

## Summary text

Overall, Swedish respondents are more positive emotionally than average, the only exception is with regard to tiredness aspects. More Swedish respondents experienced all of the positive emotions 'all' or 'most of the time' than average. In addition, fewer than average experienced three out of five of the negative emotions 'all' or 'most of the time' (specifically 'down in the dumps', 'downhearted and depressed' and 'tense'). The only exceptions to the more positive emotional experience were that fewer Swedish respondents than average 'never' or 'rarely' felt 'worn out' or 'tired' (44% and 21% respectively vs. EU averages of 47% and 26%).

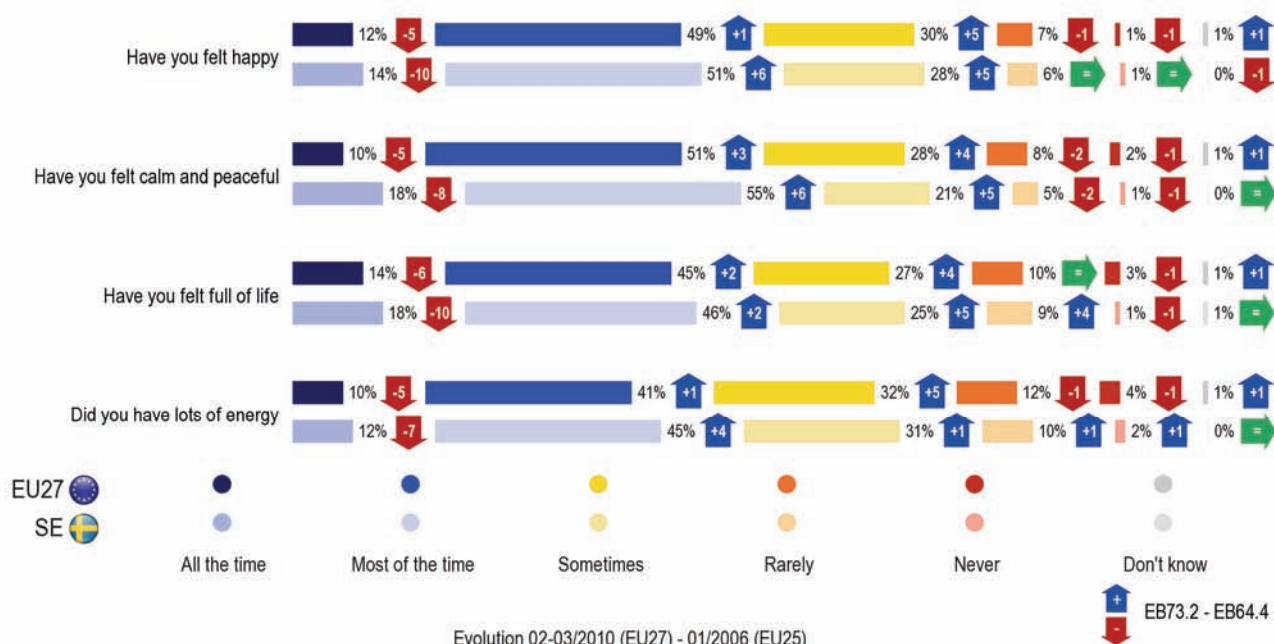
More Swedish respondents than average felt they did not accomplish less because of either a physical or emotional problem (physical 'never' 45% and emotional 'never' 56% vs. EU averages of 41% and 53% respectively). The proportion who sought help from a professional for a psychological or emotional problem in the past 12 months has increased significantly since 2006 (+4 percentage points) and is the same as the EU average (17% vs. EU average of 15%).

The proportion of Swedish respondents taking antidepressants in the last 12 months is the same as the EU average (8% vs. EU average of 7%). However, more took antidepressants for depression (67%) than anxiety (29%), whereas across Europe they were taken equally for depression and anxiety (51% depression and 47% anxiety).

Absenteeism from work is double the EU average among Swedish respondents absent for '1 day' and '2-5 days' (8% and 20% respectively compared to 4% and 10% on average) and the proportion not absent at all in the last four weeks is lower than average (64% vs. EU average of 77%). Swedish respondents are most concerned about job security but no more so than average (27% agree their job is under threat vs. EU average of 25%). They are most satisfied with the recognition they receive at work, more so than other Europeans (91% agree vs. EU average of 78%).

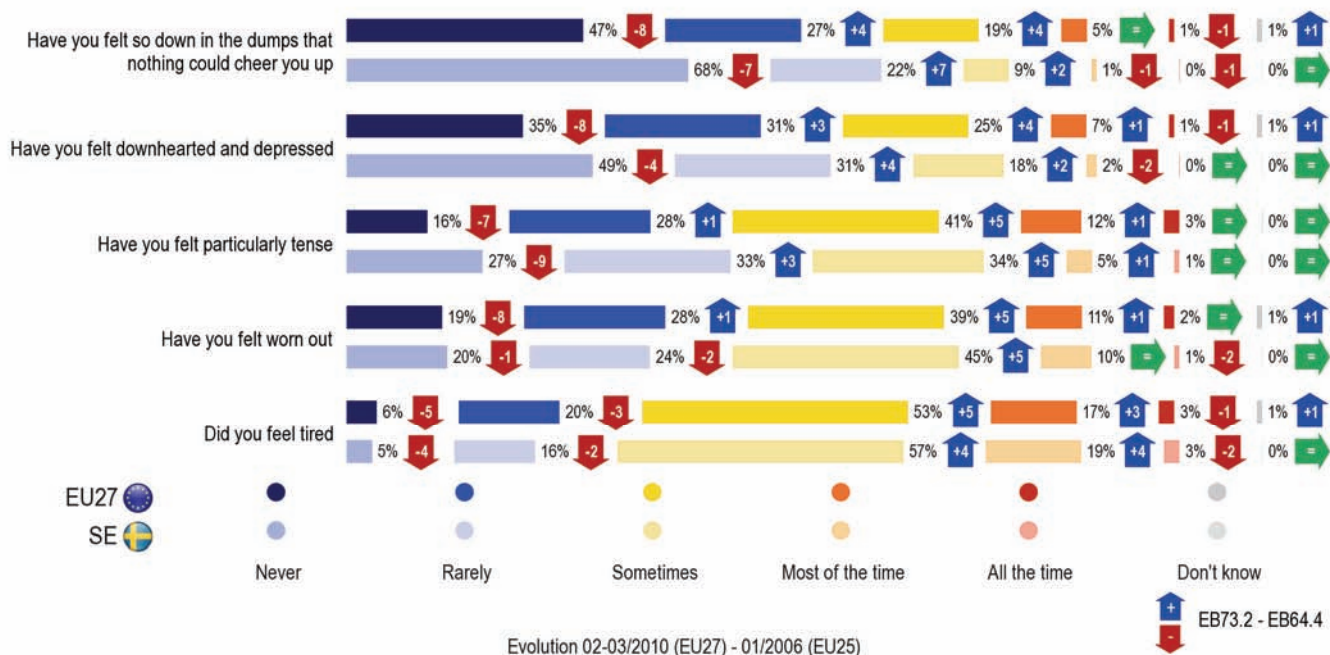
## 1. The state of Mental Health

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



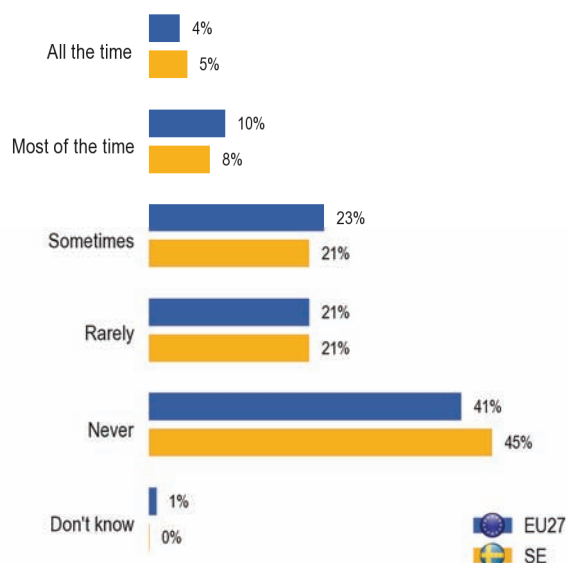
## 1. The state of Mental Health

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



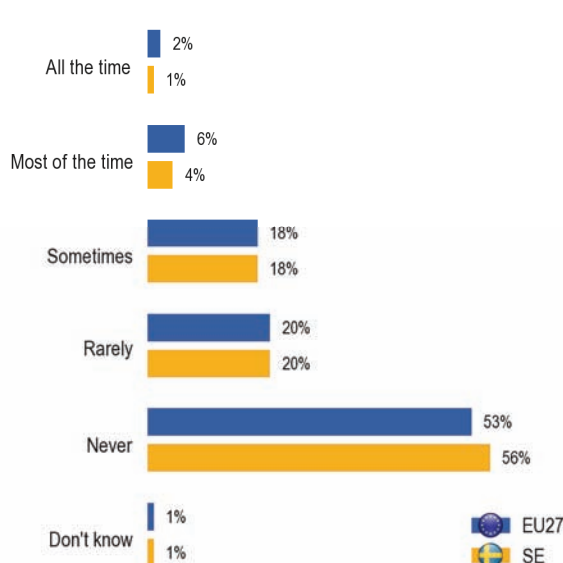
QD1.1. During the past 4 weeks how often have you had any of the following problems in your day-to-day life whether at work, at home or elsewhere?

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



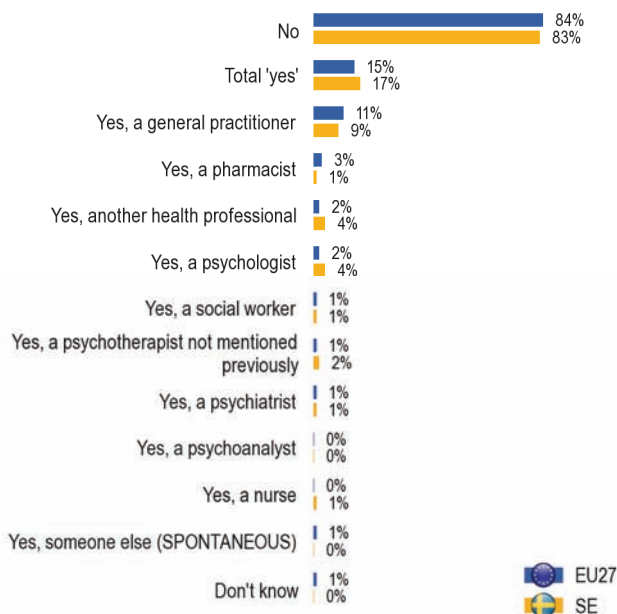
QD1.2. During the past 4 weeks how often have you had any of the following problems in your day-to-day life whether at work, at home or elsewhere?

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.

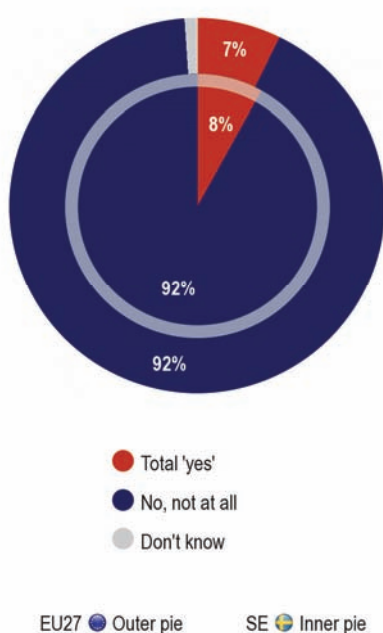


QD4. In the last 12 months, did you seek help from a professional because of a psychological or emotional problem? (IF YES) Indicate who in the following list.

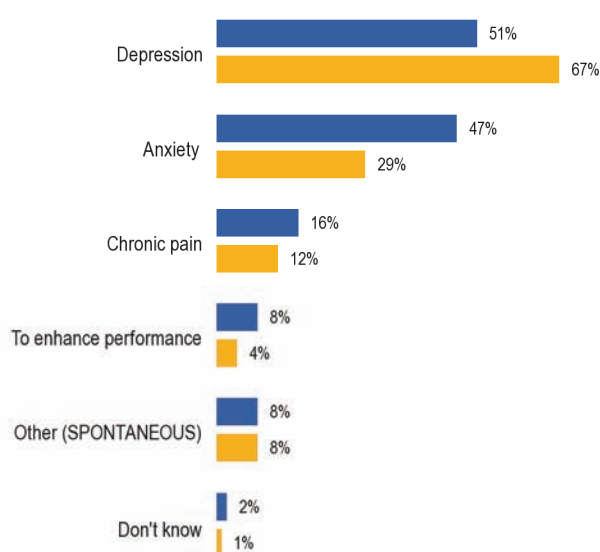
	EU27		SE	
	EB73.2	EB73.2 - EB64.4	EB73.2	EB73.2 - EB64.4
No	84%	- 3	83%	- 3
Total 'yes'	15%	+ 2	17%	+ 4
Yes, a general practitioner	11%	+ 2	9%	+ 1
Yes, a pharmacist	3%	+ 1	1%	=
Yes, another health professional	2%	=	4%	=
Yes, a psychologist	2%	=	4%	+ 1
Yes, a social worker	1%	+ 1	1%	+ 1
Yes, a psychotherapist not mentioned previously	1%	=	2%	+ 2
Yes, a psychiatrist	1%	- 1	1%	=
Yes, a psychoanalyst	0%	=	0%	=
Yes, a nurse	0%	=	1%	- 1
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?



EU27  Number of interviews:  
26.800

SE  Number of interviews:  
1.004

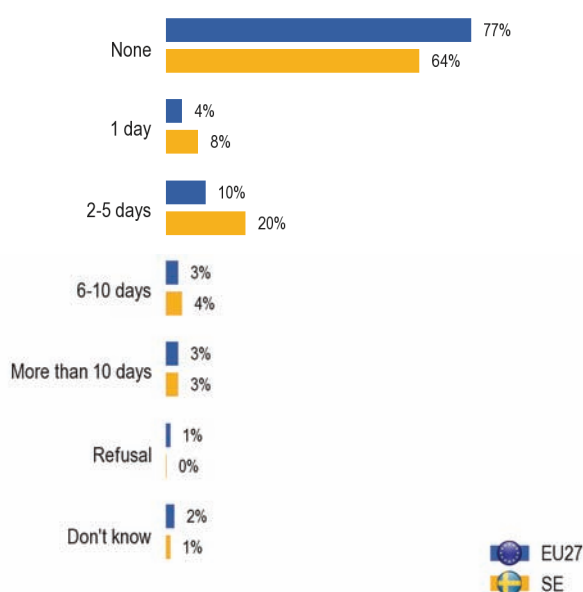
Fieldwork:  
26/02-17/03/2010

Fieldwork:  
26/02-14/03/2010

Methodology: face-to-face

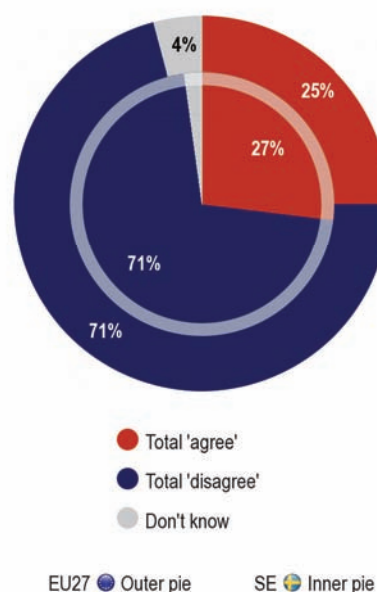
## 3. Mental Health and work

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



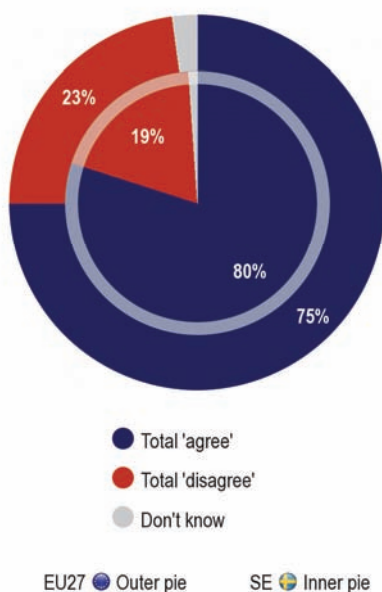
QD7.1. For each of the following statements regarding your job, please tell me whether you tend to agree or tend to disagree with it.

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

