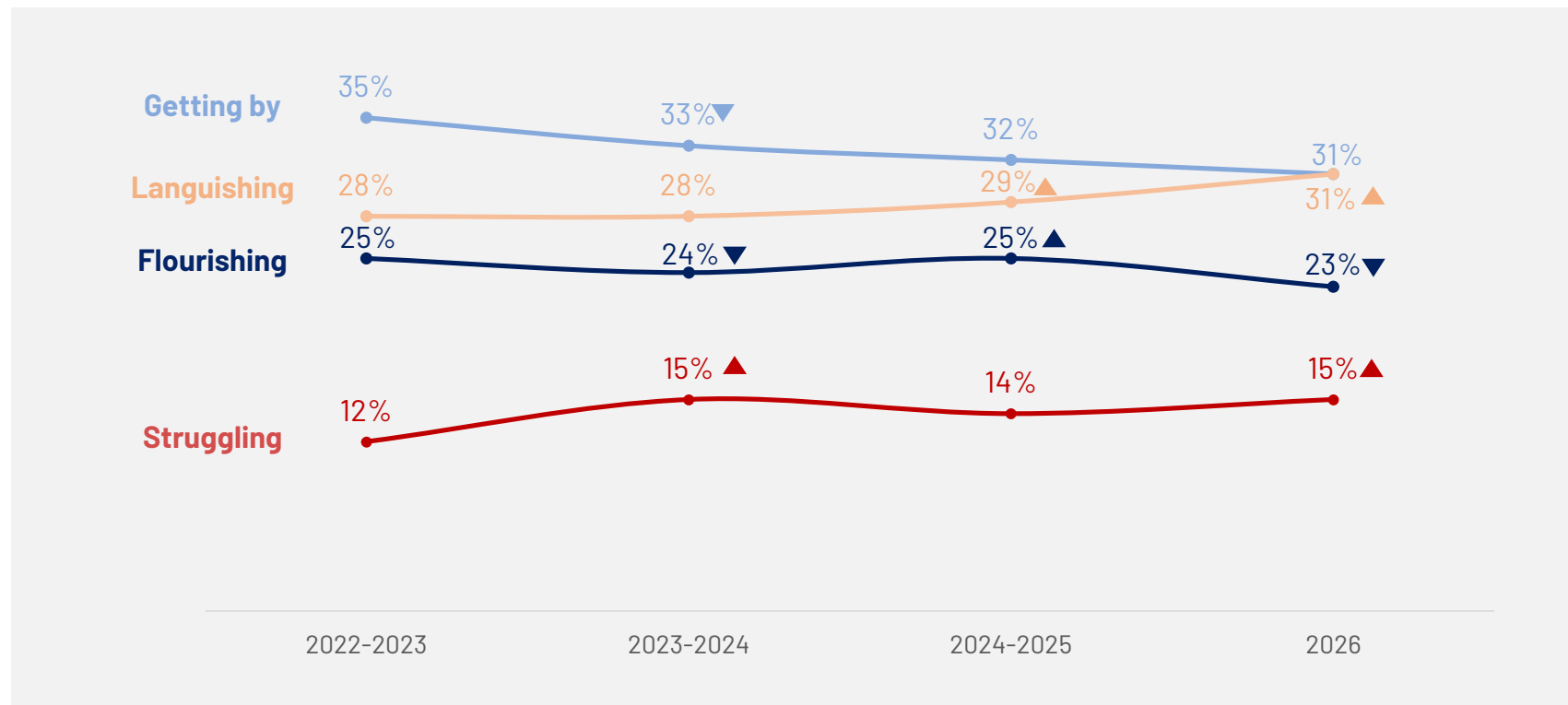
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## Languishing

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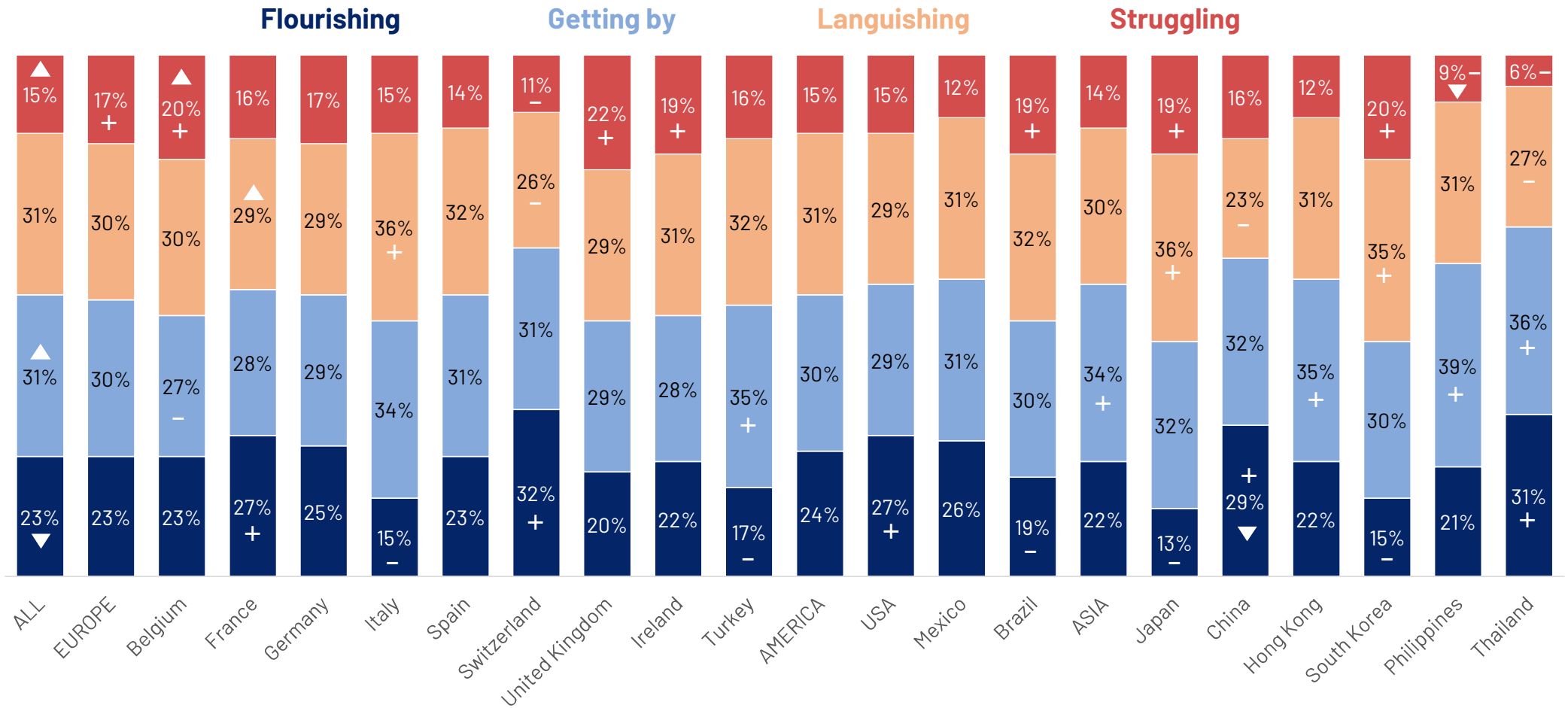
## Struggling

A score less than 46. The absence of wellbeing in most areas is likely to result in struggle and difficulty. Struggling is associated with emotional distress and psychosocial impairment.



19 000 RESPONDENTS

# Mind Health Index **per country and evolution in 1 year**



**19 000 RESPONDENTS: 1000/COUNTRY EXCEPT IN GERMANY: 2000**

+ superior to the global results  
- inferior to the global results

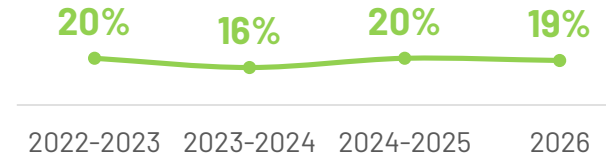
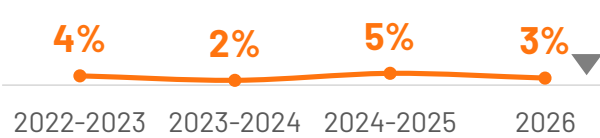
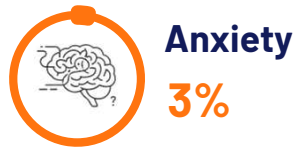
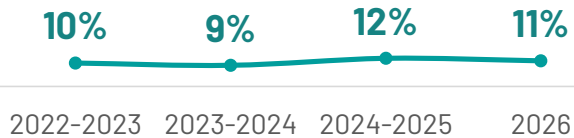
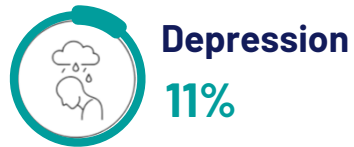
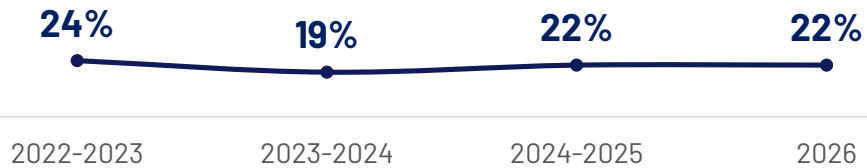


# Depression, Anxiety, Stress Scores Evolution

*i* Depression Anxiety Stress Scoring (DASS-9), a 9-item version, is a self-report instrument designed to assess the severity of the core symptoms of depression, anxiety and stress.

# 22%

potentially affected by **depression, anxiety or stress** at severe or more extreme levels



QA15 : Please indicate how much each statement applied to you OVER THE PAST WEEK

**1 000 RESPONDENTS**

# Depression, anxiety, stress

## Details per country - DASS scores



	ALL	EU	BE	FR	DE	IT	SP	CH	UK	IE	TR	AM	US	MX	BR	AS	JP	CN	HK	KR	PH	TH
% potentially affected by DEPRESSION, ANXIETY or STRESS at severe or more extreme levels	<b>26</b>	<b>27</b>	26	22	27	30	28	22	30	32	30	<b>27</b>	23	27	31	<b>22</b>	17	28	20	23	27	20
% potentially affected by DEPRESSION at severe or more extreme levels	<b>14</b>	<b>15</b>	13	14	14	16	16	11	18	16	17	<b>15</b>	11	16	18	<b>11</b>	9	12	8	12	15	11
% potentially affected by ANXIETY at severe or more extreme levels	<b>5</b>	<b>5</b>	4	5	5	5	6	3	6	7	7	<b>6</b>	4	8	7	<b>4</b>	3	4	3	4	6	4
% potentially affected by STRESS at severe or more extreme levels	<b>22</b>	<b>23</b>	21	16	23	26	25	19	26	28	26	<b>23</b>	19	23	27	<b>19</b>	13	24	18	19	23	15

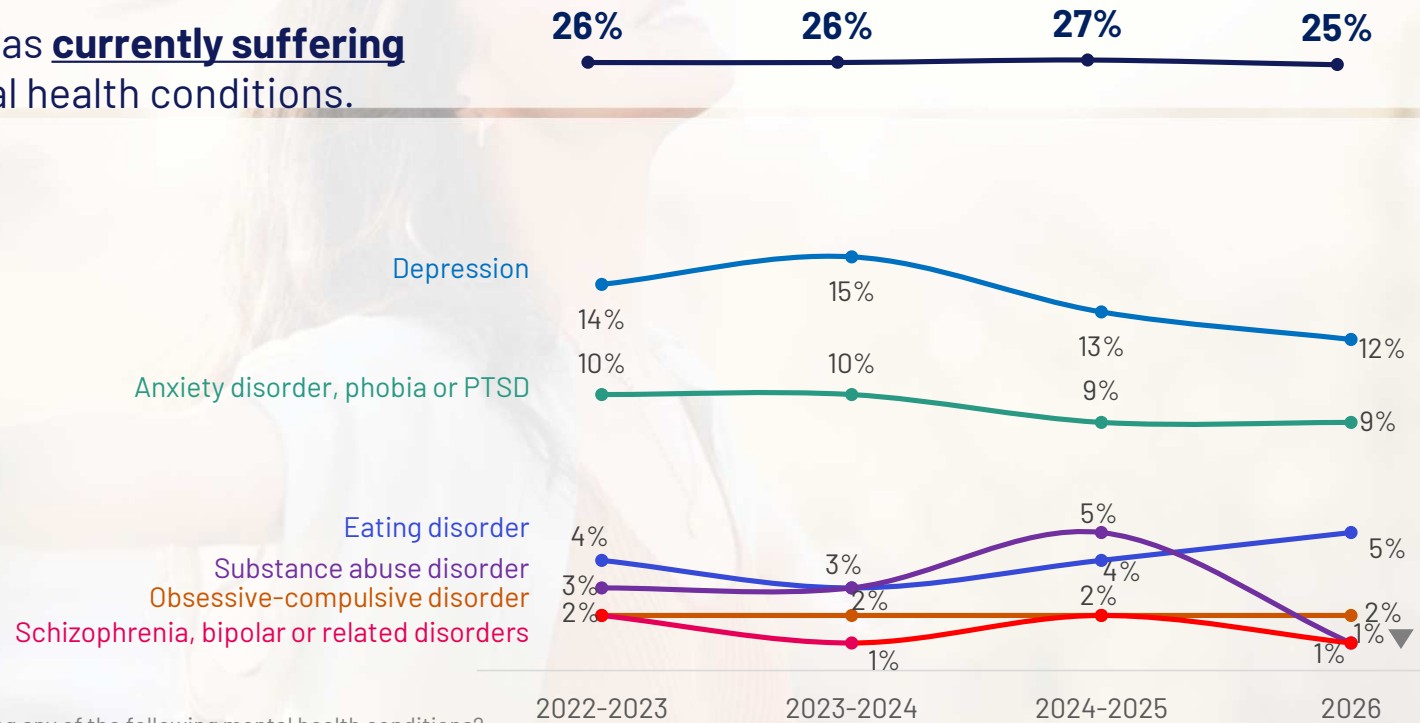
QA15 : Please indicate how much each statement applied to you OVER THE PAST WEEK

**19 000 RESPONDENTS: 1000/COUNTRY EXCEPT IN GERMANY: 2000**

# Self-report of **Mental Health conditions**

# 25%

self-report as **currently suffering** from mental health conditions.



A5. Are you currently experiencing any of the following mental health conditions?

**1 000 RESPONDENTS**

# Current mental health conditions

## Details per country



	ALL	EU	BE	FR	DE	IT	SP	CH	UK	IE	TR	AM	US	MX	BR	AS	JP	CN	HK	KR	PH	TH
I do not currently have a mental health condition	62	63	61	68	64	65	57	70	60	60	58	54	54	55	52	65	72	67	75	59	54	64
Are currently suffering from mental health conditions	31	31	31	28	30	26	33	25	36	35	38	39	43	36	40	27	17	32	22	31	33	27
Depression	15	16	18	12	20	10	16	12	21	17	19	20	26	19	16	11	5	15	9	18	15	8
Anxiety disorder, phobia or PTSD	15	15	13	14	14	13	14	9	22	19	14	21	28	13	23	11	4	19	10	9	15	9
Eating disorder (i.e. Anorexia/bulimia/binge eating disorder etc.)	5	5	5	5	4	4	4	5	4	5	9	6	5	4	8	5	1	9	3	3	8	5
Obsessive-compulsive disorder	4	3	3	3	3	3	3	2	5	4	3	4	4	5	3	6	2	7	5	7	3	10
Substance abuse disorder	2	3	4	2	4	1	2	1	2	4	3	2	4	1	2	1	0	2	1	2	1	2
Schizophrenia, bipolar or related disorders	2	1	2	1	1	2	1	1	2	2	1	3	4	2	3	2	1	3	2	2	1	1
Other	4	4	3	5	4	5	5	4	4	2	4	5	4	6	6	4	6	2	4	4	5	4
Prefer not to answer	7	6	8	4	6	9	10	5	4	5	4	7	3	9	8	8	11	1	3	10	13	9

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

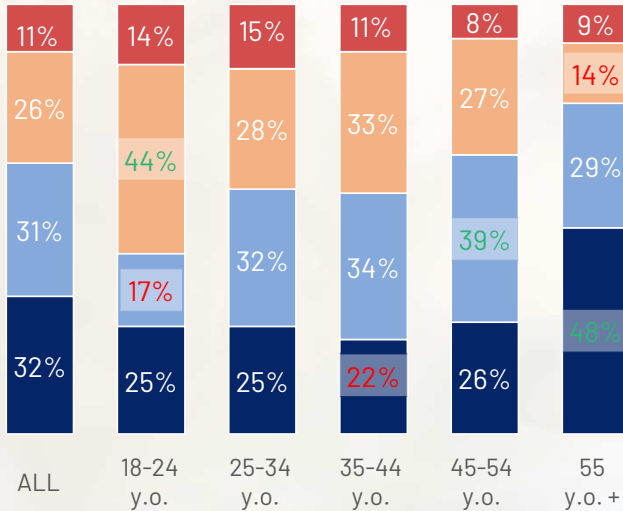
**19 000 RESPONDENTS: 1000/COUNTRY EXCEPT IN GERMANY: 2000**



# Mind Health : generational divide

## Mind Health Index

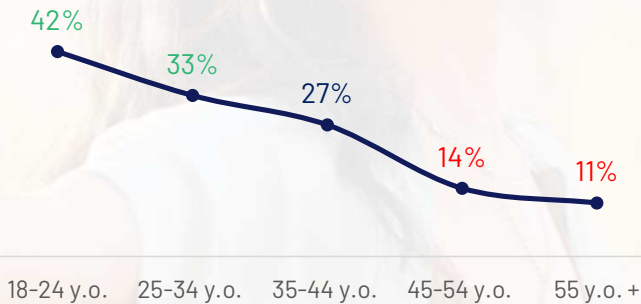
Flourishing, Getting by, Languishing, Struggling



## DASS

% potentially affected by depression, anxiety or stress at severe or more extreme levels

# 22%

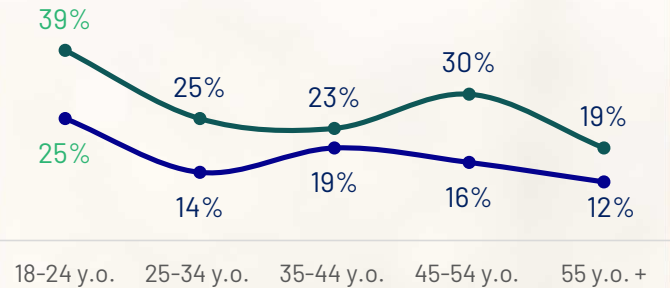


Depression Anxiety Stress Scoring (DASS-9), a 9-item version, is a self-report instrument designed to assess the severity of the core symptoms of depression, anxiety and stress.

## Mental health conditions

25% self report current mental health conditions

16% self-report being **DIAGNOSED** with a mental health condition (+)



A5. Are you currently experiencing any of the following mental health conditions?

A5B. Do you have a current diagnosis of the following mental health conditions?

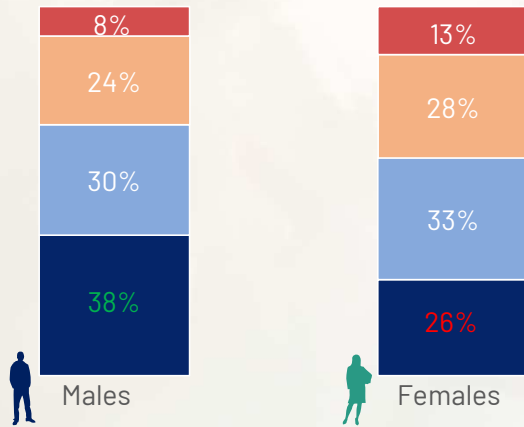
(+) New question

1 000 RESPONDENTS

# Mind Health : a gender gap

## Mind Health Index

Flourishing, Getting by, Languishing, Struggling



## DASS

% potentially affected by depression, anxiety or stress at severe or more extreme levels



Depression Anxiety Stress Scoring (DASS-9), a 9-item version, is a self-report instrument designed to assess the severity of the core symptoms of depression, anxiety and stress.

## Mental health conditions

% SELF REPORT current mental health conditions



% self-report being DIAGNOSED of a mental health condition



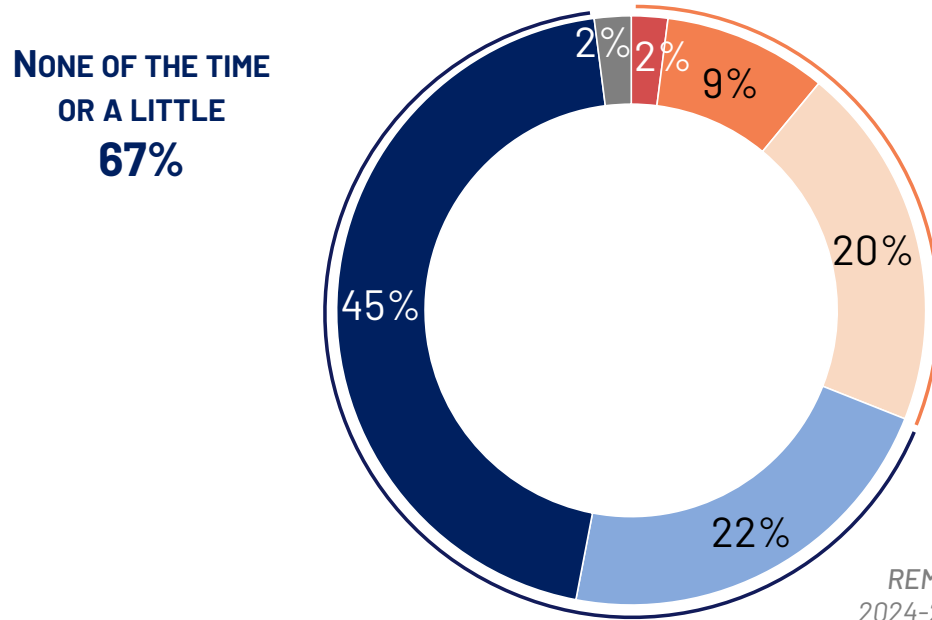
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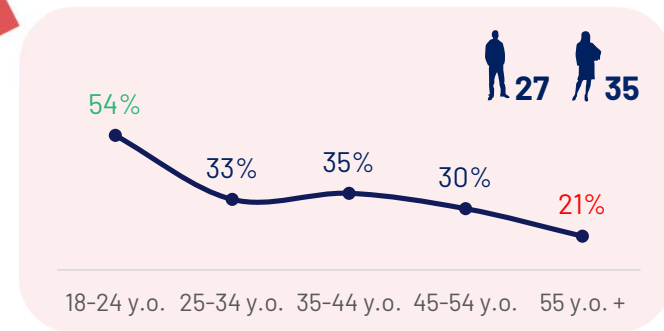
[+ New question](#)

502 MEN / 498 WOMEN

# Feeling of Loneliness



**31%**  
Report feeling lonely at least some of the time over the last two weeks



REMINDERS  
2024-2025 : 34%  
2023-2024 : 24%  
2022-2023 : 40%

All of the time   Most of the time   Some of the time   A little of the time   None of the time   Don't know

OECD2: How often over the last TWO weeks did you feel lonely?

1 000 RESPONDENTS

Previously, the question was asked about the frequency over the last 4 weeks. The evolution needs to be interpreted cautiously with this change.

# Feeling of loneliness

## Details per country



	ALL	EU	BE	FR	DE	IT	SP	CH	UK	IE	TR	AM	US	MX	BR	AS	JP	CN	HK	KR	PH	TH
At least some of the time	<b>40</b>	<b>39</b>	34	45	36	47	31	31	36	38	58	<b>37</b>	35	32	43	<b>42</b>	24	46	40	36	53	50
All of the time	<b>5</b>	<b>5</b>	5	6	4	5	6	2	6	4	9	<b>7</b>	7	6	10	<b>3</b>	4	2	2	4	5	3
Most of the time	<b>12</b>	<b>12</b>	13	14	10	13	12	9	11	13	20	<b>13</b>	12	12	13	<b>11</b>	5	16	8	8	17	10
Some of the time	<b>23</b>	<b>22</b>	16	25	22	29	13	20	19	21	29	<b>17</b>	16	14	20	<b>28</b>	15	28	30	24	31	37
None of the time or a little	<b>58</b>	<b>59</b>	64	54	63	52	67	67	61	61	40	<b>61</b>	64	67	54	<b>56</b>	71	54	59	58	45	49
A little of the time	<b>26</b>	<b>23</b>	29	22	18	22	26	22	23	27	18	<b>27</b>	22	31	27	<b>29</b>	24	28	34	27	33	27
None of the time	<b>32</b>	<b>36</b>	35	32	45	30	41	45	38	34	22	<b>34</b>	42	36	27	<b>27</b>	47	26	25	31	12	22
Don't know	<b>2</b>	<b>2</b>	2	1	1	1	2	2	3	1	2	<b>2</b>	1	1	3	<b>2</b>	5	0	1	6	2	1

OECD2: How often over the last TWO weeks did you feel lonely?

**19 000 RESPONDENTS: 1000/COUNTRY EXCEPT IN GERMANY: 2000**



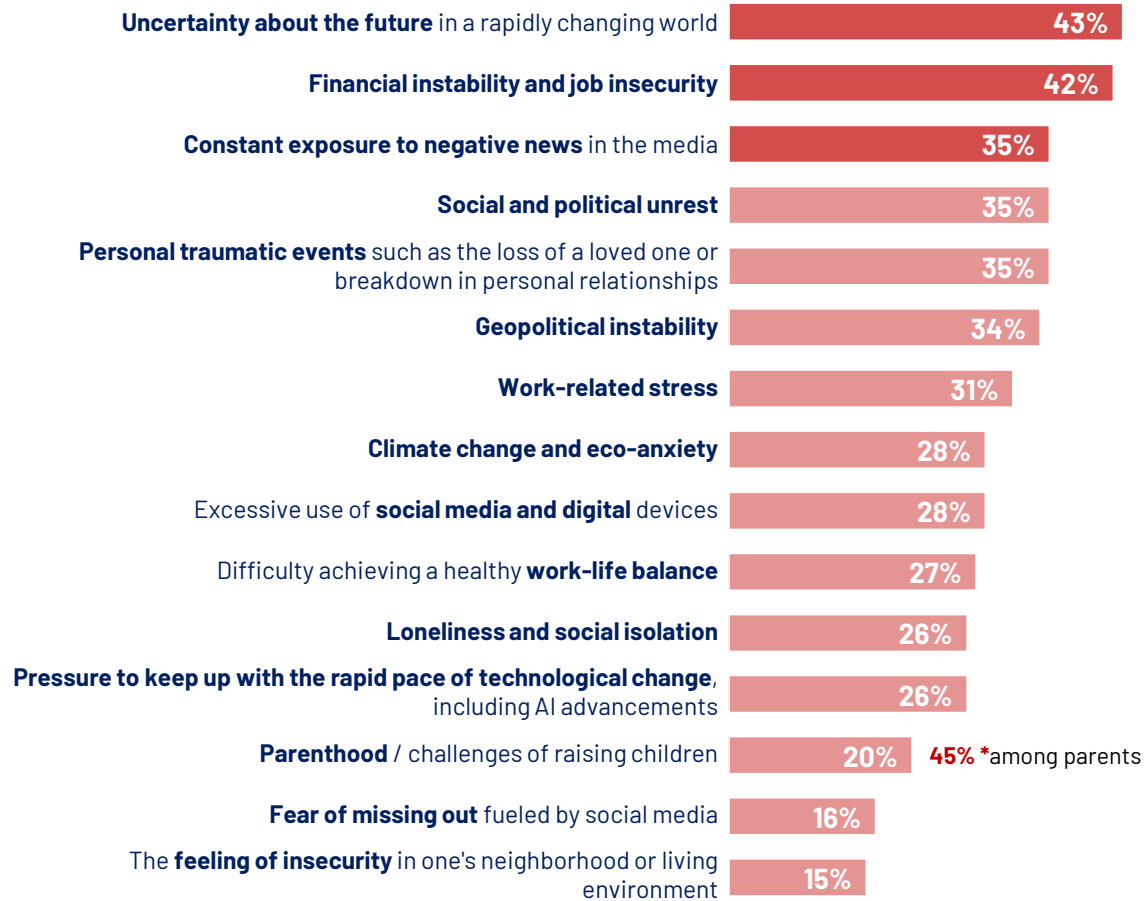
Previously, the question was asked about the frequency over the last 4 weeks. The evolution needs to be interpreted cautiously with this change.



**UNDERSTANDING MIND HEALTH  
FACTORS:  
INTERWOVEN INTERNAL AND  
EXTERNAL FACTORS IMPACTING  
MENTAL HEALTH NEGATIVELY**

**02**

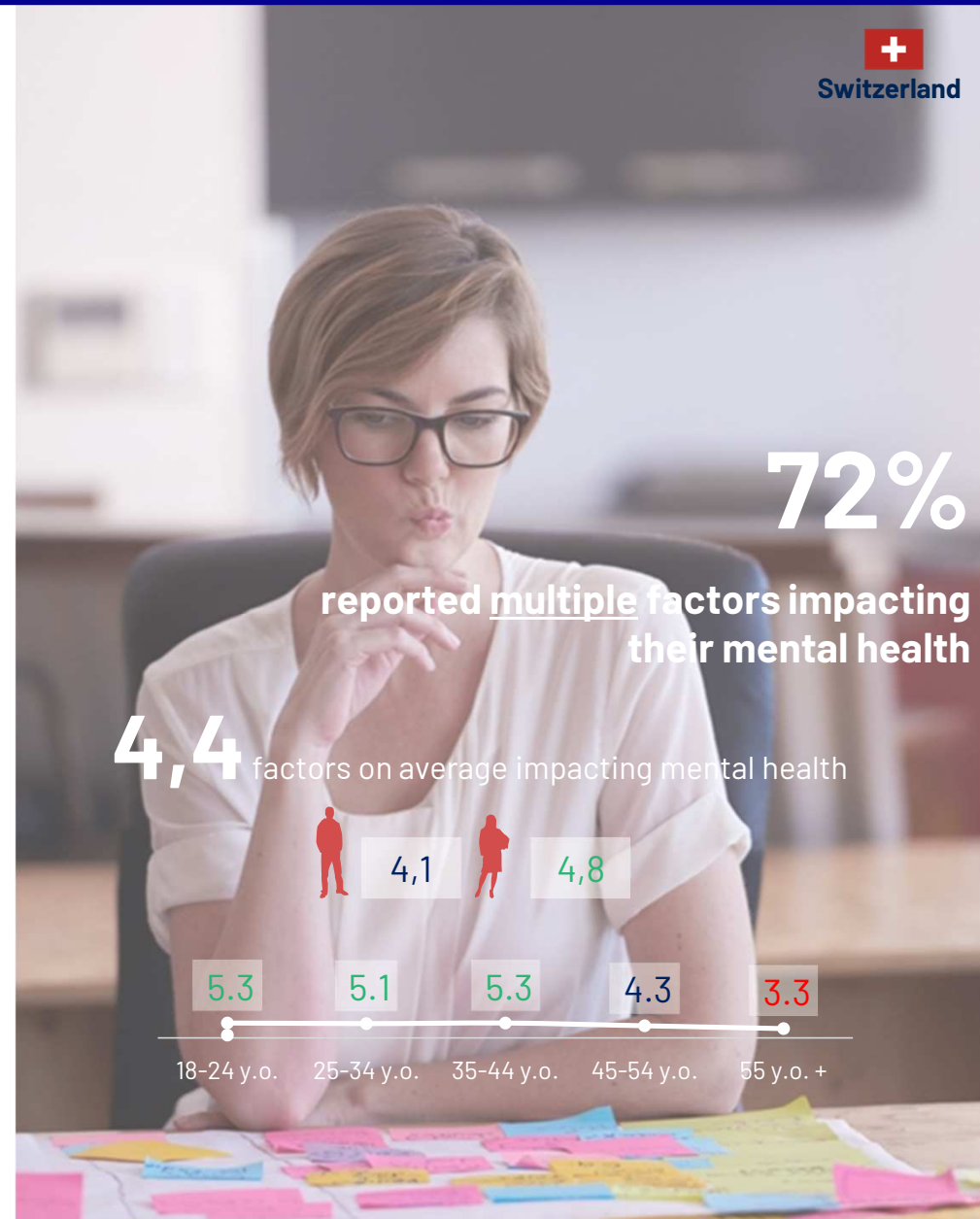
# Factors negatively impacting mental health



V4Q3 : Would you say that the following factors are currently having a negative impact on your mental health?

1 000 RESPONDENTS

\*Results among parents (n=295)



# Factors negatively impacting mental health

## Details per country



PER COUNTRY

% Yes	ALL	PER COUNTRY																				
		EU	BE	FR	DE	IT	SP	CH	UK	IE	TR	AM	US	MX	BR	AS	JP	CN	HK	KR	PH	TH
Uncertainty about the future in a rapidly changing world	51	50	46	51	43	54	52	43	50	52	59	53	50	51	56	51	34	47	55	52	63	54
Financial instability and job insecurity	51	47	44	50	36	48	51	42	45	51	57	52	46	53	56	55	42	50	52	53	69	62
Constant exposure to negative news in the media	41	42	40	43	36	40	43	35	45	47	51	42	43	39	45	38	25	36	36	34	55	44
Personal traumatic events such as the loss of a loved one or breakdown in personal relationships	41	41	42	41	37	37	44	35	39	44	51	42	39	43	44	39	28	34	31	33	58	54
Social and political unrest	40	40	39	42	38	32	45	35	37	39	59	39	43	36	39	40	32	30	36	42	57	45
Loneliness and social isolation	36	34	34	35	28	30	35	26	37	40	43	35	35	33	38	38	27	43	36	35	47	38
Excessive use of social media and digital devices	34	31	28	29	21	27	33	28	29	38	45	34	30	33	40	37	23	42	35	31	51	40
Climate change and eco-anxiety	33	31	30	33	26	31	32	28	27	29	44	33	31	30	38	36	29	32	24	34	53	45
Geopolitical instability	33	35	35	43	32	32	38	34	30	31	43	31	33	27	32	29	20	25	32	22	42	34
Work-related stress	32	27	27	24	24	25	29	31	27	31	29	34	29	36	36	39	33	42	38	34	41	44
Pressure to keep up with the rapid pace of technological change, including AI advancements	30	28	31	25	22	25	29	26	26	31	36	31	24	32	38	34	20	39	30	31	45	40
The feeling of insecurity in one's neighborhood or living environment	29	26	24	26	16	27	26	15	25	31	43	37	24	43	44	31	26	33	26	23	39	39
Parenthood / challenges of raising children	29	26	24	21	15	24	26	20	26	31	45	30	27	32	31	34	15	46	32	27	47	36
Difficulty achieving a healthy work-life balance	27	24	22	21	20	22	25	27	23	29	25	28	23	26	34	32	25	34	31	27	35	38
Fear of missing out fueled by social media	23	20	19	17	15	18	20	16	21	27	29	23	21	24	25	26	16	33	21	18	34	34

V4Q3 : Would you say that the following factors are currently having a negative impact on your mental health?  
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19 000 RESPONDENTS: 1000/COUNTRY EXCEPT IN GERMANY: 2000

Results in %

# Factors negatively impacting mental health

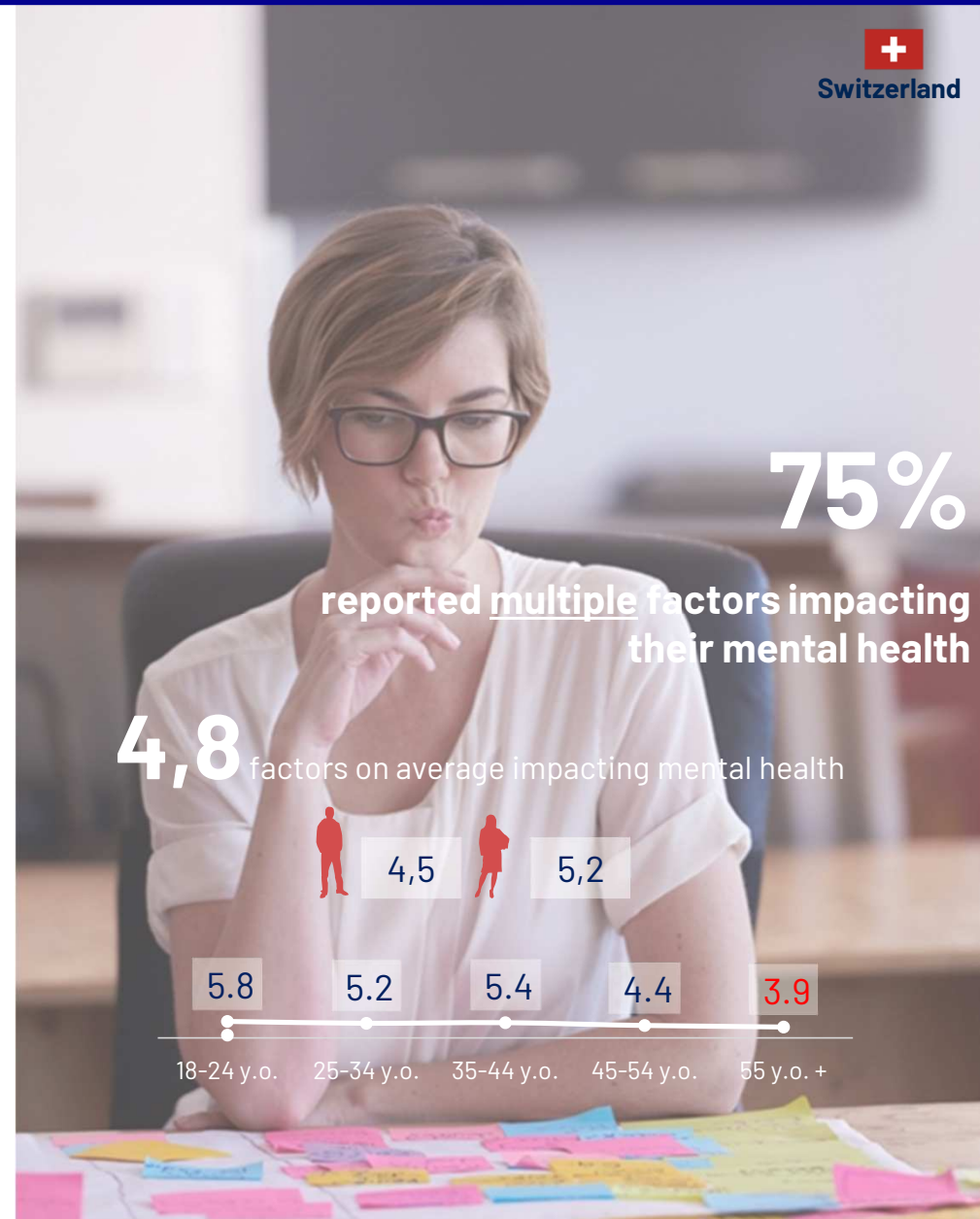


V4Q3: Would you say that the following factors are currently having a negative impact on your mental health?

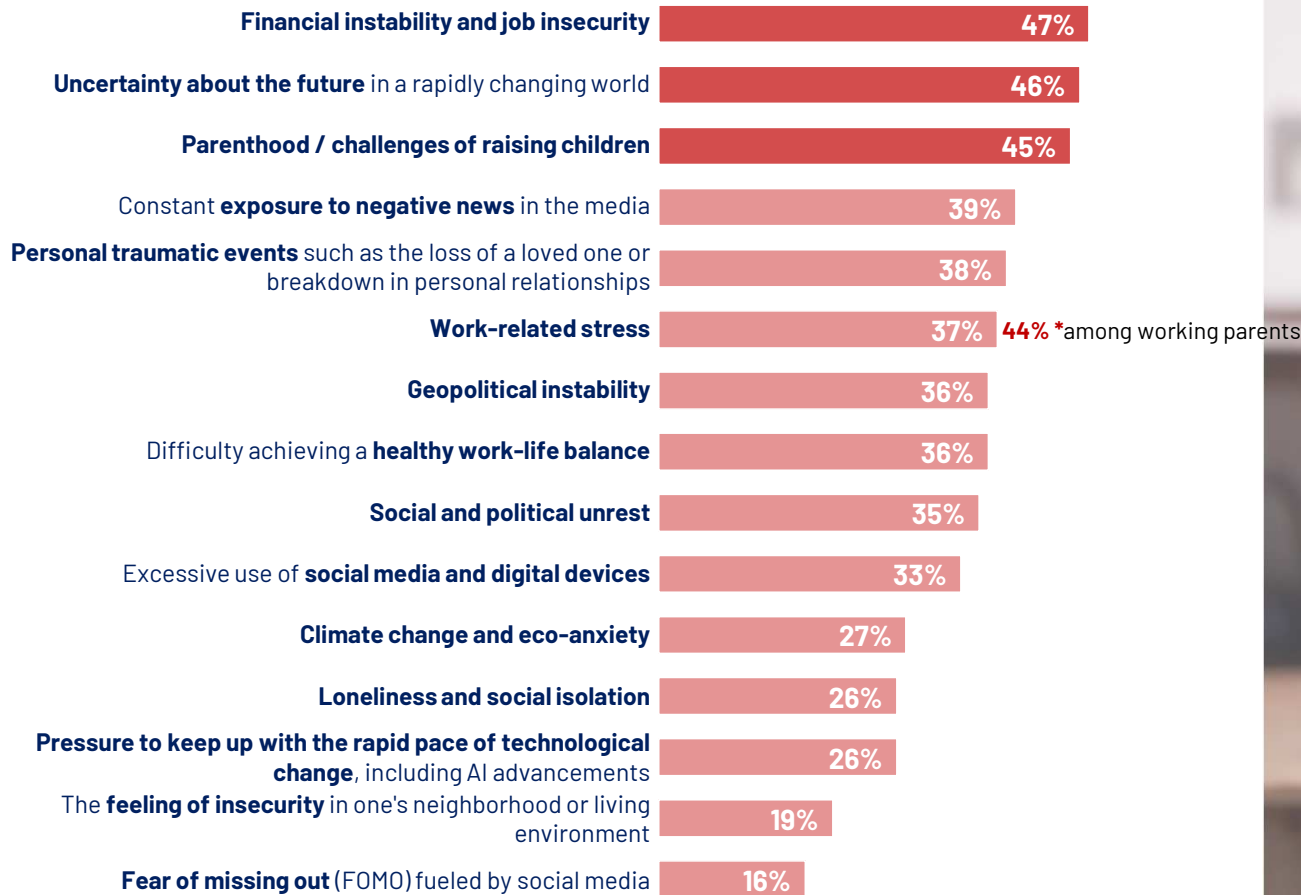


**WORKING POPULATION: 728 RESPONDENTS**

\*Results among working parents (n=249)



# Factors negatively impacting mental health

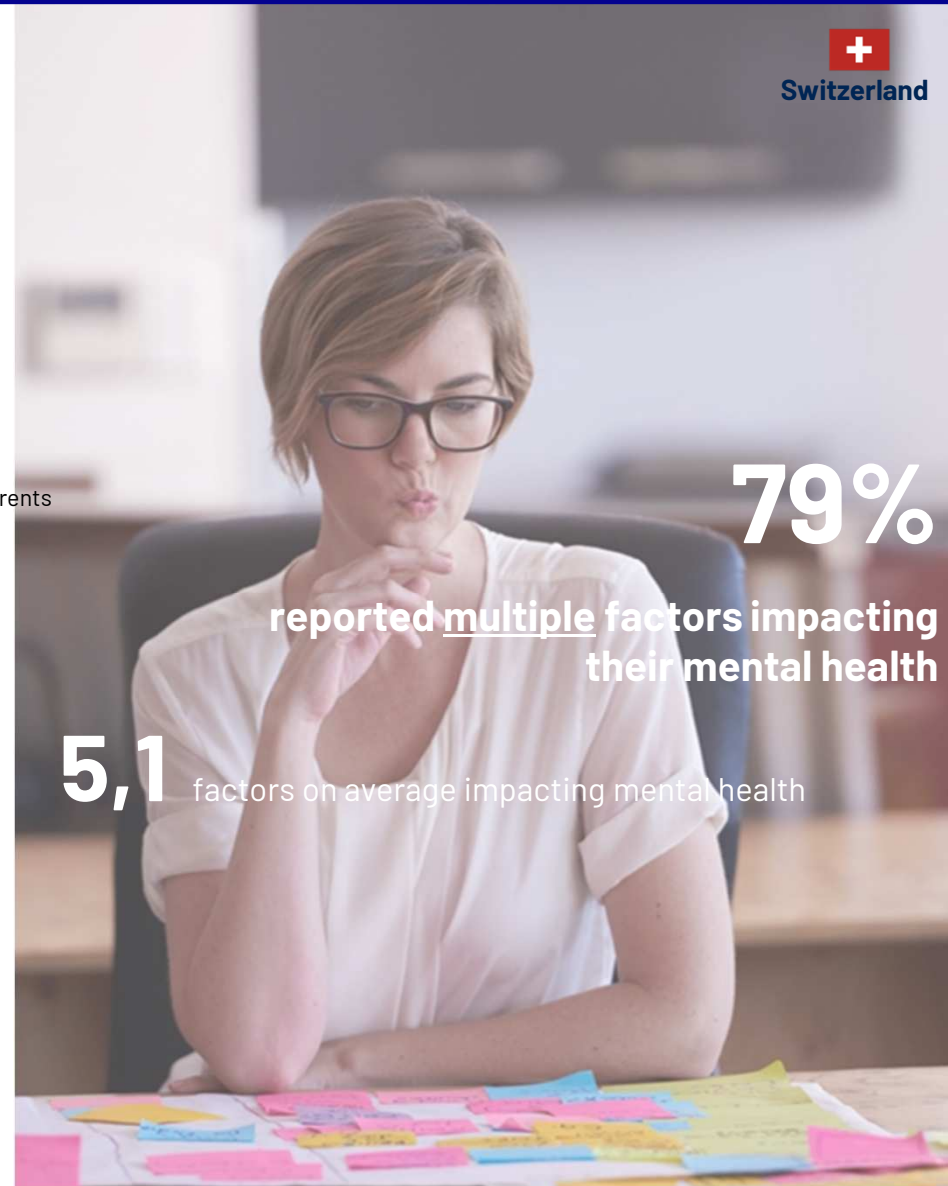


V4Q3: Would you say that the following factors are currently having a negative impact on your mental health?



**PARENTS: 295 RESPONDENTS**

\*Results among working parents (n=249)



79%

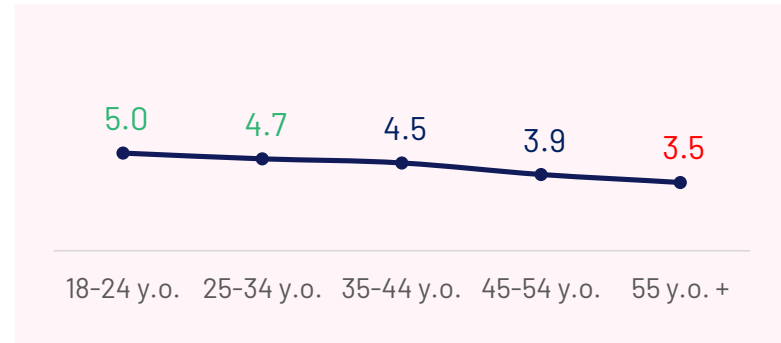
reported multiple factors impacting their mental health

5,1 factors on average impacting mental health

# Screen usage

# 4,1 hours

on average per day on a screen  
for personal activities  
[excl. weekends]



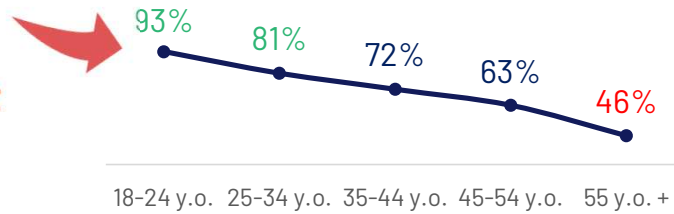
V5Q5 : During a typical week, excluding weekends, how many hours per day do you utilize your smartphone, tablet, or computer for personal activities, not including work-related tasks?

V5Q6 : Do you feel that your personal screen time usage negatively impacts the following aspects of your daily life? [+ New questions](#)

1 000 RESPONDENTS

# Screen usage negative impacts

**65%** report that their screen time negatively affects their daily lives, at least moderately



## Negative impacts

(% moderately/ quite a lot / extremely)

Your quality of sleep	<b>44%</b>	Your ability to interact with others	<b>35%</b>
Your ability to concentrate on tasks	<b>42%</b>	Feelings of social isolation	<b>30%</b>
Your level of physical activity	<b>39%</b>	Your ability to maintain a balanced diet	<b>30%</b>
Your overall mood throughout the day	<b>38%</b>		

V5Q6 : Do you feel that your personal screen time usage negatively impacts the following aspects of your daily life? [+ New question](#)

**1 000 RESPONDENTS**

# Screen use

## Details per country



	ALL	EU	BE	FR	DE	IT	SP	CH	UK	IE	TR	AM	US	MX	BR	AS	JP	CN	HK	KR	PH	TH
<b>Average</b>	<b>5,1</b>	4,8	4,3	4,7	4,5	4,8	4,9	4,1	5,2	4,9	5,4	5,7	5,3	5,8	6,0	5,4	4,2	5,4	5,5	4,4	6,4	6,4
Up to 2 hours	<b>21</b>	25	31	27	30	28	25	31	21	21	15	16	23	13	14	18	32	13	16	28	10	9
3-4 hours	<b>30</b>	32	32	33	30	28	32	36	33	31	28	30	30	31	28	28	29	31	30	31	23	24
5-6 hours	<b>22</b>	21	18	20	21	20	20	18	21	25	29	21	19	23	22	24	21	24	22	22	26	26
7-8 hours	<b>12</b>	10	10	8	8	10	9	7	9	12	14	13	11	13	14	14	10	19	15	9	17	17
More than 8 years	<b>15</b>	12	9	12	11	14	14	8	16	11	14	20	17	20	22	16	8	13	17	10	24	24

V5Q5 : During a typical week, excluding weekends, how many hours per day do you utilize your smartphone, tablet, or computer for personal activities, not including work-related tasks? [+ New question](#)

**19 000 RESPONDENTS: 1000/COUNTRY EXCEPT IN GERMANY: 2000**



# Screen usage negative impacts

## Details per country



% at least moderately

	ALL	EU	BE	FR	DE	IT	SP	CH	UK	IE	TR	AM	US	MX	BR	AS	JP	CN	HK	KR	PH	TH
<b>At least one</b>	<b>75</b>	67	62	66	59	72	62	65	63	73	82	72	60	72	83	87	71	96	90	82	90	93
Your quality of sleep	56	47	41	46	37	48	43	44	44	53	66	53	43	52	64	72	57	83	76	62	74	75
Your ability to concentrate on tasks	54	47	40	45	39	51	44	42	42	53	60	50	40	46	63	69	54	79	73	54	73	78
Your level of physical activity	52	45	40	43	38	45	40	39	41	51	64	49	43	47	58	67	50	76	67	57	73	77
Your overall mood throughout the day	51	43	35	40	35	48	40	38	39	50	57	48	38	44	62	66	50	78	67	53	72	73
Your ability to interact with others	49	41	36	40	32	45	41	35	35	45	60	45	32	43	60	64	43	77	70	52	67	72
Feelings of social isolation	44	39	36	37	30	40	34	30	36	44	58	41	34	37	52	56	38	74	65	43	64	52
Your ability to maintain a balanced diet	44	36	28	34	30	40	35	30	31	41	53	40	30	36	54	59	41	70	60	47	68	69

V5Q6 : Do you feel that your personal screen time usage negatively impacts the following aspects of your daily life?

**19 000 RESPONDENTS: 1000/COUNTRY EXCEPT IN GERMANY: 2000**



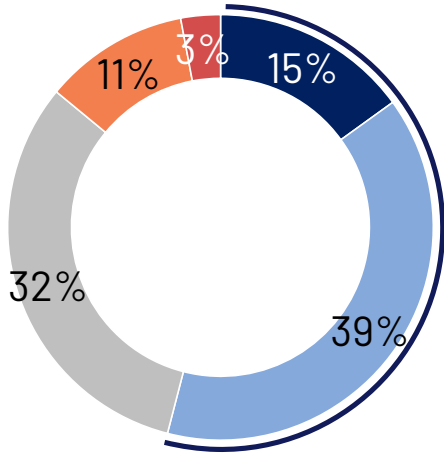
# MAIN BARRIERS TO TAKE CARE MENTAL HEALTH

# 03

# Exploring Public Perceptions of **Mental Health Access**

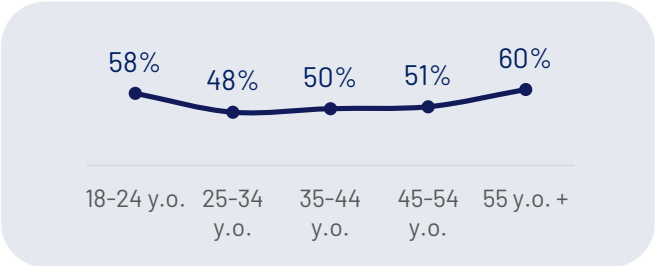


The public healthcare system in my country provides timely support for people with mental health conditions



**STRONGLY+ AGREE**

**54%**



REMINDERS

- 2024-2025 : 58%
- 2023-2024 : 60%
- 2022-2023: 66%

**Strongly agree**

**Agree**

**Neither agree or disagree**

**Disagree**

**Strongly disagree**

QA14 : To what extent do you agree or disagree with the following statements ?

**1 000 RESPONDENTS**



# Exploring Public Perceptions of Mental Health Access

## Details per country



% SUBTOTAL AGREE		ALL	EU	BE	FR	DE	IT	SP	CH	UK	IE	TR	AM	US	MX	BR	AS	JP	CN	HK	KR	PH	TH
The public health care system in my country provides timely support for people with mental health conditions		<b>42</b>	<b>40</b>	45 ▼	41	31 ▼	29	42	54	32	34	52	<b>40</b>	34 ▼	42	44	<b>46</b>	14	69 ▼	50	33	50 ▲	61

QA14 : To what extent do you agree or disagree with the following statements ?

**19 000 RESPONDENTS: 1000/COUNTRY EXCEPT IN GERMANY: 2000**

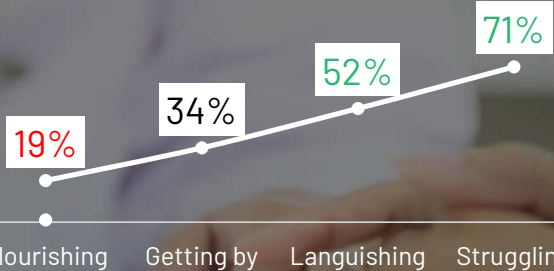
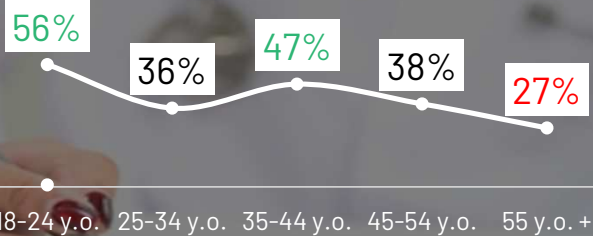
# Engaging with **healthcare professionals** for Mental Health support



# 38%

have visited **at least one healthcare professionals** for mental health concerns

36% 39%



# 62%

have not visited **a healthcare professional** for mental health concerns

- 
**General practitioner**  
**23%**
- 
**A psychologist**  
**11%**
- 
**A psychiatrist**  
**10%**
- 
**A healthcare professional at your workplace**  
**3%\***
- 
**Other mental health specialists**  
 (hypnosis, sophrology...)  
**6%**

V5Q1 : In the last 12 months, have you visited healthcare professionals for mental health concerns? [+ New question](#)

**1 000 RESPONDENTS**

\* Results among the working population (n=728)



# Engaging with healthcare professionals for Mental Health support

## Details per country



	ALL	EU	BE	FR	DE	IT	SP	CH	UK	IE	TR	AM	US	MX	BR	AS	JP	CN	HK	KR	PH	TH
<b>At least one</b>	<b>40</b>	<b>44</b>	52	54	39	43	47	38	40	45	37	<b>48</b>	45	45	53	<b>29</b>	15	36	24	27	37	37
A general practitioner	<b>25</b>	<b>30</b>	40	46	24	31	30	23	30	31	10	<b>31</b>	31	25	37	<b>14</b>	5	14	10	16	16	25
A psychologist	<b>12</b>	<b>13</b>	18	13	14	13	19	11	7	10	14	<b>16</b>	11	20	18	<b>7</b>	2	23	5	3	6	4
A psychiatrist	<b>8</b>	<b>8</b>	10	6	11	5	7	10	5	7	12	<b>7</b>	10	4	8	<b>7</b>	8	6	7	11	5	5
A healthcare professional at your workplace*	<b>9</b>	<b>9</b>	7	9	4	8	12	3	9	13	14	<b>10</b>	13	6	11	<b>10</b>	3	10	7	3	25	13
Other mental health specialists (hypnosis, sophrology...)	<b>3</b>	<b>4</b>	4	4	3	1	1	6	4	4	3	<b>3</b>	4	2	2	<b>3</b>	1	4	3	1	2	3
<b>No healthcare professionals visited in the last 12 months for mental health concerns</b>	<b>60</b>	<b>56</b>	48	46	61	57	53	62	60	55	63	<b>52</b>	55	55	47	<b>71</b>	85	64	76	73	63	63

V5Q1 : In the last 12 months, have you visited healthcare professionals for mental health concerns? [+ New question](#)

**19 000 RESPONDENTS: 1000/COUNTRY EXCEPT IN GERMANY: 2000**

\*Results among the working population (n=12278)

# Barriers to seeking help from healthcare professionals for Mental Health support



number of reasons on average: 1,7

V5Q2 : What are all the reasons why you have not gained help for any of your mental health concerns from a professional? [+ New question](#)

**Base : those who haven't visited professionals [except those who consider they have not had any mental health concerns in the last 12 months]**

**197 RESPONDENTS**

\* Results among the working population (n=158)





# Barriers to seeking help from healthcare professionals for Mental Health support

Details per sex, age

**+**  
Switzerland

	ALL	Gender		Age				
		Males	Females	18-24	25-34	35-44	45-54	55+
	197	99	98	⚠ 21	56	⚠ 34	⚠ 42	⚠ 44
Belief that there is <b>no need to warrant medical attention</b>	45	43	47	43	39	45	51	47
The <b>cost</b> of medical consultations and treatments	35	33	36	37	39	49	27	24
<b>Time constraints</b> and difficulty taking time off work or other responsibilities to attend appointments	16	14	19	9	22	32	9	7
Perception that seeking medical help is <b>pointless and will not lead to any improvement</b>	12	13	12	10	8	11	19	15
<b>Limited access</b> to healthcare professionals	10	12	9	23	15	6	7	4
<b>Preference for self-medicating</b> with over-the-counter remedies or alternative therapies	10	12	8	0	12	9	11	14
<b>Previous negative experiences</b> with healthcare providers that did not work	8	8	8	0	4	11	8	15
<b>Preference for AI-driven tools</b> such as ChatGPT or other AI bots	8	9	8	15	16	3	5	0
<b>*Concern that my employer or colleagues might find out</b> about my mental health issues, potentially impacting my career or professional reputation	7	6	8	15	8	11	3	3
Fear of being <b>stigmatized or judged negatively</b>	6	7	6	14	5	3	6	7
Other	10	10	11	14	5	0	14	18

V5Q2 : What are all the reasons why you have not gained help for any of your mental health concerns from a professional? + New question

Base : those who haven't visited professionals [except those who consider they have not had any mental health concerns in the last 12 months]

**197 RESPONDENTS**

\* Results among the working population (n=158)





# Barriers to seeking help from healthcare professionals for Mental Health support

Details per MHI

		MHI			
Switzerland		Flourishing	Getting by	Languishing	Struggling
	<b>ALL</b>	30	65	76	26
	197				
	<b>45</b>	55	54	35	35
	<b>35</b>	11	40	36	45
	<b>16</b>	8	14	17	31
	<b>12</b>	10	13	9	24
	<b>10</b>	11	11	13	0
	<b>10</b>	16	6	12	11
	<b>8</b>	0	2	8	31
	<b>8</b>	7	7	10	7
	<b>7</b>	7	2	5	24
	<b>6</b>	4	6	8	4
	<b>10</b>	14	9	8	12

V5Q2 : What are all the reasons why you have not gained help for any of your mental health concerns from a professional? [+ New question](#)

**Base : those who haven't visited professionals [except those who consider they have not had any mental health concerns in the last 12 months]**

**197 RESPONDENTS**

\* Results among the working population (n=158)

# Barriers to seeking help from healthcare professionals for Mental Health support

## Details per country



	ALL	EU	BE	FR	DE	IT	SP	CH	UK	IE	TR	AM	US	MX	BR	AS	JP	CN	HK	KR	PH	TH
	4 008	1 873	149	137	354	185	170	197	217	213	251	579	188	205	186	1 556	257	223	239	268	313	256
Belief that there is no need to warrant medical attention	<b>36</b>	<b>36</b>	35	28	47	29	18	45	37	36	42	<b>22</b>	32	18	17	<b>42</b>	43	42	46	36	27	60
The cost of medical consultations and treatments	<b>33</b>	<b>29</b>	36	32	15	47	36	35	16	35	17	<b>42</b>	38	50	39	<b>34</b>	31	28	39	29	49	26
Time constraints and difficulty taking time off work or other responsibilities to attend appointments	<b>20</b>	<b>18</b>	14	18	22	14	23	16	19	17	16	<b>26</b>	26	35	18	<b>22</b>	16	27	16	20	28	21
Fear of being stigmatized or judged negatively	<b>15</b>	<b>14</b>	14	15	15	12	14	6	25	17	9	<b>12</b>	15	13	8	<b>18</b>	16	17	17	22	20	13
Limited access to healthcare professionals	<b>15</b>	<b>16</b>	10	25	20	8	22	10	21	15	12	<b>18</b>	15	17	23	<b>13</b>	8	10	11	4	28	14
Perception that seeking medical help is pointless and will not lead to any improvement	<b>14</b>	<b>16</b>	21	20	20	10	14	12	19	14	12	<b>10</b>	16	10	5	<b>14</b>	11	19	20	19	9	9
Preference for self-medicating with over-the-counter remedies or alternative therapies	<b>10</b>	<b>10</b>	13	11	10	11	3	10	7	8	14	<b>7</b>	11	5	5	<b>12</b>	6	14	8	9	18	16
Preference for AI-driven tools such as ChatGPT or other AI bots	<b>10</b>	<b>7</b>	3	4	5	6	7	8	4	7	16	<b>7</b>	7	11	4	<b>15</b>	8	23	17	12	11	20
*Concern that my employer or colleagues might find out about my mental health issues, potentially impacting my career or professional reputation	<b>10</b>	<b>8</b>	6	5	6	6	8	7	11	7	11	<b>5</b>	7	6	3	<b>14</b>	7	20	18	11	15	12
Previous negative experiences with healthcare providers that did not work	<b>9</b>	<b>11</b>	17	8	12	6	11	8	14	11	12	<b>9</b>	12	9	7	<b>8</b>	7	11	7	9	6	7
Other	<b>8</b>	<b>9</b>	8	11	10	10	14	10	8	6	10	<b>11</b>	8	6	18	<b>6</b>	7	3	2	5	10	8

V5Q2 : What are all the reasons why you have not gained help for any of your mental health concerns from a professional?




Base : those who haven't visited professionals [except those who consider they have not had any mental health concerns in the last 12 months]

4008 RESPONDENTS

\* Results among the working population (n=2620)

# Willingness to discuss Mental Health at Work



52% 

would **discuss** mental health challenges **with their professional environment**

48%

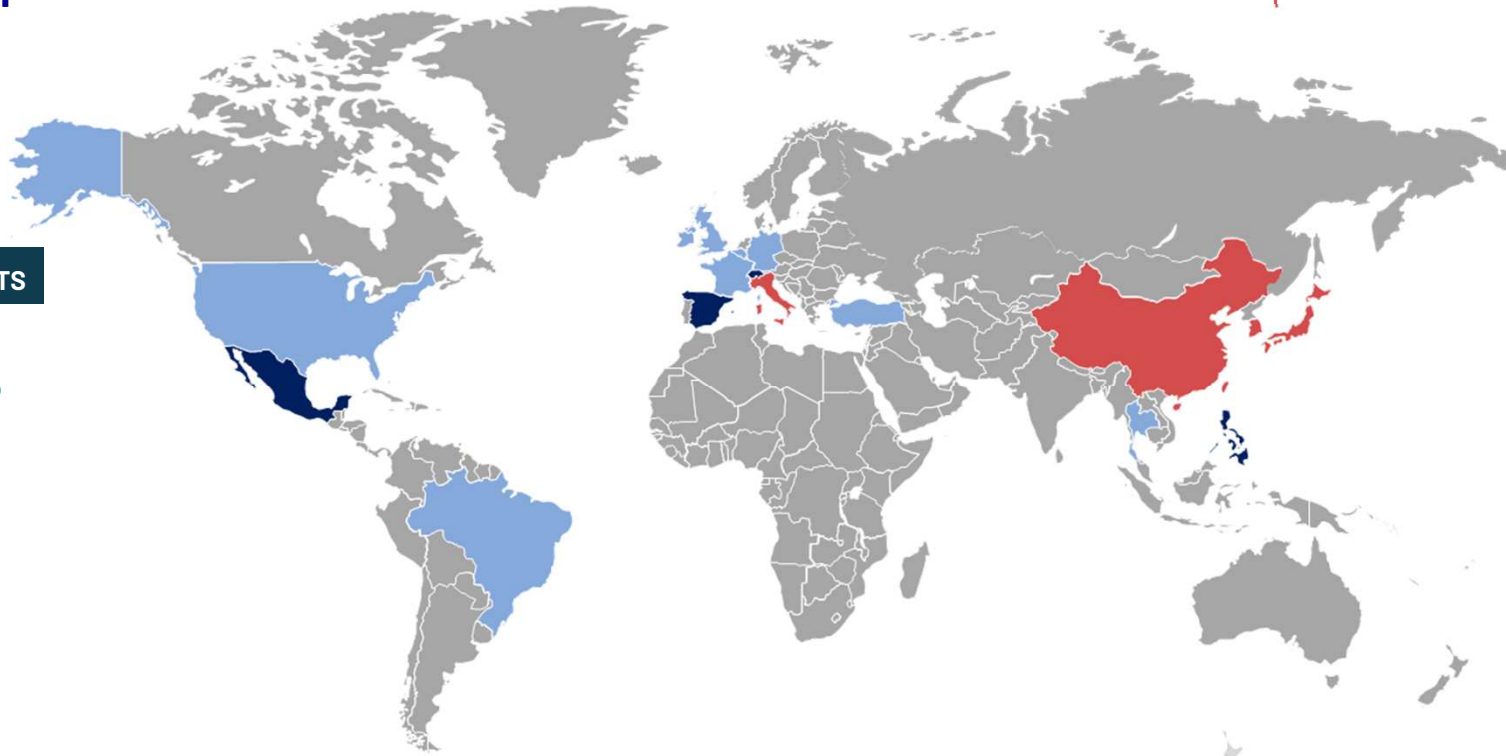
would **not discuss** mental health challenges with their professional environment



Switzerland

728 RESPONDENTS

64%



V5Q11: If you ever experience mental health challenges, would you discuss them within your professional environment?



WORKING POPULATION: 12278 RESPONDENTS

# Talking about Mental Health in the Workplace

## Details per country



	ALL	EU	BE	FR	DE	IT	SP	CH	UK	IE	TR	AM	US	MX	BR	AS	JP	CN	HK	KR	PH	TH
	12 278	5 928	569	537	1 172	544	588	728	605	691	494	1 957	593	712	652	4 393	686	786	779	664	698	780
<b>% would discuss mental health challenges within their professional environment</b>	<b>52</b>	<b>54</b>	52	47	50	45	59	64	52	55	57	<b>56</b>	49	64	54	<b>47</b>	45	43	38	41	66	53
Colleagues	<b>26</b>	<b>24</b>	21	22	28	21	28	31	18	19	30	<b>23</b>	19	24	25	<b>30</b>	22	29	24	25	35	41
Manager	<b>17</b>	<b>22</b>	23	21	12	11	26	29	29	23	16	<b>18</b>	21	17	16	<b>12</b>	21	11	7	8	15	9
Human Resources	<b>13</b>	<b>14</b>	12	10	11	12	15	12	15	20	19	<b>17</b>	14	21	17	<b>10</b>	7	9	7	6	22	10
Other facilities in the company (e.g., employee assistance program)	<b>11</b>	<b>11</b>	11	10	12	8	10	11	11	11	10	<b>12</b>	13	15	10	<b>10</b>	11	7	6	9	19	10
No, I wouldn't discuss it	<b>48</b>	<b>46</b>	48	53	50	55	41	36	48	45	43	<b>44</b>	51	36	46	<b>53</b>	55	57	62	59	34	47

V5Q11: If you ever experience mental health challenges, would you discuss them within your professional environment? [+ New question](#)



**WORKING POPULATION: 12278 RESPONDENTS**



# Willingness to discuss Mental Health at Work

Details per sex, age



		+ Switzerland		Gender		Age				
		ALL	Males	Females	18-24	25-34	35-44	45-54	55+	
		728	385	343	53	157	174	175	169	
<b>% would discuss mental health challenges within their professional environment</b>		<b>64</b>	65	64	69	76	70	59	52	
Colleagues		<b>31</b>	28	34	27	38	39	31	17	
Manager		<b>29</b>	31	28	29	30	31	26	31	
Human Resources		<b>12</b>	14	9	22	15	13	7	8	
Other facilities in the company (e.g., employee assistance program)		<b>11</b>	11	10	10	16	10	11	8	
No, I wouldn't discuss it		<b>36</b>	35	36	31	24	30	41	48	

V5Q11: If you ever experience mental health challenges, would you discuss them within your professional environment?



**WORKING POPULATION: 728 RESPONDENTS**

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[+ New question](#)

Results in %



# Barriers to Sharing Mental Health at Work

# 36%

would **not discuss** mental health challenges within their professional environment

Those with MH diagnosed: 33%



## Barriers to sharing Mental Health challenges in their professional environment

		Those with <sup>△</sup> MH diagnosed
I believe that my health is a <b>private concern</b> , and I do not feel comfortable talking about it at work	<b>41%</b>	34%
I <b>doubt that my workplace would be able</b> to provide any real help	<b>33%</b>	36%
I worry that discussing my mental health could have <b>career repercussions</b> or impact my job security	<b>22%</b>	35%
I am afraid of being <b>judged and stigmatized</b>	<b>18%</b>	35%
The <b>support and resources available</b> at my workplace for mental health concerns are <b>insufficient and ineffective</b>	<b>13%</b>	19%
I <b>don't have the time or the opportunities</b> to engage with my employer on my personal mental health	<b>6%</b>	13%

V5Q11: If you ever experience mental health challenges, would you discuss them within your professional environment?

Base : **Working population (n = 728)**

V5Q12: What would be the reasons you may choose not to share your mental health challenges at work?

Base : **Working population, who wouldn't discuss mental health challenges in professional environment (n=263)**

△ n=38

+ New questions

# Barriers to Sharing Mental Health at Work

Details per sex, age



		+ Switzerland		Gender		Age				
		ALL	Males	Females	18-24	25-34	35-44	45-54	55+	
		263	139	124	⚠ 17	⚠ 38	54	73	81	
I believe that my health is a <b>private concern</b> , and I do not feel comfortable talking about it at work	<b>41</b>		40	42	35	48	40	40	41	
I <b>doubt that my workplace would be able</b> to provide any real help	<b>33</b>		28	38	35	37	43	26	30	
I worry that discussing my mental health could have <b>career repercussions</b> or impact my job security	<b>22</b>		18	26	25	31	29	18	17	
I am afraid of being <b>judged and stigmatized</b>	<b>18</b>		14	23	25	16	25	16	16	
The <b>support and resources available</b> at my workplace for mental health concerns are <b>insufficient and ineffective</b>	<b>13</b>		10	17	0	11	18	12	15	
I <b>don't have the time or the opportunities</b> to engage with my employer on my personal mental health	<b>6</b>		8	5	0	6	9	5	8	
Other reasons	<b>21</b>		24	18	23	10	17	26	25	

V5Q12: What would be the reasons you may choose not to share your mental health challenges at work? [+ New question](#)

**Base : Working population, who wouldn't discuss mental health challenges in professional environment (n=263)**

# Barriers to sharing Mental Health challenges in the Workplace

## Details per country



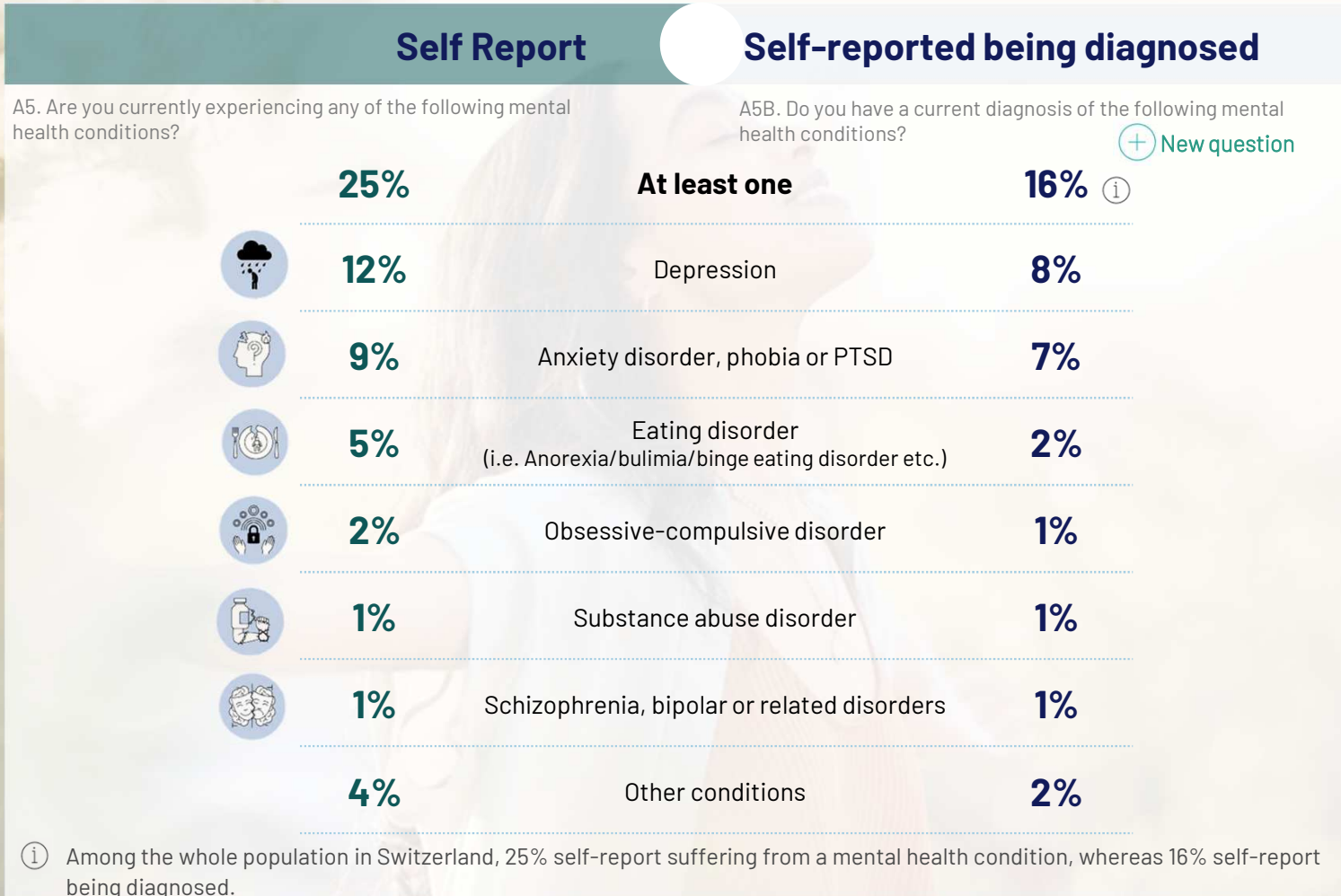
	ALL	EU	BE	FR	DE	IT	SP	CH	UK	IE	TR	AM	US	MX	BR	AS	JP	CN	HK	KR	PH	TH
	5 916	2 748	274	281	574	300	239	263	287	310	220	856	304	253	299	2 312	374	449	487	398	235	369
I believe that my health is a private concern, and I do not feel comfortable talking about it at work	<b>42</b>	41	48	38	43	38	42	41	42	39	37	44	49	41	40	43	25	46	56	36	56	44
I doubt that my workplace would be able to provide any real help	<b>28</b>	33	36	42	34	39	35	33	25	27	22	27	26	34	24	24	27	18	23	28	23	26
I am afraid of being judged and stigmatized	<b>20</b>	22	26	25	22	16	22	18	25	22	20	20	24	17	19	18	9	21	20	18	27	14
I worry that discussing my mental health could have career repercussions or impact my job security	<b>20</b>	21	29	24	19	16	20	22	16	22	21	19	22	19	16	20	13	23	22	20	28	17
The support and resources available at my workplace for mental health concerns are insufficient and ineffective	<b>13</b>	12	14	12	11	11	17	13	9	10	16	12	13	15	8	13	13	18	11	18	13	6
I don't have the time or the opportunities to engage with my employer on my personal mental health	<b>11</b>	9	8	9	10	8	6	6	9	12	9	10	10	8	12	13	19	13	13	9	11	11
Other reasons	<b>17</b>	16	11	16	18	14	16	21	18	13	16	19	17	16	24	17	26	11	13	10	18	24

V5Q12: What would be the reasons you may choose not to share your mental health challenges at work?

**Base : Working population, who wouldn't discuss mental health challenges in professional environment (n=5916)**

[+ New question](#)

# Mind Health : key results



**1 000 RESPONDENTS**

# Diagnosis of a mental health conditions

## Details per country



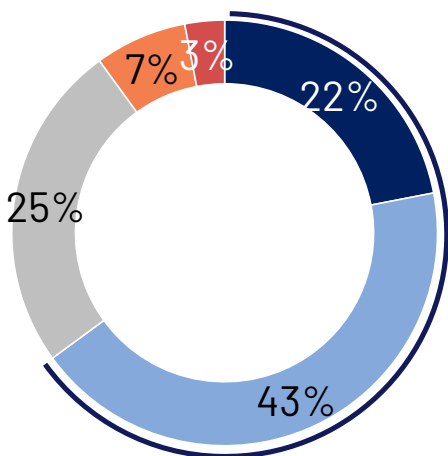
	ALL	EU	BE	FR	DE	IT	SP	CH	UK	IE	TR	AM	US	MX	BR	AS	JP	CN	HK	KR	PH	TH
<b>Have a current diagnosis</b>	<b>20</b>	21	21	16	23	13	21	16	26	24	28	27	35	21	27	17	9	25	14	17	19	16
Depression	<b>11</b>	11	12	8	16	5	11	8	15	12	15	15	20	12	12	8	4	13	5	11	9	5
Anxiety disorder, phobia or PTSD	<b>10</b>	10	10	7	12	7	10	7	17	13	11	16	24	8	16	7	3	14	6	5	9	5
Eating disorder (i.e. Anorexia/bulimia/binge eating disorder etc.)	<b>3</b>	3	2	2	3	2	2	2	3	3	6	3	3	2	4	3	1	7	2	1	5	4
Obsessive-compulsive disorder	<b>2</b>	2	2	1	1	1	2	1	2	2	2	2	3	2	2	3	1	5	3	3	2	7
Substance abuse disorder	<b>1</b>	1	3	1	3	0	1	1	1	2	1	1	3	1	1	1	0	1	1	1	1	1
Schizophrenia, bipolar or related disorders	<b>1</b>	1	2	1	1	1	1	1	1	1	1	2	4	1	2	1	1	2	1	1	1	1
Other MH conditions	<b>2</b>	2	2	2	2	1	2	2	2	1	2	2	2	2	2	1	1	0	2	1	1	1
People without diagnosis	<b>11</b>	10	10	12	7	13	12	9	10	11	10	12	8	15	13	10	8	7	8	14	14	11
<b>People without mental health condition</b>	<b>62</b>	63	61	68	64	65	57	70	60	60	58	54	54	55	52	65	72	67	75	59	54	64
Prefer not to answer	<b>7</b>	6	8	4	6	9	10	5	4	5	4	7	3	9	8	8	11	1	3	10	13	9

QA5B : Do you have a current diagnosis of the following mental health conditions  
Base : All



# Ability to Find Help for Coping with Mental Health Issues

If and when I did need help with a mental health condition, I **would know how to access it**

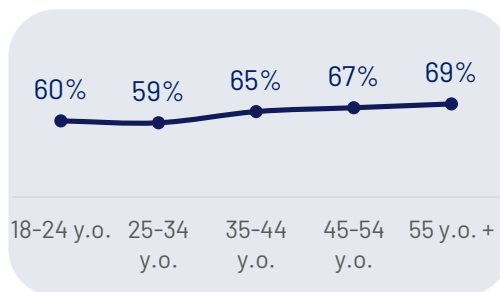


**STRONGLY+ AGREE**

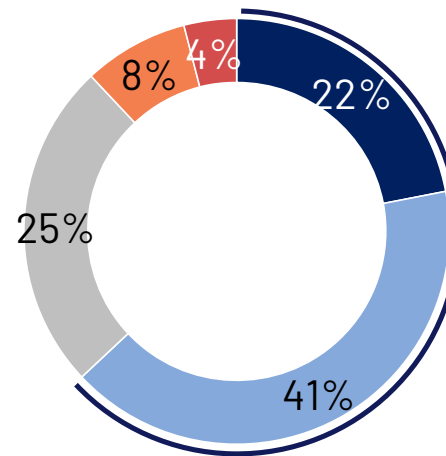
**65%** ▼

REMINDERS

2024-2025 : 71%  
2023-2024 : 72%  
2022-2023 : 76%



I **trust my friends and family to provide mental health support** should I need it

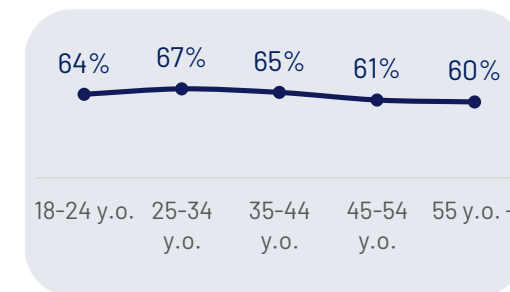


**STRONGLY+ AGREE**

**63%**

REMINDERS

2024-2025 : 66%  
2023-2024 : 72%  
2022-2023 : 73%



**Strongly agree**

**Agree**

**Neither agree or disagree**

**Disagree**

**Strongly disagree**

QA14 : To what extent do you agree or disagree with the following statements ?

**1 000 RESPONDENTS**

# Ability to Find Help for Coping with Mental Health Issues

## Details per country



% SUBTOTAL AGREE	ALL	EUROPE										AMERICA			ASIA							
		EU	BE	FR	DE	IT	SP	CH	UK	IE	TR	AM	US	MX	BR	AS	JP	CN	HK	KR	PH	TH
If and when I did need help with a mental health condition, I would know how to access it	<b>61</b>	<b>60</b>	59	56	57	50	65	65	59	62	72	<b>68</b>	70	70	64	<b>58</b>	27	74	57	44	74	73
I trust my friends and family to provide mental health support should I need it	<b>60</b>	<b>58</b>	53	56	62	39	65	63	60	59	69	<b>61</b>	59	67	56	<b>61</b>	36	76	59	48	76	70

QA14 : To what extent do you agree or disagree with the following statements ?

**19 000 RESPONDENTS: 1000/COUNTRY EXCEPT IN GERMANY: 2000**

# KNOWING WHAT'S RIGHT YET STRUGGLING TO CONSISTENTLY IMPLEMENT POSITIVE ACTIONS

# 04

# Self-Management strategies for Mental Health

● Regularly ● Regularly + occasionally



V5Q4 : Which of the following actions do you take to self-manage your mental health? [+ New question](#)

**1 000 RESPONDENTS**



# Self-Management strategies for Mental Health

Details per sex, age



% Regularly / occasionally	+ Switzerland		Gender		Age				
	ALL		Males	Females	18-24	25-34	35-44	45-54	55+
	Engage in regular <b>physical exercise</b>	<b>85</b>		87	84	86	86	85	84
Reach out to <b>close friends</b>	<b>82</b>		80	85	81	92	84	82	77
Maintain a <b>balanced and nutritious diet</b>	<b>79</b>		78	80	78	79	79	77	81
Reach out <b>family</b> members	<b>79</b>		77	81	84	83	80	79	74
<b>Immerse oneself in hobbies</b> like art, music, gardening, or writing as a form of self-expression and therapy	<b>76</b>		74	78	82	74	78	71	77
Immerse in <b>personal or professional projects</b> to keep the mind occupied	<b>75</b>		75	74	82	79	78	74	69
<b>Take time off</b> work or daily responsibilities	<b>73</b>		70	76	69	76	76	74	70
Practice <b>mindfulness and meditation techniques</b>	<b>48</b>		45	50	54	53	53	44	42
<b>Use AI-driven tools</b> such as ChatGPT or other AI bots	<b>46</b>		48	44	72	56	52	43	30
Take <b>OTC medications or natural supplements</b> to alleviate symptoms	<b>45</b>		43	47	50	47	47	51	39
Consult with <b>alternative medicine practitioners</b> such as acupuncturists or herbalists	<b>35</b>		30	40	42	41	44	33	25
Use a <b>self-help app</b> that provides guidance on coping strategies and healthy habits	<b>24</b>		24	24	28	33	31	21	15
Seek out <b>online support communities</b> to connect with others facing similar challenges and share coping strategies	<b>23</b>		24	22	40	27	31	22	13

V5Q4 : Which of the following actions do you take to self-manage your mental health? (+) New question

**1 000 RESPONDENTS**



# Self-Management strategies for Mental Health

Details per MHI



% Regularly / occasionally

	+ Switzerland		MHI			
	ALL		Flourishing	Getting by	Languishing	Struggling
Engage in regular <b>physical exercise</b>	<b>85</b>		89	88	83	72
Reach out to <b>close friends</b>	<b>82</b>		85	86	84	63
Maintain a <b>balanced and nutritious diet</b>	<b>79</b>		81	80	79	71
Reach out <b>family</b> members	<b>79</b>		85	83	76	56
<b>Immerse oneself in hobbies</b> like art, music, gardening, or writing as a form of self-expression and therapy	<b>76</b>		79	77	74	68
Immerse in <b>personal or professional projects</b> to keep the mind occupied	<b>75</b>		70	79	78	68
<b>Take time off</b> work or daily responsibilities	<b>73</b>		72	78	74	60
Practice <b>mindfulness and meditation techniques</b>	<b>48</b>		44	49	51	47
<b>Use AI-driven tools</b> such as ChatGPT or other AI bots	<b>46</b>		33	48	56	54
Take <b>OTC medications or natural supplements</b> to alleviate symptoms	<b>45</b>		30	44	62	53
Consult with <b>alternative medicine practitioners</b> such as acupuncturists or herbalists	<b>35</b>		25	34	44	44
Use a <b>self-help app</b> that provides guidance on coping strategies and healthy habits	<b>24</b>		15	25	33	28
Seek out <b>online support communities</b> to connect with others facing similar challenges and share coping strategies	<b>23</b>		13	20	38	28

V5Q4 : Which of the following actions do you take to self-manage your mental health? (+) New question

**1 000 RESPONDENTS**



# Self-Management strategies for Mental Health

## Details per country



### % Regularly / occasionally

	ALL	EU	BE	FR	DE	IT	SP	CH	UK	IE	TR	AM	US	MX	BR	AS	JP	CN	HK	KR	PH	TH
Engage in regular physical exercise	<b>80</b>	79	78	79	81	71	81	85	76	84	79	79	79	82	77	81	66	86	80	74	92	87
Maintain a balanced and nutritious diet	<b>79</b>	76	65	58	78	80	86	79	81	85	67	78	79	80	75	83	70	89	88	72	96	85
Reach out family members	<b>77</b>	76	72	74	78	72	83	79	67	72	85	80	72	83	84	78	62	83	76	80	90	78
Reach out to close friends	<b>76</b>	76	76	71	79	70	82	82	66	73	84	78	74	77	83	76	55	84	78	74	90	76
Immerse oneself in hobbies like art, music, gardening, or writing as a form of self-expression and therapy	<b>74</b>	75	72	72	76	76	70	76	76	78	77	76	79	76	73	71	49	73	67	57	93	87
Immerse in personal or professional projects to keep the mind occupied	<b>72</b>	71	65	72	70	74	74	75	67	71	76	78	75	82	78	69	36	77	74	64	87	78
Take time off work or daily responsibilities	<b>69</b>	68	62	75	70	79	78	73	47	56	76	75	63	82	79	67	49	48	67	69	90	82

V5Q4 : Which of the following actions do you take to self-manage your mental health?

[+ New question](#)

**19 000 RESPONDENTS: 1000/COUNTRY EXCEPT IN GERMANY: 2000**

# Self-Management strategies for Mental Health

## Details per country



### % Regularly / occasionally

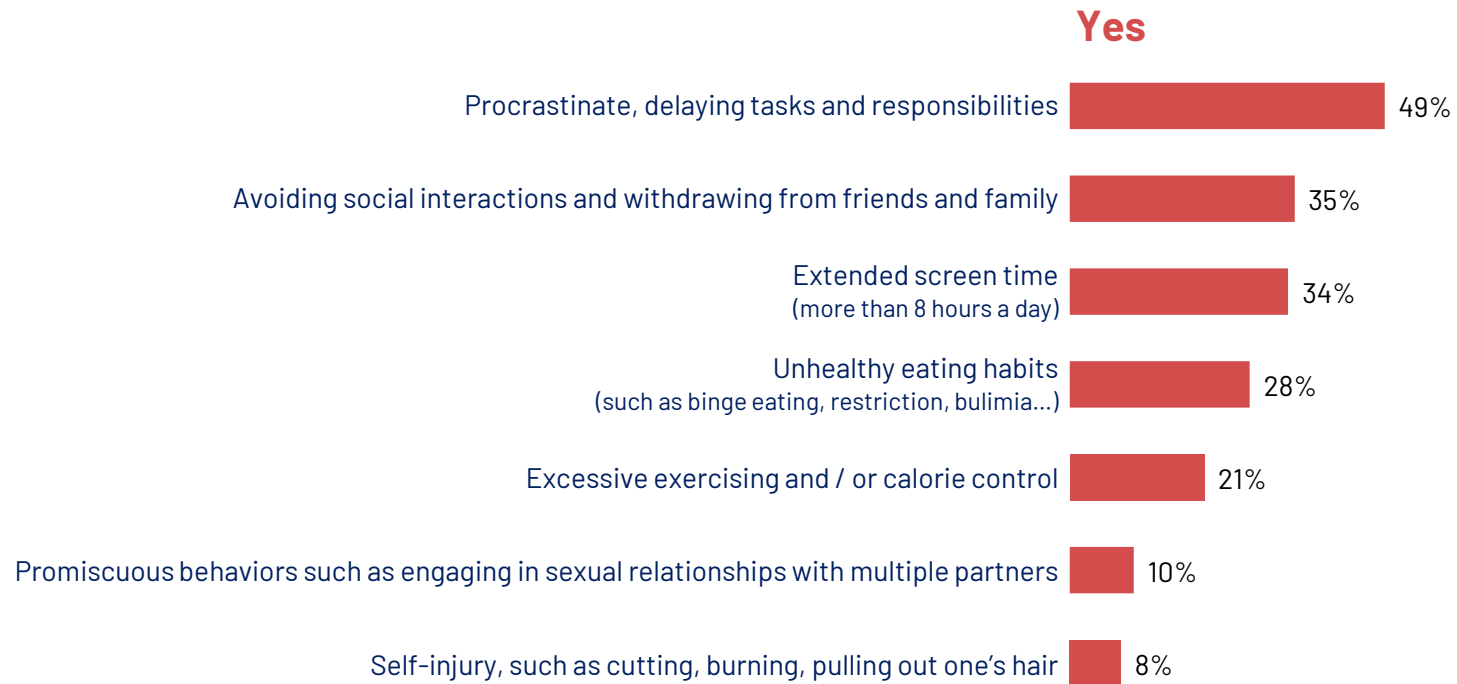
	ALL	EU	BE	FR	DE	IT	SP	CH	UK	IE	TR	AM	US	MX	BR	AS	JP	CN	HK	KR	PH	TH
Practice mindfulness and meditation techniques	<b>52</b>	47	38	35	43	43	50	48	50	58	60	57	61	61	49	58	21	61	52	50	83	80
Use AI-driven tools such as ChatGPT or other AI bots	<b>50</b>	44	43	38	36	42	46	46	33	43	65	48	36	51	56	61	33	73	57	59	71	72
Take over-the-counter medications or natural supplements to alleviate symptoms	<b>47</b>	44	45	40	41	44	40	45	40	47	52	47	43	49	50	51	29	58	43	51	63	61
Use a self-help app that provides guidance on coping strategies and healthy habits	<b>41</b>	32	28	29	19	30	34	24	32	40	54	39	33	43	41	54	20	66	54	41	72	70
Seek out online support communities to connect with others facing similar challenges and share coping strategies	<b>38</b>	32	29	23	26	26	33	23	35	39	55	37	34	40	36	47	19	59	41	38	67	62
Consult with alternative medicine practitioners such as acupuncturists or herbalists	<b>34</b>	31	26	29	21	30	36	35	24	37	39	38	27	45	41	38	16	54	38	25	54	41

V5Q4 : Which of the following actions do you take to self-manage your mental health?

[+ New question](#)

**19 000 RESPONDENTS: 1000/COUNTRY EXCEPT IN GERMANY: 2000**

# Behaviors when faced with challenges



V5Q3 : Do you tend to revert to one or more of the following behaviours when faced with challenges ? [+ New question](#)

1 000 RESPONDENTS

# Behaviors when faced with challenges

Details per sex, age and employment status



	<b>+ Switzerland</b>		<b>Age</b>					<b>Employment status</b>		
	<b>Gender</b>		<b>18-24</b>	<b>25-34</b>	<b>35-44</b>	<b>45-54</b>	<b>55+</b>	<b>Working</b>	<b>Not working</b>	
	<b>ALL</b>	<b>Males</b>								<b>Females</b>
Procrastinate, delaying tasks and responsibilities	<b>49</b>	43	54	67	60	55	46	34	49	47
Avoiding social interactions and withdrawing from friends and family	<b>35</b>	30	40	57	44	37	35	21	36	30
Extended screen time (more than 8 hours a day)	<b>34</b>	37	30	53	40	41	32	21	36	28
Unhealthy eating habits (such as binge eating, restriction, bulimia...)	<b>28</b>	24	32	41	33	37	25	18	29	26
Excessive exercising and / or calorie control	<b>21</b>	24	18	36	31	23	16	13	23	18
Promiscuous behaviors such as engaging in sexual relationships with multiple partners	<b>10</b>	14	5	13	13	12	6	7	11	5
Self-injury, such as cutting, burning, pulling out one's hair	<b>8</b>	8	7	18	10	8	7	3	9	5

V5Q3 : Do you tend to revert to one or more of the following behaviours when faced with challenges ? [+ New question](#)

**1 000 RESPONDENTS**



# Behaviors when faced with challenges

## Details per country



	ALL	EU	BE	FR	DE	IT	SP	CH	UK	IE	TR	AM	US	MX	BR	AS	JP	CN	HK	KR	PH	TH
<b>Tend to revert to at least one behavior</b>	<b>71</b>	<b>71</b>	68	70	68	64	63	76	73	77	79	<b>74</b>	71	72	80	<b>69</b>	58	69	74	62	78	73
Procrastinate, delaying tasks and responsibilities	<b>44</b>	<b>47</b>	42	46	47	37	40	49	56	56	51	<b>49</b>	50	45	52	<b>37</b>	27	39	43	36	46	33
Extended screen time (more than 8 hours a day)	<b>40</b>	<b>36</b>	35	33	32	31	31	34	36	44	48	<b>43</b>	36	43	50	<b>46</b>	30	52	52	33	53	55
Avoiding social interactions and withdrawing from friends and family	<b>38</b>	<b>39</b>	41	36	36	32	35	35	48	48	44	<b>44</b>	42	44	45	<b>34</b>	26	36	34	25	42	39
Unhealthy eating habits (such as binge eating, restriction, bulimia...)	<b>32</b>	<b>32</b>	30	31	29	28	29	28	36	40	41	<b>32</b>	32	27	39	<b>31</b>	27	32	26	31	37	33
Excessive exercising and / or calorie control	<b>21</b>	<b>22</b>	24	25	13	18	18	21	19	24	30	<b>22</b>	19	20	28	<b>21</b>	15	20	16	19	37	19
Promiscuous behaviors such as engaging in sexual relationships with multiple partners	<b>11</b>	<b>11</b>	11	8	8	11	10	10	11	15	17	<b>12</b>	12	11	14	<b>9</b>	5	7	9	6	14	12
Self-injury, such as cutting, burning, pulling out one's hair	<b>10</b>	<b>10</b>	10	7	8	7	8	8	12	14	16	<b>11</b>	12	9	13	<b>9</b>	5	8	6	8	15	10

V5Q3 : Do you tend to revert to one or more of the following behaviours when faced with challenges? [+ New question](#)

**19 000 RESPONDENTS: 1000/COUNTRY EXCEPT IN GERMANY: 2000**

# AI OPPORTUNITIES AND POTENTIAL RISKS IN MENTAL HEALTH SUPPORT

# 05

# Artificial Intelligence use

# 55%

report already using **AI for mental health matters.**

Search for **information to manage my personal mental health**

Seek **advice on how to assist others** with their mental health

Get **guidance on communicating and expressing my mental health concerns**

Engaging in **regular dialogues as a virtual confidant to get advice** for dealing with your day-to-day difficulties

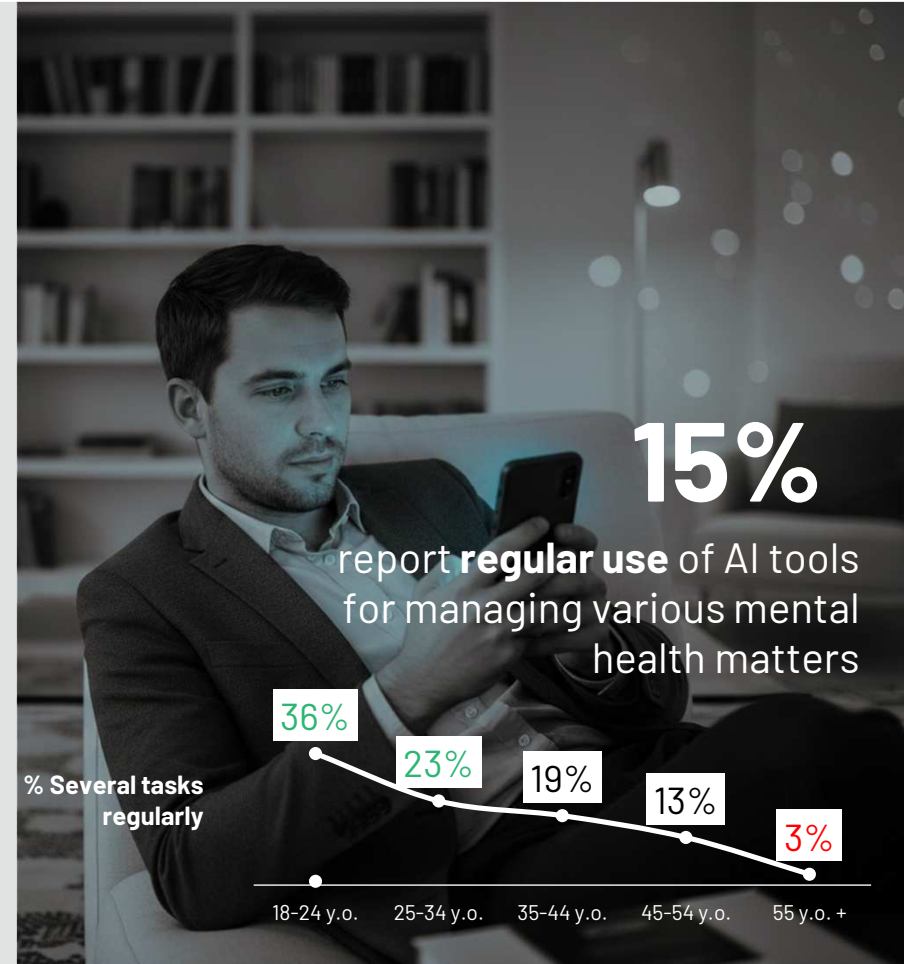
Use AI to **determine appropriate actions** for self-managing mental health

Receive **assessments of my current mental health status**

Identify suitable **healthcare professionals or facilities** for mental health assistance

**Track mood changes and emotional patterns** using AI tools

1 000 RESPONDENTS



V5Q7 : In what ways do you engage with artificial intelligence (AI) platforms for mental health purposes or conversations?

+ New question

# Artificial Intelligence use

## Details per age and MHI



### % regularly/occasionally

	+	Age					MHI			
		ALL	18-24	25-34	35-44	45-54	55+	Flourishing	Getting by	Languishing
	<b>1 000</b>	94	185	196	203	322	321	311	260	108
<b>At least one task regularly or occasionally</b>	<b>55</b>	79	67	66	52	36	32	59	74	65
Search for information to manage my personal mental health	<b>37</b>	60	50	47	33	20	17	40	53	50
Seek advice on how to assist others with their mental health	<b>36</b>	59	45	42	38	19	19	37	52	43
Use AI to determine appropriate actions for self-managing mental health	<b>30</b>	48	42	37	30	13	14	28	48	36
Receive assessments of my current mental health status	<b>28</b>	51	33	35	27	16	12	30	42	39
Engaging in regular dialogues as a virtual confidant to get advice for dealing with your day-to-day difficulties	<b>27</b>	46	40	34	21	14	12	27	43	34
Get guidance on communicating and expressing my mental health concerns	<b>26</b>	44	35	36	24	11	9	26	43	38
Identify suitable healthcare professionals or facilities for mental health assistance	<b>26</b>	43	33	32	27	14	12	25	42	37
Track mood changes and emotional patterns using AI tools	<b>22</b>	41	33	27	20	8	8	21	35	32

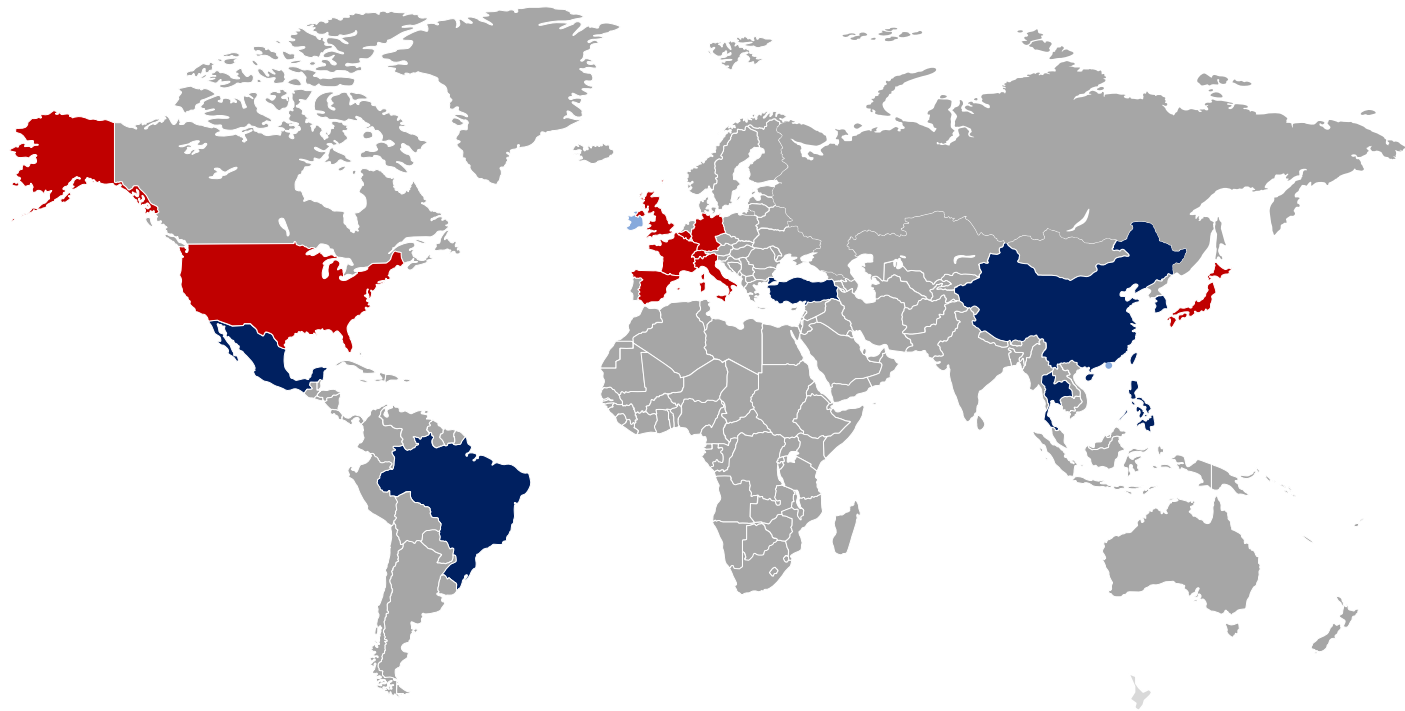
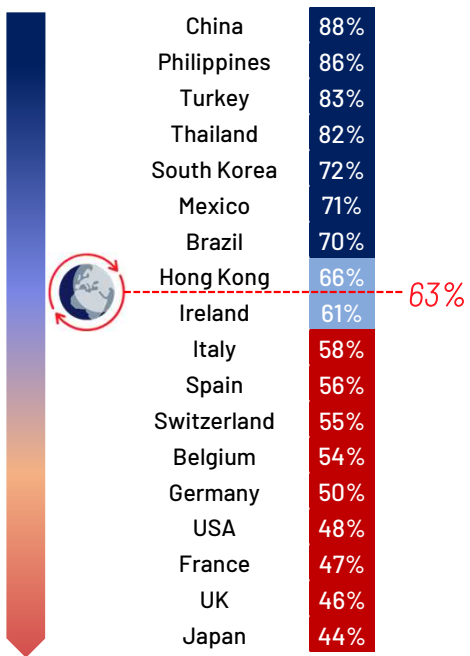
V5Q7 : In what ways do you engage with artificial intelligence (AI) platforms for mental health purposes or conversations?

[+ New question](#)

# Artificial Intelligence use

# 63%

report already using AI for mental health matters.



V5Q7 : In what ways do you engage with artificial intelligence (AI) platforms for mental health purposes or conversations?

[+ New question](#)

19 000 RESPONDENTS: 1000/COUNTRY EXCEPT IN GERMANY: 2000

# The Double-Edged Sword of AI

54%

report being  
**satisfied**

46%

report being  
**dissatisfied**

...with the advice provided by AI  
platforms for mental health



## Risks in AI mental health support...

I **prioritize AI tools** for mental health rather than confiding in my peers face-to-face **32%**

I **almost always apply the advice** given by AI concerning my mental health **31%**

AI has become **a reflex** for my mental health support, making it **difficult for me to stop relying on it** **30%**

I **trust AI platforms more than mental health professionals** for delivering mental health advice **28%**

I have felt **uneasy or concerned after receiving advice** from an AI platform **24%**

Some AI recommendations have **led me to engage in harmful behavior** **21%**

V5Q8 : To what extent do the following statements apply to your use of artificial intelligence (AI) platforms for mental health? [+ New question](#)

Base : Users of AI platforms for mental health purposes or conversations (n=327)

# The Double-Edged Sword of AI

## Details per sex, age



**% Yes**



**Switzerland**

	Gender		Age				
	Males	Females	18-24	25-34	35-44	45-54	55+
<b>ALL</b>							
	327	172	⚠ 43	78	86	66	54
I'm <b>satisfied with the advice provided by AI</b> platforms for mental health	<b>54</b>	55	71	60	61	44	<b>36</b>
I <b>prioritize AI tools</b> for mental health rather than confiding in my peers face-to-face	<b>32</b>	25	45	<b>46</b>	25	28	18
I <b>almost always apply the advice</b> given by AI concerning my mental health	<b>31</b>	27	35	32	37	22	25
AI has become <b>a reflex</b> for my mental health support, making it <b>difficult for me to stop relying on it</b>	<b>30</b>	23	33	34	37	27	<b>15</b>
I <b>trust AI platforms more than mental health professionals</b> for delivering mental health advice	<b>28</b>	24	33	32	26	29	18
I have felt <b>uneasy or concerned after receiving advice</b> from an AI platform	<b>24</b>	19	36	27	26	18	16
Some AI recommendations have <b>led me to engage in harmful behavior</b>	<b>21</b>	16	27	18	24	23	16

V5Q8 : To what extent do the following statements apply to your use of artificial intelligence (AI) platforms for mental health? [+ New question](#)

**Base : Users of AI platforms for mental health purposes or conversations (n=327)**

# The Double-Edged Sword of AI

## Details per MHI



**% Yes**

**+**  
Switzerland

**ALL**

327

I'm **satisfied with the advice provided by AI** platforms for mental health

**54**

I **prioritize AI tools** for mental health rather than confiding in my peers face-to-face

**32**

I **almost always apply the advice** given by AI concerning my mental health

**31**

AI has become **a reflex** for my mental health support, making it **difficult for me to stop relying on it**

**30**

I **trust AI platforms more than mental health professionals** for delivering mental health advice

**28**

I have felt **uneasy or concerned after receiving advice** from an AI platform

**24**

Some AI recommendations have **led me to engage in harmful behavior**

**21**

**MHI**

**Flourishing   Getting by   Languishing   Struggling**

55   102   131   39

44   57   55   64

22   40   31   29

29   33   30   29

20   32   31   35

23   34   27   22

19   25   27   20

16   24   25   11

V5Q8 : To what extent do the following statements apply to your use of artificial intelligence (AI) platforms for mental health? [+ New question](#)

**Base : Users of AI platforms for mental health purposes or conversations (n=327)**

# Views and attitudes towards AI in mental health

## Details per country



**% Yes**

	ALL	EU	BE	FR	DE	IT	SP	CH	UK	IE	TR	AM	US	MX	BR	AS	JP	CN	HK	KR	PH	TH
I'm satisfied with the advice provided by AI platforms for mental health	<b>55</b>	54	55	54	50	46	55	54	57	55	59	56	67	53	51	56	33	63	57	45	61	59
I almost always apply the advice given by AI concerning my mental health	<b>42</b>	39	33	38	37	35	40	31	43	42	45	46	53	44	43	43	29	46	42	36	43	50
I prioritize AI tools for mental health rather than confiding in my peers face-to-face	<b>41</b>	37	33	42	34	33	33	32	37	42	43	44	47	39	46	43	29	52	44	36	38	49
I trust AI platforms more than mental health professionals for delivering mental health advice	<b>38</b>	35	31	37	30	36	34	28	42	40	38	41	45	40	40	39	25	48	43	30	35	42
AI has become a reflex for my mental health support, making it difficult for me to stop relying on it	<b>38</b>	36	34	44	29	35	37	30	38	40	39	41	46	38	41	39	26	48	40	28	41	38
I have felt uneasy or concerned after receiving advice from an AI platform	<b>32</b>	31	26	33	26	30	34	24	32	39	32	37	41	33	39	31	22	38	26	26	33	34
Some AI recommendations have led me to engage in harmful behavior	<b>28</b>	26	20	27	19	25	31	21	27	33	29	32	34	29	32	27	20	32	26	23	25	33

V5Q8 : To what extent do the following statements apply to your use of artificial intelligence (AI) platforms for mental health? [+ New question](#)

**Base : Users of AI platforms for mental health purposes or conversations (n=7977)**



# MIND HEALTH AT WORKPLACE



WORKING POPULATION IN  
SWITZERLAND  
(N= 728)

# 06



# Assessing Professional Stress: **Intensity and Impact** over the past year



**58%** ▲

report experiencing **moderate to severe stress** in their professional lives, with a score of 6-10, over the past 12 months.

**27%** rate their stress

**levels as higher**, with a score of 8-10.



V4Q18 : On a scale of 0 to 10, with "0" being "no stress" and "10" being "extremely severe stress", how would you rate the degree of stress you've experienced in YOUR PROFESSIONAL LIFE OVER THE PAST 12 MONTHS?



**WORKING POPULATION: 728 RESPONDENTS**

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V5Q9 : Over the past 12 months, how has work-related stress impacted your daily life?

**Base : working population with work-related stress (n = 712)**

New question



# Stress self-evaluation in professional life

## Details



+ Switzerland		Gender		Age					Occupation			In charge of management	
		Males	Females	18-24	25-34	35-44	45-54	55+	High	Intermediate	Elementary	Yes	No
ALL	728	385	343	53	157	174	175	169	204	366	158	305	407
level of stress (6-10)	<b>58</b>	54	62	62	61	<b>70</b>	55	<b>43</b>	62	58	52	64	54
Average	<b>5,7</b>	5,4	<b>6,1</b>	5,9	5,9	<b>6,3</b>	5,7	<b>4,9</b>	5,9	5,7	5,5	<b>6,1</b>	5,5

V4Q18 : On a scale of 0 to 10, with "0" being "no stress" and "10" being "extremely severe stress", how would you rate the degree of stress you've experienced in YOUR PROFESSIONAL LIFE OVER THE PAST 12 MONTHS?



**WORKING POPULATION: 728 RESPONDENTS**

# Impact of work-related stress

Details per sex, age



	+ Switzerland	ALL	Gender		Age				
			Males	Females	18-24	25-34	35-44	45-54	55+
		712	375	337	53	155	170	172	162
<b>% At least one impact</b>		<b>72</b>	66	78	77	80	75	72	59
Difficulty sleeping		<b>34</b>	30	39	31	31	41	34	31
Increased irritability or mood swings		<b>28</b>	25	32	23	34	32	24	25
Decreased motivation or productivity		<b>27</b>	23	31	11	35	29	26	23
Physical symptoms (e.g., headaches, muscle tension)		<b>26</b>	19	33	18	32	29	25	20
Procrastinate, delaying tasks and responsibilities		<b>24</b>	19	29	22	27	32	18	19
Difficulty concentrating or making decisions		<b>22</b>	17	26	27	22	28	19	14
Avoiding social interactions and withdrawing from friends and family		<b>13</b>	9	18	13	16	15	9	13
Negative impact on personal relationships		<b>11</b>	8	15	8	12	11	12	10
Changes in appetite		<b>11</b>	10	13	17	14	14	10	6
Increased use of substances (e.g., alcohol, tobacco, drugs)		<b>10</b>	10	9	12	12	10	9	8
Increased absenteeism or lateness		<b>7</b>	7	7	12	9	9	4	5
Self-injury, such as cutting, burning, pulling out one's hair		<b>4</b>	4	4	8	7	4	2	1
Other		<b>2</b>	2	1	2	0	1	3	2
<b>No impact</b>		<b>28</b>	34	22	23	20	25	28	41

V5Q9 : Over the past 12 months, how has work-related stress impacted your daily life? [+ New question](#)

Base : Working population with work-related stress (n = 712)

# Stress self-evaluation in professional life

## Details per country



	ALL	EU	BE	FR	DE	IT	SP	CH	UK	IE	TR	AM	US	MX	BR	AS	JP	CN	HK	KR	PH	TH
Base	12 278	5 928	569	537	1 172	544	588	728	605	691	494	1 957	593	712	652	4 393	686	786	779	664	698	780
level of stress (6-10)	<b>56</b>	<b>59</b>	61	54	54	63	59	58	55	58	68	<b>59</b>	54	62	59	<b>52</b>	46	60	56	47	59	43
						▲		▲	▲	▲			▲									
Average	<b>5,6</b>	<b>5,7</b>	5,7	5,3	5,5	5,9	5,7	5,7	5,5	5,6	6,5	<b>5,9</b>	5,5	6,1	6,1	<b>5,4</b>	5,2	5,7	5,5	5,3	5,9	5,0
						▲		▲	▲	▲			▲	▲								

V4Q18 : On a scale of 0 to 10, with "0" being "no stress" and "10" being "extremely severe stress", how would you rate the degree of stress you've experienced in YOUR PROFESSIONAL LIFE OVER THE PAST 12 MONTHS?



**WORKING POPULATION: 12278 RESPONDENTS**

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# Impact of work-related stress

## Details per country



	ALL	EU	BE	FR	DE	IT	SP	CH	UK	IE	TR	AM	US	MX	BR	AS	JP	CN	HK	KR	PH	TH
	11 811	5 714	551	511	1 133	525	561	712	579	667	475	1 871	564	683	624	4 226	664	765	749	650	673	725
<b>% At least one impact</b>	<b>72</b>	72	73	67	69	73	74	72	66	73	87	77	71	82	77	70	58	68	69	66	85	76
Difficulty sleeping	<b>33</b>	34	36	36	34	29	37	34	31	35	37	32	31	37	28	31	18	29	31	29	42	38
Increased irritability or mood swings	<b>24</b>	25	23	21	26	27	26	28	24	22	28	28	25	27	32	22	24	17	19	14	31	27
Decreased motivation or productivity	<b>24</b>	25	27	33	22	16	23	27	28	24	27	25	26	24	26	23	15	24	25	17	31	24
Physical symptoms (e.g., headaches, muscle tension)	<b>24</b>	25	27	22	29	25	26	26	25	21	24	30	28	32	29	21	14	14	19	17	34	29
Difficulty concentrating or making decisions	<b>20</b>	20	21	14	18	19	22	22	22	18	26	22	19	22	23	20	18	20	20	17	28	18
Procrastinate, delaying tasks and responsibilities	<b>20</b>	21	19	18	21	15	16	24	21	24	27	23	24	22	23	17	10	16	20	14	28	15
Changes in appetite	<b>15</b>	14	13	11	12	9	15	11	15	16	22	18	15	20	19	16	13	17	11	17	25	12

V5Q9 : Over the past 12 months, how has work-related stress impacted your daily life? [+ New question](#)

Base : working population with work-related stress (n = 11 811)

# Impact of work-related stress

## Details per country



	ALL	EU	BE	FR	DE	IT	SP	CH	UK	IE	TR	AM	US	MX	BR	AS	JP	CN	HK	KR	PH	TH
	11 811	5 714	551	511	1 133	525	561	712	579	667	475	1 871	564	683	624	4 226	664	765	749	650	673	725
Avoiding social interactions and withdrawing from friends and family	15	16	16	14	16	12	14	13	17	18	22	17	17	18	17	13	8	14	13	8	19	17
Negative impact on personal relationships	13	13	12	12	12	12	11	11	11	13	19	14	12	15	15	14	12	15	12	14	19	11
Increased use of substances (e.g., alcohol, tobacco, drugs)	9	10	12	7	13	4	9	10	8	11	9	11	11	10	12	8	7	11	6	7	9	7
Increased absenteeism or lateness	7	8	8	6	9	5	7	7	8	9	12	9	11	5	9	6	3	6	6	3	13	8
Self-injury, such as cutting, burning, pulling out one's hair	4	4	4	2	3	2	4	4	3	6	7	5	5	4	5	3	2	3	2	3	4	3
Other	1	1	1	2	2	1	0	2	2	1	1	1	2	1	1	2	2	0	1	2	2	3
<b>No impact</b>	<b>28</b>	28	27	33	31	27	26	28	34	27	13	23	29	18	23	30	42	32	31	34	15	24

V5Q9 : Over the past 12 months, how has work-related stress impacted your daily life? [+ New question](#)

Base : working population with work-related stress (n = 11 811)

# Trends in Sick Leave for Mental Health Reasons

# 18%

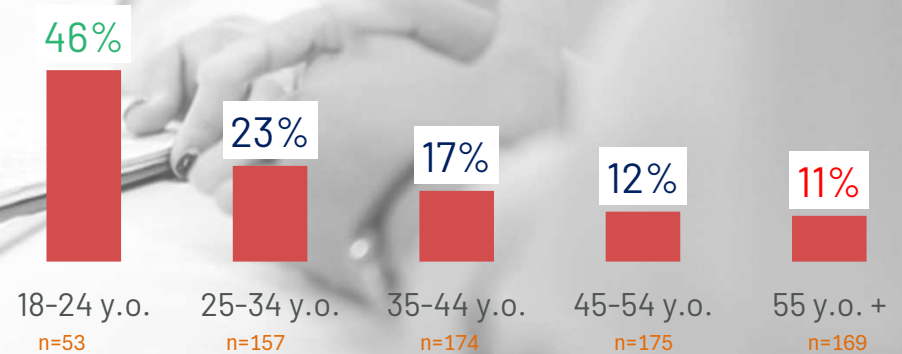
Report taking **sick leave** for problems related to mental/psychological health

[once/several times over the last 12 months]

### REMINDERS

2024-2025 : 21%

2023-2024 : 17%



V3Q19: Over the last 12 months, have you been on sick leave for problems related to your mental/psychological health ?



**WORKING POPULATION: 728 RESPONDENTS**

# Sick leave for mental/psychological health

## Details per country



	<b>ALL</b>	<b>EU</b>	<b>BE</b>	<b>FR</b>	<b>DE</b>	<b>IT</b>	<b>SP</b>	<b>CH</b>	<b>UK</b>	<b>IE</b>	<b>TR</b>	<b>AM</b>	<b>US</b>	<b>MX</b>	<b>BR</b>	<b>AS</b>	<b>JP</b>	<b>CN</b>	<b>HK</b>	<b>KR</b>	<b>PH</b>	<b>TH</b>
Base	12 278	5 928	569	537	1 172	544	588	728	605	691	494	1 957	593	712	652	4 393	686	786	779	664	698	780
<b>% Yes</b>	<b>24</b>	<b>24</b>	31	23	23	18	19	18	23	33	33	<b>24</b>	25	28	21	<b>23</b>	8	26	21	16	38	30
<i>Yes, several times</i>	<b>8</b>	<b>8</b>	11	9	9	5	5	6	8	11	11	<b>8</b>	9	8	8	<b>7</b>	4	8	6	4	8	12
<i>Yes, once</i>	<b>16</b>	<b>16</b>	20	14	14	13	14	12	15	22	22	<b>16</b>	16	20	13	<b>16</b>	4	18	15	12	30	18
Not this year	<b>16</b>	<b>15</b>	19	10	12	11	14	11	19	21	15	<b>16</b>	13	18	14	<b>19</b>	11	22	20	19	26	17
No, never	<b>60</b>	<b>61</b>	50	67	65	71	67	71	58	46	52	<b>60</b>	62	54	65	<b>58</b>	81	52	59	65	36	53

V3Q19: Over the last 12 months, have you been on sick leave for problems related to your mental/psychological health ?



**WORKING POPULATION: 12278 RESPONDENTS**

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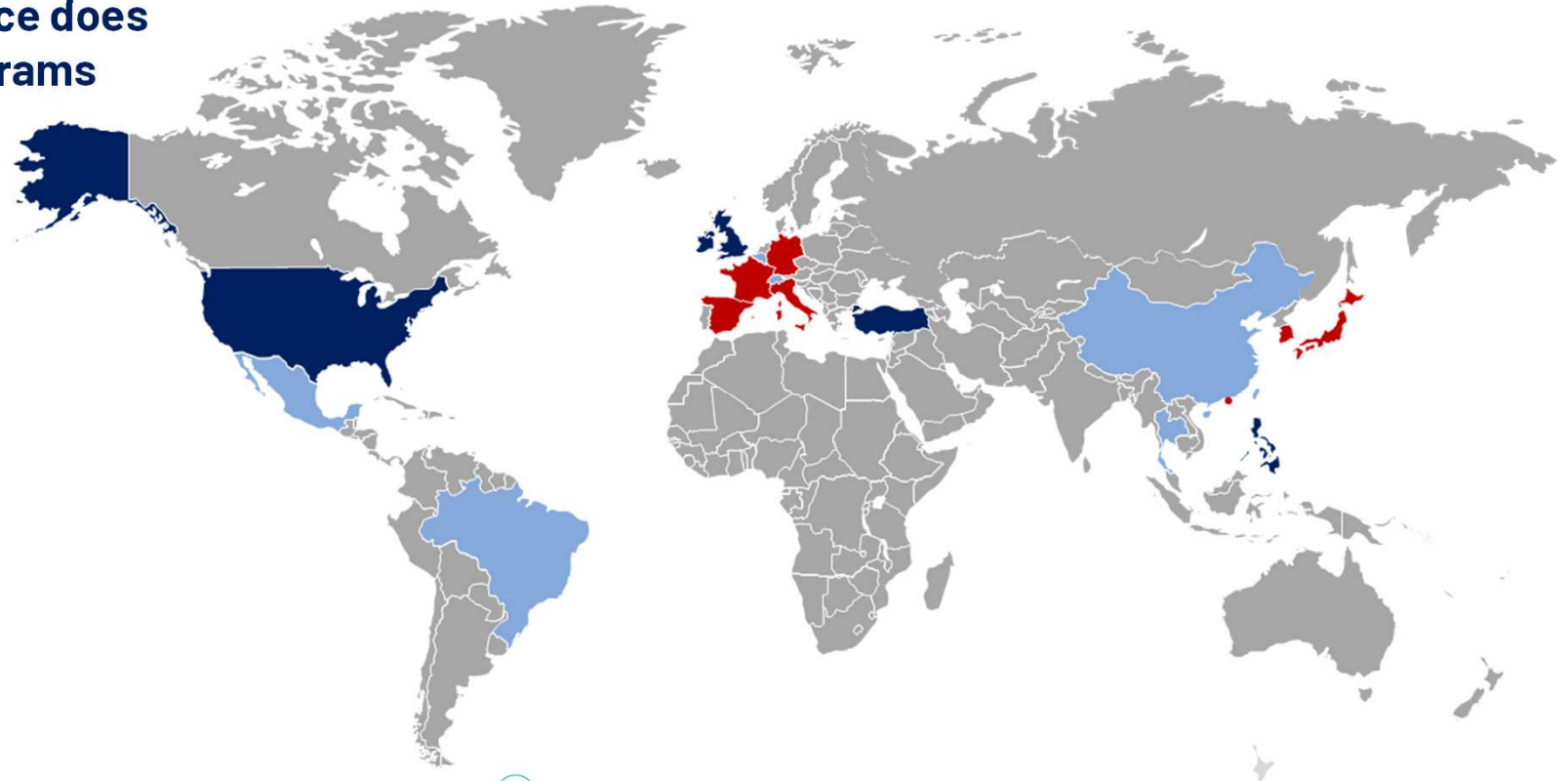
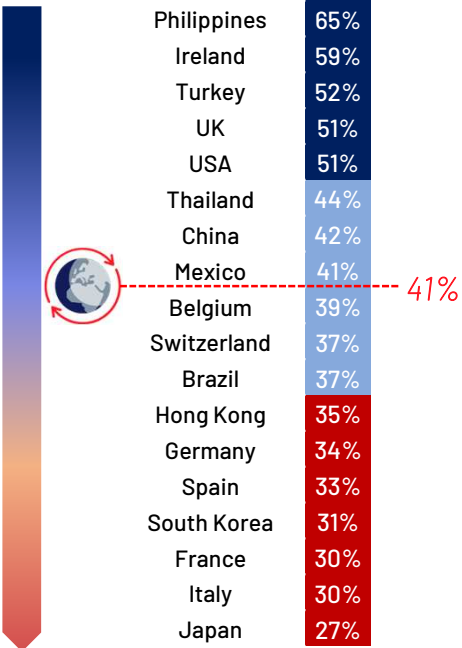
# Mental health and wellness support in the workplace



# 41%



report that their **workplace does offer mental health programs**



V5Q10: Which of the following mental health and well-being support does your workplace offer? [+ New question](#)



**WORKING POPULATION: 12278 RESPONDENTS**



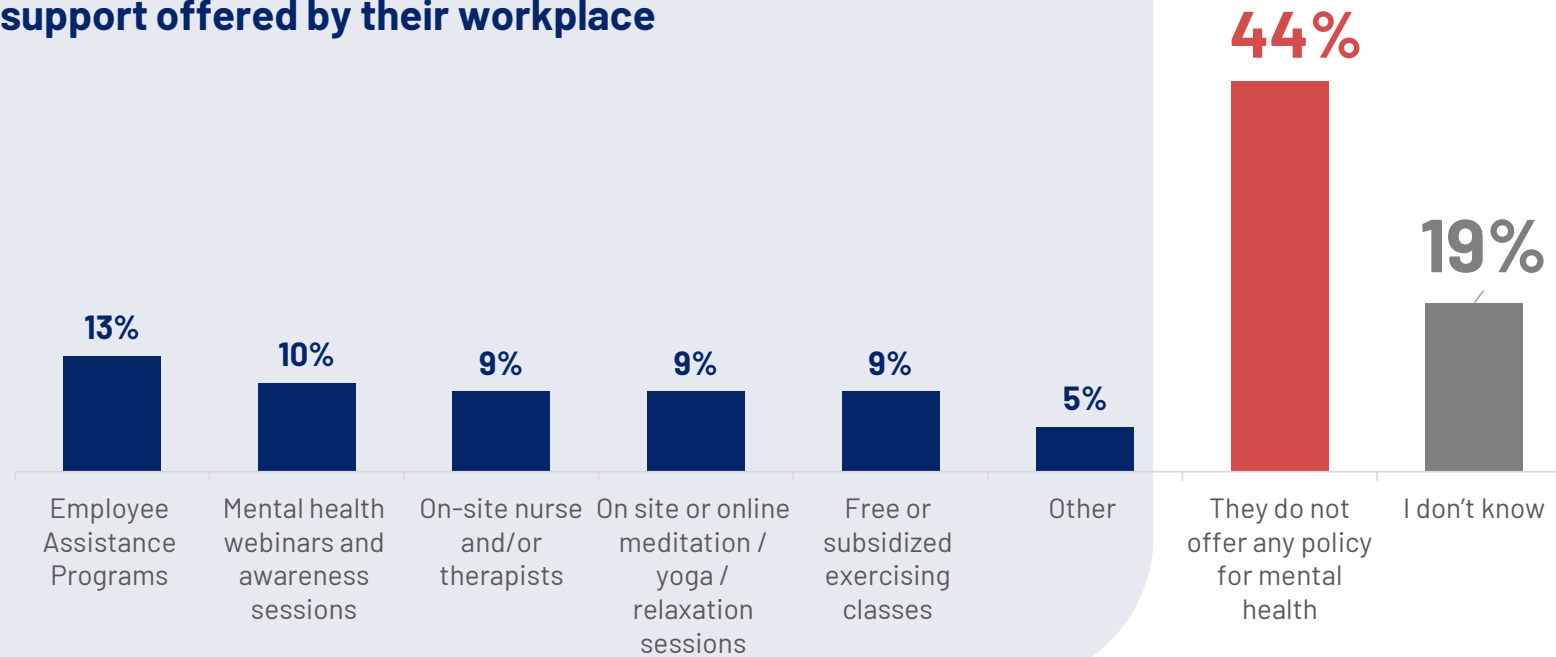
# Mental health support in the workplace

37%



21% of people working in small companies (less than 50) report mental health and wellness support at work.

have at least one mental health and wellness support offered by their workplace



V5Q10: Which of the following mental health and well-being support does your workplace offer? [+ New question](#)

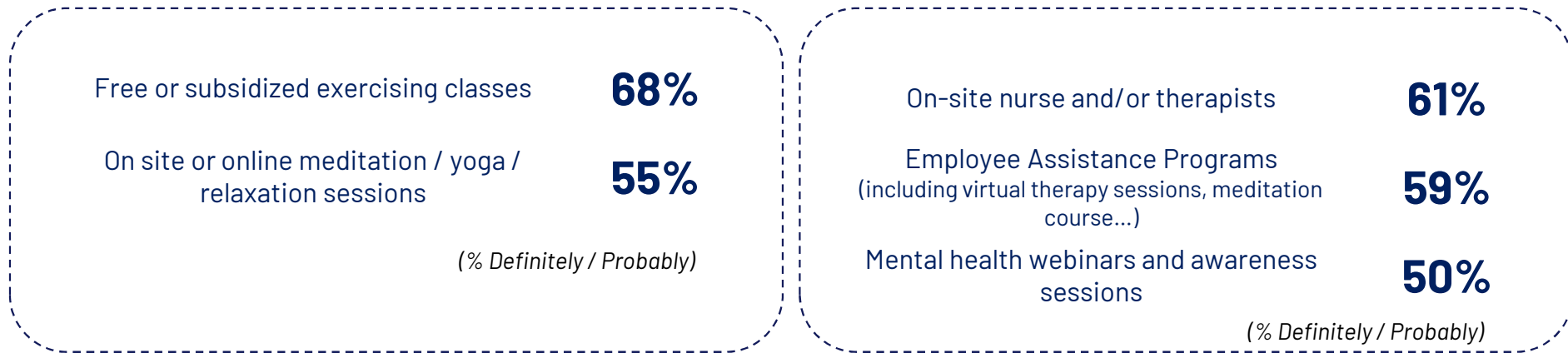


WORKING POPULATION: 728 RESPONDENTS

# Willingness to benefit from Mental Health and wellness support in the workplace

# 87%

would **participate in mental health and wellness support programs** when offered at work



V5Q13 : If these mental health and well-being support offerings were available in your company and if you were experiencing a mental health problem, would you use or participate in them? [+ New question](#)



**WORKING POPULATION: 728 RESPONDENTS**

# Willingness to benefit from Mental Health and wellness support in the workplace

Details per sex, age



## % Definitely or probably

	ALL	Gender		Age				
		Males	Females	18-24	25-34	35-44	45-54	55+
	728	385	343	53	157	174	175	169
<b>% Would use definitely or probably at least one support</b>	<b>87</b>	84	89	84	92	89	86	82
<b>% Would use definitely at least one support</b>	<b>41</b>	41	40	45	51	48	35	28
Free or subsidized exercising classes	<b>68</b>	66	70	60	73	71	66	63
On-site nurse and/or therapists	<b>61</b>	59	63	48	59	69	59	62
Employee Assistance Programs (including virtual therapy sessions, meditation course...)	<b>59</b>	56	63	67	60	65	55	54
On site or online meditation / yoga / relaxation sessions	<b>55</b>	47	63	47	59	62	50	51
Mental health webinars and awareness sessions	<b>50</b>	48	52	54	55	53	50	42

V5Q13 : If these mental health and well-being support offerings were available in your company and if you were experiencing a mental health problem, would you use or participate in them? [+ New question](#)



**WORKING POPULATION: 728 RESPONDENTS**

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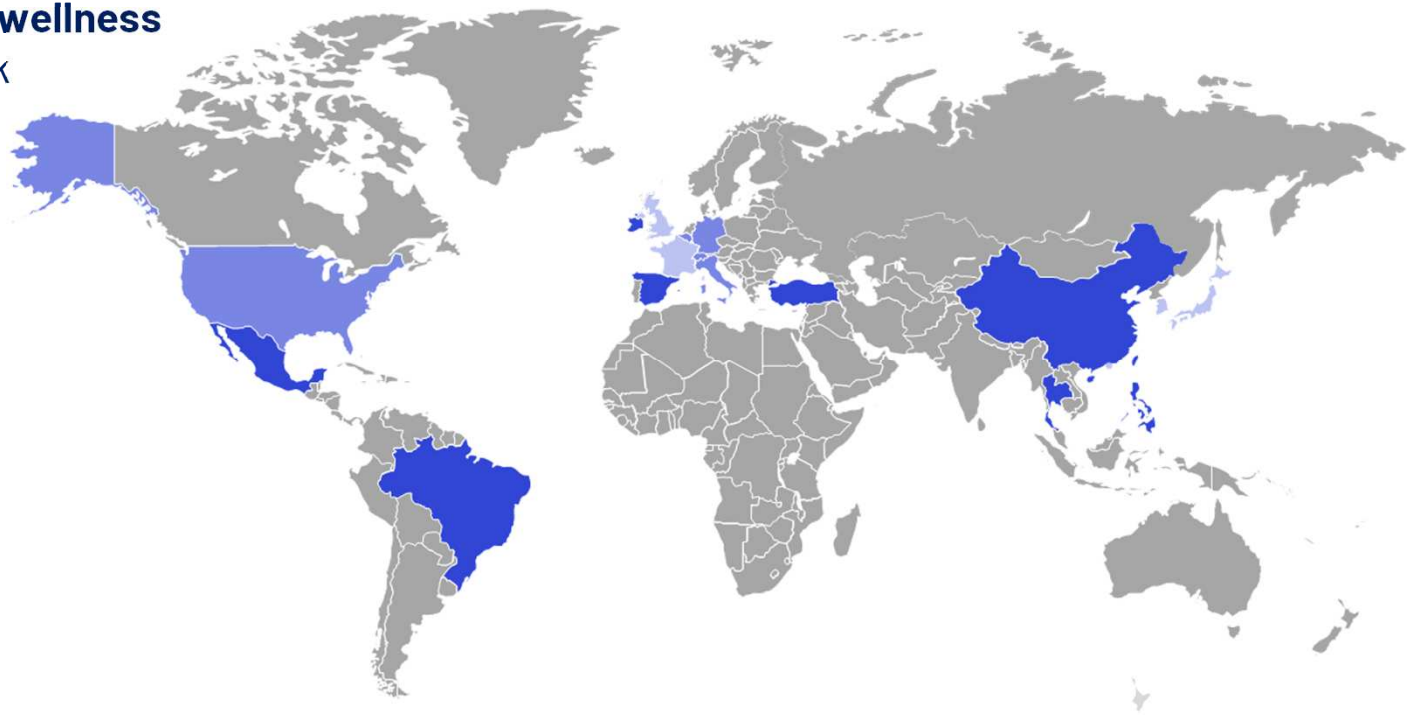
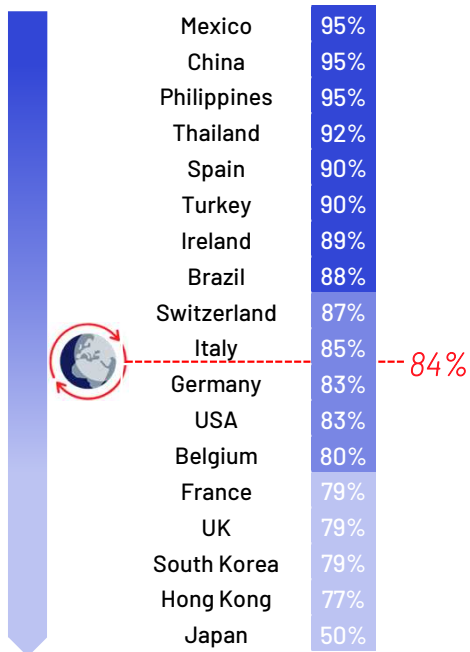
# Willingness to benefit from Mental health and wellness support in the workplace



# 84%



would participate in mental health and wellness support programs when offered at work



V5Q13 : If these mental health and well-being support offerings were available in your company and if you were experiencing a mental health problem, would you use or participate in them? [+ New question](#)

 **WORKING POPULATION: 12278 RESPONDENTS**

# Willingness to use and participate in Workplace Mental Health and wellness support programs

Details per country



## % Definitely or probably

	ALL	EU	BE	FR	DE	IT	SP	CH	UK	IE	TR	AM	US	MX	BR	AS	JP	CN	HK	KR	PH	TH
	12 278	5 928	569	537	1 172	544	588	728	605	691	494	1 957	593	712	652	4 393	686	786	779	664	698	780
% Would use <i>definitely or probably</i> at least one support	<b>84</b>	<b>85</b>	<b>80</b>	<b>79</b>	<b>83</b>	<b>85</b>	<b>90</b>	<b>87</b>	<b>79</b>	<b>89</b>	<b>90</b>	<b>89</b>	<b>83</b>	<b>95</b>	<b>88</b>	<b>81</b>	<b>50</b>	<b>95</b>	<b>77</b>	<b>79</b>	<b>95</b>	<b>92</b>
% Would use <i>definitely</i> at least one support	<b>39</b>	<b>40</b>	<b>36</b>	<b>35</b>	<b>38</b>	<b>41</b>	<b>44</b>	<b>41</b>	<b>33</b>	<b>43</b>	<b>48</b>	<b>50</b>	<b>40</b>	<b>58</b>	<b>51</b>	<b>34</b>	<b>7</b>	<b>53</b>	<b>20</b>	<b>20</b>	<b>55</b>	<b>45</b>
Free or subsidized exercising classes	<b>68</b>	<b>66</b>	58	62	62	71	69	68	63	73	70	<b>73</b>	67	78	74	<b>67</b>	30	84	60	59	90	80
Employee Assistance Programs (including virtual therapy sessions, meditation course...)	<b>64</b>	<b>62</b>	56	53	57	64	72	59	57	68	73	<b>73</b>	63	83	71	<b>61</b>	28	79	55	52	82	71
On site or online meditation / yoga / relaxation sessions	<b>63</b>	<b>59</b>	53	54	56	64	70	55	53	65	69	<b>71</b>	62	81	69	<b>63</b>	28	75	59	57	83	75
On-site nurse and/or therapists	<b>62</b>	<b>61</b>	51	56	65	58	66	61	60	66	67	<b>68</b>	59	76	68	<b>61</b>	32	73	49	50	84	74
Mental health webinars and awareness sessions	<b>59</b>	<b>55</b>	51	44	50	60	64	50	52	63	64	<b>65</b>	53	76	66	<b>61</b>	26	80	51	50	84	71

V5Q13 : If these mental health and well-being support offerings were available in your company and if you were experiencing a mental health problem, would you use or participate in them?

Base : working population (n=12278)

# APPENDICES

## IPSOS COMMITMENTS

### TECHNICAL INFORMATION

# 02



# OUR COMMITMENTS

## PROFESSIONAL CODES, QUALITY CERTIFICATION CONSERVATION AND DATA PROTECTION

Ipsos is a member of the following French and European market and opinion research professional bodies:

- **SYNTEC (professional union of market research companies in France; [www.Syntec-etudes.Com](http://www.Syntec-etudes.Com))**
- **ESOMAR (European Society for Opinion and Market Research, [www.Esomar.Org](http://www.Esomar.Org))**



**Ipsos France is certified ISO 20252 :  
Market Research - version 2019  
BY AFNOR CERTIFICATION**

This document has been produced in compliance with these international codes and standards.

Ipsos France undertakes to apply the **ICC/Esomar** code for market and opinion research. This code defines the ethical rules for market research professionals and establishes the protective measures from which the persons questioned benefit. Ipsos is committed to complying with applicable laws.



Ipsos has appointed a Data Protection Officer and has implemented a compliance plan with the General Data Protection Regulation (Regulation 5EU) 2016/679). For more information on our personal data protection policy: <https://www.ipsos.com/fr-fr/confidentialite-et-protection-des-donnees-personnelles>

As such, the retention period for the personal data of people interviewed as part of a study is, unless there is a specific contractual commitment:

- 12 months following the end date of an Ad Hoc study.
- 36 months following the end date of each wave of a recurring study.



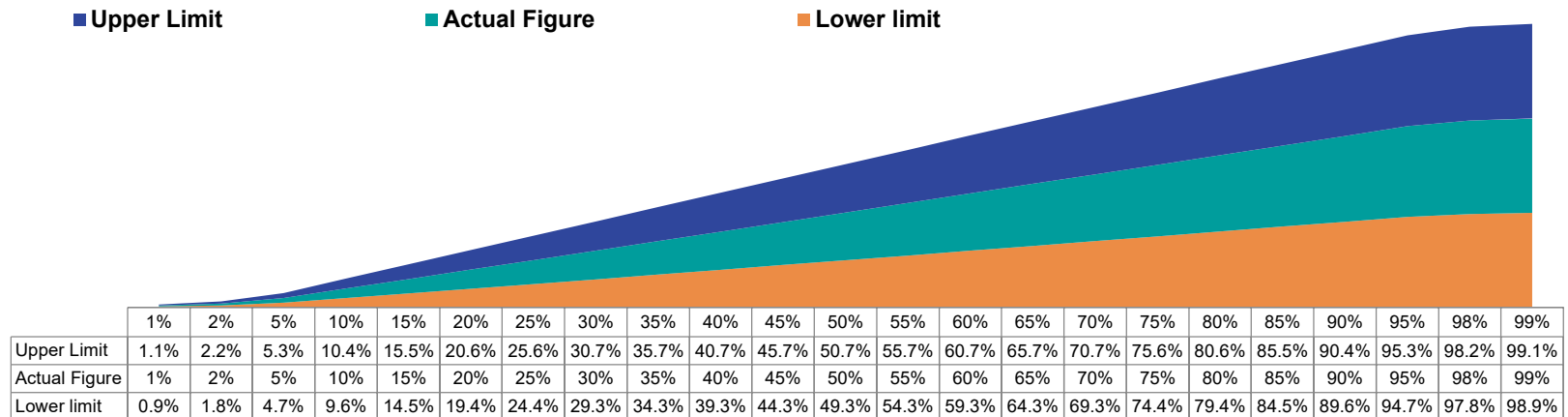
# RELIABILITY OF RESULTS

## Spreadsheet

In this instance, with regard to this study:

- Confidence interval **95%**
- Size of sample: **1 000**

The proportions observed are between :



# Survey overview

CAWI survey – Online panel



## SAMPLE

- **Selection of the respondent** : participant selection using a quota method



## DATA COLLECTION

- **Data collection** : on line with IIS Panel
- **Loyalty program with points- based award system for panelists**
- **Response quality control methods: monitoring of participants' response behaviour (identification of responses that are too quick or careless, e.g. ticked in a straight or zigzag line)**
- **Checking of IP and consistency of demographic data.**
- Data will be kept on a protected network for 3 years



## DATA PROCESSING

- Weighted sample
- Method used: Rim Weighting Method

# RELIABILITY OF RESULTS :

## Self completion online surveys

To ensure the overall reliability of a survey, all possible error components must be taken into account. That is why Ipsos imposes strict controls and procedures at each stage of the survey process.

### UPSTREAM OF THE DATA COLLECTION

- **Sample** : structure and representativeness
- **Questionnaire** : the questionnaire is worded by following an editing process with 12 compulsory standards. It is proofread and approved at a senior level and then sent to the client for final validation. The programming (or questionnaire script) **is tested by at least 2 people and validated.**
- **Data collection** : the interviewers are trained in survey techniques through a dedicated training module prior to any participation in a survey. In addition, they receive or attend a detailed briefing at the start of each survey.

### DURING THE DATA COLLECTION

- **Sampling** : Ipsos imposes very strict operating rules for its selection frame in order to maximize the random nature of the sample selection : random selection from telephone listings, quota method, etc.

- **Fieldwork monitoring** : collection is monitored and checked (exclusive link, IP validation, panelists' behavior monitoring penetration, interview length, consistency of responses, participation rate, number of reminders, etc.)

### DOWNSTREAM OF THE DATA COLLECTION

- The results are analyzed in accordance with the statistical analysis methods (confidence interval versus sample size, significance tests). The first results are systematically checked against the raw results from the data collection. The consistency of results is also checked (particularly the results observed versus comparison sources in our possession).
- In cases where sample weighting is used (margin calibration method), this is checked by the processing teams (DP) and then validated by the survey teams.

# Survey overview

## Organization (CAWI survey - Online panel)



### ACTIVITIES CARRIED OUT OR COORDINATED BY IPSOS TEAMS IN FRANCE

- Design and methodology
- Conception and design of questionnaire/ validation of scripting
- Coordination and validation of translation
- Coordination of data collection
- Data processing
- Validation of the statistical analyses
- Creation of survey report
- Results presentation design
- Formatting of results
- Oral presentation Analyses and summary



### ACTIVITIES CARRIED OUT BY IPSOS EXPERT LOCAL TEAMS

- Sampling (IIS panel)
- Emailing
- Data collection in the 16 countries



### ACTIVITIES ENTRUSTED TO OUR APPROVED PARTNERS

- Translation

# ABOUT IPSOS

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Ipsos is the third largest market research company in the world, present in 90 markets and employing more than 18,000 people.

Our research professionals, analysts and scientists have built unique multi-specialist capabilities that provide powerful insights into the actions, opinions and motivations of citizens, consumers, patients, customers or employees. Our 75 business solutions are based on primary data coming from our surveys, social media monitoring, and qualitative or observational techniques.

“Game Changers” – our tagline – summarises our ambition to help our 5,000 clients to navigate more easily our deeply changing world.

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# GAME CHANGERS

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In our world of rapid change, the need for reliable information to make confident decisions has never been greater.

At Ipsos we believe our clients need more than a data supplier, they need a partner who can produce accurate and relevant information and turn it into actionable truth.

This is why our passionately curious experts not only provide the most precise measurement, but shape it to provide True Understanding of Society, Markets and People.

To do this we use the best of science, technology and know-how and apply the principles of security, simplicity, speed and substance to everything we do.

So that our clients can act faster, smarter and bolder. Ultimately, success comes down to a simple truth:

**You act better when you are sure.**

# THANK YOU

Ipsos bva France contacts

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