

Summary text

Dutch respondents are feeling more positive emotionally than average. They felt all of the positive emotions 'all' or 'most of the time' more than average. In addition, they felt four of the five negative emotions ('down in the dumps', 'downhearted and depressed', 'particularly tense' and 'worn out') 'all' or 'most of the time' less than average and they felt the fifth negative emotion ('tired') 'never' or 'rarely' more than average (36% vs. EU average of 26%).

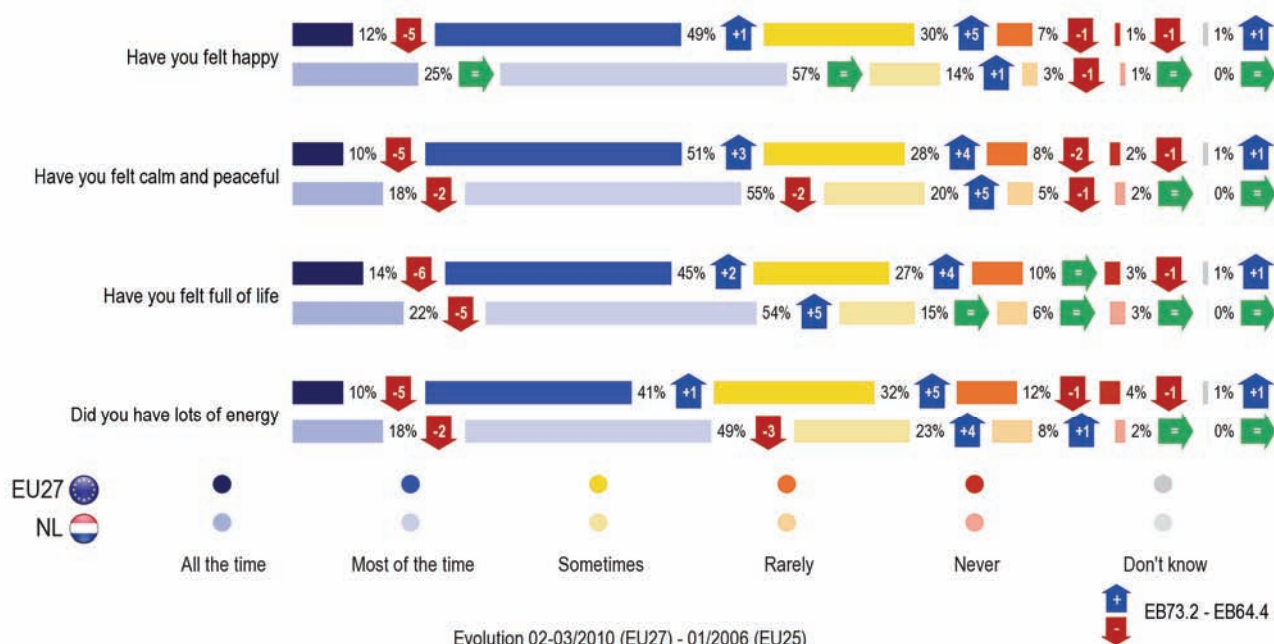
More Dutch respondents felt they had 'never' accomplished less as a result of a physical or emotional problem (physical 'never' 56% and emotional 'never' 69% vs. EU averages of 41% and 53% respectively). However, more Dutch respondents sought help from a professional in the past 12 months than average (18% vs. EU average of 15%); this has not increased significantly since 2006 (+1 percentage point).

The proportion of Dutch respondents taking antidepressants in the last 12 months is the same as the EU average (6% vs. EU average of 7%). However, more Dutch respondents took antidepressants for depression (59%) than anxiety (24%), whereas across Europe they were taken equally for depression and anxiety (51% depression and 47% anxiety).

Absenteeism from work is broadly similar to the European average, although the proportion of those who were not absent is lower among Dutch respondents than average (71% vs. EU average of 77%) and the proportion who took '1 day' is higher (7% vs. EU average of 4%). In terms of attitudes to work, Dutch respondents are more dissatisfied than average about their job adequately reflecting their skills (27% disagree vs. EU average of 23%).

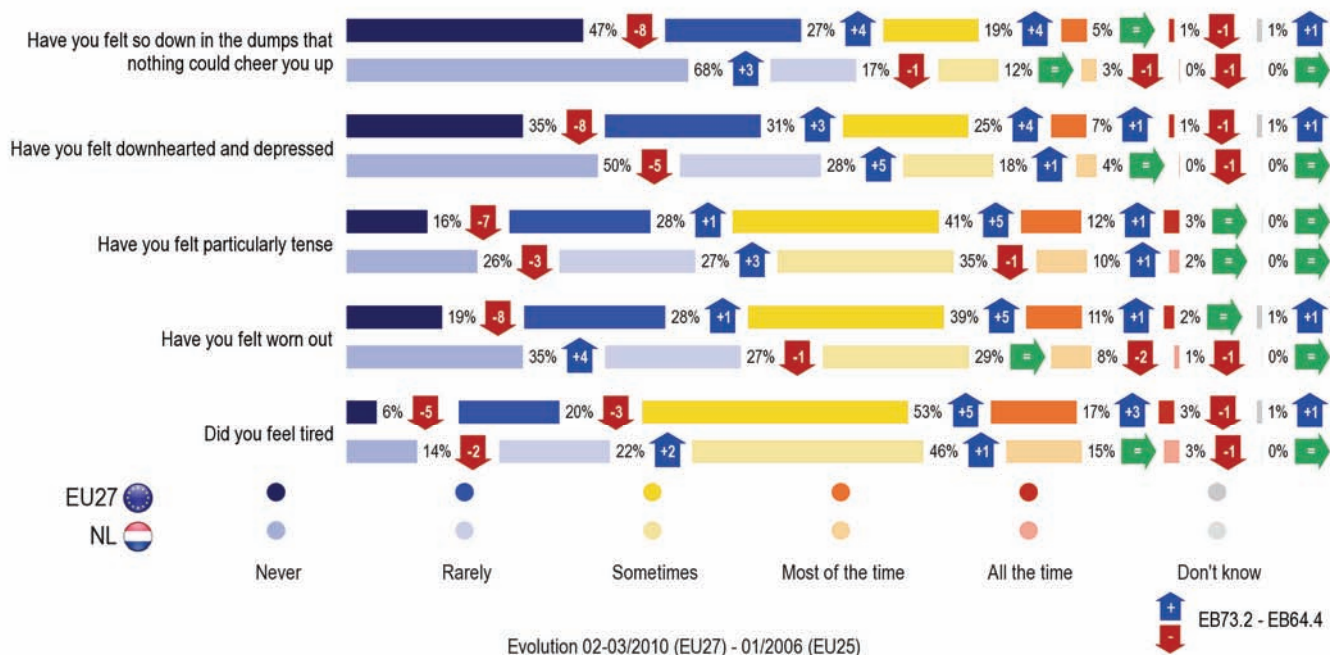
1. The state of Mental Health

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



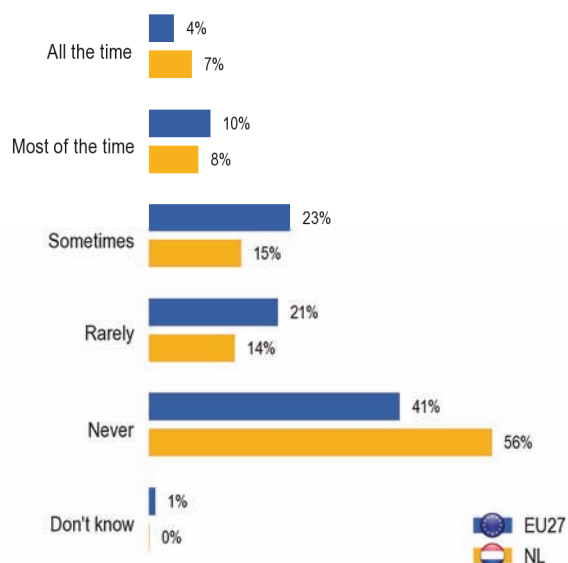
1. The state of Mental Health

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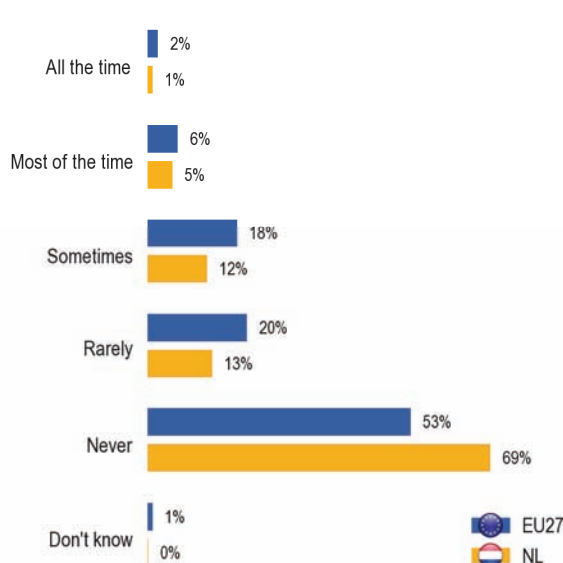
QD1.1. During the past 4 weeks how often have you had any of the following problems in your day-to-day life whether at work, at home or elsewhere?

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



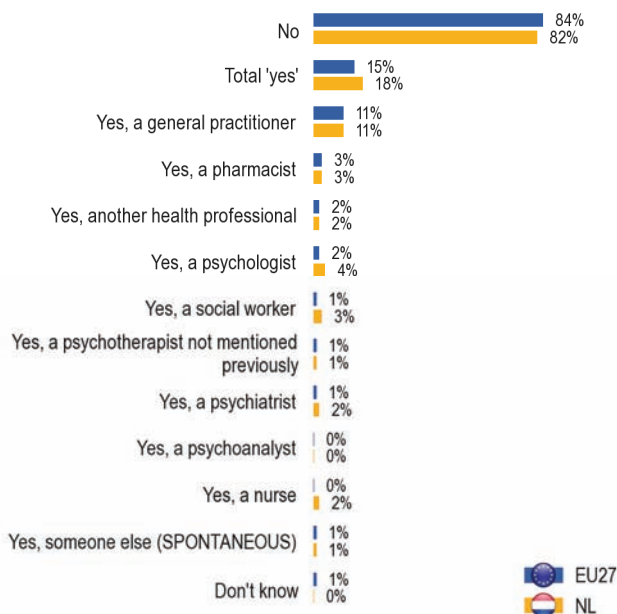
QD1.2. During the past 4 weeks how often have you had any of the following problems in your day-to-day life whether at work, at home or elsewhere?

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



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.

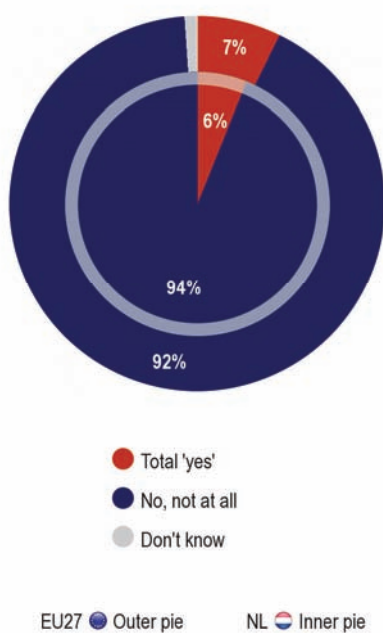


QD4. In the last 12 months, did you seek help from a professional because of a psychological or emotional problem? (IF YES) Indicate who in the following list.

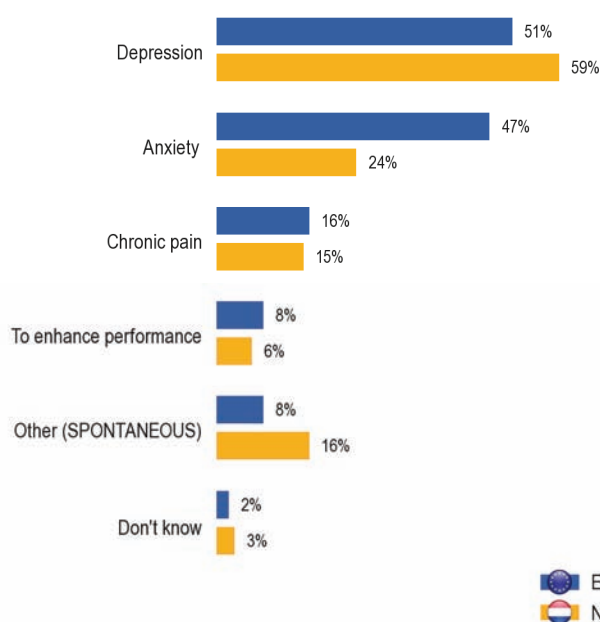
	EU27		NL	
	EB73.2	EB73.2 - EB64.4	EB73.2	EB73.2 - EB64.4
No	84%	- 3	82%	=
Total 'yes'	15%	+ 2	18%	+ 1
Yes, a general practitioner	11%	+ 2	11%	+ 3
Yes, a pharmacist	3%	+ 1	3%	=
Yes, another health professional	2%	=	2%	- 1
Yes, a psychologist	2%	=	4%	- 1
Yes, a social worker	1%	+ 1	3%	+ 1
Yes, a psychotherapist not mentioned previously	1%	=	1%	- 1
Yes, a psychiatrist	1%	- 1	2%	- 1
Yes, a psychoanalyst	0%	=	0%	=
Yes, a nurse	0%	=	2%	+ 1
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?



EU27  Number of interviews:
26.800

NL  Number of interviews:
1.010

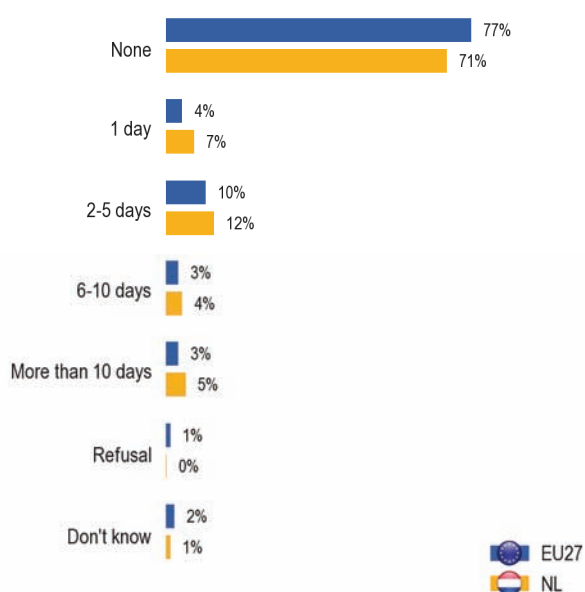
Fieldwork:
26/02-17/03/2010

Fieldwork:
26/02-14/03/2010

Methodology: face-to-face

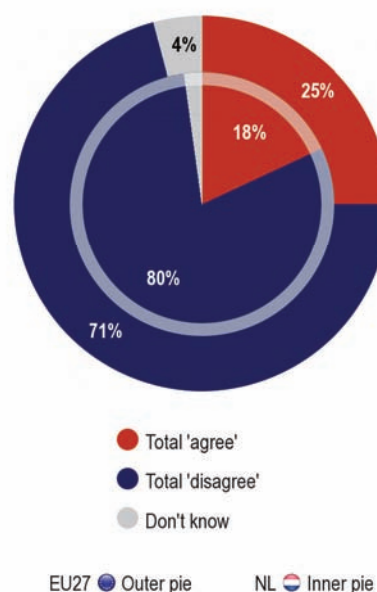
3. Mental Health and work

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



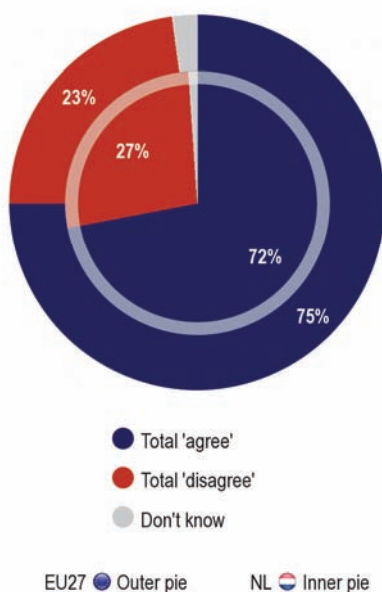
QD7.1. For each of the following statements regarding your job, please tell me whether you tend to agree or tend to disagree with it.

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

