

Summary text

Overall, Greek respondents appear to be less positive emotionally than average, they are experiencing the positive emotions less frequently and the negative emotions more frequently than average. They experienced the positive emotions of being 'happy', 'calm and peaceful' and having 'lots of energy' 'all' or 'most of the time' less than average (43%, 46% and 54% respectively vs. EU averages of 61%, 61% and 51%). In addition, more than average felt 'particularly tense' and 'tired' 'most of the time' (18% and 22% respectively vs. EU averages of 12% and 17%) and fewer than average felt 'down in the dumps', downhearted and depressed' and worn out 'never' or 'rarely' (56%, 51% and 43% vs. EU averages of 74%, 66% and 47%).

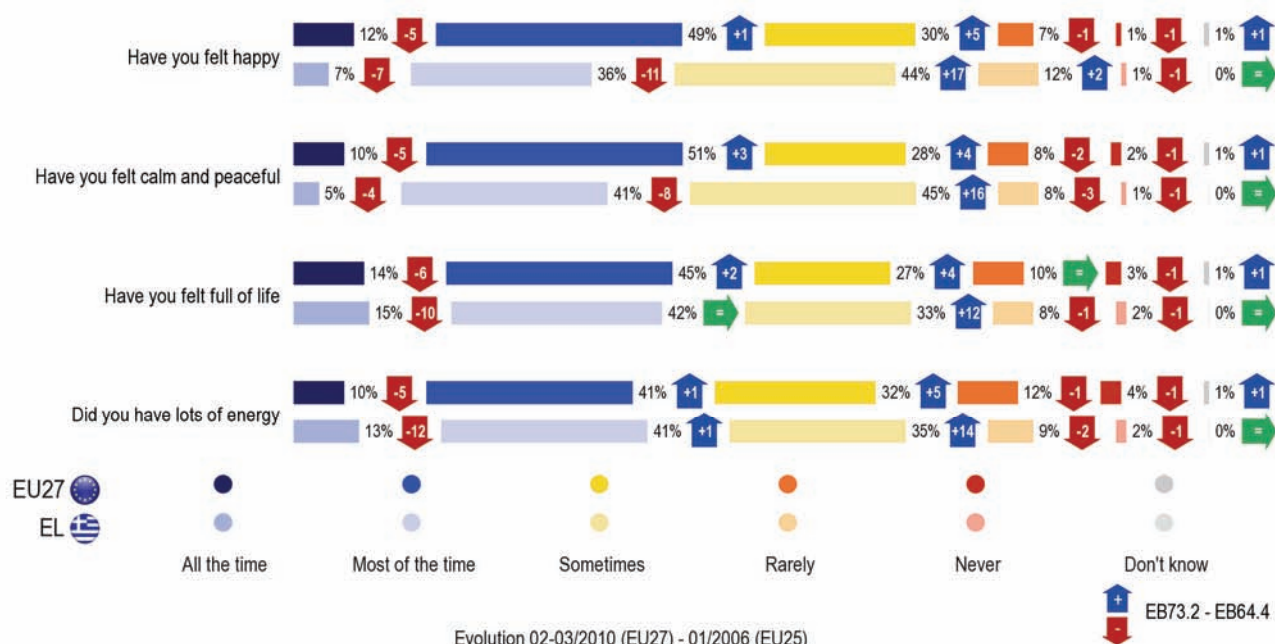
Overall, Greek respondents do not feel they have accomplished less because of a physical problem (43% 'never' vs. EU average of 41%). However, it appears that emotional problems have resulted in them accomplishing less than average (43% 'never' vs. 53% on average). More Greek respondents than average felt that an emotional problem had 'rarely' (28% vs. EU average of 20%) and 'sometimes' (22% vs. EU average of 18%) caused them to accomplish less. Nevertheless, fewer than average sought help from a professional in the past 12 months than average (7% vs. EU average of 15%), which has declined significantly since 2006 (-6 percentage points).

Furthermore, the proportion of Greek respondents taking antidepressants in the last 12 months was less than the EU average (only 3% vs. EU average of 7%). More Greek respondents took antidepressants for anxiety (54%) than depression (33%), whereas on average across Europe they are taken equally for depression and anxiety.

Greek respondents are most concerned about their job security, with about four out of ten (42%) agreeing that their job is under threat, compared to the average of a quarter (25%). They felt the same as other Europeans about their job reflecting their skills and recognition received at work.

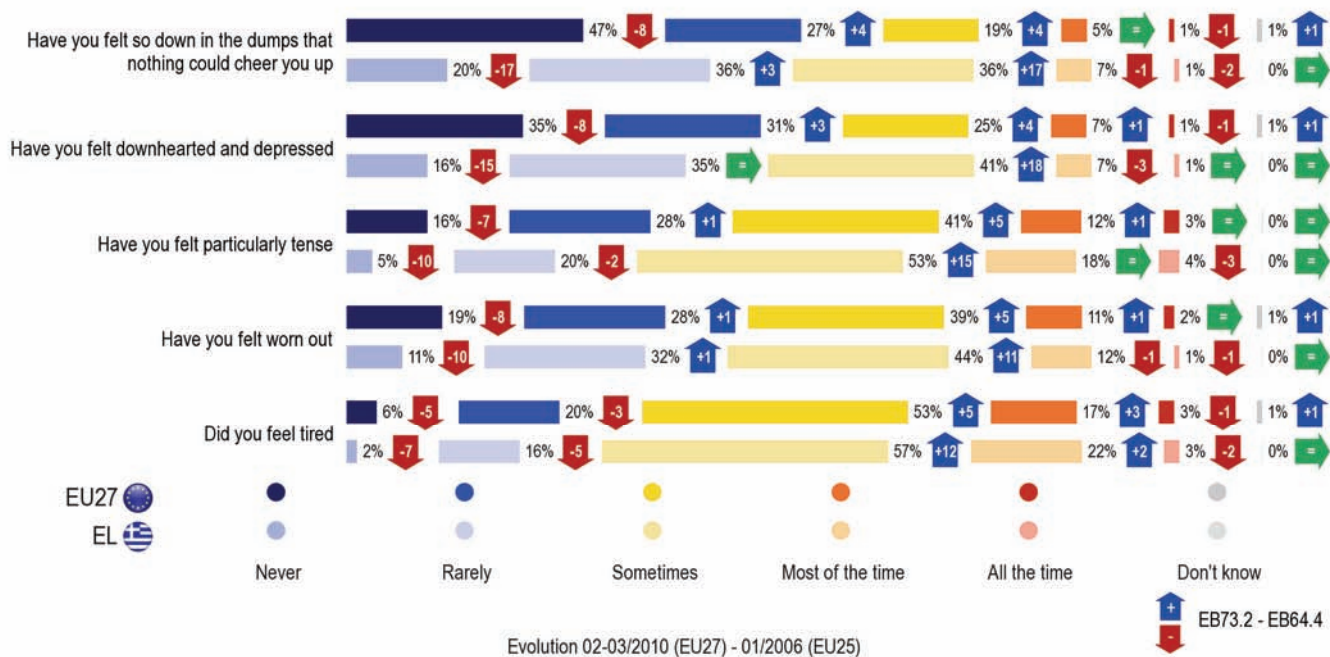
1. The state of Mental Health

QD2. How often during the past 4 weeks...?



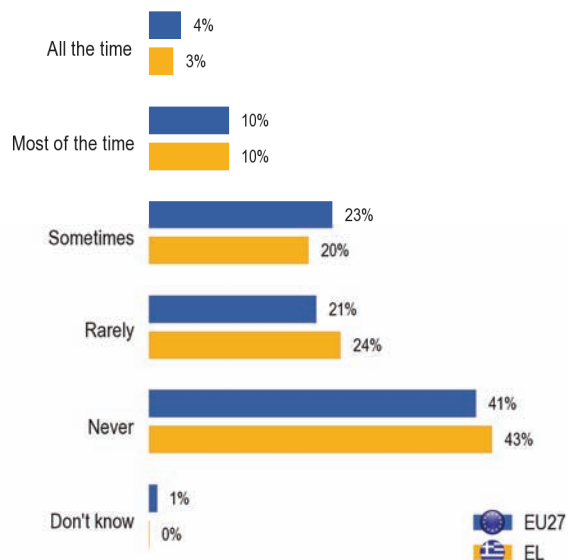
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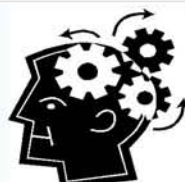
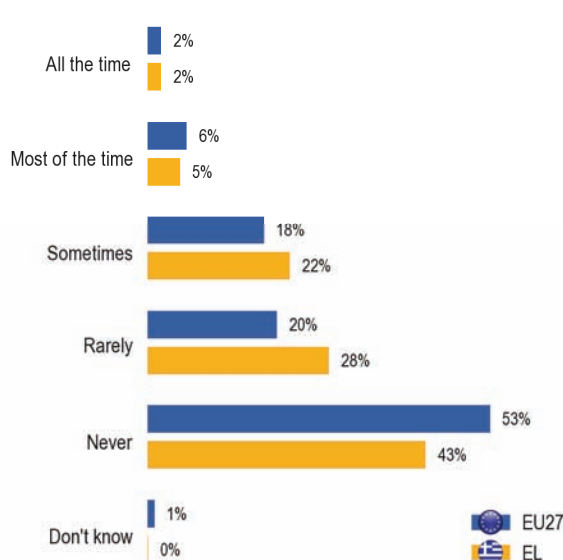
QD1.1. During the past 4 weeks how often have you had any of the following problems in your day-to-day life whether at work, at home or elsewhere?

You have accomplished less than you would like as a result of a physical health problem



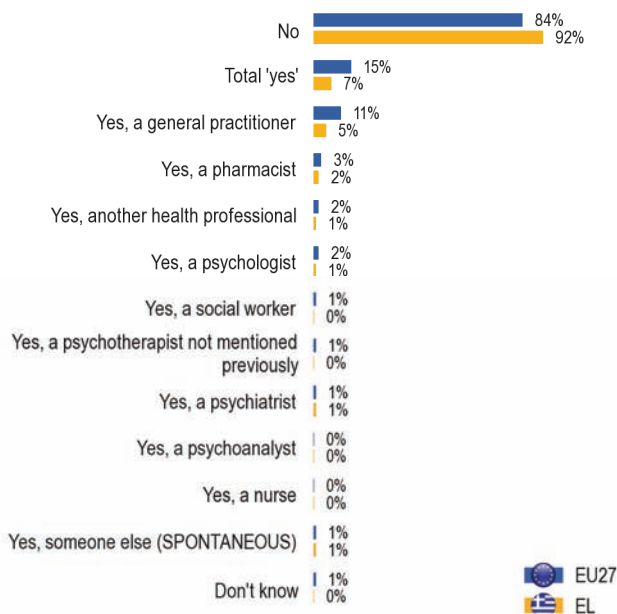
QD1.2. During the past 4 weeks how often have you had any of the following problems in your day-to-day life whether at work, at home or elsewhere?

You have accomplished less than you would like as a result of an emotional problem (such as feeling depressed or being anxious)



2. Care and Treatment

QD4. In the last 12 months, did you seek help from a professional because of a psychological or emotional problem? (IF YES) Indicate who in the following list.

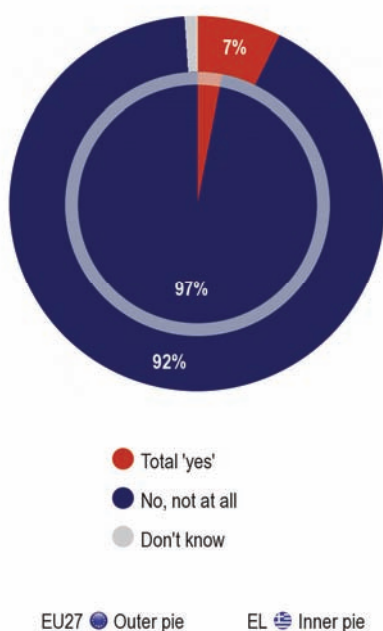


QD4. In the last 12 months, did you seek help from a professional because of a psychological or emotional problem? (IF YES) Indicate who in the following list.

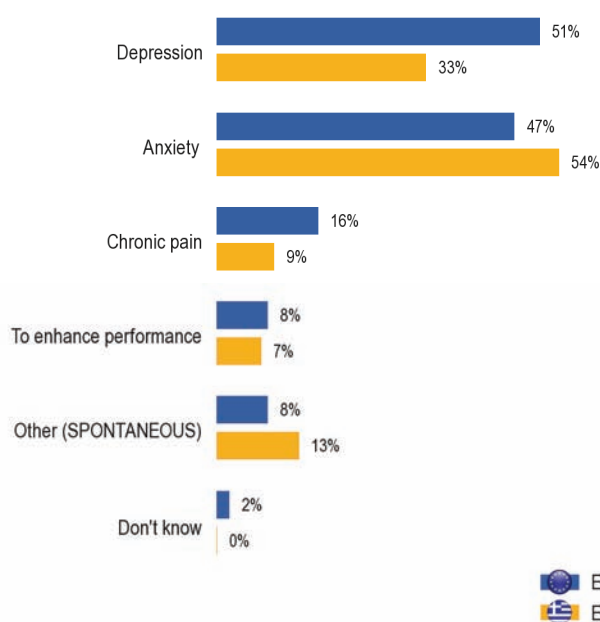
	EU27		EL	
	EB73.2	EB73.2 - EB64.4	EB73.2	EB73.2 - EB64.4
No	84%	- 3	92%	+ 5
Total 'yes'	15%	+ 2	7%	- 6
Yes, a general practitioner	11%	+ 2	5%	- 2
Yes, a pharmacist	3%	+ 1	2%	- 1
Yes, another health professional	2%	=	1%	- 1
Yes, a psychologist	2%	=	1%	=
Yes, a social worker	1%	+ 1	0%	=
Yes, a psychotherapist not mentioned previously	1%	=	0%	=
Yes, a psychiatrist	1%	- 1	1%	- 1
Yes, a psychoanalyst	0%	=	0%	=
Yes, a nurse	0%	=	0%	=
Yes, someone else (SPONTANEOUS)	1%	+ 1	1%	+ 1
Don't know	1%	+ 1	0%	=

Evolution 02-03/2010 (EU27) - 01/2006 (EU25)

QD5. Have you taken any Antidepressants in the last 12 months?

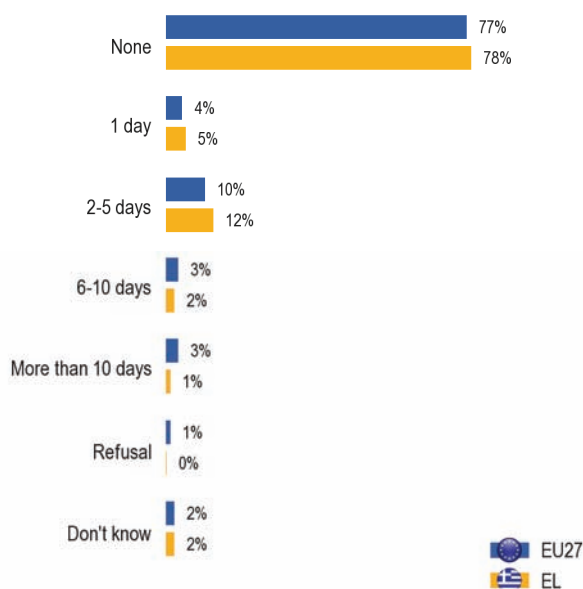


QD6. For what reason(s) did you take Antidepressants?



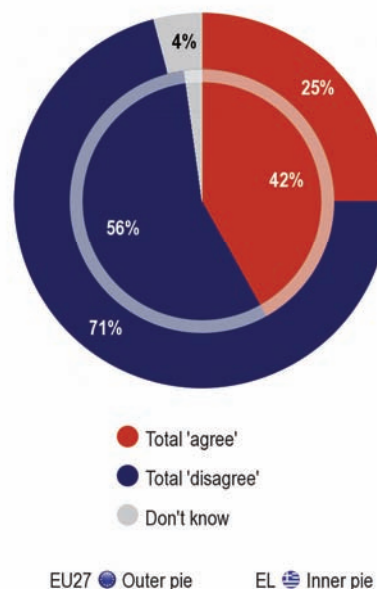
3. Mental Health and work

QD3. Apart for holidays, in the past 4 weeks how many days were you absent from work?



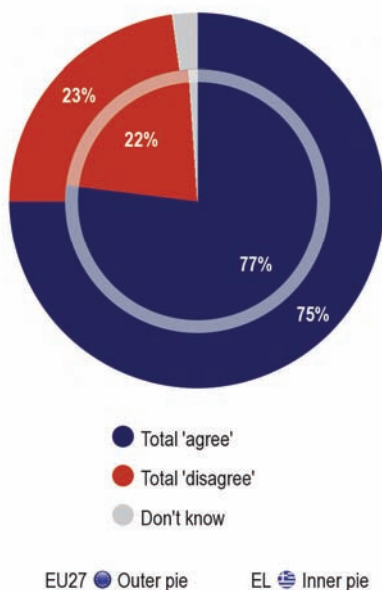
QD7.1. For each of the following statements regarding your job, please tell me whether you tend to agree or tend to disagree with it.

Your job security is under threat



QD7.2. For each of the following statements regarding your job, please tell me whether you tend to agree or tend to disagree with it.

Your current job adequately reflects your education and training



QD7.3. For each of the following statements regarding your job, please tell me whether you tend to agree or tend to disagree with it.

At work you receive the respect and recognition that your efforts and achievements deserve

