

EU27  Number of interviews:  
26.800

LV  Number of interviews:  
1.008

Fieldwork:  
26/02-17/03/2010

Fieldwork:  
27/02-14/03/2010

Methodology: face-to-face

## Summary text

Overall, Latvian respondents are more negative emotionally than average Europeans. Latvian respondents experienced all of the positive statements less than average, with fewer feeling them 'all' or 'most of the time'. In addition, they experienced four out of five of the negative statements more often; more than average felt 'down in the dumps', 'downhearted and depressed' and 'worn out' 'sometimes' (24%, 30% and 46% vs. EU averages of 19%, 25% and 39%) and more respondents than average experienced being 'particularly tense' 'all' or 'most of the time' (19% vs. EU average of 15%). The only exception was feeling 'tired', fewer respondents than average felt 'tired' 'all' or 'most of the time' (15% vs. EU average of 20%).

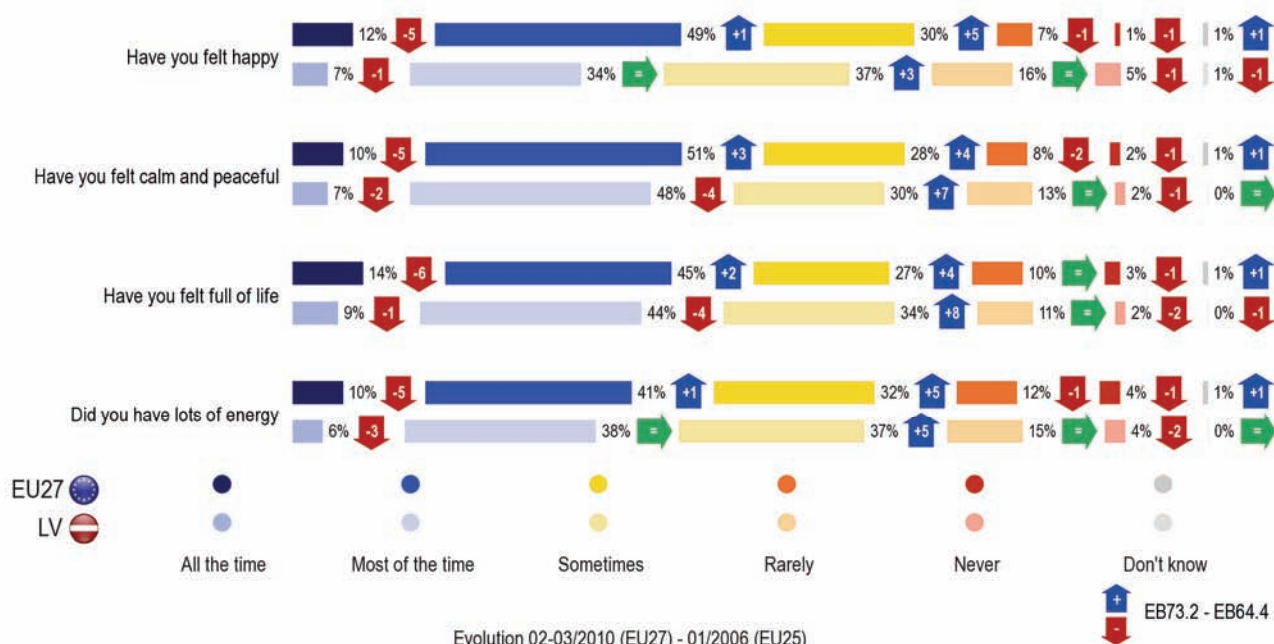
More Latvian respondents than average felt that they had accomplished less as the result of a physical or emotional problem. More than average felt they had 'sometimes' accomplished less because of a physical problem (29% vs. EU average of 23%) and more felt they accomplished less 'sometimes' or 'rarely' because of an emotional problem (31% and 23% respectively vs. EU averages of 18% and 20%). The proportion who sought help from a professional in the past 12 months has increased significantly since 2006 to 17% (+7 percentage points), however this is the same as the EU average (15%).

The proportion of Latvians taking antidepressants in the last 12 months is the same as the EU average (8% vs. the EU average of 7%). However, more are taking antidepressants for anxiety (63%) than depression (35%), whereas on average across Europe they are taken equally for these conditions. In addition, one in five (20%) is taking them for chronic pain (more than the average of 16%).

Unexplained absenteeism is higher than average among Latvian respondents, the proportion absent for more than ten days (9%) is triple the EU average. Latvian respondents are most concerned about job security, more so than other Europeans (41% feel their job is under threat vs. 25% on average).

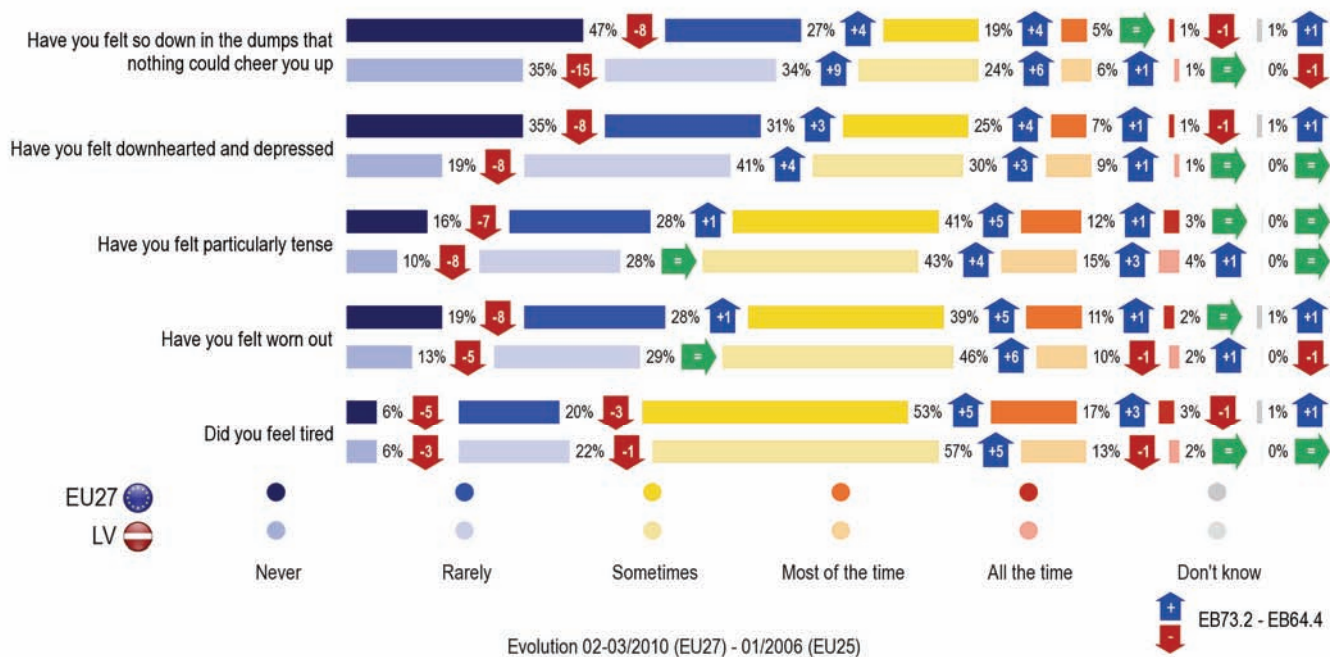
## 1. The state of Mental Health

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



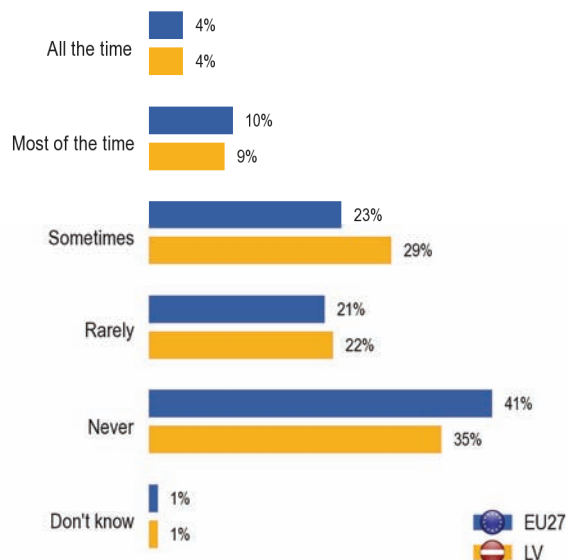
## 1. The state of Mental Health

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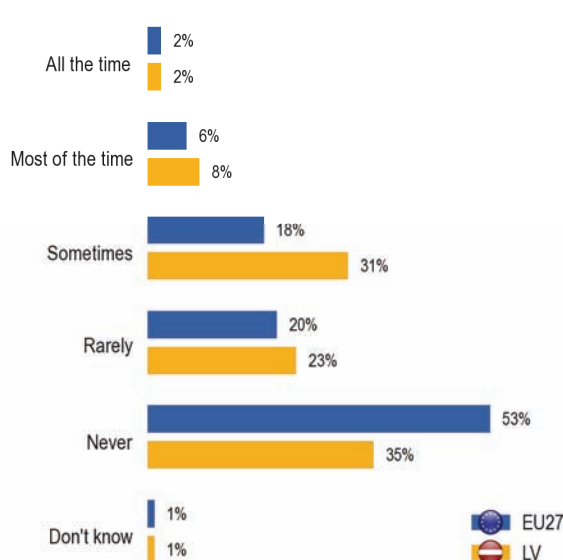
QD1.1. During the past 4 weeks how often have you had any of the following problems in your day-to-day life whether at work, at home or elsewhere?

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)



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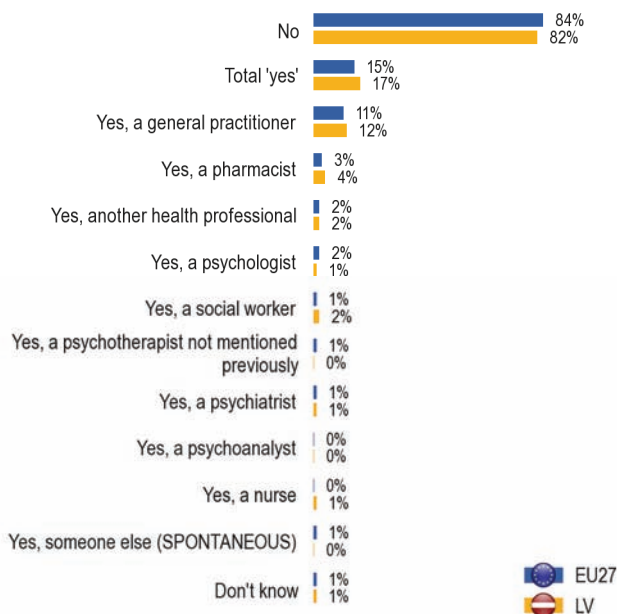
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## 2. Care and Treatment

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.

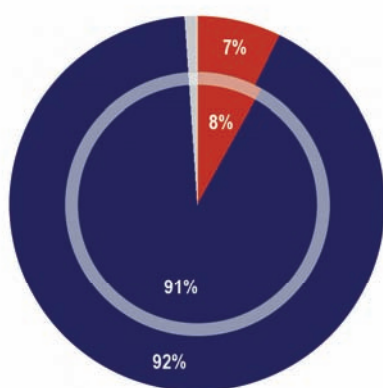


QD4. In the last 12 months, did you seek help from a professional because of a psychological or emotional problem? (IF YES) Indicate who in the following list.

	EU27		LV	
	EB73.2	EB73.2 - EB64.4	EB73.2	EB73.2 - EB64.4
No	84%	- 3	82%	- 7
Total 'yes'	15%	+ 2	17%	+ 7
Yes, a general practitioner	11%	+ 2	12%	+ 4
Yes, a pharmacist	3%	+ 1	4%	+ 3
Yes, another health professional	2%	=	2%	+ 2
Yes, a psychologist	2%	=	1%	=
Yes, a social worker	1%	+ 1	2%	+ 2
Yes, a psychotherapist not mentioned previously	1%	=	0%	- 1
Yes, a psychiatrist	1%	- 1	1%	=
Yes, a psychoanalyst	0%	=	0%	=
Yes, a nurse	0%	=	1%	=
Yes, someone else (SPONTANEOUS)	1%	+ 1	0%	=
Don't know	1%	+ 1	1%	=

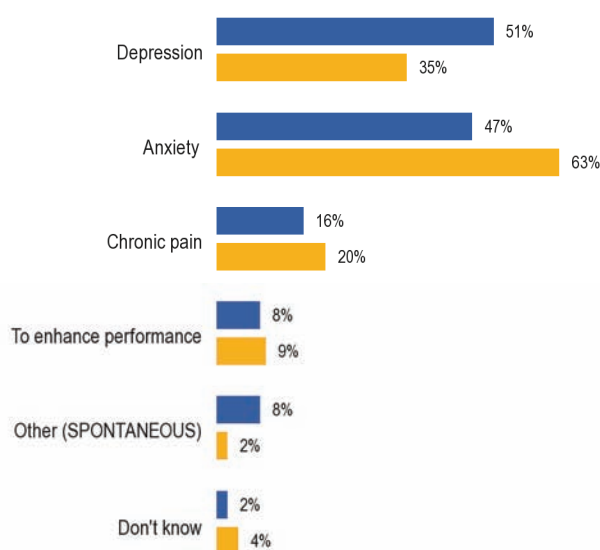
Evolution 02-03/2010 (EU27) - 01/2006 (EU25)

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



 Total 'yes'  
 No, not at all  
 Don't know  
 EU27  Outer pie    LV  Inner pie

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



 EU27  
 LV



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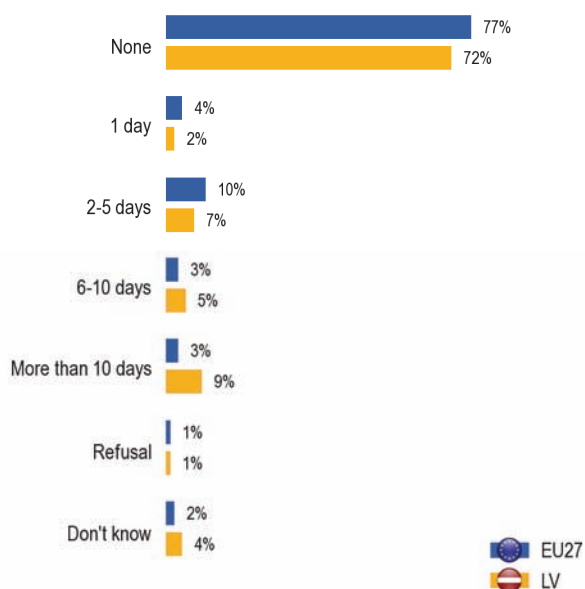
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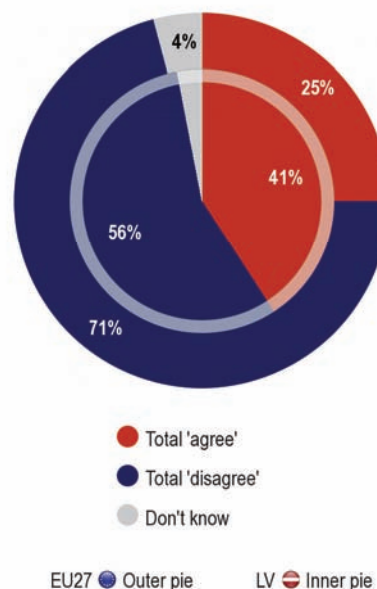
## 3. Mental Health and work

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



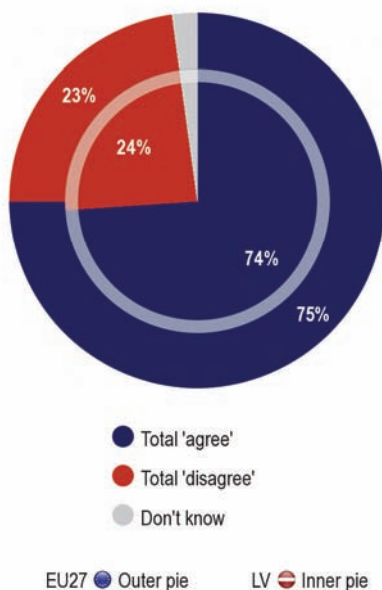
QD7.1. For each of the following statements regarding your job, please tell me whether you tend to agree or tend to disagree with it.

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

