

## Summary text

On average, Lithuanian respondents experienced the positive emotions 'all' or 'most of the time' less than average; apart from 'calm and peaceful', which they experienced more than average (70% vs. EU average of 61%). In terms of negative emotions, Lithuanian respondents felt 'tense', 'worn out' and 'tired' similarly to other Europeans. However, they experienced being 'down in the dumps' and 'downhearted and depressed' more than average; with fewer 'never' experiencing these emotions and more experiencing them 'sometimes'.

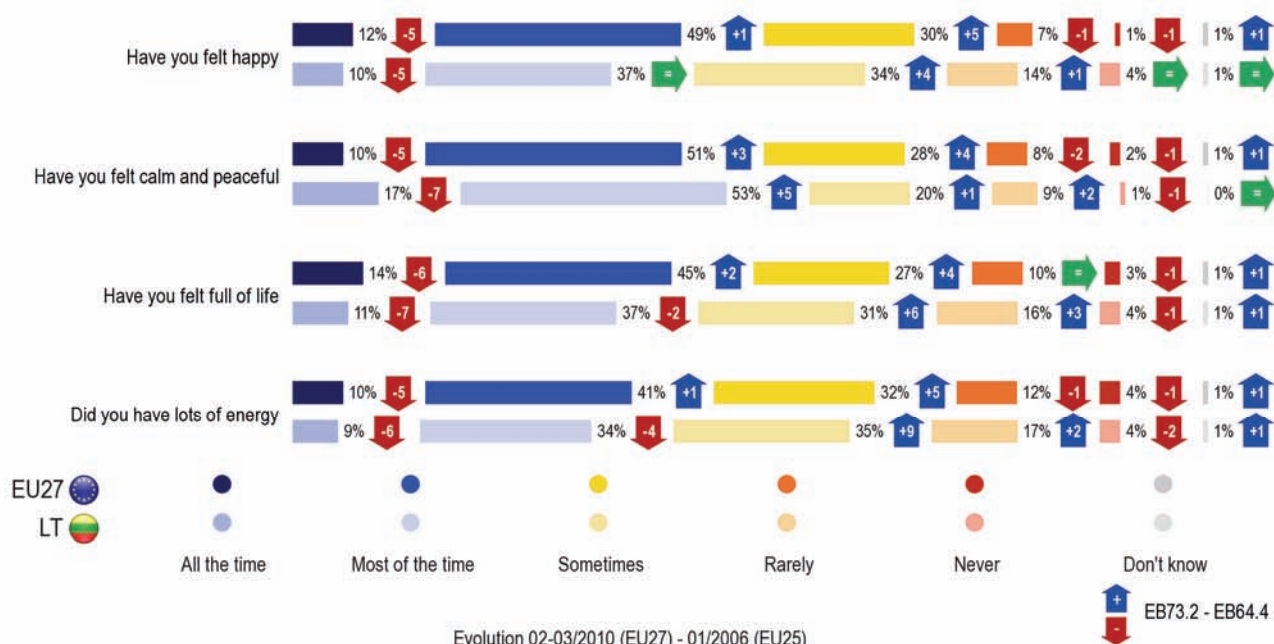
More Lithuanian respondents than average felt that they had accomplished less as the result of either a physical or emotional problem, with only 27% and 33% of respondents claiming they had never accomplished less as the result of a physical or emotional problem (compared to the respective EU averages of 41% and 53%). Furthermore, a slightly greater proportion of Lithuanian respondents than average have sought help from a professional in the last 12 months (19% compared to the average of 15%). Most of those who sought help went to their GP (14%) or pharmacist (9%); notably, the proportion seeking help from a pharmacist is three times higher than the EU average (3%).

More Lithuanians have taken antidepressants in the last 12 months than average (11% compared to the EU average of 7%). The main reasons for Lithuanian respondents taking them were anxiety (47%) followed by depression (37%), whereas across Europe antidepressants are taken equally for depression and anxiety (51% and 47% respectively).

Lithuanian respondents were absent from work for more days than the average European employee, with only 68% stating they had not been absent in the past four weeks compared to the equivalent EU average of 77%. Job security is the area of most concern for Lithuanian respondents, with almost six out of ten (58%) feeling that their job is under threat (EU average 25%).

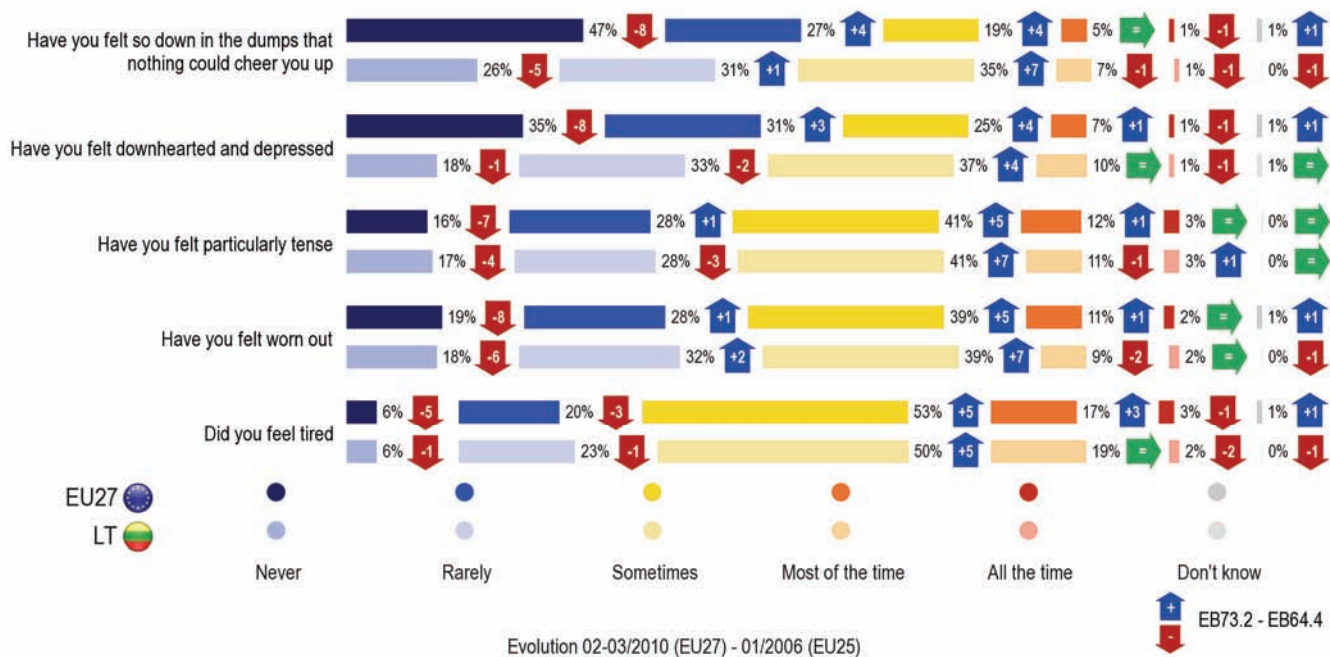
## 1. The state of Mental Health

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



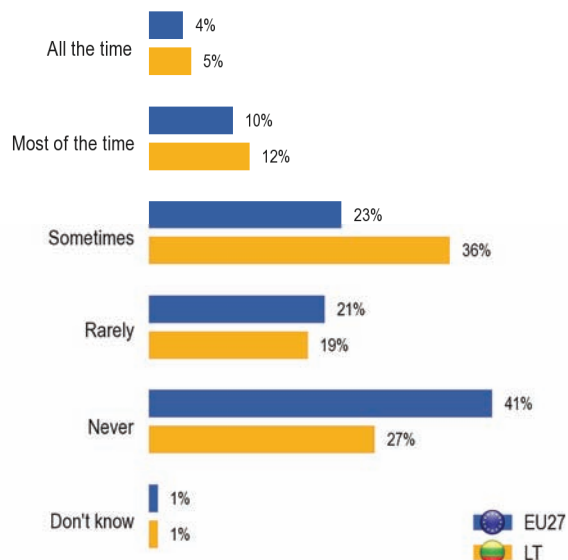
## 1. The state of Mental Health

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



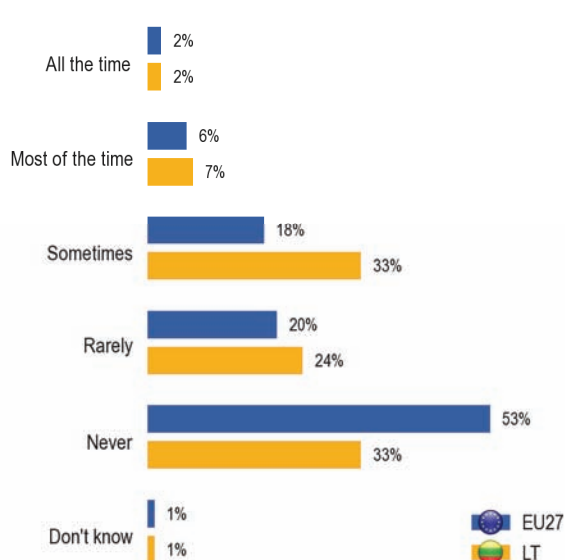
QD1.1. During the past 4 weeks how often have you had any of the following problems in your day-to-day life whether at work, at home or elsewhere?

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.

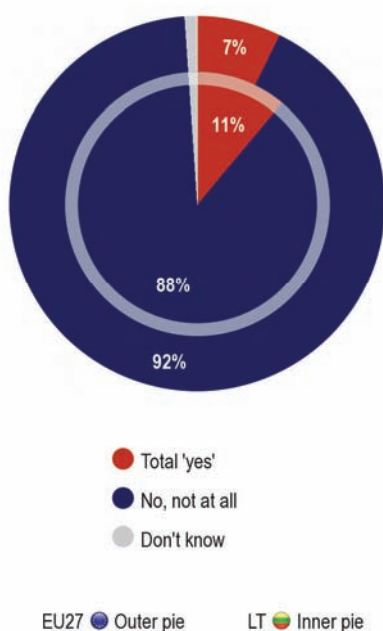


QD4. In the last 12 months, did you seek help from a professional because of a psychological or emotional problem? (IF YES) Indicate who in the following list.

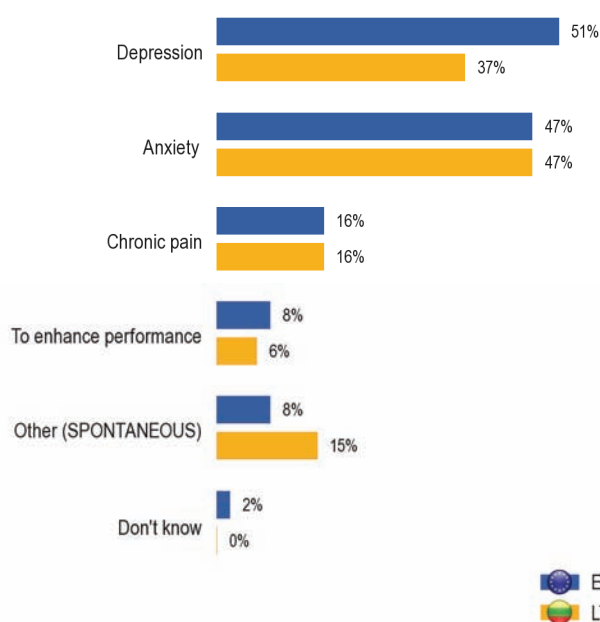
	EU27		LT	
	EB73.2	EB73.2 - EB64.4	EB73.2	EB73.2 - EB64.4
No	84%	- 3	81%	- 2
Total 'yes'	15%	+ 2	19%	+ 3
Yes, a general practitioner	11%	+ 2	14%	+ 2
Yes, a pharmacist	3%	+ 1	9%	+ 5
Yes, another health professional	2%	=	2%	+ 1
Yes, a psychologist	2%	=	1%	=
Yes, a social worker	1%	+ 1	1%	+ 1
Yes, a psychotherapist not mentioned previously	1%	=	0%	=
Yes, a psychiatrist	1%	- 1	2%	- 1
Yes, a psychoanalyst	0%	=	0%	=
Yes, a nurse	0%	=	0%	=
Yes, someone else (SPONTANEOUS)	1%	+ 1	0%	=
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?

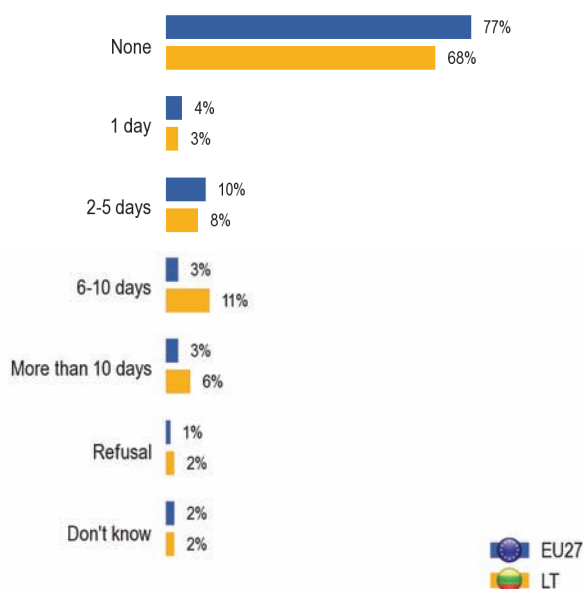


QD6. For what reason(s) did you take Antidepressants?



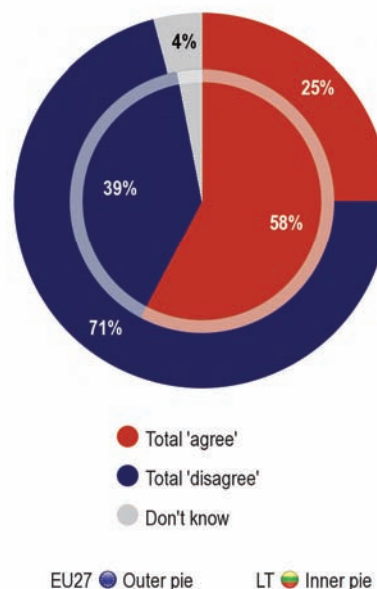
## 3. Mental Health and work

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



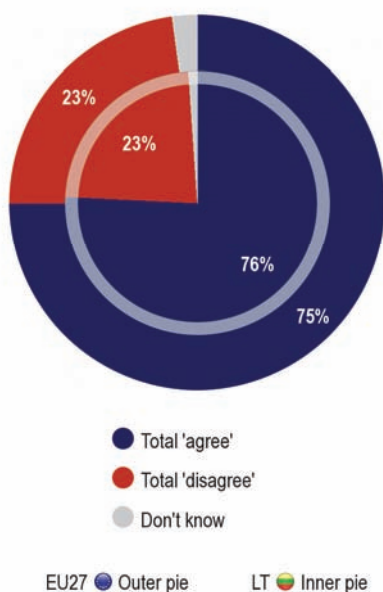
QD7.1. For each of the following statements regarding your job, please tell me whether you tend to agree or tend to disagree with it.

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

