

Summary text

Bulgarian respondents felt less 'happy' and more 'down in the dumps' than other Europeans; only 46% felt 'happy' 'all' or 'most of the time' vs the EU average of 61% and 69% 'never' or 'rarely' felt 'down in the dumps' compared to 74% on average. Bulgarian respondents also felt more tense than average, 21% felt 'particularly tense' 'all' or 'most of the time' compared to 15% on average. However, Bulgarian respondents appear to have more energy than other Europeans, 62% and 58% 'felt full of life' and had 'lots of energy' 'all' or 'most of the time' compared to 59% and 51% on average. In addition, fewer Bulgarian respondents felt 'worn out' or 'tired' than average (61% and 33% 'never' or rarely felt these emotions vs. the EU averages of 47% and 26%). Also on a positive note, fewer Bulgarian respondents felt 'downhearted and depressed' than average (74% 'never' or 'rarely' felt this way compared to the average of 66%).

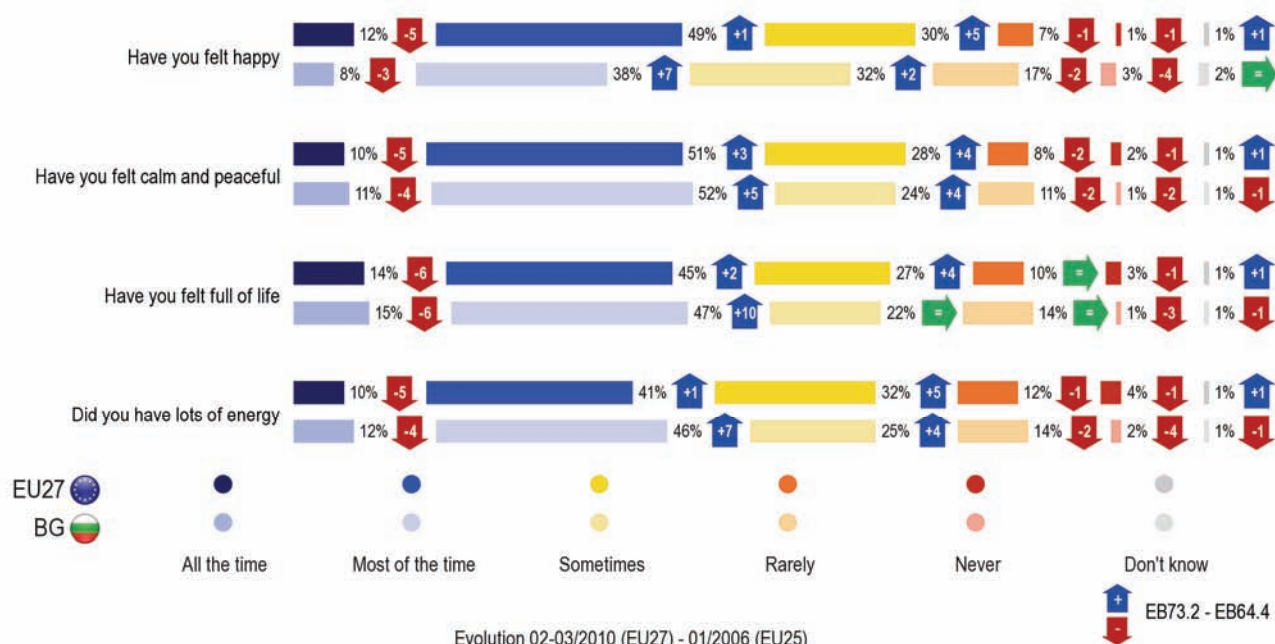
More Bulgarian respondents felt they had accomplished less as a result of a physical or emotional problem than other Europeans. Only a third of Bulgarian respondents (33%) felt they had 'never' accomplished less as the result of a physical problem compared to the average of 41% and only 38% felt the same about the impact of an emotional problem (vs. the EU average of 53%). Only 6% of Bulgarian respondents sought help from a professional in the past 12 months (vs. EU average of 15%), which has decreased significantly since 2006 (-10 percentage points).

Fewer than average have taken antidepressants in the last 12 months (4% vs. EU average of 7%). However, more Bulgarians took antidepressants for anxiety (65%) than depression (31%), whereas across Europe they are taken equally for depression and anxiety.

In terms of comfort at work, Bulgarian respondents are more concerned than average about their job security, with 29% agreeing that their job is under threat compared to the average of 25%.

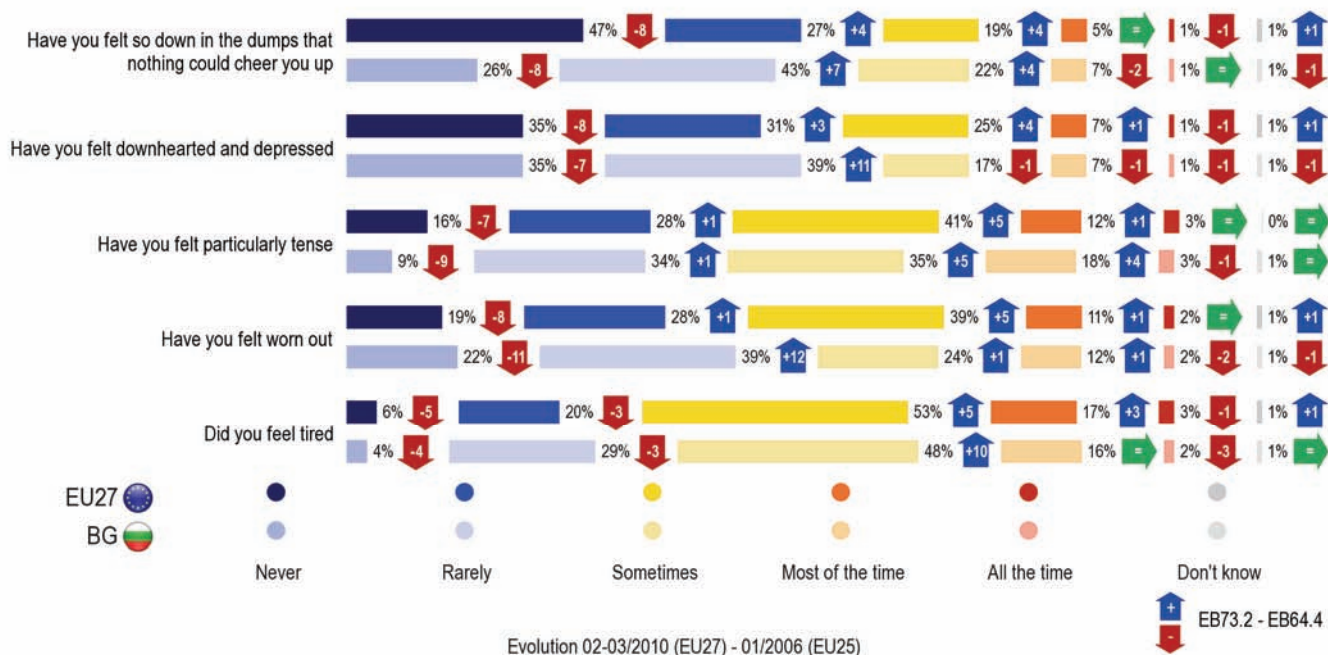
1. The state of Mental Health

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



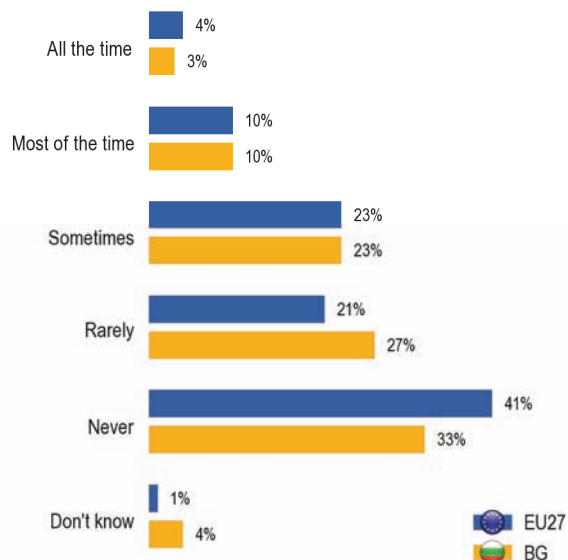
1. The state of Mental Health

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



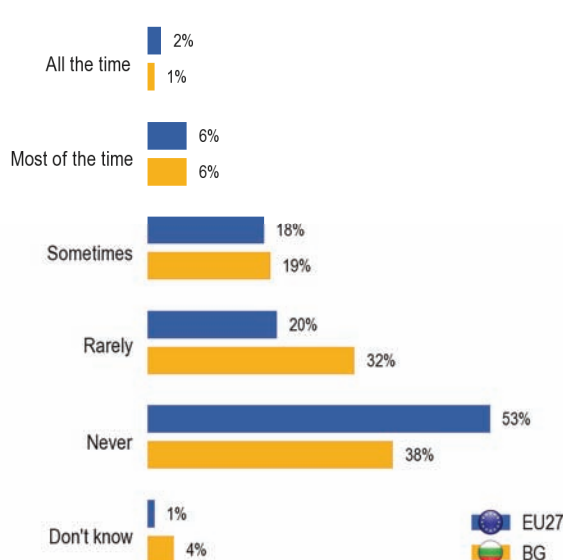
QD1.1. During the past 4 weeks how often have you had any of the following problems in your day-to-day life whether at work, at home or elsewhere?

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



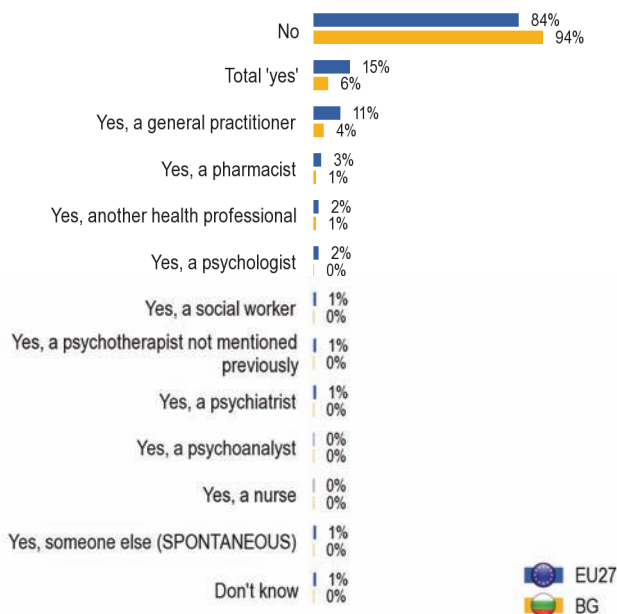
QD1.2. During the past 4 weeks how often have you had any of the following problems in your day-to-day life whether at work, at home or elsewhere?

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.

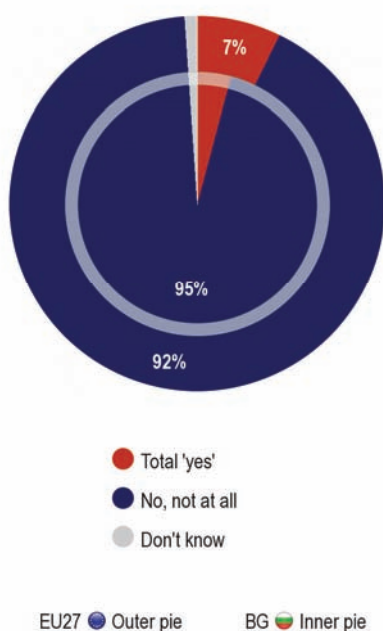


QD4. In the last 12 months, did you seek help from a professional because of a psychological or emotional problem? (IF YES) Indicate who in the following list.

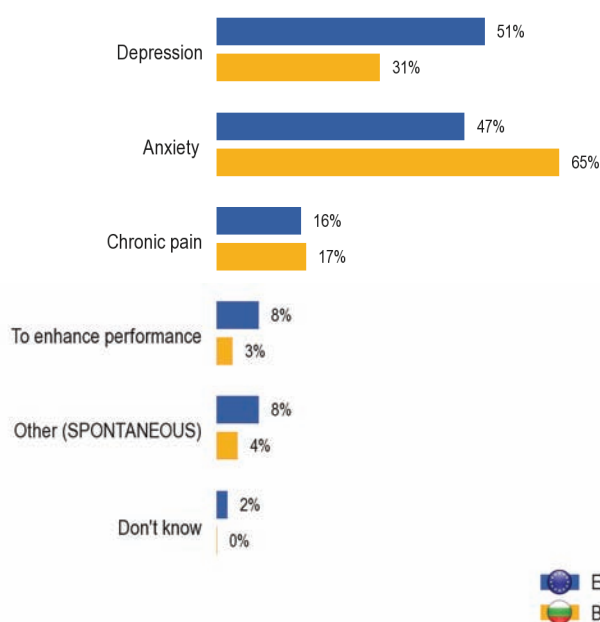
	EU27		BG	
	EB73.2	EB73.2 - EB64.4	EB73.2	EB73.2 - EB64.4
No	84%	- 3	94%	+ 11
Total 'yes'	15%	+ 2	6%	- 10
Yes, a general practitioner	11%	+ 2	4%	- 10
Yes, a pharmacist	3%	+ 1	1%	- 1
Yes, another health professional	2%	=	1%	- 1
Yes, a psychologist	2%	=	0%	=
Yes, a social worker	1%	+ 1	0%	- 1
Yes, a psychotherapist not mentioned previously	1%	=	0%	=
Yes, a psychiatrist	1%	- 1	0%	- 1
Yes, a psychoanalyst	0%	=	0%	=
Yes, a nurse	0%	=	0%	=
Yes, someone else (SPONTANEOUS)	1%	+ 1	0%	=
Don't know	1%	+ 1	0%	- 2

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

BG  Number of interviews:
1.005

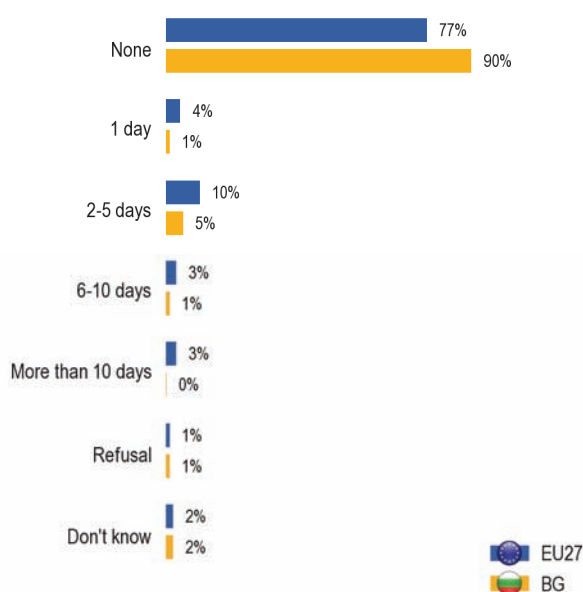
Fieldwork:
26/02-17/03/2010

Fieldwork:
26/02-08/03/2010

Methodology: face-to-face

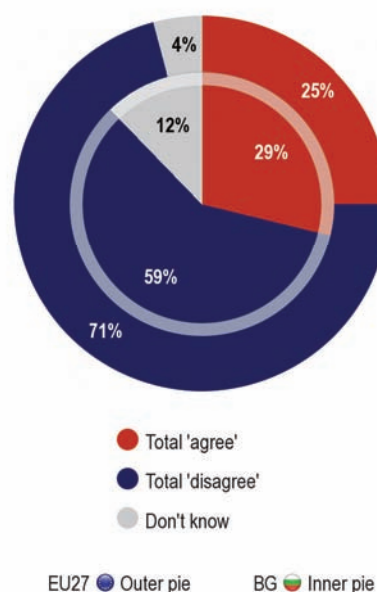
3. Mental Health and work

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



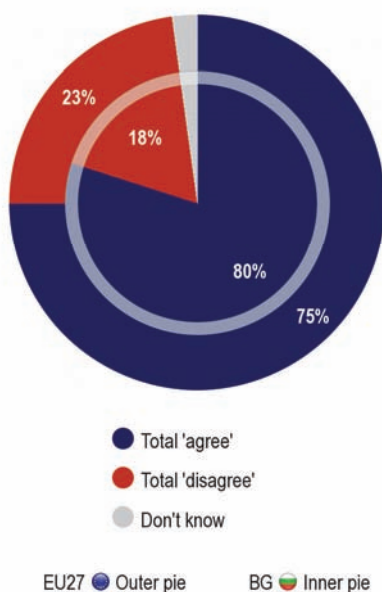
QD7.1. For each of the following statements regarding your job, please tell me whether you tend to agree or tend to disagree with it.

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

