



EUROBAROMETER 58.2

THE MENTAL HEALTH STATUS OF THE EUROPEAN POPULATION

Written by:

**THE EUROPEAN OPINION
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For:

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It was conducted in all the Member States of the European Union between October 28 and December 8, 2002, under the general coordination of the European Opinion Research Group EEIG. in Brussels.

The technical specifications, the names of the institutes involved in the research and the questionnaire are annexed.

The European Commission accepts no liability of any kind arising from this report.

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1. Introduction

As a part of the standard, twice a year conducted Eurobarometer survey; a population of 16000 people from 15 countries and 2 regions (East Germany and Northern Ireland) within the European Union were interviewed face-to-face between 28 October and 8 December 2002. The interview covered a wide variety of issues from opinions on political, financial or other EU-related topics to experiences about personal mental- and other health. Among other topics, the interview schedule included questions focusing on experiences of one's mental health status in terms of current symptoms of depression or anxiety, sense of psychic distress, sense of positive experience of energy and vitality and awareness of a social support network. The mental health related questions were from standardized questionnaires that belong to the 'Minimum data set of European mental health indicators', proposed and tested by a European project (1999-2002) funded from the EU Health Monitoring Programme. These survey methods have been used earlier e.g. in a multi-national European ODIN-survey and other surveys or studies (Dowrick et al 1998, Bijl & Ravelli 1996). Apart from the ODIN -survey there are no previous published surveys or studies on the cross-national variation of mental health problems or mental disorders within Europe in the general population.

2. The methods

The mental health measures in the 2002 Eurobarometer survey were established questionnaires about either negative or positive dimension of mental health. In addition, a question about the use of services was asked. The measure of the occurrence of current mental health problems (MHI-5) and that of positive mental health (EVI), are part of the SF-36 Health Survey -instrument (Ware et al 1993, McCabe et al 1996, Bijl & Ravelli 1996). SF-36 measures perceived health status with a sum score of the different indexes ranging from 0 to 100, and it is generally considered a feasible instrument for evaluating several different dimensions of health.

The reliability of the SF-36 in general has been reported in several studies to be good. This includes the internal consistency (alpha coefficients) ranging from 0.62 to 0.94 and the test-retest coefficients ranging from 0.43 to 0.90 for a 6-month interval and from 0.60 to 0.81 for a 2 week interval. As for validity, it has been shown to correlate moderately well with other well-known health measures.

The 5-item mental health index (MHI-5) of the SF-36 has been reported to correlate highly with the GHQ-12 -questionnaire which is a well-established indicator of psychic distress (McCabe et al 1996, Ayuso-Mateos et al. 1999) as well as with different versions of the SCL questionnaire (Strand et al. 2003). Internal consistency estimates for MHI-5 range from 0.65 to 0.80. With regard to assumed validity, the MHI-5 is equal to a longer version, MHI-18 and another questionnaire GHQ-30 in detecting the mental disorders diagnosed with an established and standardised DIS -interview schedule (Weinstein et al 1989).

Another of the eight subscales or dimensions of the SF-36 is a measure of psychological well-being called the energy and vitality scale (EVI), which includes four questions giving a sum score range of 0-100 (McDowell & Newell 1996, Bijl & Ravell 2000). Its psychometric properties along with the general SF-36 instrument have been estimated to be good.

The use of services for mental health problems was covered with a single question about seeking help from somebody in respect of a mental health problem during the last 12 months. The nine alternative answers were in the analyses categorised into four classes, including not seeking help, seeking it from general practice, seeking from a specialist or from somebody else.

In measuring social support, the 3-item Oslo social support scale was used (Brevik & Dalgard 1996). The three questions cover the reported number of close friends and perceived concern and practical help from others and the sum score ranges from 3-12. Scores 3-7 are considered as poor, scores 8-10 as moderate and scores 11-12 as strong.

The standard Eurobarometer surveys cover the population of the respective nationalities of the EU member states, aged 15 years and over, resident in each of the member states. The basic sample design applied in all member states is a multi-stage, random (probability) one. In each EU country, a number of sampling points is drawn with probability proportional to population size (for a total coverage of the country) and to population density. The net sample sizes are about 1000 per country/region, except Luxembourg (about 600) and Northern Ireland (about 300). The response rates varied from 23% (Great Britain) to 84% (France). In 8 of the countries/regions the response rate was less than 50%.

Data from these interviews were analysed using basic statistical methods for the purposes of this report. Contingency tables were created and tests of significance included the chi-square test and ANOVA. A multivariate logistic regression model was performed in which basic variables were entered as independent variables and the MHI-5 estimated caseness for mental health problems was the dependent variable. Weight adjustments were made when counting the proportions and mean scores for the whole EU.

3. The results

In the following, estimates of the occurrence (%) of mental health problems in terms of a sum score of 52 or less using the MHI-5 of the SF-36 are reported by country in relation to age, sex, marital and employment status, concern showed by others, availability of practical help, number of close relationships and a total score of social support (Tables 1-8).

Furthermore, the mean score of the energy and vitality scale (EVI) is presented by sex and country (table 9) and by social support and country (table 10). The correlation between MHI-5 score and EVI is seen in table 11.

A logistic regression model is presented, in which mental health problems are explained by country. West Germany as a large country with medium score of mental health problems was chosen as the reference country and age, sex, marital status, professional status, social support item and use of services were entered as background variables. The results in terms of OR for mental health problems by country are presented in table 12. As can be seen, the differences between the countries mainly remained also after controlling for several confounding variables.

The total sum of social support is presented in table 13. The use of any health services in the last 12 months in relation to mental health problems (MHI-5 caseness) and country is presented in table 14. The use of a general practitioner and the use of a psychiatrist or a psychologist are presented in tables 15 and 16.

In a separate analysis, the internal consistency of the EVI and MHI-5 scales were estimated within the countries/regions. In case of the EVI scale, the Cronbach's Alpha was found to range from 0.74 (Italy) to 0.87 (Northern Ireland), and MHI-5 scale from 0.79 (Luxembourg) to 0.88 (Northern Ireland).

Tableau 1 Occurrence of MHI-5 cases (score 52 or less) by sex and country (%)

Country	Males	Females	Total	p
Belgium	15.4	22.4	19.1	0.004
Denmark	14.1	18.3	16.2	0.080
West Germany	17.2	22.8	20.1	0.031
Greece	14.9	32.0	23.5	0.000
Italy	22.9	37.1	30.2	0.000
Spain	14.2	20.8	17.6	0.007
France	20.4	30.8	25.9	0.000
Ireland	12.4	18.9	15.7	0.006
North. Ireland	21.1	21.7	21.4	0.894
Luxembourg	14.9	22.1	18.7	0.027
Netherlands	13.4	14.3	13.9	0.677
Portugal	17.0	40.7	29.8	0.000
Great Britain	25.8	34.5	31.5	0.005
East Germany	18.1	27.9	23.4	0.000
Finland	9.0	9.4	9.3	0.846
Sweden	8.7	15.7	12.4	0.001
Austria	17.0	21.2	19.5	0.110
Total	18.9	27.6	23.4	0.000

Tableau 2 Occurrence of MHI-5 cases (score = 52 or less) by age and country (%)

Country	15 - 25	26 - 44	45 - 64	65+ years	Total	p
Belgium	13.8	18.8	23.1	18.1	19.1	0.095
Denmark	18.9	13.7	17.9	15.6	16.2	0.417
W. Germany	17.4	15.5	20.2	28.4	20.1	0.003
Greece	16.3	20.4	25.4	33.3	23.5	0.001
Italy	26.9	29.0	32.6	31.5	30.2	0.562
Spain	12.0	14.2	22.3	25.0	17.6	0.001
France	19.1	24.1	30.7	30.3	25.9	0.020
Ireland	6.8	15.4	21.4	19.1	15.7	0.000
N. Ireland	23.2	0.0	18.8	34.4	23.5	0.664
Luxembourg	15.3	18.9	21.3	16.8	18.7	0.619
Netherlands	11.4	12.7	16.6	13.0	13.9	0.308
Portugal	14.9	16.9	41.3	49.7	29.8	0.000
Great Britain	26.4	33.1	35.1	27.5	31.5	0.157
E. Germany	19.0	23.1	22.5	27.6	23.4	0.299
Finland	8.2	8.1	11.0	9.1	9.3	0.595
Sweden	17.3	15.7	10.6	7.2	12.4	0.006
Austria	12.8	16.4	22.0	28.9	20.5	0.001
Total	18.3	21.7	26.2	27.2	23.4	0.000

Tableau 3 Occurrence of MHI-5 cases (score 52 or less) by marital status and country (%)

Country	Married	Cohabit.	Single	Divorced	Widowed	Total	p
Belgium	15.3	13.4	16.2	36.0	26.9	19.1	0.000
Denmark	10.0	11.9	20.9	27.2	29.4	16.2	0.000
W. Germany	17.5	11.6	17.9	23.1	36.6	20.1	0.000
Greece	23.5	7.1	19.1	32.6	43.5	23.5	0.000
Italy	28.0	28.9	27.5	44.1	45.6	30.2	0.003
Spain	16.8	17.0	11.0	29.6	43.1	17.6	0.000
France	23.8	21.8	19.3	35.6	31.5	25.9	0.002
Ireland	16.8	17.0	6.9	33.8	26.2	15.7	0.000
N. Ireland	23.2	0.0	18.8	34.4	23.5	21.4	0.019
Luxembourg	15.5	13.6	16.9	32.4	33.3	18.7	0.002
Netherlands	9.9	11.4	14.8	25.0	32.1	13.9	0.000
Portugal	29.5	22.2	15.5	45.7	56.1	29.8	0.000
Great Britain	26.5	26.1	30.8	44.9	36.5	31.5	0.000
E. Germany	19.1	15.0	18.4	30.9	40.0	23.4	0.000
Finland	6.1	7.1	11.0	16.7	7.0	9.3	0.001
Sweden	8.1	10.6	18.7	22.9	6.5	12.4	0.000
Austria	18.9	14.5	13.6	20.0	34.7	19.5	0.001
Total	20.9	17.5	19.8	34.0	36.0	23.4	0.000

Tableau 4 Occurrence of MHI-5 cases (score 52 or less) by employment country (%)

Country	White coll.	Blue collar	Unempl.	Retired	Other	Total	p
Belgium	19.1	15.4	27.8	23.7	26.9	19.1	0.011
Denmark	13.0	12.8	26.5	20.5	15.7	16.2	0.021
W. Germany	15.4	17.7	25.0	26.9	18.2	20.1	0.008
Greece	16.6	22.0	37.8	34.8	22.0	23.5	0.000
Italy	30.0	30.6	25.6	29.9	31.5	30.2	0.964
Spain	18.6	11.4	17.1	29.0	15.4	17.6	0.000
France	24.4	21.8	19.3	35.6	31.5	25.9	0.004
Ireland	13.2	15.7	35.3	20.2	15.6	15.7	0.099
N. Ireland	20.7	16.0	27.3	24.5	24.7	21.4	0.677
Luxembourg	19.3	16.0	85.7	13.8	20.7	18.7	0.000
Netherlands	12.9	10.0	15.0	17.6	16.2	13.9	0.197
Portugal	18.5	23.2	26.5	50.7	30.5	29.8	0.000
Great Britain	26.4	26.2	46.9	37.2	33.0	31.5	0.003
E. Germany	23.0	18.0	23.9	29.3	15.5	23.4	0.012
Finland	9.2	7.7	10.0	9.9	10.2	9.3	0.893
Sweden	12.7	12.7	22.2	8.8	14.5	12.4	0.081
Austria	15.9	14.4	54.2	28.9	16.3	19.5	0.000
Total	21.3	19.4	31.4	29.2	22.1	23.4	0.000

Tableau 5 Occurrence of MHI-5 cases (score = 52 or less) by concern showed by others and country (%)

Country	No or little	Some	Lot of concern	Total	p
Belgium	25.9	17.6	12.9	19.1	0.001
Denmark	21.3	15.3	15.0	16.2	0.226
West Germany	36.8	19.6	12.4	20.1	0.000
Greece	40.9	24.3	17.6	23.5	0.000
Italy	38.5	27.7	24.8	30.2	0.002
Spain	48.9	17.2	11.3	17.6	0.000
France	38.9	20.8	21.3	25.9	0.000
Ireland	30.7	13.3	13.1	15.7	0.000
North. Ireland	26.1	17.8	23.5	21.4	0.392
Luxembourg	23.9	16.4	19.8	18.7	0.248
Netherlands	27.2	13.0	11.8	13.9	0.000
Portugal	40.0	26.4	29.1	29.8	0.009
Great Britain	39.4	31.1	29.0	31.5	0.052
East Germany	40.1	24.8	14.6	23.4	0.000
Finland	7.0	9.8	11.1	9.3	0.263
Sweden	13.1	12.0	12.6	12.4	0.920
Austria	45.5	18.7	12.2	19.5	0.000
Total	36.5	21.8	18.0	23.4	0.000

Tableau 6 Occurrence of MHI-5 cases (score = 52 or less) by availability of practical help and country (%)

Country	Difficult or very difficult	Easy	Help very easy	Total	p
Belgium	29.2	16.5	13.8	18.9	0.000
Denmark	31.5	13.7	12.3	16.1	0.000
West Germany	38.5	15.8	14.5	20.0	0.000
Greece	32.8	18.3	17.9	23.0	0.000
Italy	38.4	25.5	21.1	30.2	0.000
Spain	37.8	16.6	9.9	17.4	0.000
France	36.3	24.8	15.8	26.4	0.000
Ireland	28.4	17.8	10.1	15.6	0.000
North. Ireland	43.2	18.6	16.9	21.1	0.002
Luxembourg	22.6	16.7	18.3	18.5	0.406
Netherlands	20.2	15.3	8.1	14.1	0.000
Portugal	37.5	28.5	25.5	30.1	0.035
Great Britain	45.0	30.8	24.4	32.0	0.000
East Germany	40.0	20.9	13.5	23.1	0.000
Finland	14.1	8.3	7.0	9.2	0.018
Sweden	21.8	10.0	9.9	12.0	0.000
Austria	43.3	13.5	16.0	19.7	0.000
Total	36.9	20.6	15.9	23.4	0.000

Tableau 7 Occurrence of MHI-5 cases (score = 52 or less) by number of close relationships and country (%)

Country	None	1 or 2	3 or more	Total	p
Belgium	41.4	23.9	14.3	19.1	0.000
Denmark	45.5	23.0	13.3	16.2	0.000
West Germany	36.4	23.0	14.1	20.1	0.000
Greece	39.5	26.2	17.0	23.5	0.000
Italy	47.4	37.1	26.0	30.2	0.000
Spain	61.5	29.7	13.2	17.6	0.000
France	66.7	33.0	18.8	25.9	0.000
Ireland	36.7	21.1	12.1	15.7	0.000
North. Ireland	21.4	32.5	17.5	21.4	0.023
Luxembourg	25.0	22.9	16.9	18.7	0.197
Netherlands	36.4	15.8	12.6	13.9	0.000
Portugal	63.9	34.3	23.8	29.8	0.000
Great Britain	45.2	40.7	26.0	31.5	0.000
East Germany	51.7	27.0	15.4	23.4	0.000
Finland	21.4	11.3	7.4	9.3	0.010
Sweden	12.5	24.5	10.4	12.4	0.000
Austria	36.7	28.8	12.6	19.5	0.000
Total	45.5	29.8	18.3	23.4	0.000

Tableau 8 Occurrence of MHI-5 cases (score = 52 or less) by social support and country (%)

Country	Poor support	Intermediate	Strong	Total	p
Belgium	28.1	16.7	9.0	18.8	0.000
Denmark	25.8	14.7	11.2	16.0	0.000
West Germany	36.0	15.6	13.2	19.3	0.000
Greece	39.3	18.3	10.9	23.5	0.000
Italy	41.4	26.1	15.2	30.6	0.000
Spain	48.1	18.4	14.1	17.2	0.000
France	40.6	21.3	16.7	26.5	0.000
Ireland	40.7	14.8	9.8	16.0	0.000
North. Ireland	35.5	20.2	18.4	21.5	0.123
Luxembourg	25.3	17.1	18.5	18.8	0.208
Netherlands	26.2	15.0	9.6	14.4	0.000
Portugal	44.7	27.2	23.1	29.5	0.000
Great Britain	52.1	28.4	19.4	32.1	0.000
East Germany	43.2	19.4	12.3	23.3	0.000
Finland	12.9	8.2	7.7	9.2	0.103
Sweden	21.2	10.5	10.5	12.0	0.000
Austria	47.6	16.4	10.5	20.4	0.000
Total	40.8	20.0	14.8	23.5	0.000

Tableau 9 Means of the EVI scale (SF-36) by sex and country

Country	Males	Females	Total	p
Belgium	66.9	62.4	64.5	0.001
Denmark	64.4	62.1	63.2	0.038
West Germany	64.6	61.3	62.9	0.008
Greece	67.8	58.2	63.0	0.000
Italy	61.8	55.9	58.8	0.000
Spain	69.3	63.6	66.3	0.000
France	63.2	58.4	60.6	0.000
Ireland	64.8	59.7	62.2	0.000
North. Ireland	60.4	53.1	56.3	0.002
Luxembourg	65.4	59.7	62.4	0.000
Netherlands	66.1	63.3	64.7	0.014
Portugal	65.7	55.1	59.9	0.000
Great Britain	57.2	50.1	52.5	0.000
East Germany	65.5	59.8	62.4	0.000
Finland	73.4	70.0	71.5	0.001
Sweden	65.1	57.9	61.3	0.000
Austria	64.3	62.1	63.0	0.054
Total	63.7	58.4	61.0	0.000

Tableau 10 Means of the EVI scale (SF-36) by social support and country

Country	Poor support	Intermediate	Strong	Total	p
Belgium	60.7	64.1	72.3	64.3	0.000
Denmark	55.4	62.9	67.3	63.4	0.000
West Germany	53.4	63.5	70.6	62.8	0.000
Greece	58.1	64.2	69.6	63.3	0.000
Italy	54.5	59.8	65.9	58.5	0.000
Spain	51.7	65.1	72.7	66.5	0.000
France	54.6	62.0	67.4	60.5	0.000
Ireland	51.3	61.9	65.6	61.9	0.000
North. Ireland	51.6	54.5	61.6	56.1	0.015
Luxembourg	58.5	62.4	65.7	62.4	0.031
Netherlands	56.7	63.9	67.7	64.4	0.000
Portugal	53.3	61.0	65.9	60.3	0.000
Great Britain	45.4	52.3	57.1	52.2	0.000
East Germany	56.2	63.0	67.8	62.4	0.000
Finland	70.3	72.0	72.2	71.6	0.415
Sweden	54.9	61.7	64.0	61.7	0.001
Austria	50.8	63.6	70.7	63.0	0.000
Total	53.9	61.4	67.0	60.9	0.000

Tableau 11 Pearson correlation between MHI-5 and EVI by country

Country	N	Correlation
Belgium	1064	.770***
Denmark	925	.743***
West Germany	966	.779***
Greece	995	.722***
Italy	958	.729***
Spain	951	.773***
France	992	.737***
Ireland	951	.715***
Northern Ireland	297	.750***
Luxembourg	576	.716***
Netherlands	1015	.642***
Portugal	972	.748***
Great Britain	991	.712***
East Germany	958	.759***
Finland	1005	.759***
Sweden	977	.711***
Austria	975	.820***
Total	15531	.740***

Tableau 12 Logistic regression analysis of the risk for MHI-5 caseness by country (the analysis includes sex. age. marital status. employment status. social support items and use of mental health services)

Country	Significance	Odds ratio	95% confidence interval
Belgium	0.273	0.864	0.666 - 1.122
Denmark	0.869	0.977	0.739 - 1.291
West Germany		1.0	
Greece	0.007	1.418	1.100 - 1.827
Italy	0.000	2.033	1.585 - 2.608
Spain	0.038	1.333	1.015 - 1.749
France	0.022	1.343	1.044 - 1.728
Ireland	0.489	1.102	0.837 - 1.452
Northern Ireland	0.021	1.534	1.065 - 2.209
Luxembourg	0.227	1.205	0.891 - 1.629
Netherlands	0.111	0.799	0.606 - 1.053
Portugal	0.000	1.996	1.555 - 2.564
Great Britain	0.000	2.158	1.687 - 2.759
East Germany	0.265	1.156	0.896 - 1.492
Finland	0.000	0.390	0.287 - 0.529
Sweden	0.007	0.667	0.497 - 0.895
Austria	0.157	1.209	0.930 - 1.571

Tableau 13 Social support by country (%)

Country	Strong	Intermediate	Poor support	Total
Belgium	14.7	56.7	28.6	100.0
Denmark	31.1	56.4	12.5	100.0
West Germany	16.7	64.7	18.6	100.0
Greece	10.1	65.5	24.4	100.0
Italy	9.1	54.8	36.1	100.0
Spain	35.1	17.2	11.3	100.0
France	13.5	56.3	30.2	100.0
Ireland	28.2	61.2	10.6	100.0
North. Ireland	27.3	61.5	11.2	100.0
Luxembourg	20.2	62.9	16.9	100.0
Netherlands	34.4	54.2	11.4	100.0
Portugal	10.8	73.1	16.1	100.0
Great Britain	24.2	57.4	18.5	100.0
East Germany	16.9	62.1	21.0	100.0
Finland	8.5	67.8	23.7	100.0
Sweden	28.4	61.4	10.2	100.0
Austria	21.5	61.3	17.1	100.0
Total	21.7	59.1	19.2	100.0

Tableau 14 Use of some health service in last 12 months due to mental health problems by MHI-5 caseness (score 52 or lower) and country (%)

Country	No case	Case	Total	p
Belgium	6.6	35.6	12.1	0.000
Denmark	4.6	27.0	8.2	0.000
W. Germany	5.3	28.9	10.0	0.000
Greece	3.0	15.4	5.9	0.000
Italy	3.9	12.8	6.6	0.000
Spain	3.0	22.4	6.4	0.000
France	6.7	33.5	13.6	0.000
Ireland	4.4	28.9	8.3	0.000
N. Ireland	3.4	31.3	9.4	0.000
Luxembourg	4.9	29.4	9.4	0.000
Netherlands	8.4	40.1	12.8	0.000
Portugal	5.4	25.9	11.5	0.000
Great Britain	6.9	29.0	13.9	0.000
E. Germany	5.0	30.0	10.8	0.000
Finland	5.8	22.6	7.4	0.000
Sweden	5.6	34.4	9.2	0.000
Austria	2.6	33.2	8.6	0.000
Total	5.3	25.6	10.0	0.000

Tableau 15 Table 15. Use of GP in last 12 months due to mental health problems by sex and country (%)

Country	Male	Female	Total	p
Belgium	4.5	9.0	6.8	0.004
Denmark	4.4	6.3	5.4	0.181
W. Germany	5.2	9.0	7.1	0.021
Greece	2.2	2.8	2.5	0.547
Italy	2.4	1.7	2.0	0.418
Spain	3.1	3.7	3.4	0.603
France	7.1	8.0	7.6	0.585
Ireland	3.7	7.7	5.7	0.006
N. Ireland	5.9	9.0	7.6	0.320
Luxembourg	2.1	4.7	3.5	0.079
Netherlands	5.8	5.4	5.6	0.791
Portugal	3.7	10.1	7.2	0.000
Great Britain	9.6	10.5	10.2	0.648
E. Germany	5.1	8.4	6.9	0.036
Finland	2.1	3.1	2.6	0.320
Sweden	2.1	6.8	4.6	0.000
Austria	3.2	6.1	4.9	0.035
Total	5.0	6.8	5.9	0.000

Tableau 16 Use of psychiatrist or psychologist in last 12 months due to mental health problems by MHI-5 caseness (score 52 or lower) and country (%)

Country	No case	Case	Total	p
Belgium	2.0	11.7	3.8	0.000
Denmark	1.7	13.8	3.6	0.000
W. Germany	0.1	4.6	1.0	0.000
Greece	0.5	5.6	1.7	0.000
Italy	1.5	4.7	2.4	0.002
Spain	0.8	10.6	2.5	0.000
France	2.0	13.5	5.0	0.000
Ireland	0.4	3.9	0.9	0.000
N. Ireland	0.9	10.9	3.0	0.000
Luxembourg	1.7	12.8	3.8	0.000
Netherlands	3.1	16.2	4.9	0.000
Portugal	1.3	8.3	3.4	0.000
Great Britain	0.6	3.8	1.6	0.000
E. Germany	0.9	5.3	2.0	0.000
Finland	2.2	7.5	2.7	0.002
Sweden	1.5	16.4	3.4	0.000
Austria	0.4	6.7	1.6	0.000
Total	1.0	7.1	2.5	0.000

Tableau 17 The response rates for the Eurobarometer survey in participating countries

Country	Response rate EB58.2
Belgium	49
Danmark	32
West Germany	78
East Germany	77
Greece	41
Spain	73
France	84
Ireland	33
North Ireland	43
Italy	60
Luxembourg	59
Netherlands	47
Austria	68
Portugal	66
Finland	44
Sweden	51
Great Britain	23

4. Discussion

In the mental health measures presented for the first time in the Eurobarometer survey, differences were found in the occurrence scores of mental health problems, in reported energy and vitality and in perceived social support between the 17 participating European countries/regions. The lowest scores for mental health problems were found for Finland and Sweden in both univariate- and multivariate analyses. The highest scores and in addition, remarkable sex-differences in terms of higher female to male ratios, were found for Italy and Portugal. The socio-demographic and other background variables associated with mental health problems more or less expectedly and mostly in accordance with what is known on the distribution of these characteristics.

5. Methodological issues

In interpreting the figures now presented, several notes have to be made. Questionnaires used in detecting the dimensions of mental health are well-established and tested in several previous studies. However, and despite an instructed translation process, the possibility of slight conceptual differences in final translated questionnaires between countries cannot be fully excluded. The psychometric properties of the instruments have been tested to some extent, but their true validity in a multicultural context remains questionable in many regards.

The interviews have been conducted by professional agencies and at least a minimum level of expertise in interviewing can be expected. However, differences may well exist in the orientation of these agencies toward mental health questioning, leading to some additional variation between countries. Furthermore, the cultural differences most likely influence the act of interviewing to some extent. The interaction and roles of the participants as well as understanding and interpretation of terms and concepts may differ and cause variation between participating countries.

It has to be remembered that service systems and the role of different organisations differ remarkably between the countries. As the utilisation is much dependent on the availability and nature of these service systems, it would be premature to draw conclusions about the help-seeking behaviour of the studied subjects from comparisons between the countries.

The mental health measures used in this survey are supposed to be reliable and valid for issues now investigated in EU-countries. The differences found between the EU-nations most likely reflect some true differences in study populations as for instance in the case of Ireland and UK using the same English-language instrument. The tests for internal consistency (Cronbach's Alpha) of the main instruments support the validity of comparisons. However, a part of the differences or their effect-sizes may be explained by methodological issues, including poor response rates in some countries, translation-related and conceptual differences or cultural and contextual differences related to the act of interviewing. The response rates - reported in table 17 - may raise questions regarding both representativeness of the interviewed and the validity of cross-national comparisons.

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ANNEXES

QUESTIONNAIRE

Q. 37. In the past month, have you felt full of life?
(SHOW CARD - READ OUT - ONE ANSWER ONLY)

All the time.....	1 (263)
Very often.....	2
Often.....	3
Rarely.....	4
Very rarely.....	5
Never.....	6
Don't know/Don't remember (SPONTANEOUS).....	7

EB58.2 - NEW

Q. 38. In the past month, have you felt particularly tense?
(SHOW SAME CARD - READ OUT - ONE ANSWER ONLY)

All the time.....	1 (264)
Very often.....	2
Often.....	3
Rarely.....	4
Very rarely.....	5
Never.....	6
Don't know/Don't remember (SPONTANEOUS).....	7

EB58.2 - NEW

Q. 39. In the past month, have you felt so down in the dumps that nothing could cheer you up?
(SHOW SAME CARD - READ OUT - ONE ANSWER ONLY)

All the time.....	1 (265)
Very often.....	2
Often.....	3
Rarely.....	4
Very rarely.....	5
Never.....	6
Don't know/Don't remember (SPONTANEOUS).....	7

EB58.2 - NEW

Q. 40. In the past month, have you felt calm and peaceful?
(SHOW SAME CARD - READ OUT - ONE ANSWER ONLY)

All the time.....	1 (266)
Very often.....	2
Often.....	3
Rarely.....	4
Very rarely.....	5
Never.....	6
Don't know/Don't remember (SPONTANEOUS).....	7

EB58.2 - NEW

Q. 41. In the past month, did you have lots of energy?
(SHOW SAME CARD - READ OUT - ONE ANSWER ONLY)

All the time.....	1 (267)
Very often.....	2
Often.....	3
Rarely.....	4
Very rarely.....	5
Never.....	6
Don't know/Don't remember (SPONTANEOUS).....	7

EB58.2 - NEW

Q. 42. In the past month, have you felt downhearted and miserable?
(SHOW SAME CARD - READ OUT - ONE ANSWER ONLY)

All the time.....	1 (268)
Very often.....	2
Often.....	3
Rarely.....	4
Very rarely.....	5
Never.....	6
Don't know/Don't remember (SPONTANEOUS).....	7

EB58.2 - NEW

Q. 43. In the past month, have you felt worn out?
(SHOW SAME CARD - READ OUT - ONE ANSWER ONLY)

All the time.....	1 (269)
Very often.....	2
Often.....	3
Rarely.....	4
Very rarely.....	5
Never.....	6
Don't know/Don't remember (SPONTANEOUS).....	7

EB58.2 - NEW

Q. 44. In the past month, have you felt happy?
(SHOW SAME CARD - READ OUT - ONE ANSWER ONLY)

All the time.....	1 (270)
Very often.....	2
Often.....	3
Rarely.....	4
Very rarely.....	5
Never.....	6
Don't know/Don't remember (SPONTANEOUS).....	7

EB58.2 - NEW

Q. 45. In the past month, did you feel tired?
(SHOW SAME CARD - READ OUT - ONE ANSWER ONLY)

All the time.....	1 (271)
Very often.....	2
Often.....	3
Rarely.....	4
Very rarely.....	5
Never.....	6
Don't know/Don't remember (SPONTANEOUS).....	7

EB58.2 - NEW

Q. 46. In the last 12 months, did you seek help from somebody in respect of a mental health problem? **(IF YES)** Indicate who in the following list.
(SHOW CARD - READ OUT - MULTIPLE ANSWERS POSSIBLE)

No.....	1, (272 – 281)
Yes, a general practitioner	2,
Yes, a chemist.....	3,
Yes, a psychiatrist.....	4,
Yes, a psychologist.....	5,
Yes, a nurse.....	6,
Yes, a social worker.....	7,
Yes, other professional help.....	8,
Yes, other (SPONTANEOUS).....	9,
DK.....	10,

EB58.2 - NEW

Q. 47. If you had serious personal problems, how many close relations could you really count on?
(READ OUT – ONE ANSWER ONLY)

None.....	1 (282)
1 or 2.....	2
From 3 to 5.....	3
More than 5.....	4
DK.....	5

EB58.2 - NEW

Q. 48. How much concern do people show about what you are doing?
(SHOW CARD - READ OUT - ONE ANSWER ONLY)

A lot of concern.....	1 (283)
Some concern.....	2
Little concern.....	3
No concern.....	4
DK.....	5

EB58.2 - NEW

Q. 49. How easy is it to get practical help from neighbours if you should need it?
(SHOW CARD - READ OUT - ONE ANSWER ONLY)

Very easy.....	1 (284)
Easy.....	2
Difficult	3
Very difficult	4
DK.....	5

EB58.2 - NEW

STANDARD EUROBAROMETER 58.2 TECHNICAL SPECIFICATIONS

Between 28th October 2002 and 8th December 2002, the European Opinion Research Group, a consortium of Market and Public Opinion Research agencies, made out of INRA in Belgium – I.C.O. and GfK Worldwide, carried out wave 58.2 of the standard Eurobarometer, on request of the EUROPEAN COMMISSION, Directorate-General Press and Communication, Opinion Polls.

The Standard EUROBAROMETER 58.2 covers the population of the respective nationalities of the European Union Member States, aged 15 years and over, resident in each of the Member States. The basic sample design applied in all Member States is a multi-stage, random (probability) one. In each EU country, a number of sampling points was drawn with probability proportional to population size (for a total coverage of the country) and to population density.

For doing so, the points were drawn systematically from each of the "administrative regional units", after stratification by individual unit and type of area. They thus represent the whole territory of the Member States according to the EUROSTAT NUTS 2 (or equivalent) and according to the distribution of the resident population of the respective EU-nationalities in terms of metropolitan, urban and rural areas. In each of the selected sampling points, a starting address was drawn, at random. Further addresses were selected as every Nth address by standard random route procedures, from the initial address. In each household, the respondent was drawn, at random. All interviews were face-to-face in people's home and in the appropriate national language.

<u>COUNTRIES</u>	<u>INSTITUTES</u>	<u>N° INTERVIEWS</u>	<u>FIELDWORK DATES</u>	<u>POPULATION 15+ (x 000)</u>
Belgium	INRA BELGIUM	1,110	4/11 – 28/11	8,326
Denmark	GfK DENMARK	1,000	6/11 – 6/12	4,338
Germany (East)	INRA DEUTSCHLAND	1,020	1/11 – 19/11	13,028
Germany (West)	INRA DEUTSCHLAND	1,022	1/11 – 20/11	55,782
Greece	MARKET ANALYSIS	1,003	31/10 – 30/11	8,793
Spain	INRA ESPAÑA	1,000	5/11 – 28/11	33,024
France	CSA-TMO	1,037	28/10 – 29/11	46,945
Ireland	LANSDOWNE Market Research	1,013	3/11 – 29/11	2,980
Italy	INRA Demoskopea	1,027	6/11 – 30/11	49,017
Luxembourg	ILRes	602	28/10 – 3/12	364
The Netherlands	INTOMART	1,035	1/11 – 2/12	12,705
Austria	SPECTRA	1,023	31/10 – 20/11	6,668
Portugal	METRIS	1,002	1/11 – 26/11	8,217
Finland	MDC MARKETING RESEARCH	1,024	6/11 – 8/12	4,165
Sweden	GfK SVERIGE	1,000	1/11 – 3/12	7,183
Great Britain	MARTIN HAMBLIN LTD	1,010	28/10 – 30/11	46,077
Northern Ireland	ULSTER MARKETING SURVEYS	302	30/10 – 29/11	1,273
	TOTAL NUMBER OF INTERVIEWS	16,230		

For each country a comparison between the sample and the universe was carried out. The Universe description was derived from Eurostat population data or from national statistics. For all EU member-countries a national weighting procedure, using marginal and intercellular weighting, was carried out based on this Universe description. As such in all countries, minimum gender, age, region NUTS 2 were introduced in the iteration procedure. For international weighting (i.e. EU averages), INRA (EUROPE) applies the official population figures as provided by EUROSTAT in the Regional Statistics Yearbook (data for 1997). The total population figures for input in this post-weighting procedure are listed above.

The results of the Eurobarometer studies are reported in the form of tables, datafiles and analyses. Per question a table of results is given with the full question text in English, French and German. The results are expressed as a percentage of the total. The results of the Eurobarometer surveys are analysed and made available through the Directorate-General Press and Communication, Opinion Polls of the European Commission, rue de la Loi 200, B-1049 Brussels. The results are published on the Internet server of the European Commission: <http://europa.eu.int/comm/dg10/epo>. All Eurobarometer datafiles are stored at the Zentral Archiv (Universität Köln, Bachemer Strasse, 40, D-50869 Köln-Lindenthal), available through the CESSDA Database <http://www.nsd.uib.no/cessda/europe.html>. They are at the disposal of all institutes members of the European Consortium for Political Research (Essex), of the Inter-University Consortium for Political and Social Research (Michigan) and of all those interested in social science research.

Readers are reminded that survey results are estimations, the accuracy of which, everything being equal, rests upon the sample size and upon the observed percentage. With samples of about 1,000 interviews, the real percentages vary within the following confidence limits:

Observed percentages	10% or 90%	20% or 80%	30% or 70%	40% or 60%	50%
Confidence limits	± 1.9%	± 2.5%	± 2.7%	± 3.0%	± 3.1%

**STANDARD EUROBAROMETER 58.2
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