

## Summary text

Overall, Belgian respondents are feeling more positive than other Europeans. More Belgian respondents experienced being 'happy', 'full of life' and had 'lots of energy' 'all' or 'most of the time' than average (71%, 63% and 56% respectively vs. EU averages of 61%, 59% and 51%). In addition, fewer Belgian respondents than average experienced being 'down in the dumps', 'downhearted and depressed', 'particularly tense' and 'worn out' (fewer felt these emotions 'sometimes': 14%, 22%, 38% and 35% respectively vs. EU averages of 19%, 25%, 41% and 39%).

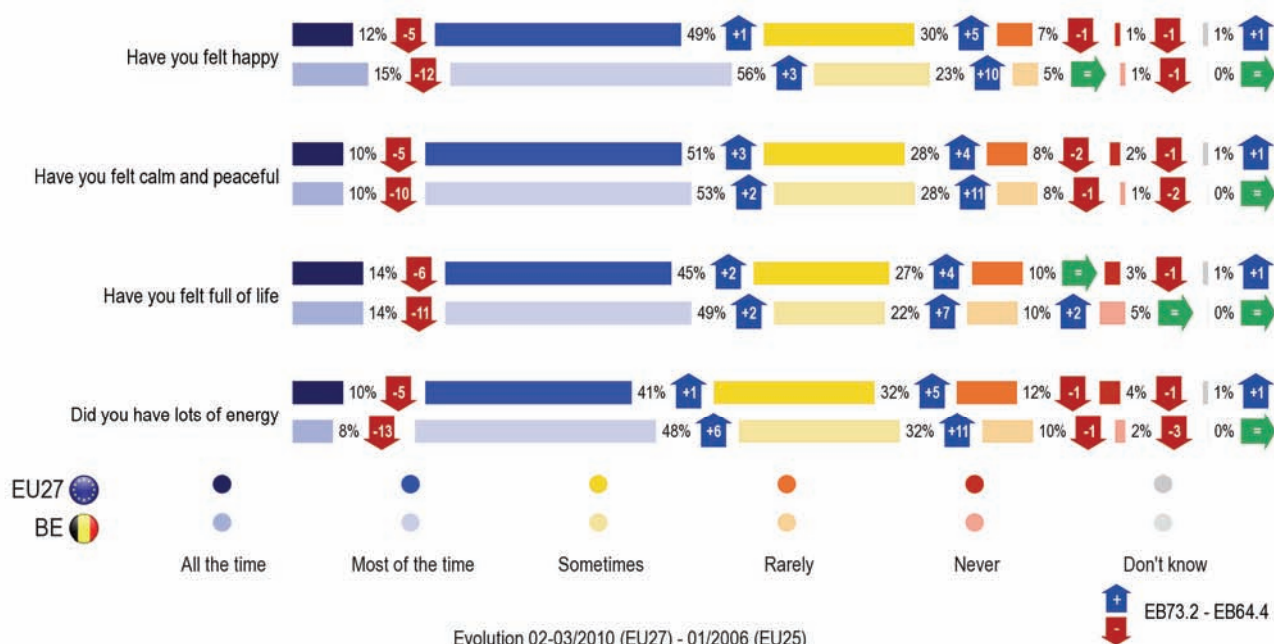
More Belgian respondents felt they had 'never' accomplished less as a result of a physical problem (44% compared to 41% on average). However, closer analysis reveals that more than average felt they had accomplished less 'most of the time' (13% vs. EU average of 10%) while fewer than average felt they had 'sometimes' or 'rarely' accomplished less. About half of the Belgian respondents felt they had never accomplished less as the result of an emotional problem (55%), quite the same as the EU average (53%). However, on analysis of the scale, slightly less than average felt they had 'rarely' accomplished less as the result of an emotional problem. More Belgian respondents sought help from a professional in the past 12 months than average (18% vs. EU average of 15%) and this has increased significantly since 2006 (+6 percentage points).

The proportion of Belgian respondents taking antidepressants in the last 12 months is the same as the EU average (9% vs. EU average of 7%). However, more Belgians take antidepressants for depression (58%) than anxiety (39%), whereas across Europe they are taken equally for depression and anxiety.

Belgian respondents are feeling more secure in their jobs than average and are more satisfied than average with the recognition they receive for their efforts. However, they are less satisfied than average that their job adequately reflects their education and training (26% disagree vs. EU average of 23%).

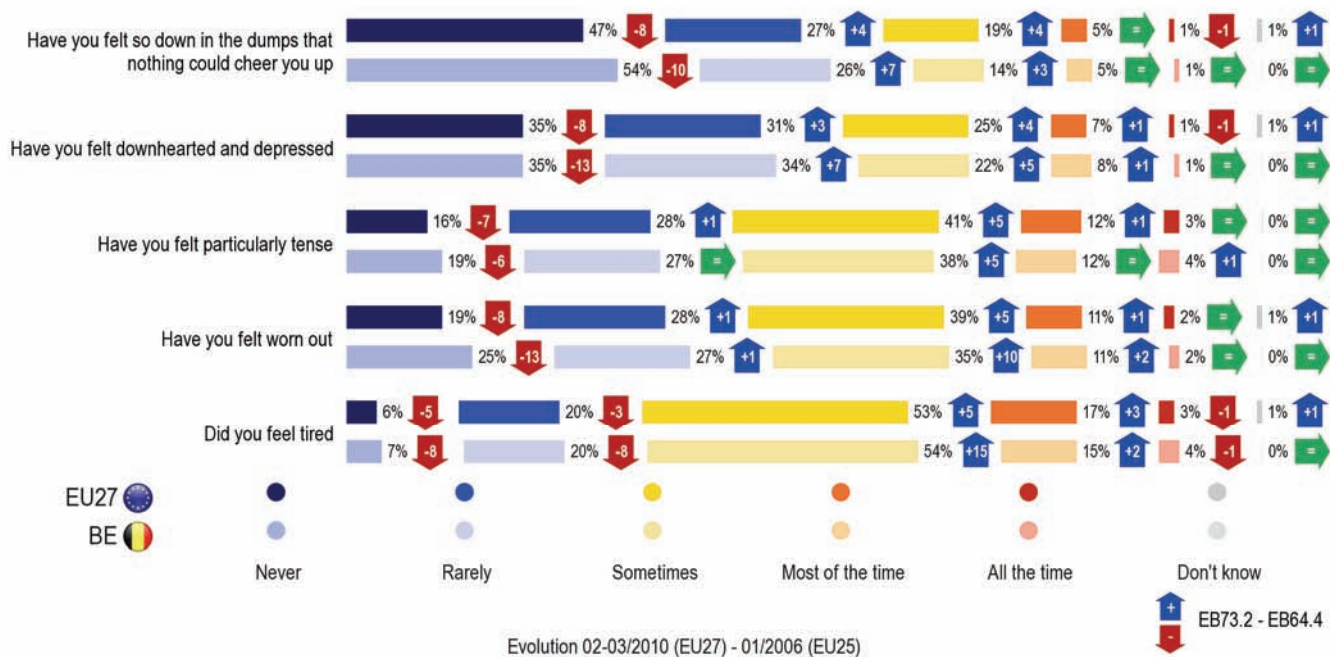
## 1. The state of Mental Health

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



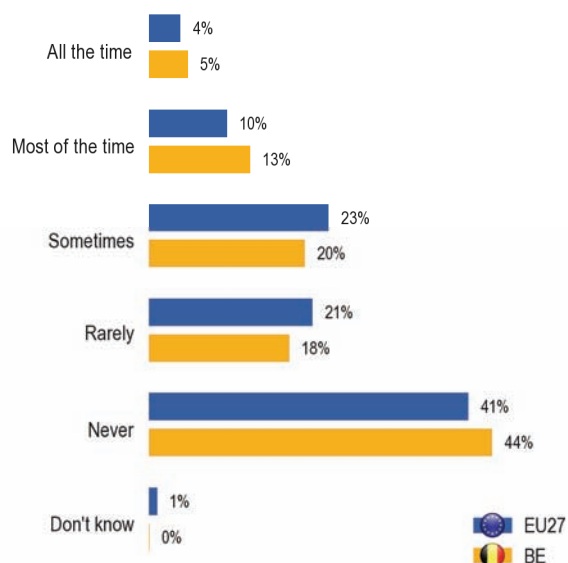
## 1. The state of Mental Health

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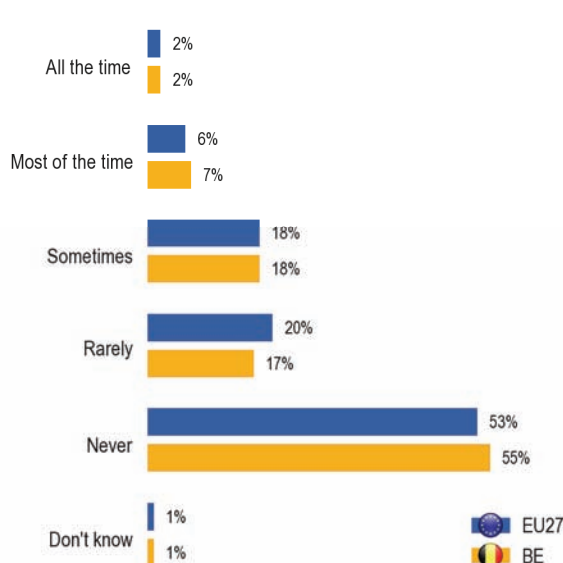
QD1.1. During the past 4 weeks how often have you had any of the following problems in your day-to-day life whether at work, at home or elsewhere?

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



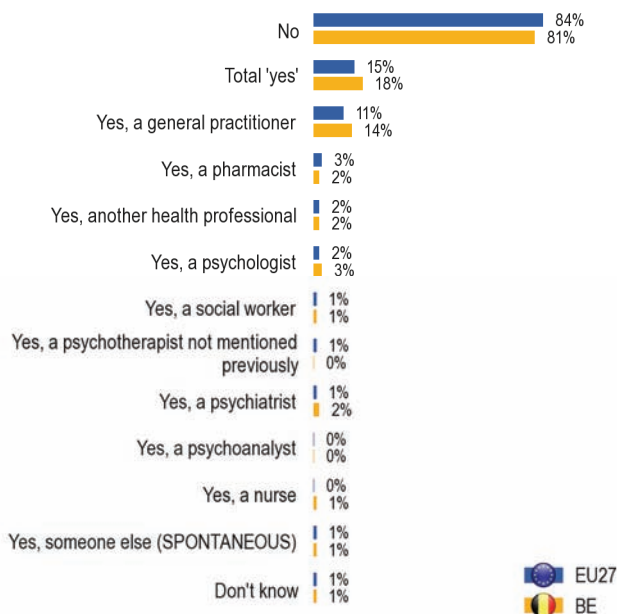
QD1.2. During the past 4 weeks how often have you had any of the following problems in your day-to-day life whether at work, at home or elsewhere?

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.

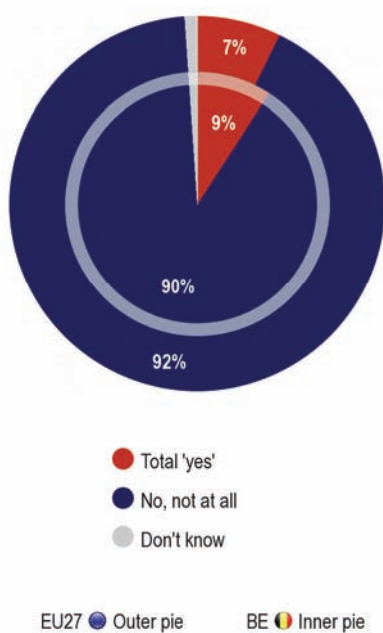


QD4. In the last 12 months, did you seek help from a professional because of a psychological or emotional problem? (IF YES) Indicate who in the following list.

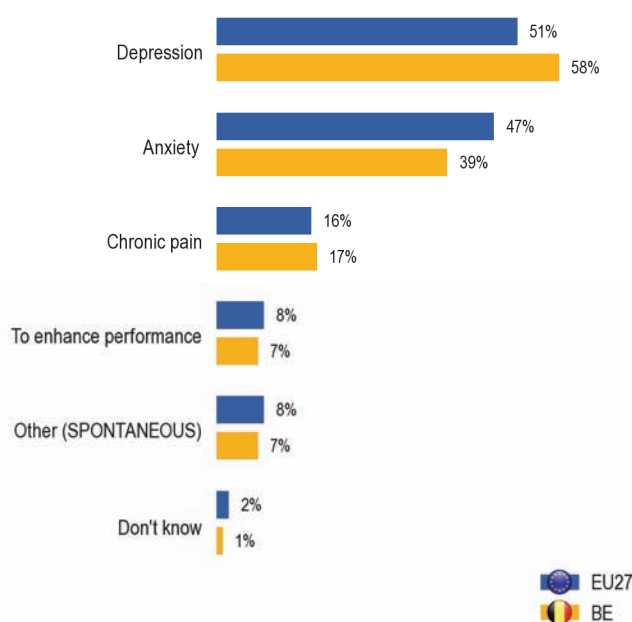
	EU27		BE	
	EB73.2	EB73.2 - EB64.4	EB73.2	EB73.2 - EB64.4
No	84%	- 3	81%	- 7
Total 'yes'	15%	+ 2	18%	+ 6
Yes, a general practitioner	11%	+ 2	14%	+ 6
Yes, a pharmacist	3%	+ 1	2%	+ 1
Yes, another health professional	2%	=	2%	+ 1
Yes, a psychologist	2%	=	3%	+ 2
Yes, a social worker	1%	+ 1	1%	=
Yes, a psychotherapist not mentioned previously	1%	=	0%	- 1
Yes, a psychiatrist	1%	- 1	2%	=
Yes, a psychoanalyst	0%	=	0%	=
Yes, a nurse	0%	=	1%	=
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?

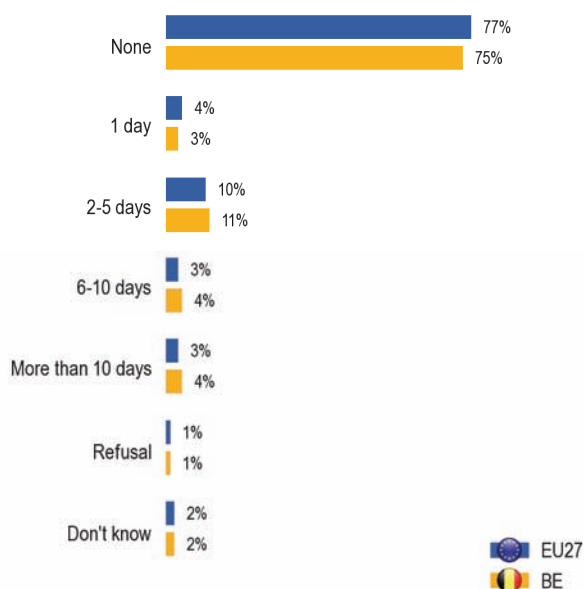


QD6. For what reason(s) did you take Antidepressants?



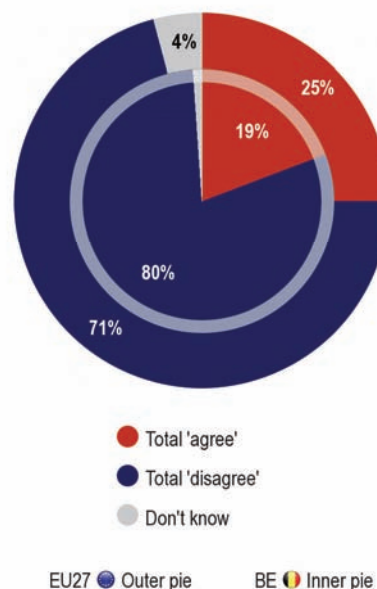
## 3. Mental Health and work

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



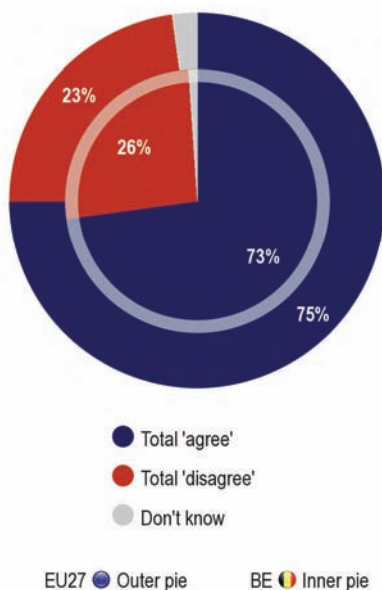
QD7.1. For each of the following statements regarding your job, please tell me whether you tend to agree or tend to disagree with it.

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

