

## Summary text

Cypriot respondents felt 'happy', 'full of life' and had 'lots of energy' more than average (more felt these emotions 'all' or 'some of the time' 65%, 66% and 64% vs. the EU averages of 61%, 59% and 51%). In addition, fewer felt 'down in the dumps' and 'downhearted and depressed' (77% and 70% felt these emotions never or rarely compared to the averages of 74% and 66%). However, Cypriot respondents felt 'particularly tense', 'worn out' and 'tired' more frequently than other Europeans (29%, 16% and 27% respectively felt this way 'all' or 'most of the time' vs. the EU averages of 15%, 13% and 20%).

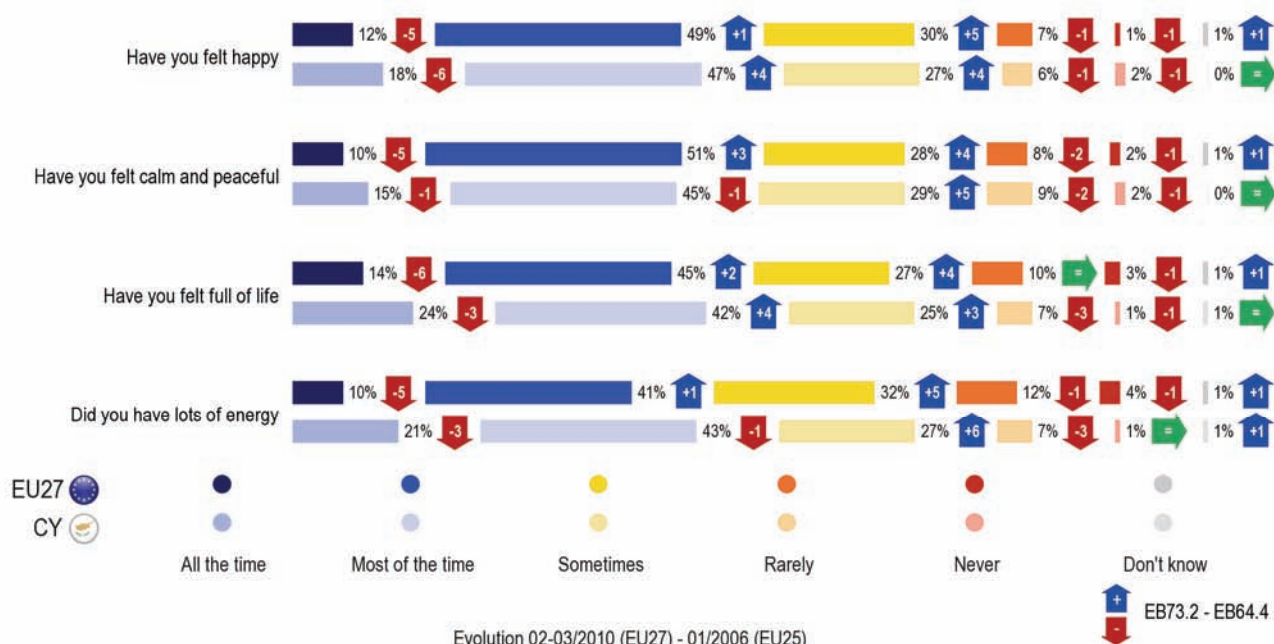
Fewer Cypriot respondents than average felt they had accomplished less as the result of a physical or emotional problem. About six out of ten (58%) felt they had 'never' accomplished less as the result of a physical problem compared to the average of 41% and a similar proportion (60%) felt the same about the impact of an emotional problem (vs. the EU average of 53%). The proportion of Cypriot respondents who sought help from a professional for a psychological or emotional problem in the past 12 months is the same as the EU average (14% vs. EU average of 15%); it has increased significantly since 2006 (+4 percentage points).

The proportion of Cypriot respondents taking antidepressants in the last 12 months is the same as the EU average (5% vs. EU average of 7%). However, there were differences between Cypriot respondents and other Europeans and their reasons for taking them. More Cypriots took antidepressants for depression (67%) than anxiety (38%), whereas across Europe they are taken equally for depression and anxiety. Furthermore, 19% of the Cypriots taking antidepressants took them to enhance performance, whereas on average only 8% of Europeans took them for the same reason.

In terms of comfort at work, the area of most discontent among Cypriot respondents is job security, where the proportion agreeing that their job is under threat is the same as average (25%).

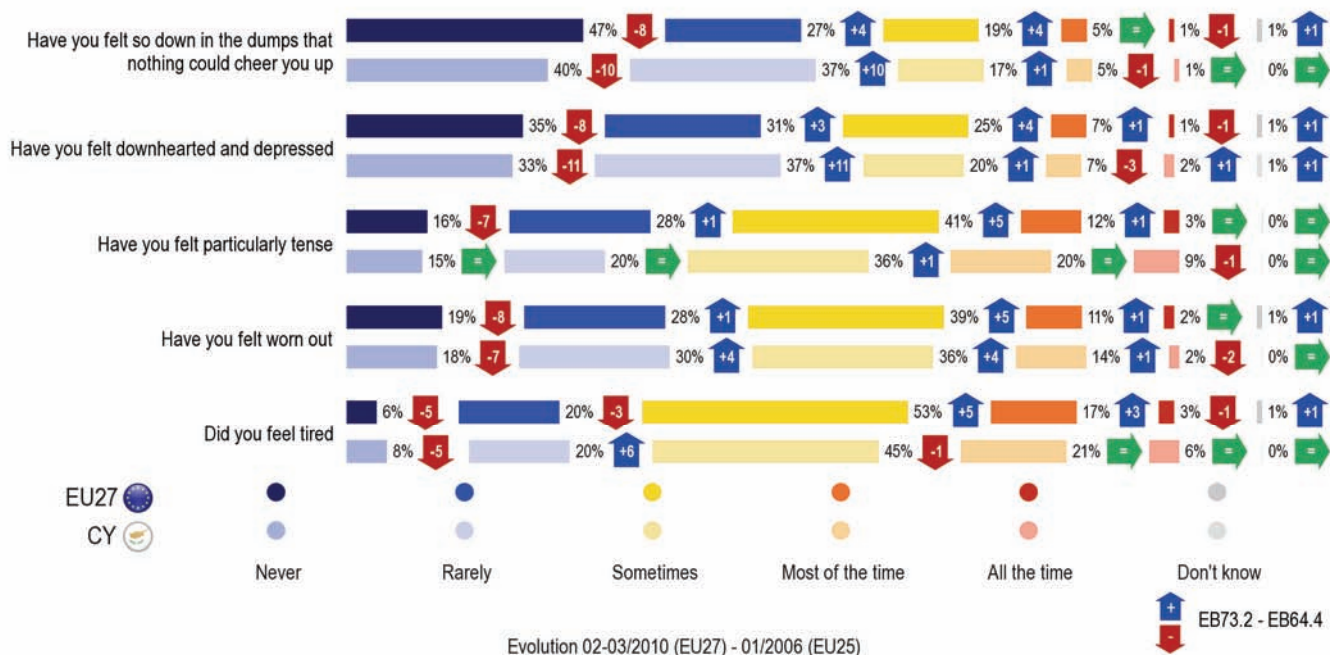
## 1. The state of Mental Health

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



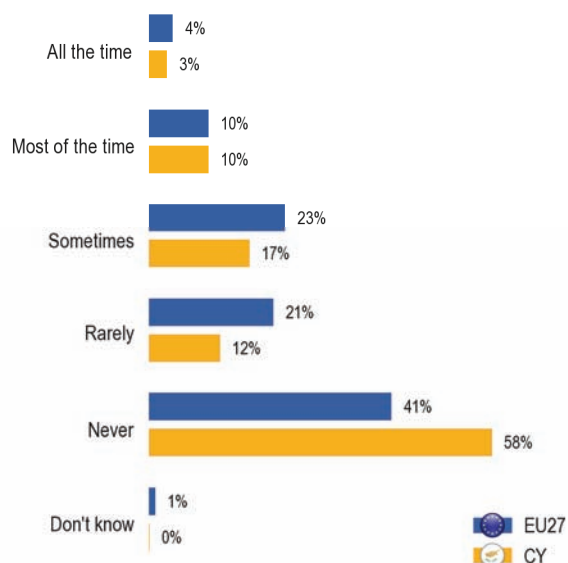
## 1. The state of Mental Health

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



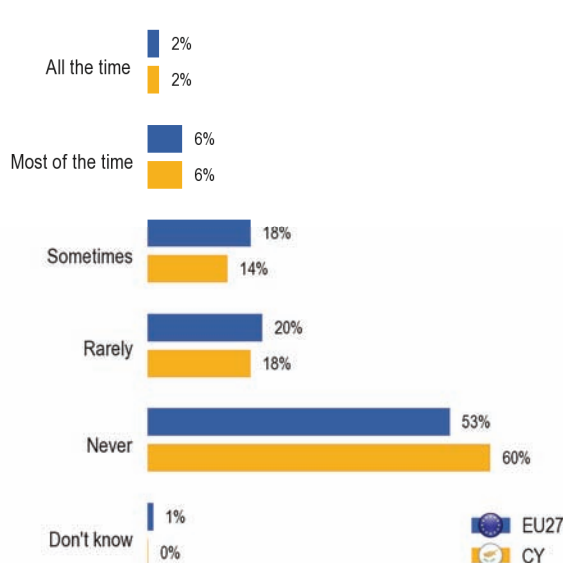
QD1.1. During the past 4 weeks how often have you had any of the following problems in your day-to-day life whether at work, at home or elsewhere?

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



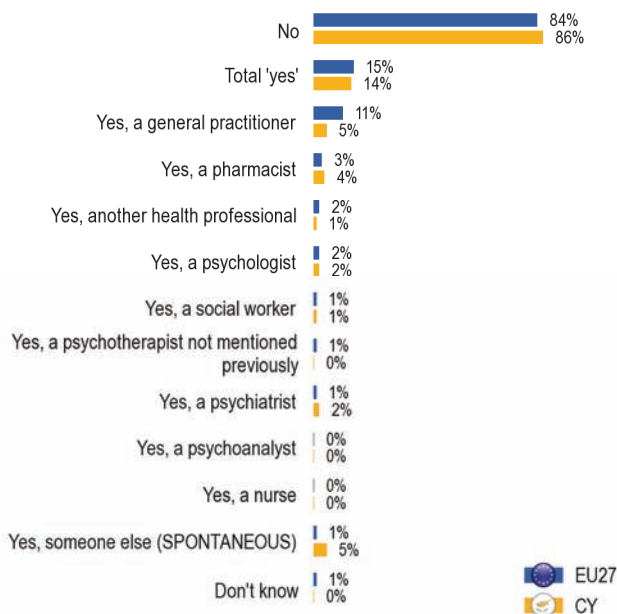
QD1.2. During the past 4 weeks how often have you had any of the following problems in your day-to-day life whether at work, at home or elsewhere?

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.

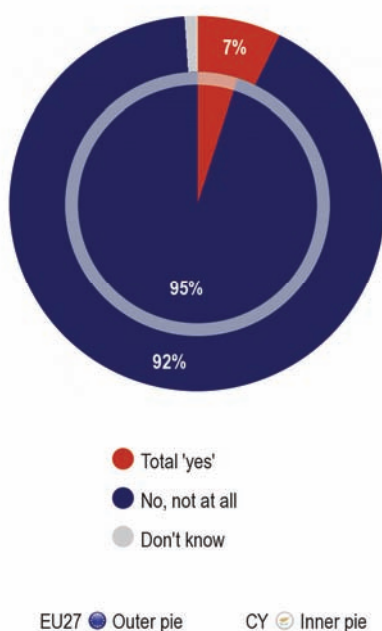


QD4. In the last 12 months, did you seek help from a professional because of a psychological or emotional problem? (IF YES) Indicate who in the following list.

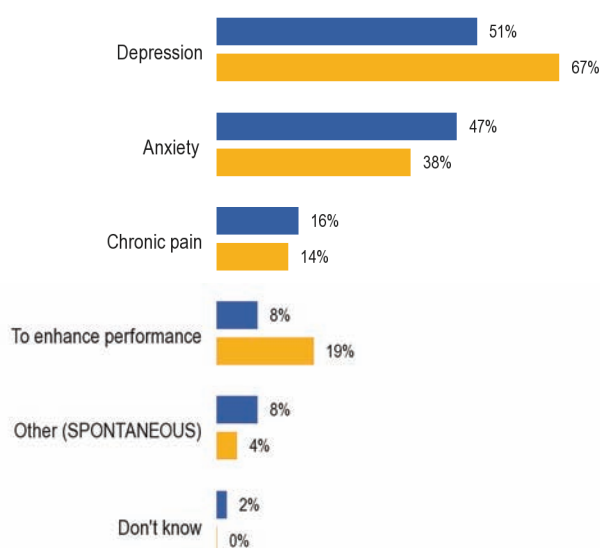
	EU27		CY	
	EB73.2	EB73.2 - EB64.4	EB73.2	EB73.2 - EB64.4
No	84%	- 3	86%	- 4
Total 'yes'	15%	+ 2	14%	+ 4
Yes, a general practitioner	11%	+ 2	5%	+ 1
Yes, a pharmacist	3%	+ 1	4%	+ 3
Yes, another health professional	2%	=	1%	- 3
Yes, a psychologist	2%	=	2%	=
Yes, a social worker	1%	+ 1	1%	+ 1
Yes, a psychotherapist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

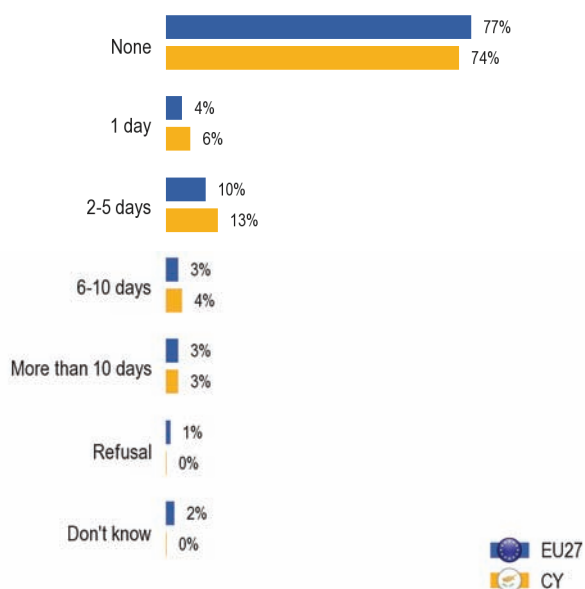


QD6. For what reason(s) did you take Antidepressants?



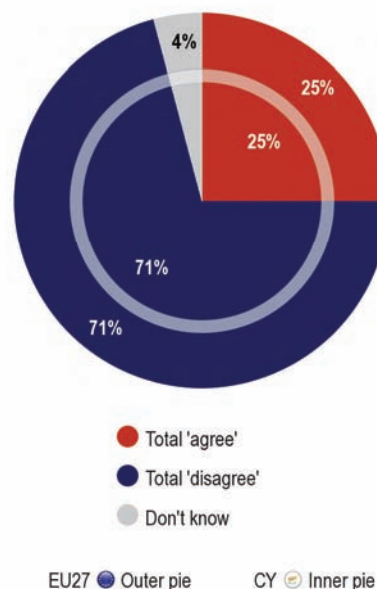
## 3. Mental Health and work

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



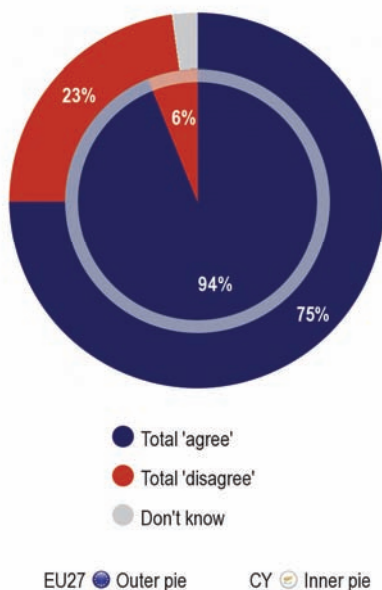
QD7.1. For each of the following statements regarding your job, please tell me whether you tend to agree or tend to disagree with it.

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

