

Summary text

Overall, Spanish respondents experienced the positive emotions similarly to other Europeans but they experienced some of the negative emotions less frequently than average. Fewer Spanish respondents experienced feeling 'particularly tense', 'worn out' and 'tired' 'all' or 'most of the time' (11%, 7% and 15% respectively vs. EU averages of 15%, 13% and 20%). The only positive emotion they experienced less was 'full of life', which fewer respondents experienced 'all' or 'most of the time' than average (54% vs. EU average of 59%). In addition, more Spanish respondents felt 'calm and peaceful' and 'lots of energy' 'sometimes' (31% and 35% respectively vs. EU averages of 28% and 32%).

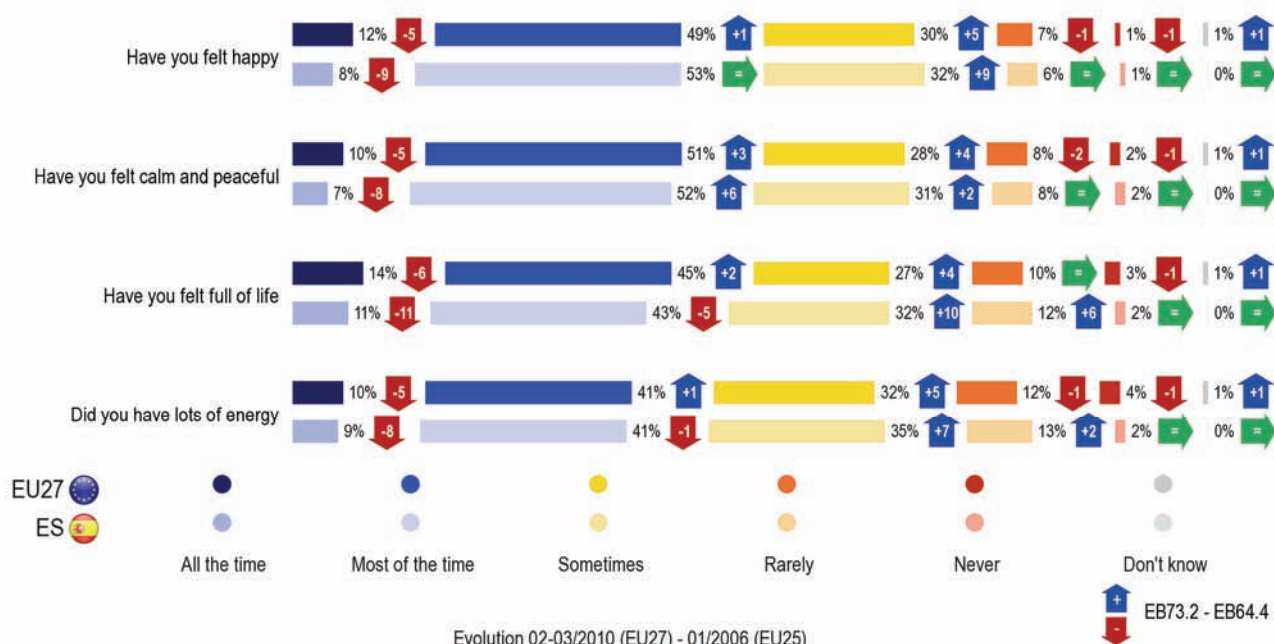
More Spanish respondents than average felt that they did not accomplish less as a result of a physical problem ('never' 46% vs. EU average of 41%). They felt the same as other Europeans about the impact of emotional problems on their accomplishments, with just over half (53%) saying they had not accomplished less as the result of an emotional problem (exactly the same as the average of 53%). In addition, the proportion of Spanish respondents who sought help from a professional in the past 12 months is the same as the EU average (17% sought help compared to the EU average of 15%), which has increased by seven percentage points since 2006.

Almost one in ten Spanish respondents (8%) took antidepressants in the last 12 months, which is the same as the EU average (7%). However, unlike the average, more Spanish respondents are taking them more for depression (66%) than anxiety (52%), whereas on average antidepressants are taken for depression and anxiety in equal proportions.

Unexplained absenteeism from work is among the lowest in the EU amongst Spanish respondents, with 88% of respondents not being absent at all in the last four weeks (vs. the EU average of 77%). Spanish respondents are most concerned about job security but no more so than average (27% agree vs. EU average of 25%).

1. The state of Mental Health

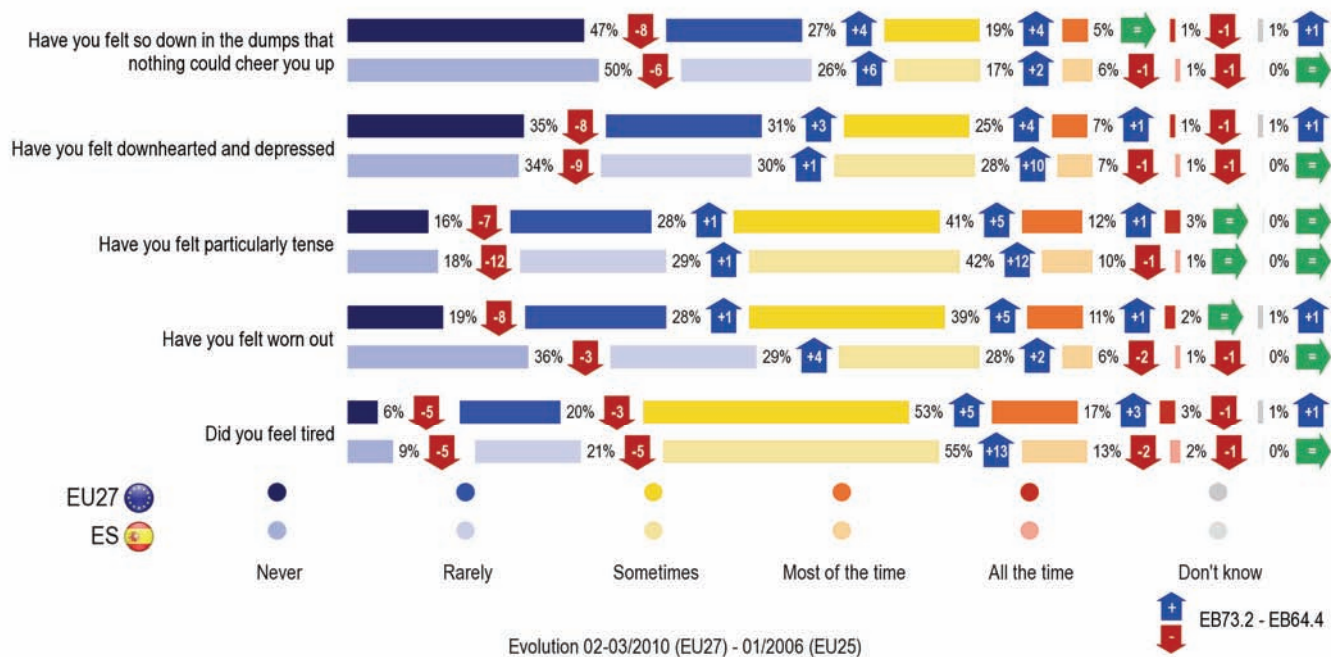
QD2. How often during the past 4 weeks...?



Methodology: face-to-face

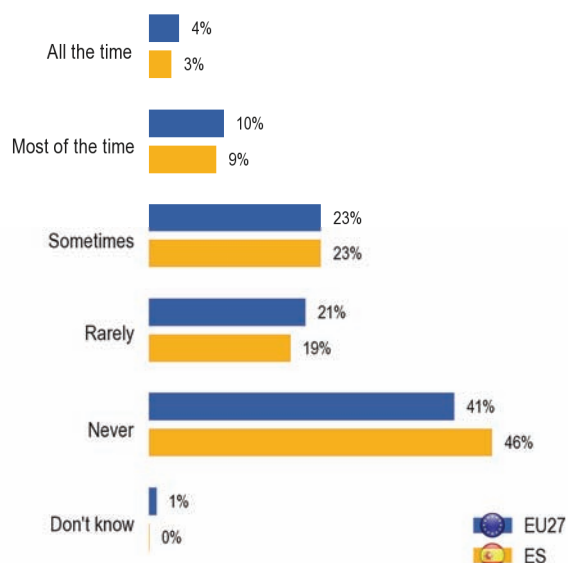
1. The state of Mental Health

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



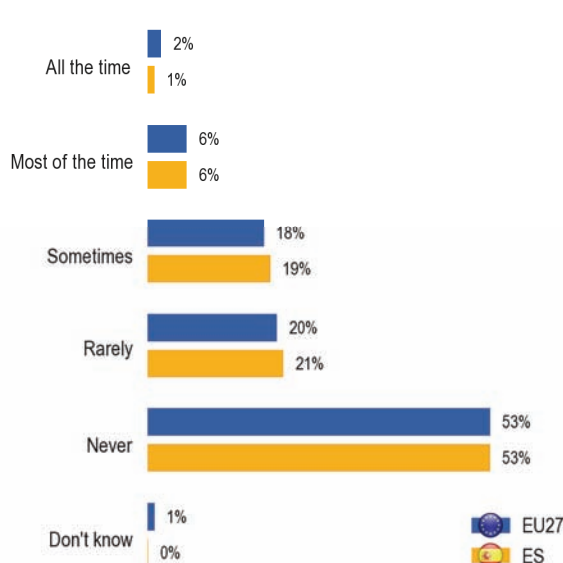
QD1.1. During the past 4 weeks how often have you had any of the following problems in your day-to-day life whether at work, at home or elsewhere?

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



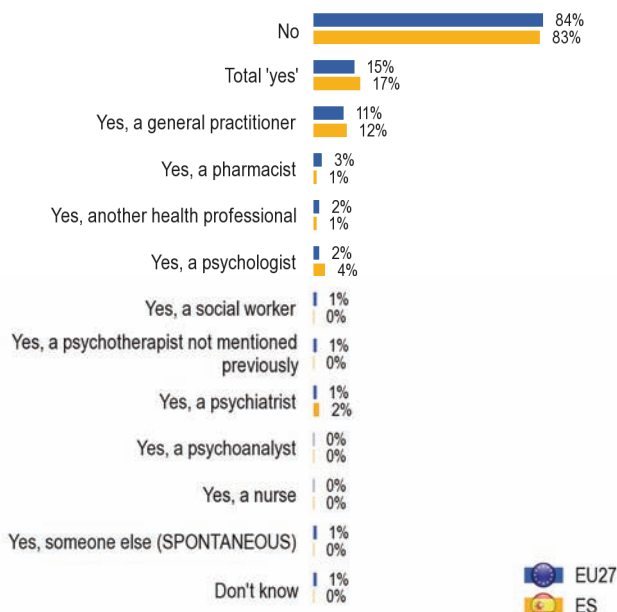
QD1.2. During the past 4 weeks how often have you had any of the following problems in your day-to-day life whether at work, at home or elsewhere?

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.

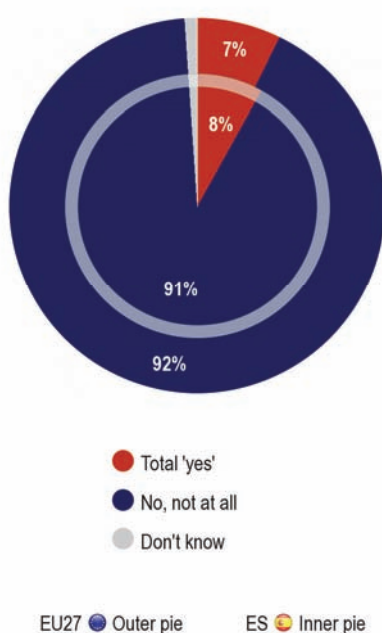


QD4. In the last 12 months, did you seek help from a professional because of a psychological or emotional problem? (IF YES) Indicate who in the following list.

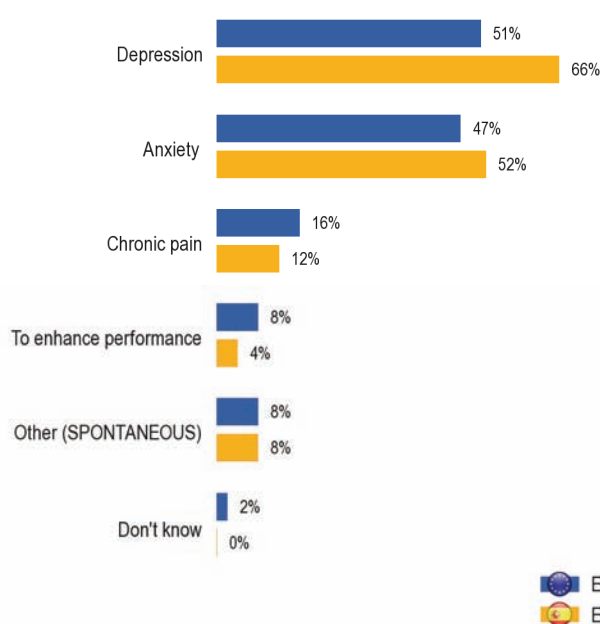
	EU27		ES	
	EB73.2	EB73.2 - EB64.4	EB73.2	EB73.2 - EB64.4
No	84%	- 3	83%	- 7
Total 'yes'	15%	+ 2	17%	+ 7
Yes, a general practitioner	11%	+ 2	12%	+ 6
Yes, a pharmacist	3%	+ 1	1%	=
Yes, another health professional	2%	=	1%	=
Yes, a psychologist	2%	=	4%	=
Yes, a social worker	1%	+ 1	0%	=
Yes, a psychotherapist not mentioned previously	1%	=	0%	=
Yes, a psychiatrist	1%	- 1	2%	=
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?



EU27  Number of interviews:
26.800

ES  Number of interviews:
1.006

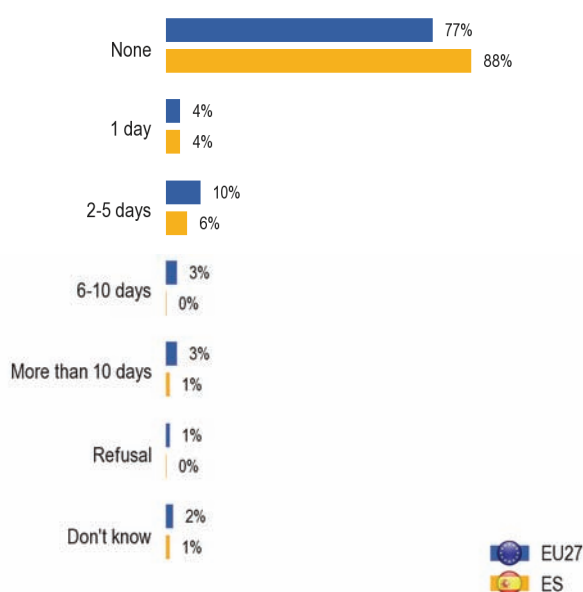
Fieldwork:
26/02-17/03/2010

Fieldwork:
27/02-14/03/2010

Methodology: face-to-face

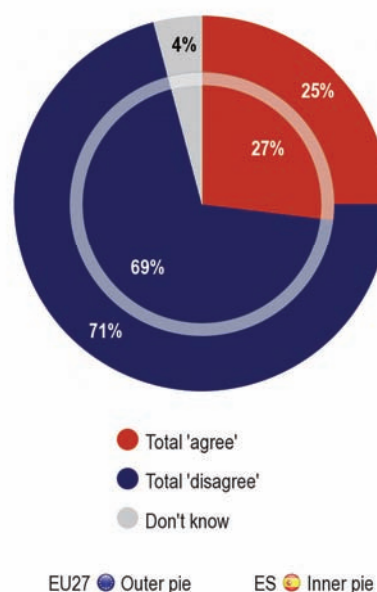
3. Mental Health and work

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



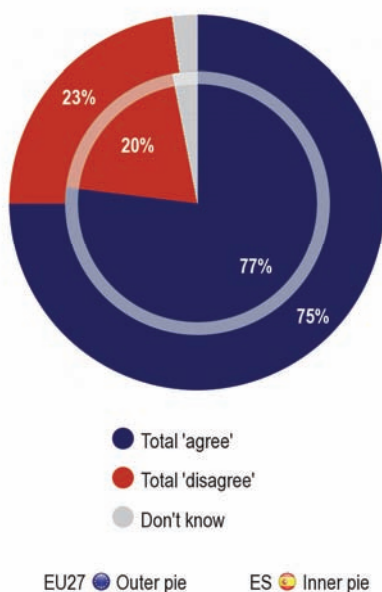
QD7.1. For each of the following statements regarding your job, please tell me whether you tend to agree or tend to disagree with it.

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

