

Summary text

Emotionally, Portuguese respondents displayed both positive and negative differences to the EU averages. More Portuguese respondents than average 'never' or 'rarely' felt 'tense' and 'tired' (50% and 29% respectively vs. EU averages of 44% and 26%). However, contrary to feeling less tired than average, fewer respondents than average 'never' or 'rarely' felt 'worn out' (44% vs. average of 47%) and fewer had 'lots of energy' 'all' or 'most of the time' (48% vs. average of 51%). Furthermore, fewer respondents than average 'never' or 'rarely' felt 'down in the dumps' (70% vs. average of 74%) and fewer felt 'calm and peaceful' 'all' or 'most of the time' (55% vs. average of 61%).

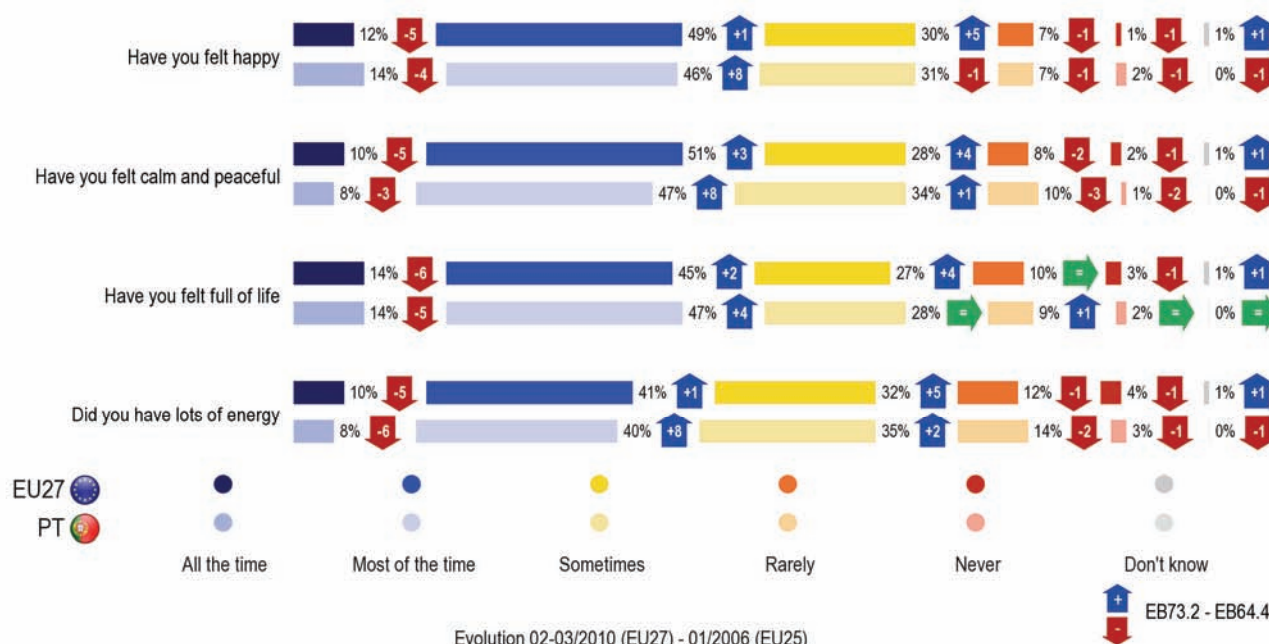
More Portuguese respondents than average felt they had not accomplished less as the result of a physical problem (45% vs. EU average of 41%). However, fewer than average felt they had not accomplished less as the result of an emotional problem (47% 'never' vs. average of 53%) and more than average feeling they 'rarely' accomplished less (27% vs. EU average of 20%). In addition, the proportion of Portuguese respondents who sought help in the past 12 months from a professional for a psychological or emotional problem has increased significantly since 2006 (+5 percentage points) to 21%, which is higher than the EU average (15%).

Furthermore, the proportion of Portuguese respondents taking antidepressants in the last 12 months is higher than the EU average (15% vs. EU average of 7%). More Portuguese respondents took antidepressants for depression (55%) than anxiety (41%), whereas across Europe they are taken almost equally for these conditions.

Nonetheless, absenteeism from work is lower than average amongst Portuguese respondents, with 88% not being absent at all in the past four weeks compared to 77% on average. In terms of attitudes to work, Portuguese respondents are most concerned about job security with more feeling their job is under threat than average (29% vs. EU average of 25%).

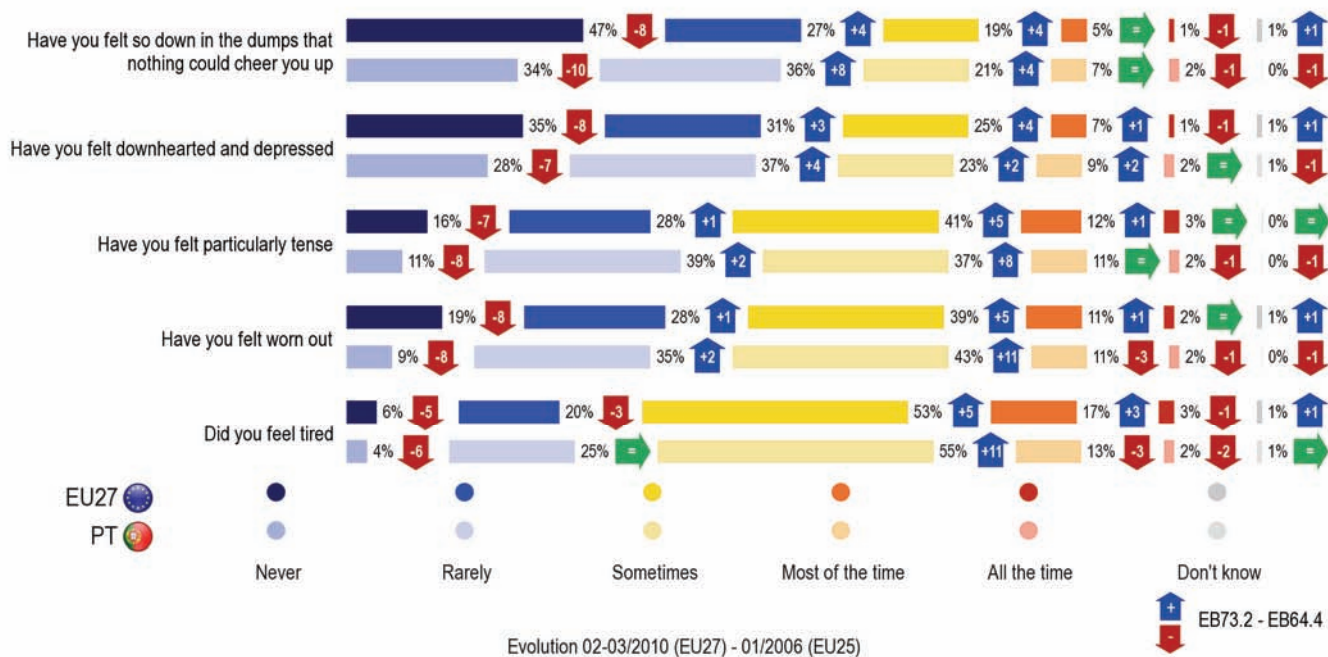
1. The state of Mental Health

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



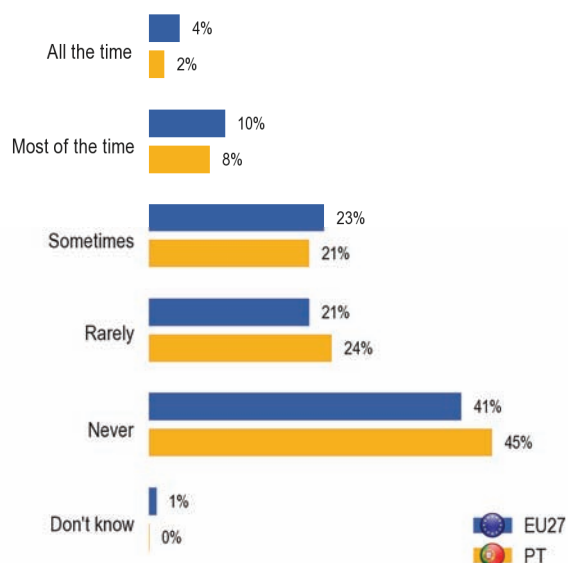
1. The state of Mental Health

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



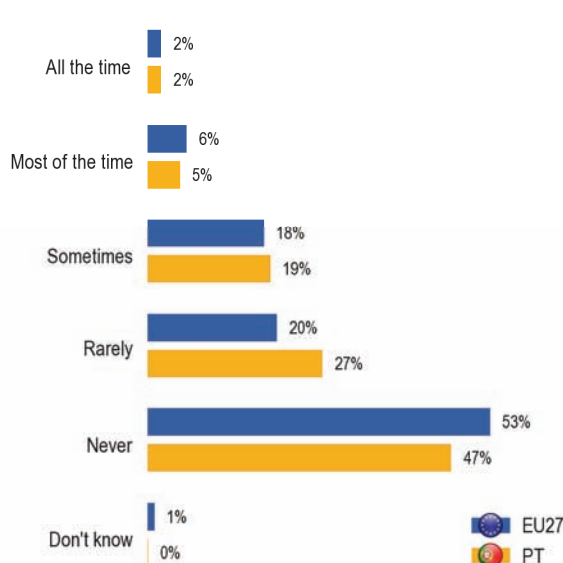
QD1.1. During the past 4 weeks how often have you had any of the following problems in your day-to-day life whether at work, at home or elsewhere?

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



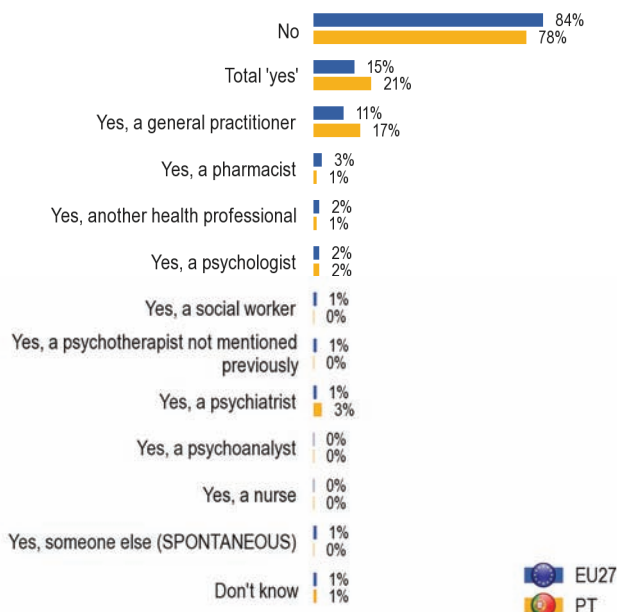
QD1.2. During the past 4 weeks how often have you had any of the following problems in your day-to-day life whether at work, at home or elsewhere?

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.

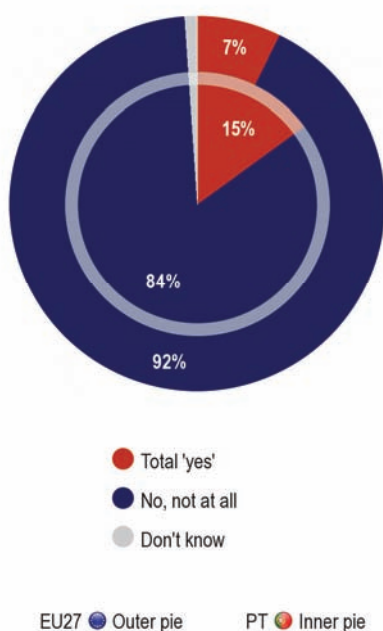


QD4. In the last 12 months, did you seek help from a professional because of a psychological or emotional problem? (IF YES) Indicate who in the following list.

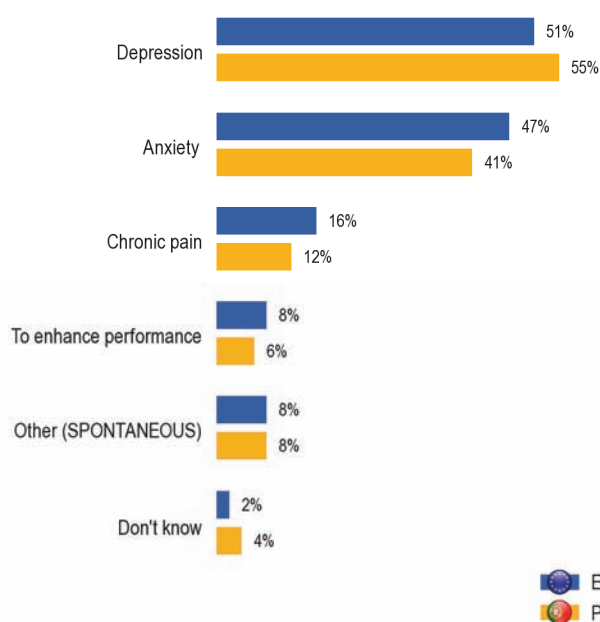
	EU27		PT	
	EB73.2	EB73.2 - EB64.4	EB73.2	EB73.2 - EB64.4
No	84%	- 3	78%	- 5
Total 'yes'	15%	+ 2	21%	+ 5
Yes, a general practitioner	11%	+ 2	17%	+ 6
Yes, a pharmacist	3%	+ 1	1%	+ 1
Yes, another health professional	2%	=	1%	- 1
Yes, a psychologist	2%	=	2%	=
Yes, a social worker	1%	+ 1	0%	=
Yes, a psychotherapist not mentioned previously	1%	=	0%	=
Yes, a psychiatrist	1%	- 1	3%	- 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?

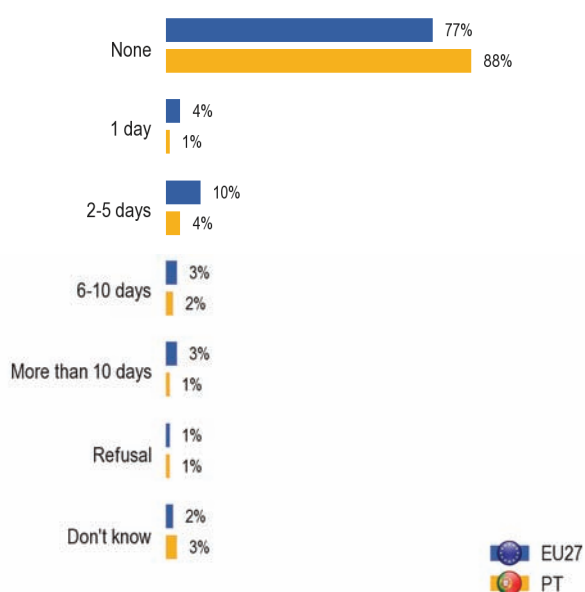


QD6. For what reason(s) did you take Antidepressants?



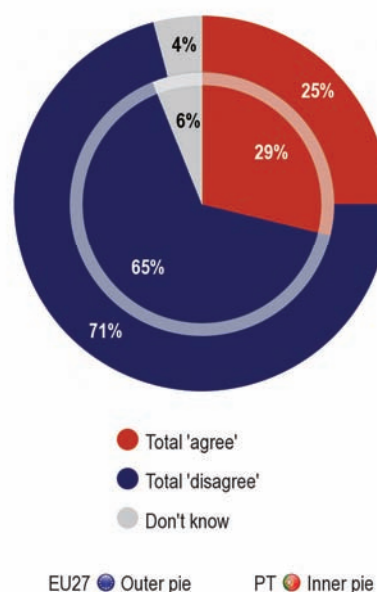
3. Mental Health and work

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



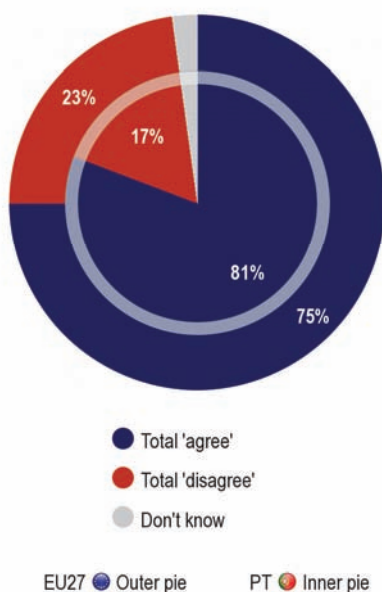
QD7.1. For each of the following statements regarding your job, please tell me whether you tend to agree or tend to disagree with it.

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

