

Summary text

On the whole, Finnish respondents seem to be more positive emotionally than other Europeans. They are experiencing the positive emotions more frequently and the negative emotions less frequently than average. More Finnish respondents are experiencing all of the positive emotions 'all' or 'some of the time' than average and fewer respondents are experiencing all of the negative emotions 'never' or 'rarely'.

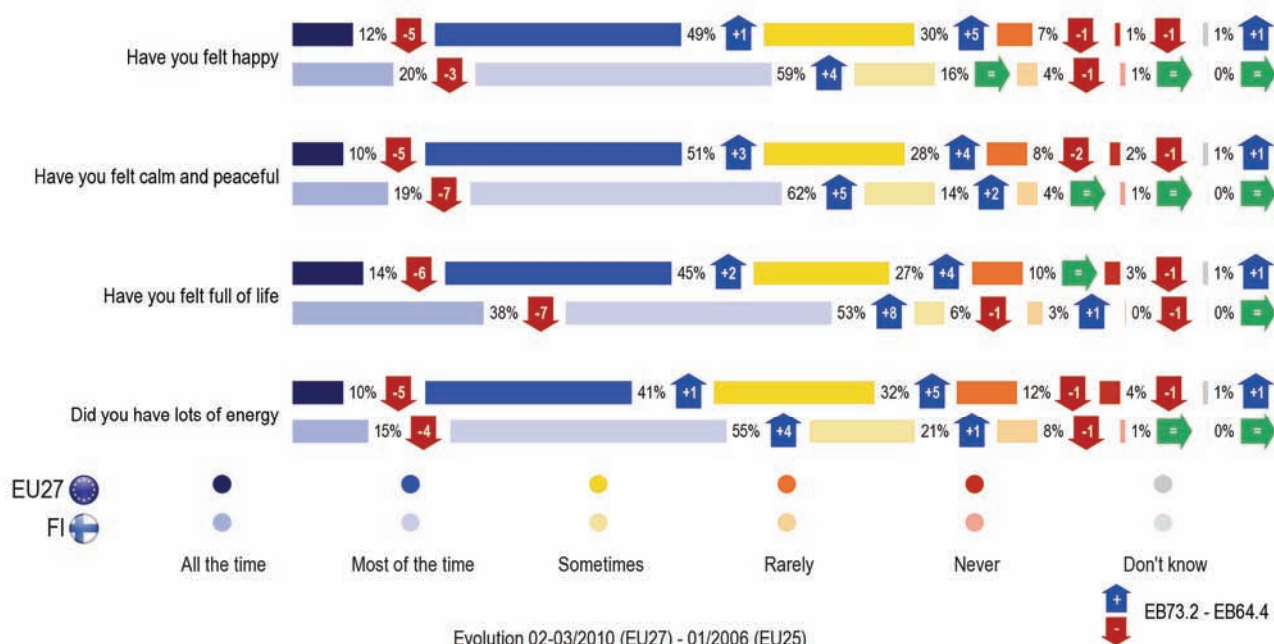
More Finnish respondents than average feel they have accomplished less than they would have liked because of a physical problem, with fewer stating that they have 'never' accomplished less than average (36% vs EU average of 41%). However, fewer Finnish respondents feel they have accomplished less as the result of an emotional problem, with almost six out of ten (59%) saying they 'never' accomplished less as the result of an emotional problem (compared to the EU average of 53%). The proportion who sought help from a professional in the past 12 months is the same as the EU average (14% sought help vs. EU average of 15%), which has increased significantly since 2006 (+4 percentage points).

The proportion of Finnish 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 Finnish respondents are taking them for depression (74%) than anxiety (34%), whereas on average across the EU antidepressants are taken equally for these conditions (depression 51% and anxiety 47%). In addition, Finnish respondents are taking antidepressants to enhance performance more than average (20% vs. EU average of 8%).

Finnish respondents appear to be more satisfied in their employment than other Europeans. They felt more satisfied than average on all three of the attributes measured.

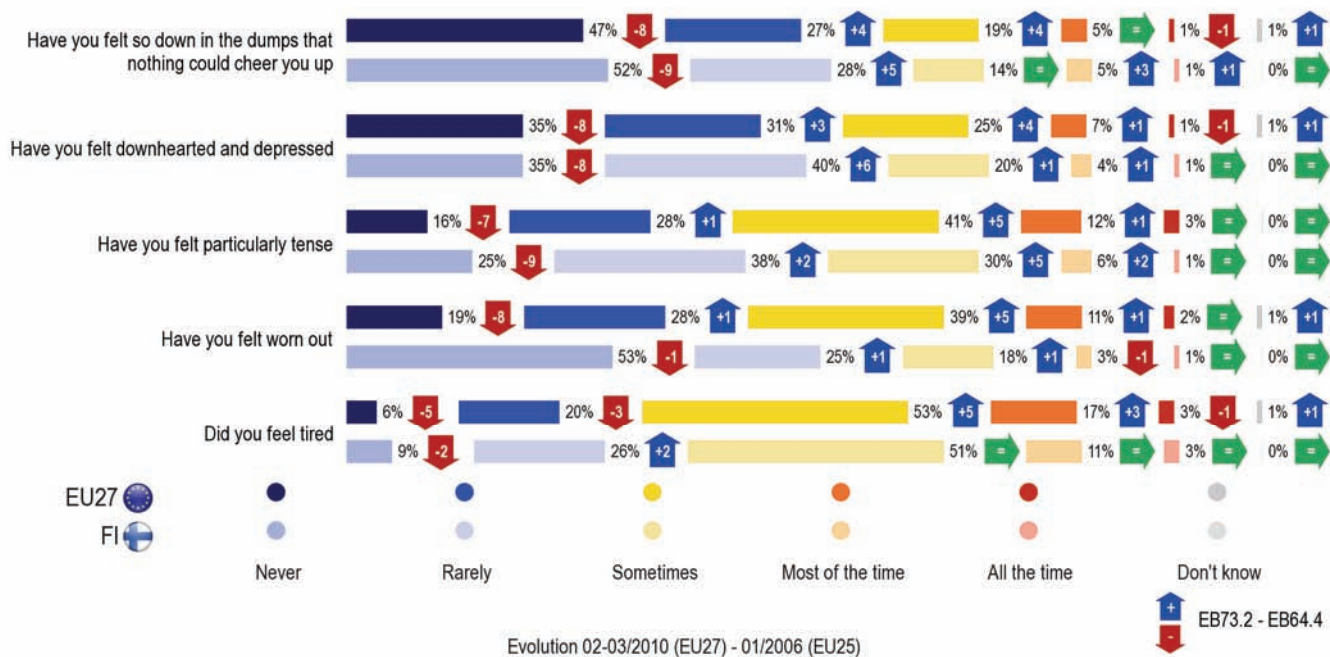
1. The state of Mental Health

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



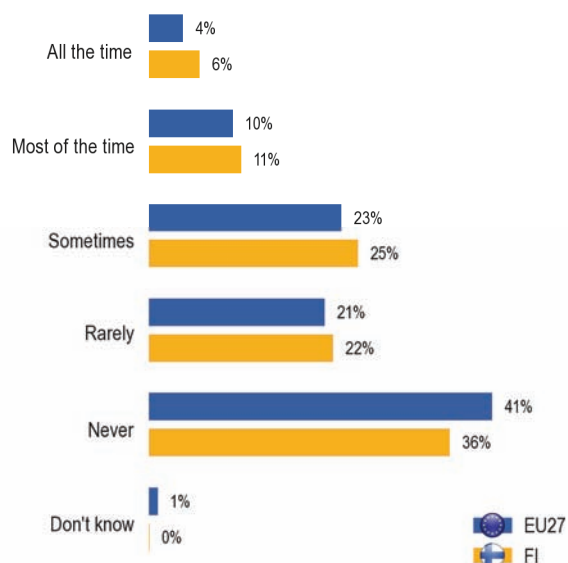
1. The state of Mental Health

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



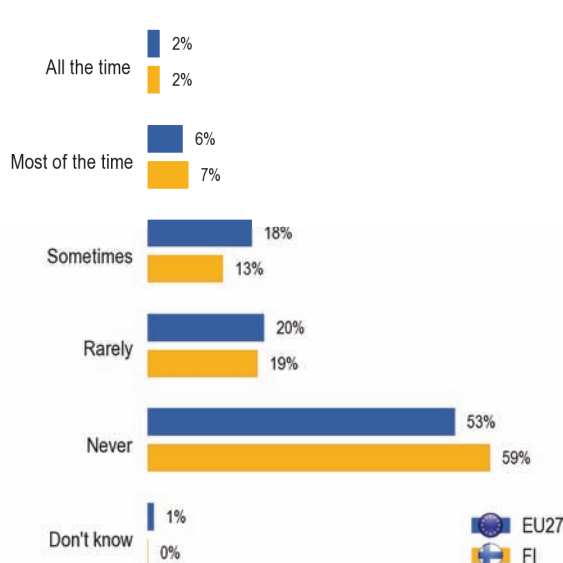
QD1.1. During the past 4 weeks how often have you had any of the following problems in your day-to-day life whether at work, at home or elsewhere?

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



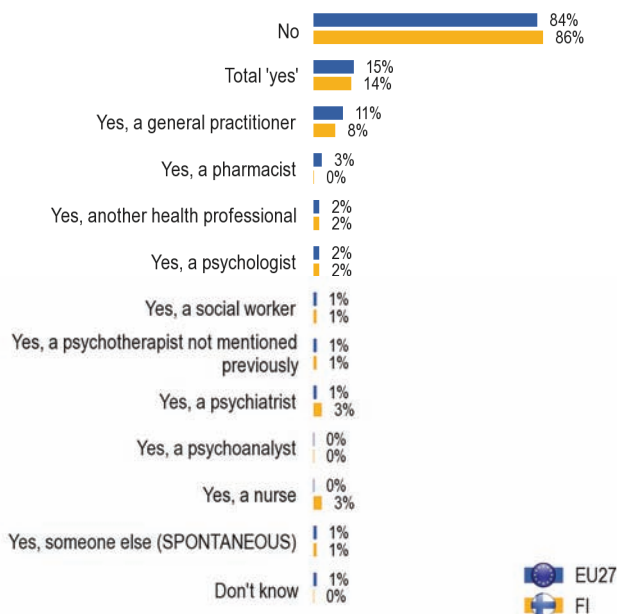
QD1.2. During the past 4 weeks how often have you had any of the following problems in your day-to-day life whether at work, at home or elsewhere?

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.

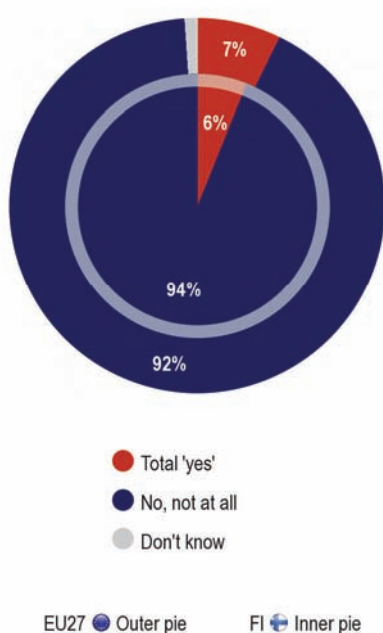


QD4. In the last 12 months, did you seek help from a professional because of a psychological or emotional problem? (IF YES) Indicate who in the following list.

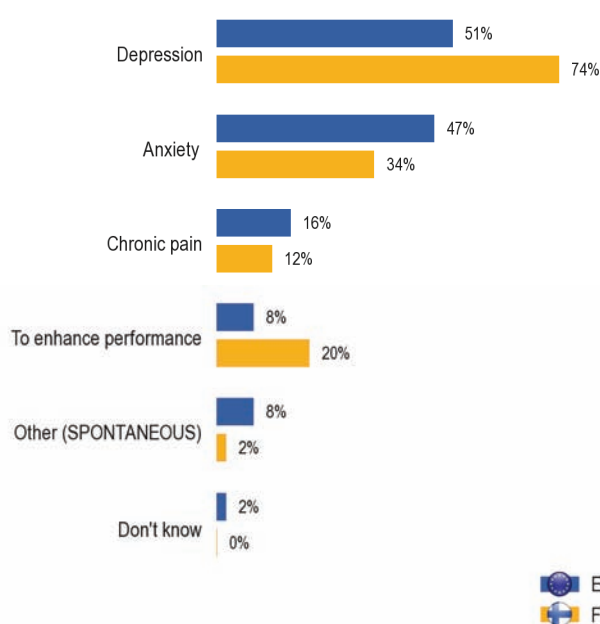
	EU27		FI	
	EB73.2	EB73.2 - EB64.4	EB73.2	EB73.2 - EB64.4
No	84%	- 3	86%	- 4
Total 'yes'	15%	+ 2	14%	+ 4
Yes, a general practitioner	11%	+ 2	8%	+ 3
Yes, a pharmacist	3%	+ 1	0%	=
Yes, another health professional	2%	=	2%	+ 1
Yes, a psychologist	2%	=	2%	=
Yes, a social worker	1%	+ 1	1%	=
Yes, a psychotherapist not mentioned previously	1%	=	1%	+ 1
Yes, a psychiatrist	1%	- 1	3%	=
Yes, a psychoanalyst	0%	=	0%	=
Yes, a nurse	0%	=	3%	+ 2
Yes, someone else (SPONTANEOUS)	1%	+ 1	1%	+ 1
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?

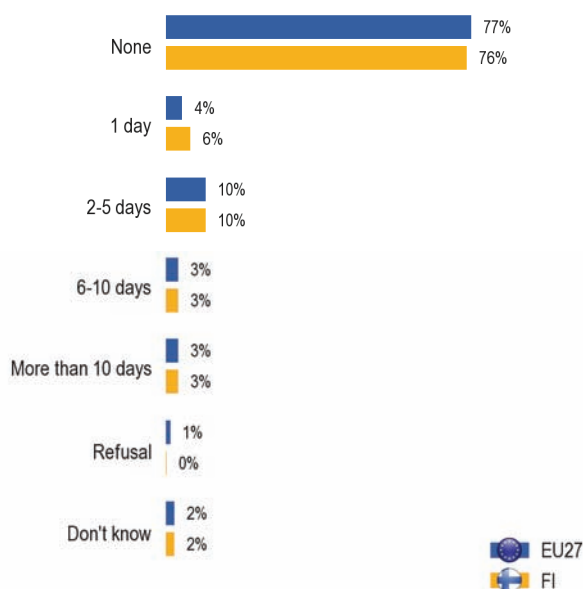


QD6. For what reason(s) did you take Antidepressants?



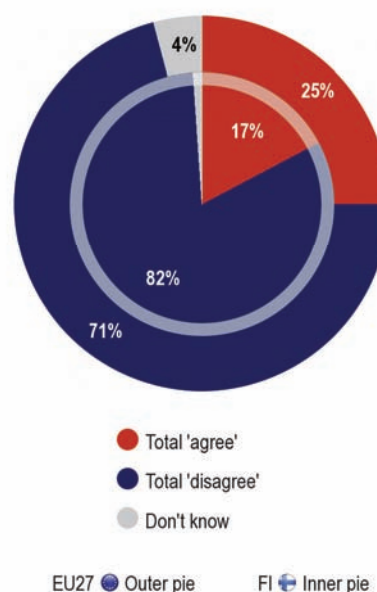
3. Mental Health and work

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



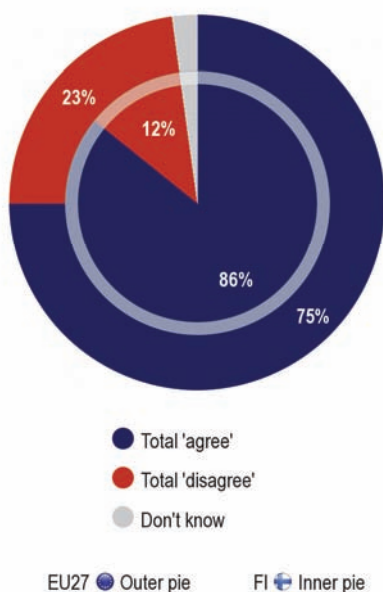
QD7.1. For each of the following statements regarding your job, please tell me whether you tend to agree or tend to disagree with it.

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

