

EU27  Number of interviews:  
26.800

PL  Number of interviews:  
1.000

Fieldwork:  
26/02-17/03/2010

Fieldwork:  
27/02-14/03/2010

Methodology: face-to-face

## Summary text

There are some differences between Polish respondents emotional experiences and the averages but they do not appear to display a consistent trend. More Polish respondents felt 'calm and peaceful' 'all' or 'most of the time' (64% vs. EU average of 61%) but conversely fewer respondents felt 'happy' 'all' or 'most of the time' (54% vs. EU average of 61%) and more claimed that they 'never' or 'rarely' felt 'full of life' (17% vs. EU average of 13%). With regard to the negative statements, more 'never' or 'rarely' felt 'tense' or 'tired' (47% and 30% respectively vs. EU averages of 44% and 26%), however fewer 'never' or 'rarely' felt 'downhearted and depressed' (63% vs. EU average of 66%).

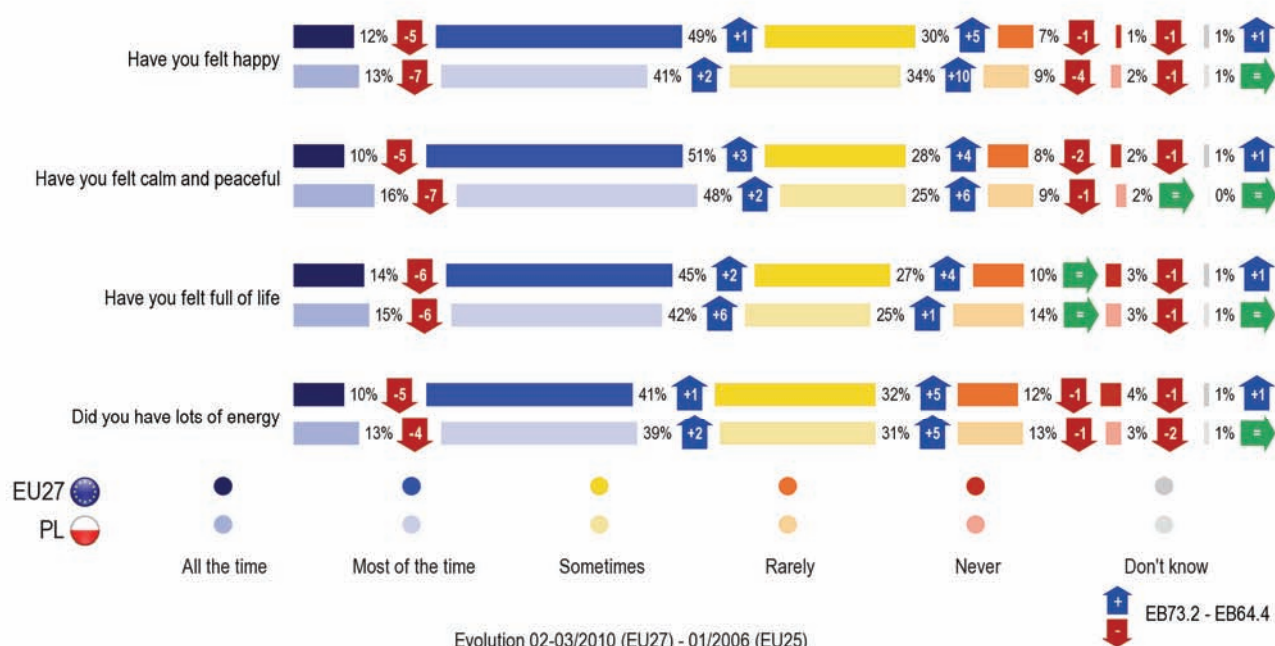
More Polish respondents felt they had accomplished less as a result of a physical or emotional problem than other Europeans. Only a third (36%) felt they had 'never' accomplished less as the result of a physical problem compared to the average of 41% and only 41% felt the same about the impact of an emotional problem (vs. the EU average of 53%). However, only 9% of Polish respondents sought help from a professional in the past 12 months (vs. EU average of 15%), which has not changed significantly since 2006 (-2 percentage points).

The proportion of Polish respondents who took antidepressants in the last 12 months is the same as the EU average (6% vs. EU average of 7%). However, more Polish respondents took antidepressants for anxiety (52%) than depression (37%), whereas across Europe they are taken almost equally for these conditions (51% depression and 47% anxiety). In addition, more than average are taking antidepressants to enhance performance (33% vs. EU average of 8%).

In terms of attitudes to work, Polish respondents are most concerned about their job security and that their job adequately reflects their skills; their attitudes are the same as other Europeans on these two aspects. Whereas, they are more satisfied than average with the recognition they receive at work.

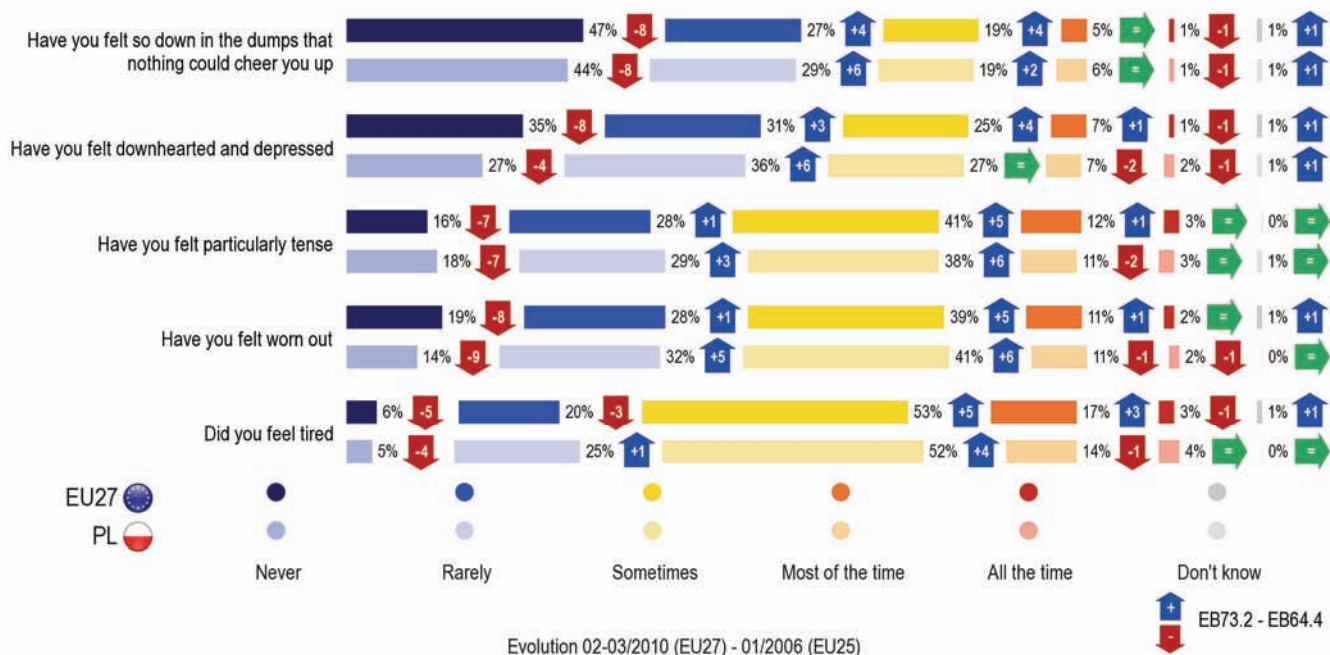
## 1. The state of Mental Health

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



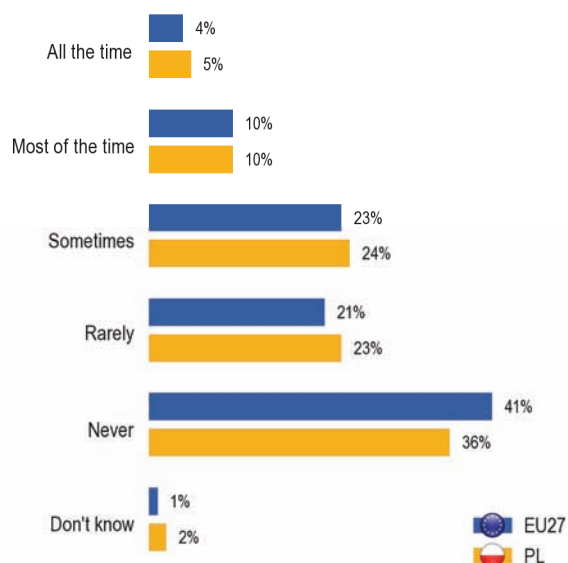
## 1. The state of Mental Health

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



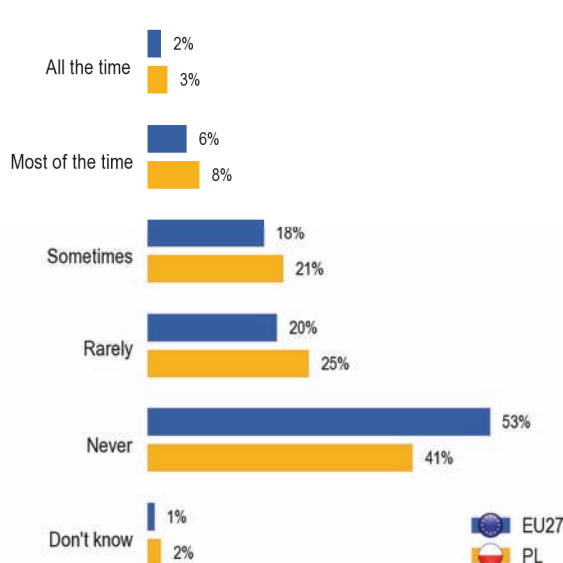
QD1.1. During the past 4 weeks how often have you had any of the following problems in your day-to-day life whether at work, at home or elsewhere?

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)



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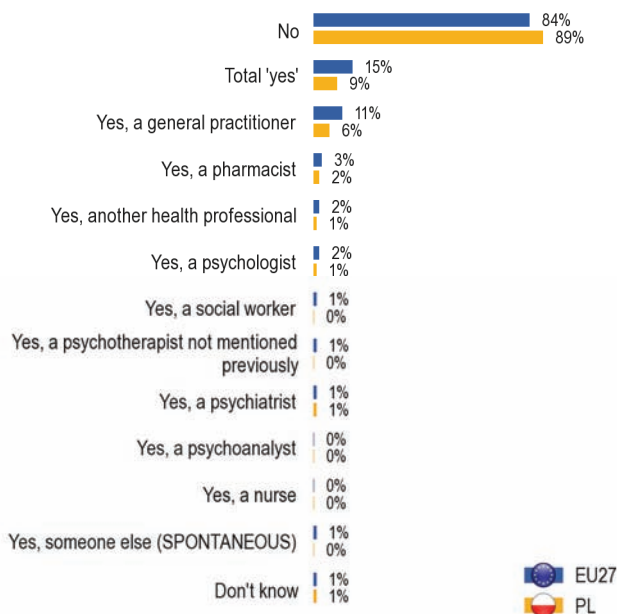
Fieldwork:  
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27/02-14/03/2010

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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.

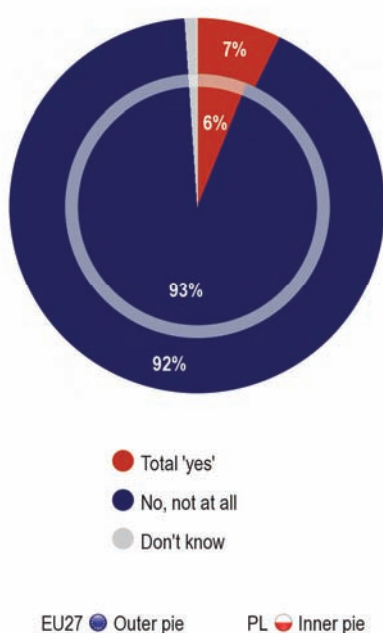


QD4. In the last 12 months, did you seek help from a professional because of a psychological or emotional problem? (IF YES) Indicate who in the following list.

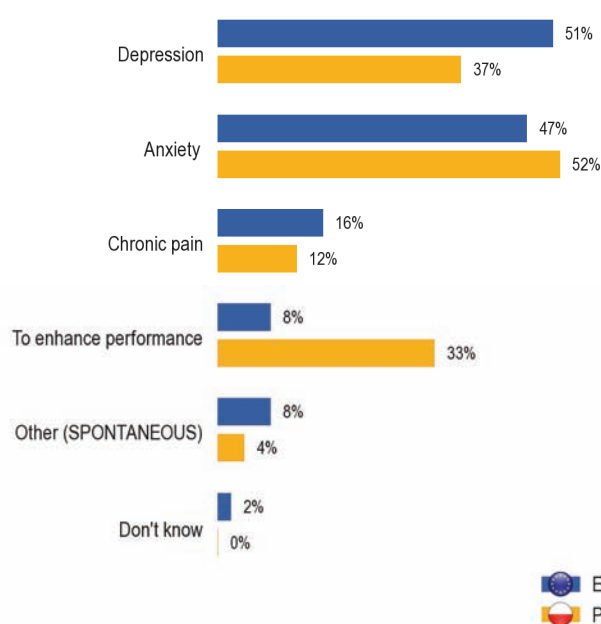
	EU27		PL	
	EB73.2	EB73.2 - EB64.4	EB73.2	EB73.2 - EB64.4
No	84%	- 3	89%	=
Total 'yes'	15%	+ 2	9%	- 2
Yes, a general practitioner	11%	+ 2	6%	- 1
Yes, a pharmacist	3%	+ 1	2%	+ 1
Yes, another health professional	2%	=	1%	=
Yes, a psychologist	2%	=	1%	- 1
Yes, a social worker	1%	+ 1	0%	=
Yes, a psychotherapist 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	1%	+ 1

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

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

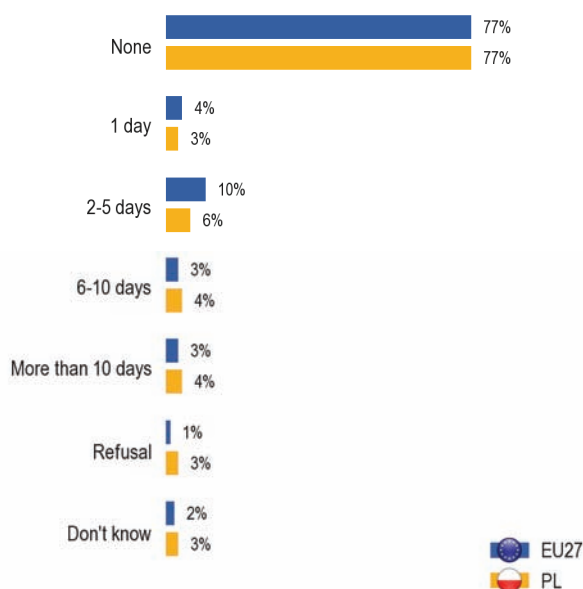


QD6. For what reason(s) did you take Antidepressants?



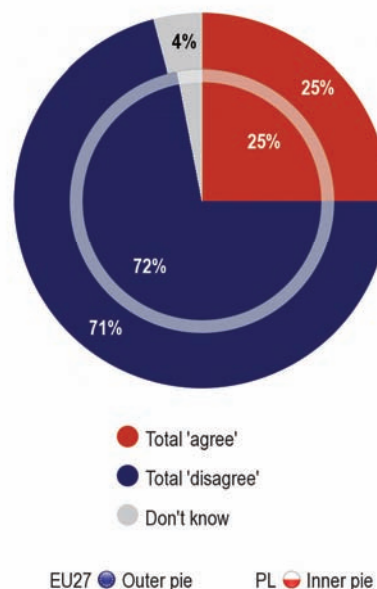
## 3. Mental Health and work

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



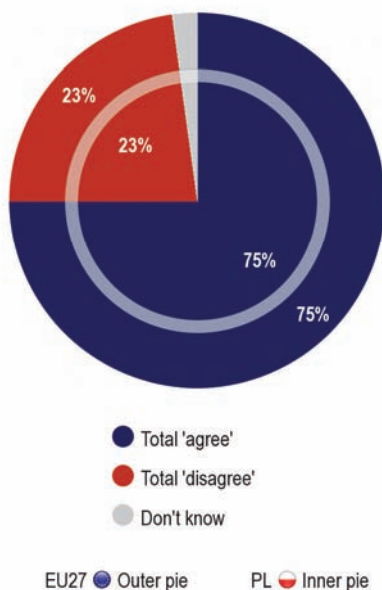
QD7.1. For each of the following statements regarding your job, please tell me whether you tend to agree or tend to disagree with it.

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

