

## Summary text

Maltese respondents are feeling slightly more positive than average. More Maltese respondents felt 'happy' 'all' or 'some of the time' (64% vs. EU average of 61%) and more than average felt 'full of life' and had 'lots of energy' 'sometimes' (32% and 36% respectively vs. EU averages of 27% and 32%). Furthermore, fewer Maltese respondents than average felt 'downhearted and depressed', 'worn out' and 'tired' 'never' or 'rarely'. The only exception to feeling more positive was that more Maltese respondents felt 'particularly tense' 'all' or 'some of the time' (20% vs. EU average of 15%).

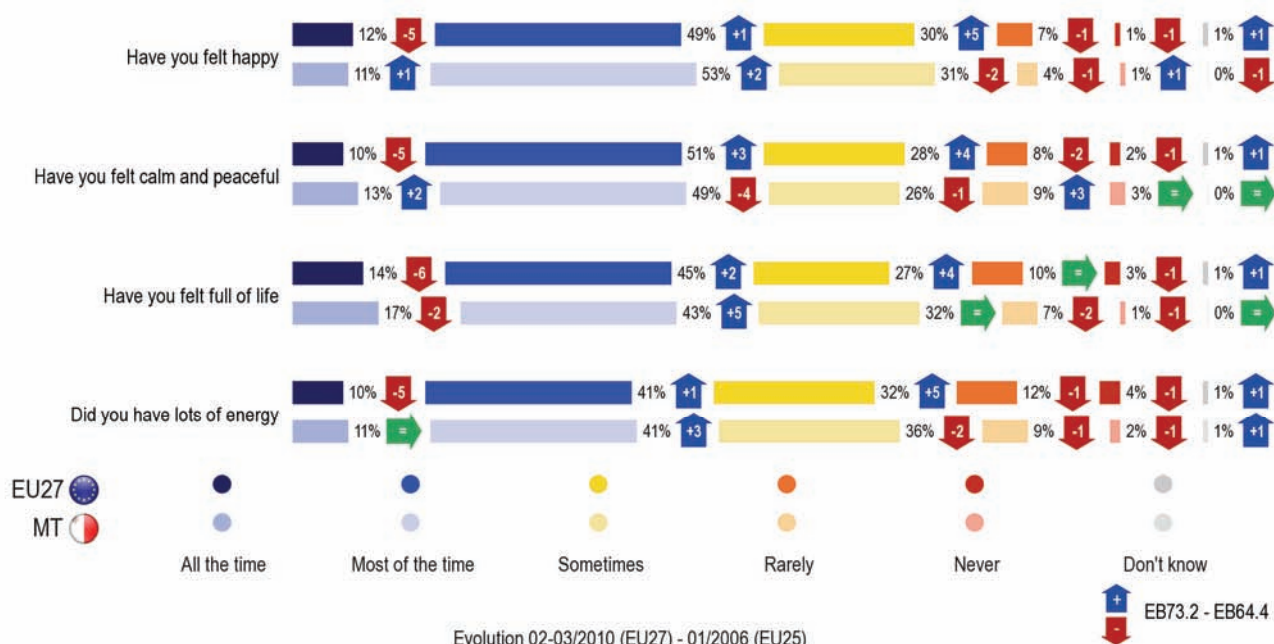
More Maltese respondents than average felt they did not accomplish less because of either a physical or emotional problem (physical 'never' 44% and emotional 'never' 57% vs. EU averages of 41% and 53% respectively). The proportion of Maltese respondents who sought help from a professional in the past 12 months has increased significantly since 2006 (+5 percentage points) but is the same as the EU average (14% sought help vs. EU average of 15%).

However, more Maltese respondents than average took antidepressants in the last 12 months (10% compared to the EU average of 7%). Interestingly, slightly more Maltese respondents than average took antidepressants for depression (56% vs. EU average of 51%) and anxiety (50% vs. EU average of 47%) and less took them for chronic pain or to enhance performance (8% and 3% respectively vs. EU averages of 16% and 8%).

Broadly speaking, absenteeism from work is similar to the European average, although it is notably higher than average among Maltese respondents absent for '2-5 days' (15% compared to 10% on average). In terms of attitudes to work, Maltese respondents appear to be more satisfied in their employment than other Europeans. They felt more satisfied than average on two of the attributes (job security and skills match) and felt the same as average on recognition received.

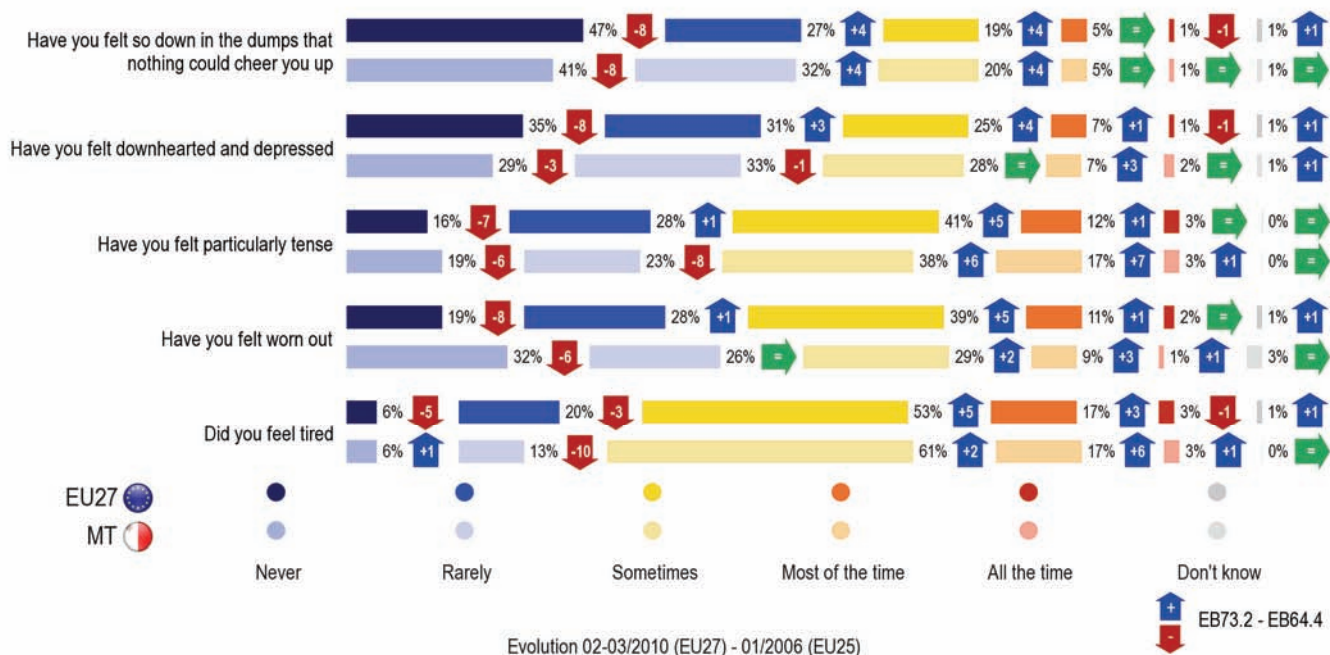
## 1. The state of Mental Health

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



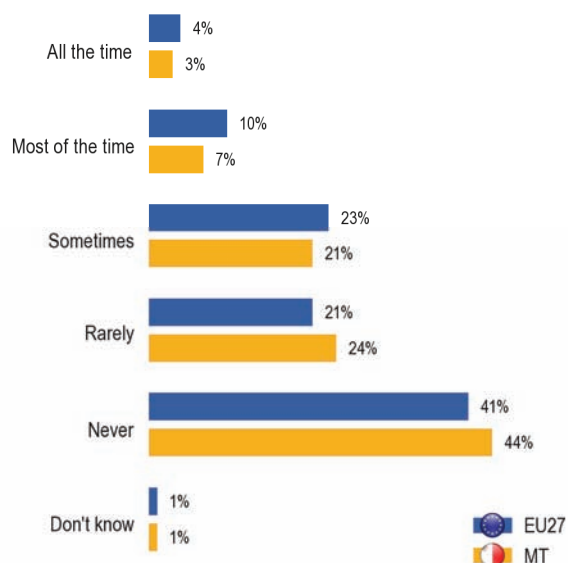
## 1. The state of Mental Health

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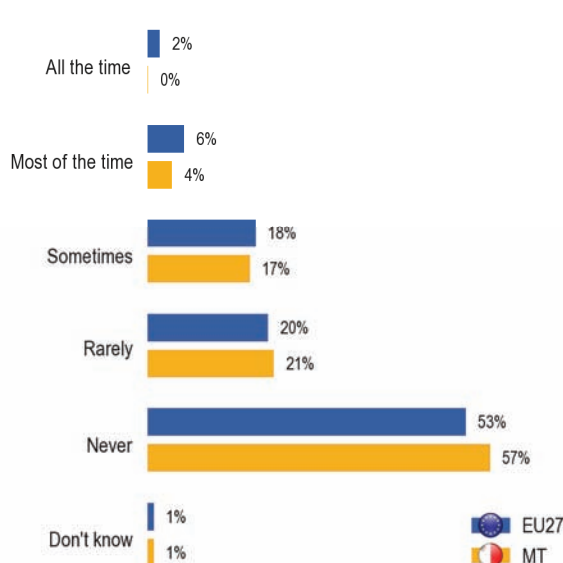
QD1.1. During the past 4 weeks how often have you had any of the following problems in your day-to-day life whether at work, at home or elsewhere?

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



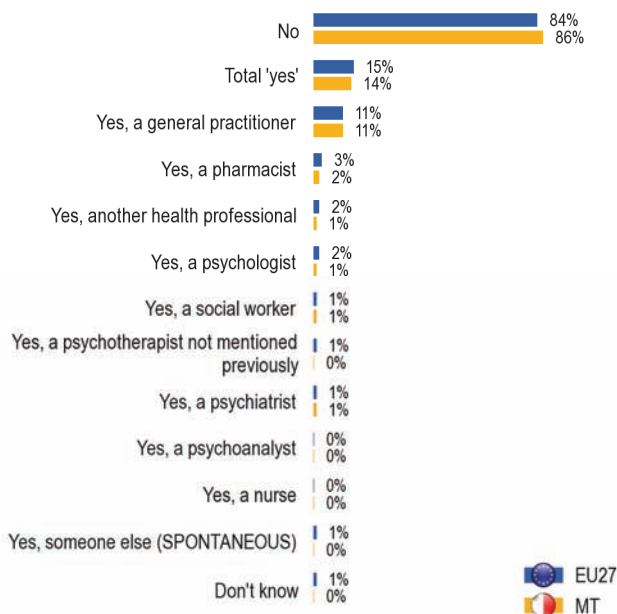
QD1.2. During the past 4 weeks how often have you had any of the following problems in your day-to-day life whether at work, at home or elsewhere?

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.

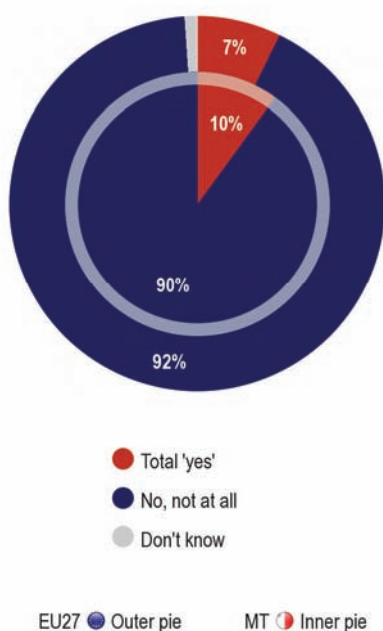


QD4. In the last 12 months, did you seek help from a professional because of a psychological or emotional problem? (IF YES) Indicate who in the following list.

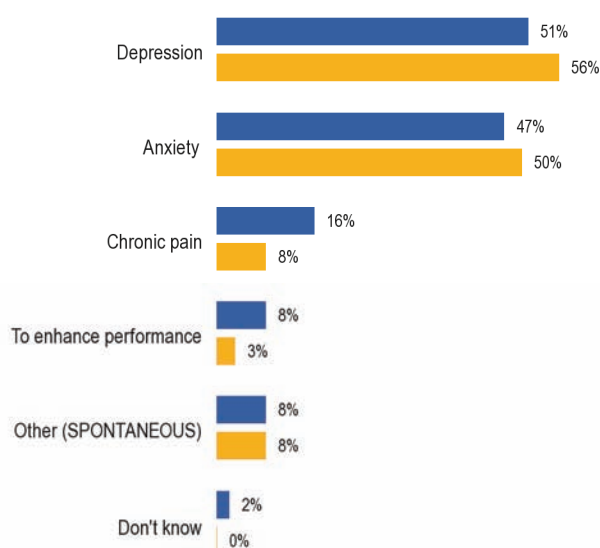
	EU27		MT	
	EB73.2	EB73.2 - EB64.4	EB73.2	EB73.2 - EB64.4
No	84%	- 3	86%	- 5
Total 'yes'	15%	+ 2	14%	+ 5
Yes, a general practitioner	11%	+ 2	11%	+ 5
Yes, a pharmacist	3%	+ 1	2%	+ 1
Yes, another health professional	2%	=	1%	- 1
Yes, a psychologist	2%	=	1%	=
Yes, a social worker	1%	+ 1	1%	+ 1
Yes, a psychotherapist 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	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?

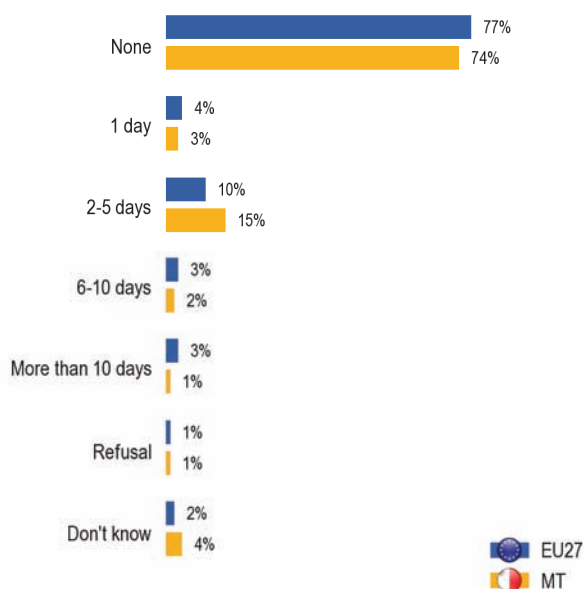


QD6. For what reason(s) did you take Antidepressants?



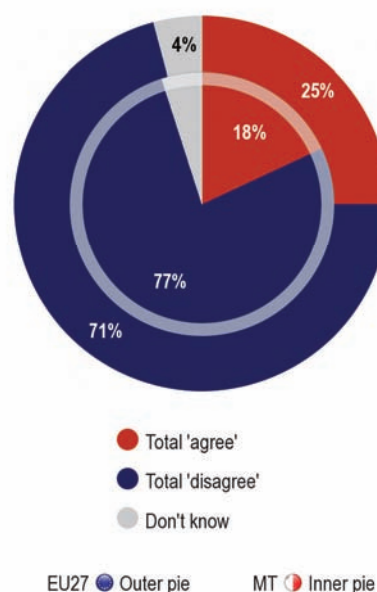
## 3. Mental Health and work

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



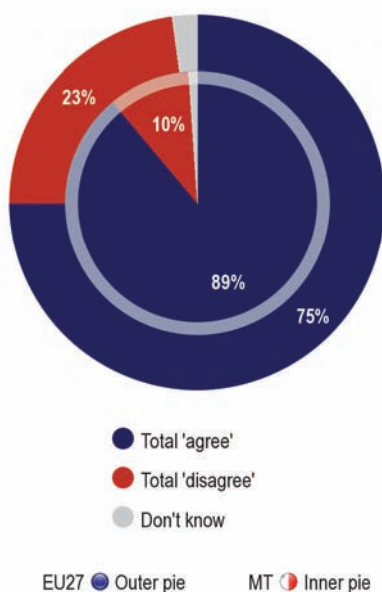
QD7.1. For each of the following statements regarding your job, please tell me whether you tend to agree or tend to disagree with it.

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

