

EU27  Number of interviews:  
26.800

UK  Number of interviews:  
1.322

Fieldwork:  
26/02-17/03/2010

Fieldwork:  
26/02-15/03/2010

Methodology: face-to-face

## Summary text

Overall, UK respondents are experiencing positive emotions less and negative emotions more frequently than EU citizens on average. The only exceptions are that they have experienced feeling 'happy' more (70% 'felt happy' 'all' or 'most of the time' vs. the EU average of 61%) and 'particularly tense' less (12% felt 'particularly tense' 'all' or 'most of the time' vs. the EU average of 15%). In addition, more have 'never' or 'rarely' felt 'down in the dumps' (77% vs. EU average of 74%) or 'downhearted and depressed' (70% vs. EU average of 66%).

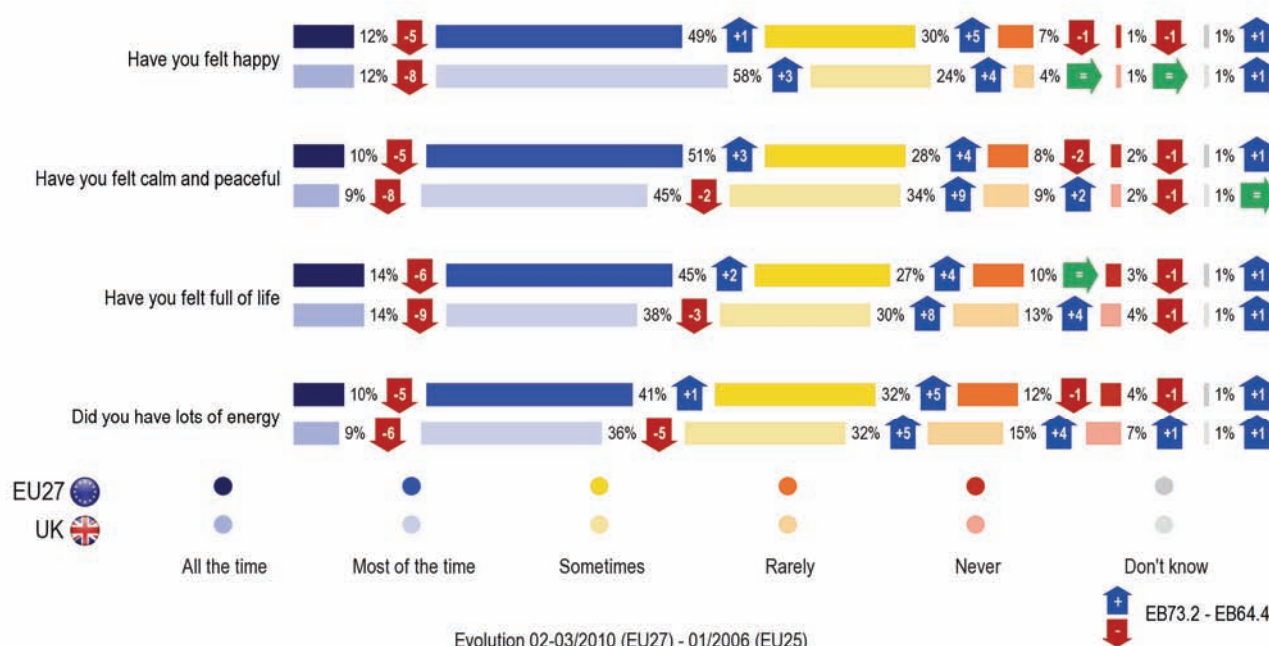
UK respondents are less likely than average to feel they have accomplished less as the result of a physical or emotional problem; with 48% and 56% of respondents feeling they have 'never' accomplished less as the result of a physical or emotional problem (vs. the EU averages of 41% and 53%). In addition, they are less likely than average to have sought help from a professional in the past 12 months; about one in ten (12%) have sought help, which is the same as in 2006. The professionals that UK respondents sought help from is similar to other Europeans with the exception of pharmacists; UK respondents did not seek the help of pharmacists regarding psychological or emotional problems whereas across the EU 3% of citizens did.

The proportion of UK respondents taking antidepressants in the last 12 months is the same as the EU average (8% compared to the EU average of 7%). However, in the UK respondents are mainly taking them for depression (66%) and less for anxiety (42%), whereas across Europe antidepressants are taken equally for depression and anxiety (51% and 47% respectively).

In terms of comfort at work, UK respondents felt most dissatisfied with the match of their current job and skills, about three in ten (29%) disagree that their current job adequately reflects their education and training, significantly more than the EU average of 23%. With regard to concern about job security and recognition for efforts and achievements, UK respondents felt the same as European citizens on average.

## 1. The state of Mental Health

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

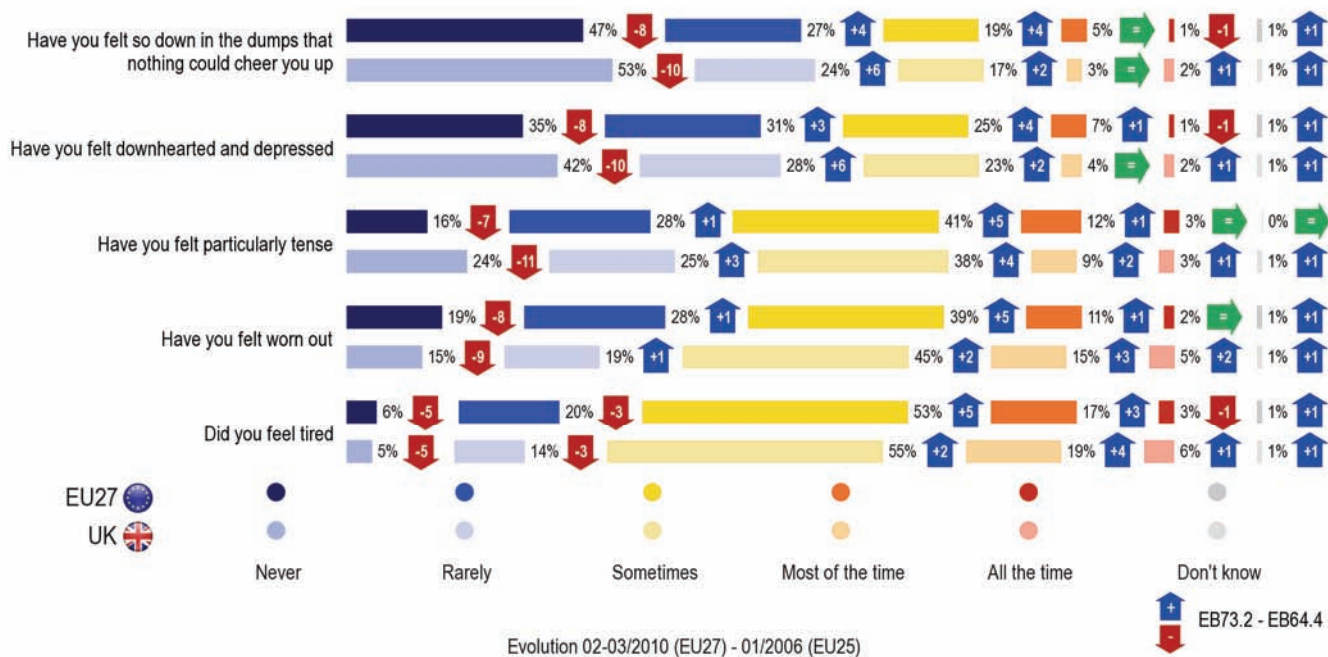


**EUROBAROMETER 73.2  
RESULTS FOR THE UK**



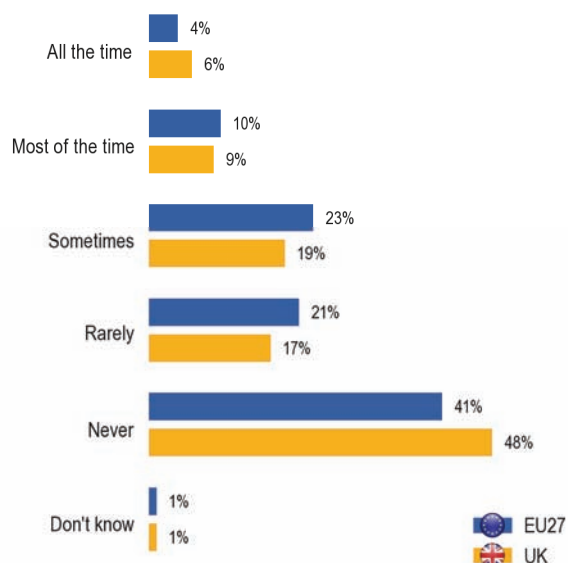
## 1. The state of Mental Health

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



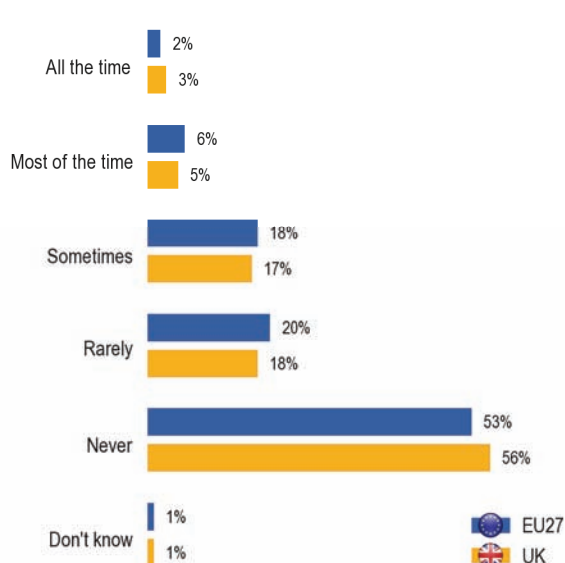
QD1.1. During the past 4 weeks how often have you had any of the following problems in your day-to-day life whether at work, at home or elsewhere?

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



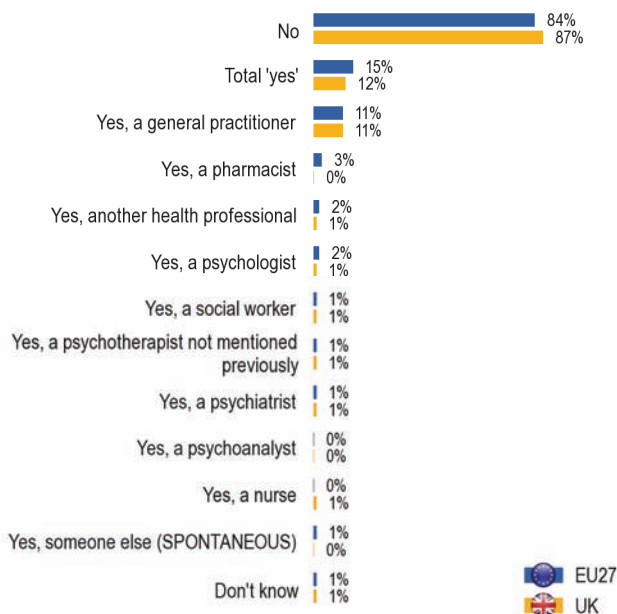
QD1.2. During the past 4 weeks how often have you had any of the following problems in your day-to-day life whether at work, at home or elsewhere?

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.

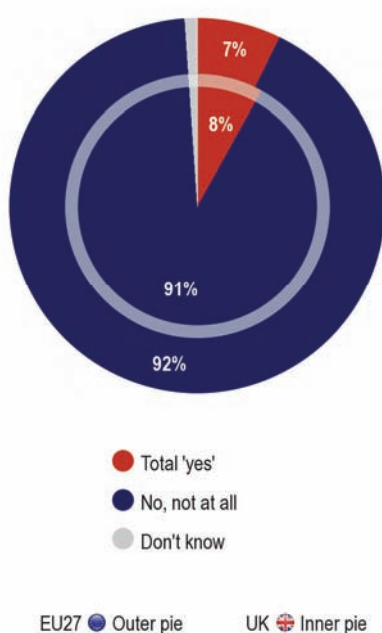


QD4. In the last 12 months, did you seek help from a professional because of a psychological or emotional problem? (IF YES) Indicate who in the following list.

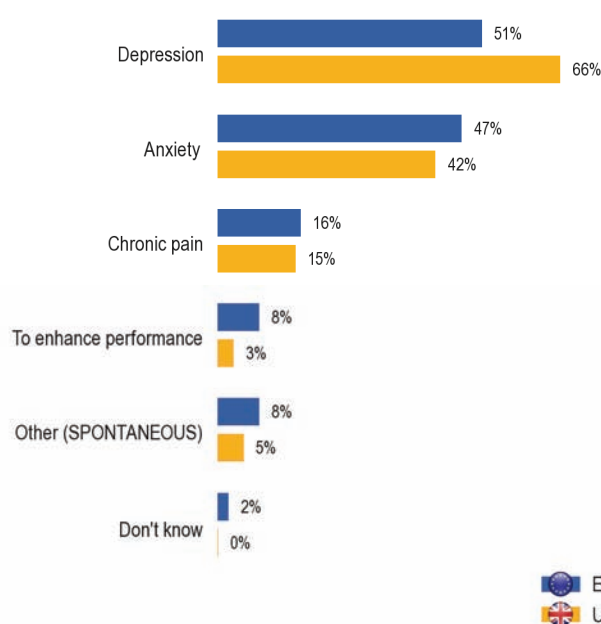
	EU27		UK	
	EB73.2	EB73.2 - EB64.4	EB73.2	EB73.2 - EB64.4
No	84%	- 3	87%	=
Total 'yes'	15%	+ 2	12%	=
Yes, a general practitioner	11%	+ 2	11%	+ 1
Yes, a pharmacist	3%	+ 1	0%	- 1
Yes, another health professional	2%	=	1%	- 1
Yes, a psychologist	2%	=	1%	=
Yes, a social worker	1%	+ 1	1%	=
Yes, a psychotherapist not mentioned previously	1%	=	1%	+ 1
Yes, a psychiatrist	1%	- 1	1%	=
Yes, a psychoanalyst	0%	=	0%	=
Yes, a nurse	0%	=	1%	=
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?

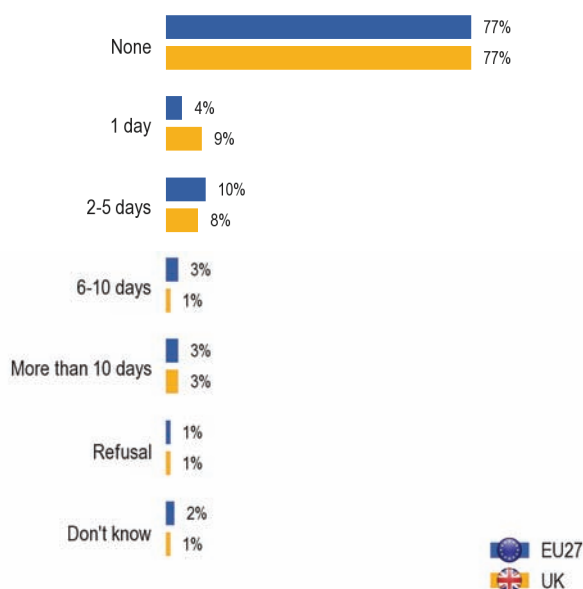


QD6. For what reason(s) did you take Antidepressants?



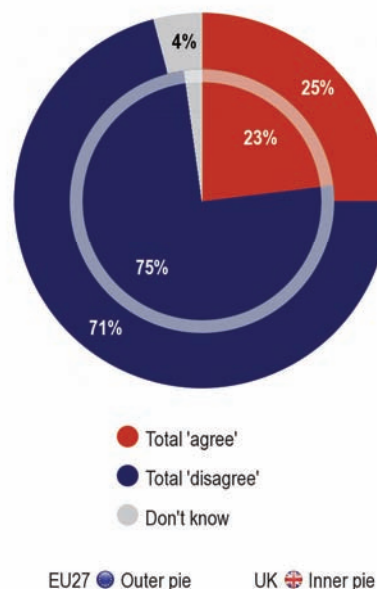
## 3. Mental Health and work

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



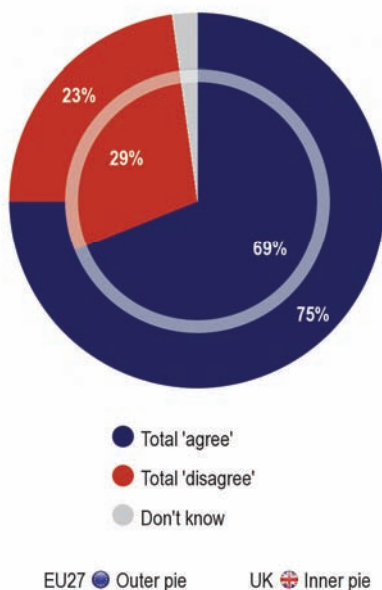
QD7.1. For each of the following statements regarding your job, please tell me whether you tend to agree or tend to disagree with it.

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

