

Summary text

Overall, Estonian respondents appear to be less positive than average Europeans. Fewer Estonian respondents than average are experiencing the positive emotions of being 'happy', 'full of life' and having 'lots of energy' 'all' or 'most of the time' (51%, 31% and 46% respectively vs. EU averages of 61%, 59% and 51%). Whereas, on the whole, Estonian respondents are experiencing negative emotions equally as often as other Europeans, the only exception is that fewer are feeling 'downhearted and depressed' (71% experience this emotion 'never' or 'rarely' compared to the EU average of 66%).

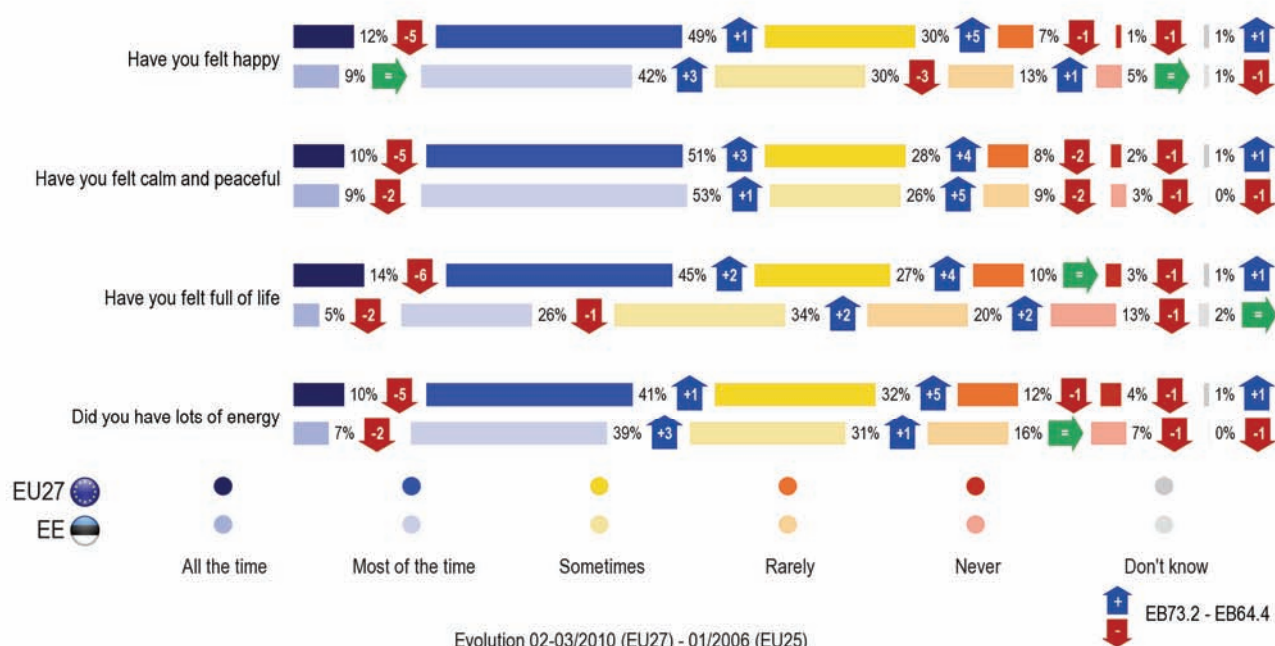
More Estonian respondents than average feel they have not accomplished less because of a physical problem (44% 'never' accomplished less vs. EU average of 41%). However, more than average have accomplished less because of an emotional problem with a quarter (25%) stating that this has happened 'sometimes' during the past four weeks compared to only 18% of Europeans on average. Nevertheless, the proportion of Estonian respondents who sought help from a professional in the past 12 months is the same as the EU average (17% vs. EU average of 15%) and has not changed since 2006.

The proportion of Estonian respondents taking antidepressants in the last 12 months is the same as the EU average (6% compared to the EU average of 7%). However, more Estonian respondents took antidepressants for depression (66%) than anxiety (34%), whereas on average across Europe they are taken equally for depression and anxiety.

Estonian respondents are more concerned about job security than other Europeans (33% feel their job is under threat compared to 25% on average). However, they are more satisfied than average that their current job reflects their skills and they feel the same as other Europeans about the respect and recognition they receive.

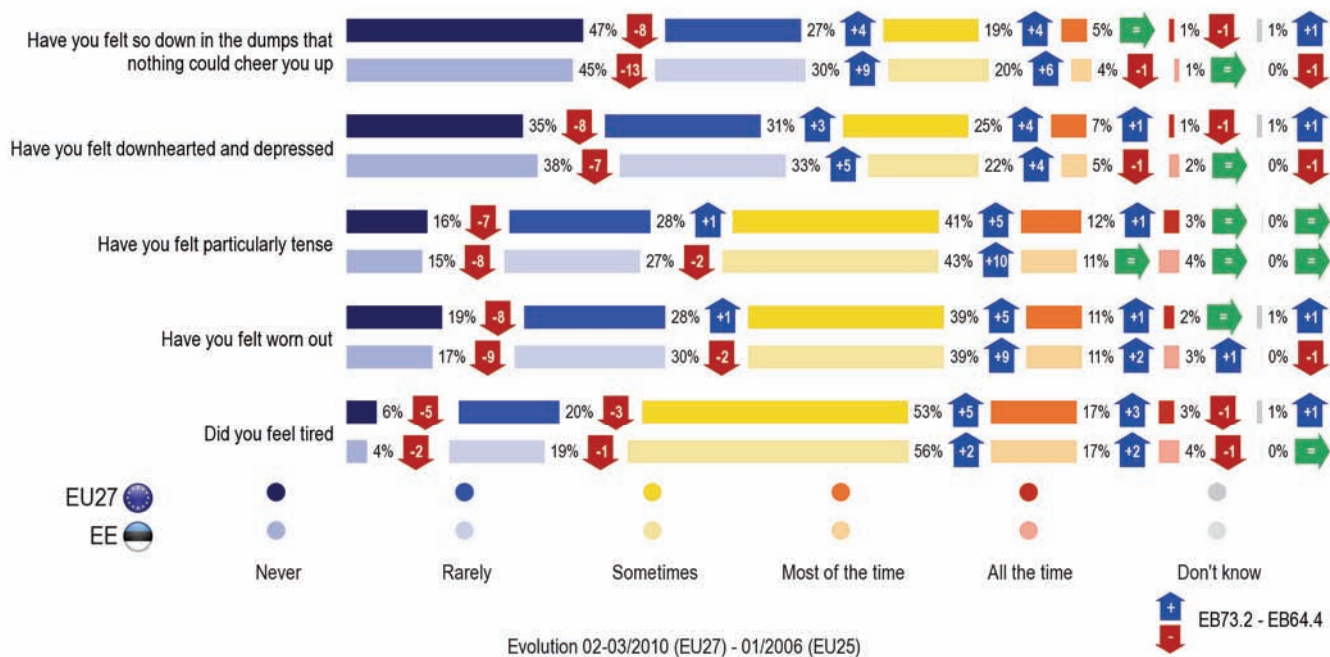
1. The state of Mental Health

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



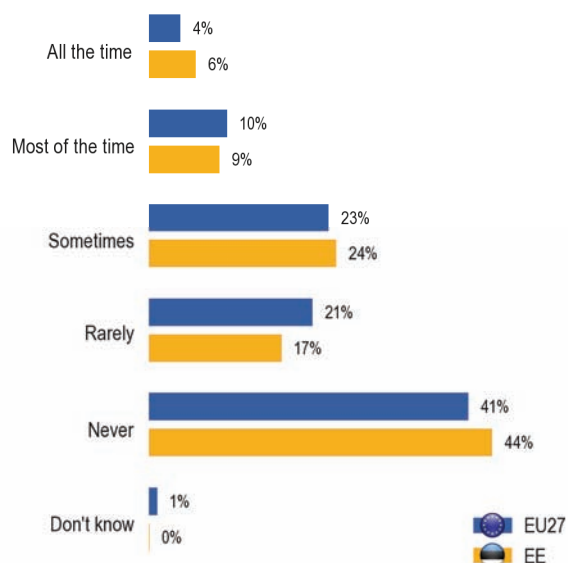
1. The state of Mental Health

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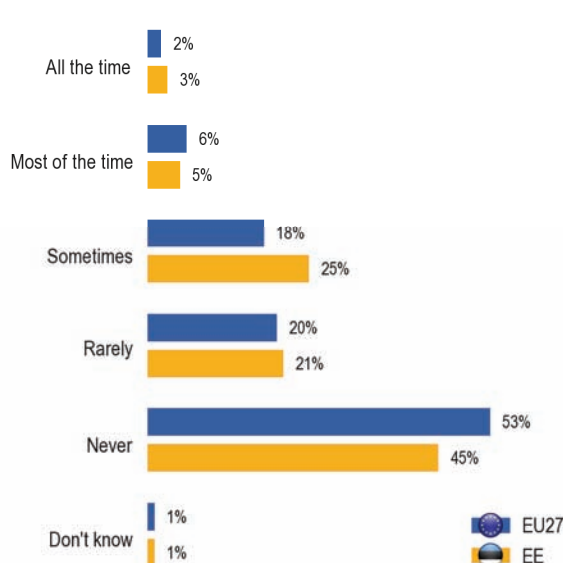
QD1.1. During the past 4 weeks how often have you had any of the following problems in your day-to-day life whether at work, at home or elsewhere?

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



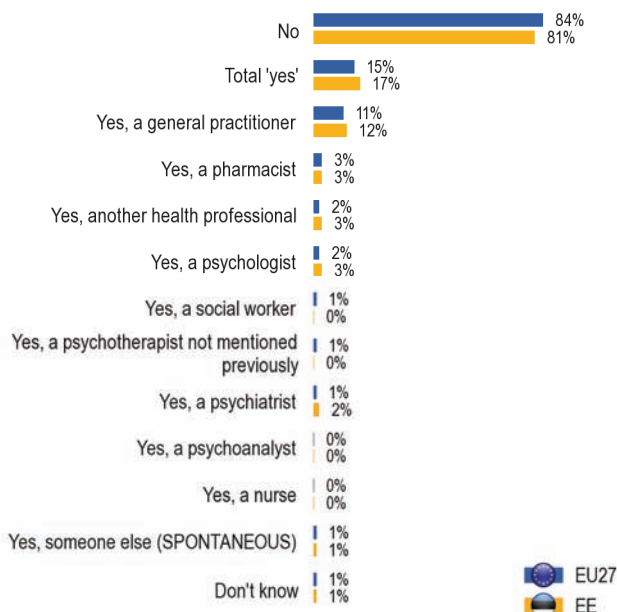
QD1.2. During the past 4 weeks how often have you had any of the following problems in your day-to-day life whether at work, at home or elsewhere?

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.

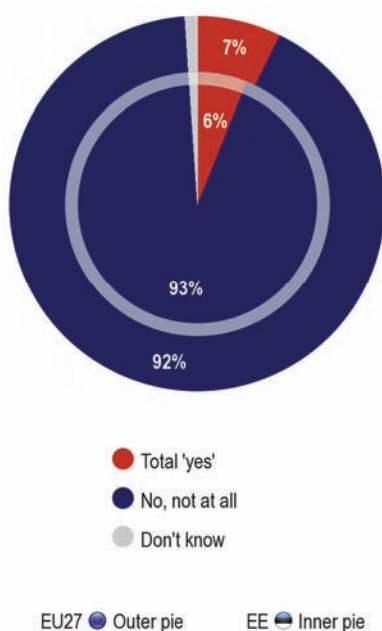


QD4. In the last 12 months, did you seek help from a professional because of a psychological or emotional problem? (IF YES) Indicate who in the following list.

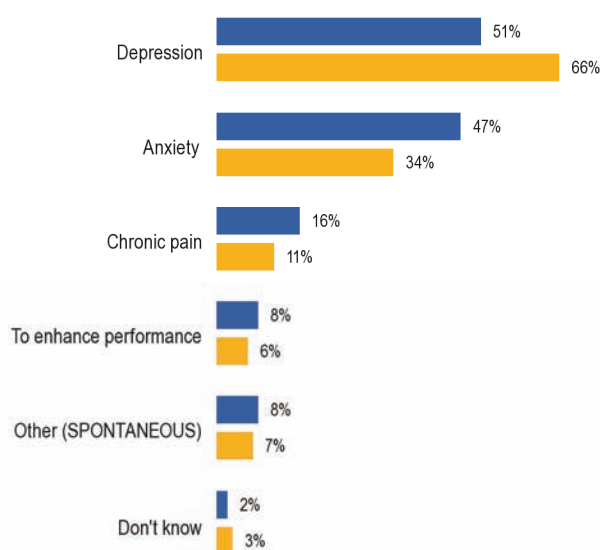
	EU27		EE	
	EB73.2	EB73.2 - EB64.4	EB73.2	EB73.2 - EB64.4
No	84%	- 3	81%	- 2
Total 'yes'	15%	+ 2	17%	=
Yes, a general practitioner	11%	+ 2	12%	- 1
Yes, a pharmacist	3%	+ 1	3%	+ 1
Yes, another health professional	2%	=	3%	+ 1
Yes, a psychologist	2%	=	3%	+ 2
Yes, a social worker	1%	+ 1	0%	- 1
Yes, a psychotherapist 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	1%	+ 1
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?



EU27  Number of interviews:
26.800

EE  Number of interviews:
1.000

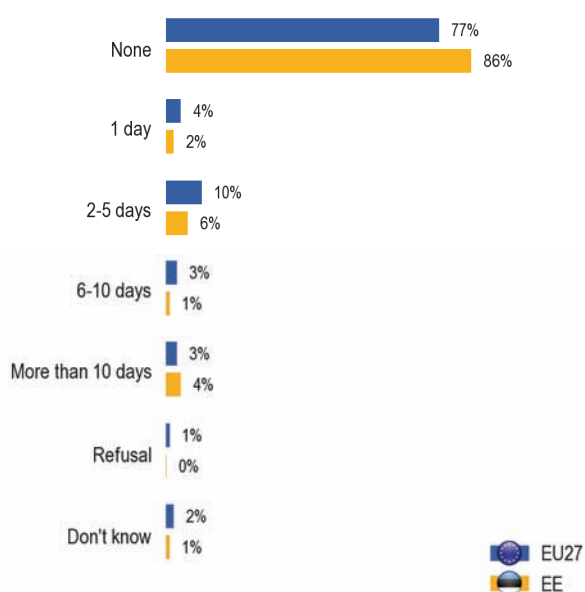
Fieldwork:
26/02-17/03/2010

Fieldwork:
26/02-14/03/2010

Methodology: face-to-face

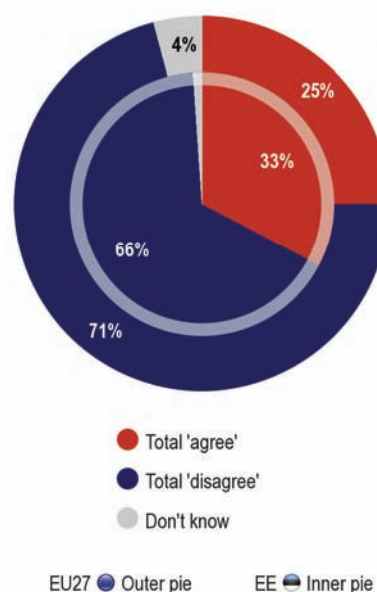
3. Mental Health and work

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



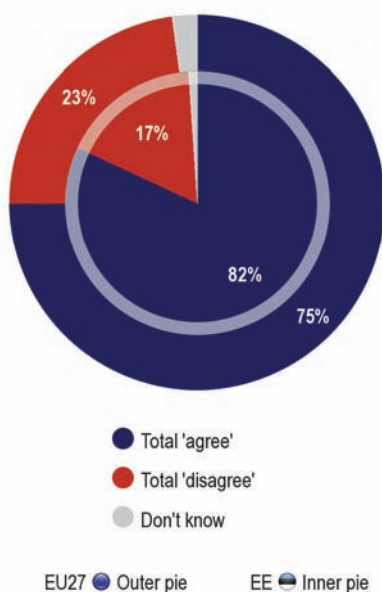
QD7.1. For each of the following statements regarding your job, please tell me whether you tend to agree or tend to disagree with it.

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

