

ATTITUDES TO MENTAL HEALTH

AROUND THE WORLD



Q. How often, if at all, would you say you think about your own mental wellbeing

People in Colombia, Mexico, Brazil and South Africa are most likely to think about their mental wellbeing often.







Country	Very/fairly often	Not very often/Never DK/Refusal
Colombia	76%	21% 2%
Mexico	73%	24% 3%
Brazil	73%	22% 5%
South Africa	71%	27% 2%
Chile	70%	27% 3%
Argentina	69%	26% 5%
Peru	68%	29% 3%
Japan	67%	28% 5%
India	62%	31% 7%
Australia	60%	35% 5%
Spain	57%	38% 4%
US	57%	40%
Italy	57%	37% 5%
Great Britain	57%	40%
Poland	56%	39% 5%
Canada	56%	41%
Hungary	53%	44%
Serbia	53%	44%
Malaysia	52%	42%
Belgium	51%	42%
France	49%	42%
Sweden	49%	47%
Netherlands	49%	46% 5%
Turkey	47%	47%
Germany	45%	48% 7%
China	43%	51% 6%
Saudi Arabia	42%	46%
South Korea	37%	61%
Russia	25%	67%

Q. How often, if at all, would you say you think about your own physical wellbeing

People in Colombia, Mexico, South Africa and Argentina are most likely to think about their physical wellbeing often.







ountry	Very/fairly often	Not very often/Never DK/	Refusal
Colombia	87%	1	2% 1%
Mexico	86%	12	2% 1%
South Africa	85%	14'	% 1%
Argentina	81%	17%	2%
Peru	81%	16%	3%
Chile	80%	19%	2%
Italy	79%	18%	3%
US	76%	21%	2%
Australia	76%	21%	3%
Brazil	75%	21%	4%
India	74%	20%	6%
Canada	74%	24%	2%
Japan	73%	22%	5%
Spain	72%	25%	3%
Great Britain	72%	25%	3%
Serbia	70%	28%	2%
Malaysia	69%	27%	4%
Sweden	69%	28%	3%
Poland	68%	28%	4%
Belgium	68%	26%	6%
Hungary	67%	31%	2%
France	63%	31%	6%
Netherlands	63%	34%	3%
Turkey	62%	33%	5%
Germany	62%	34%	4%
Russia	62%	34%	4%
Saudi Arabia	54%		11%
China	54%	42%	5%
South Korea	52%	47%	1%

Q. Thinking about your own health, do you think that mental health or physical health is more important, or are they equally important?

In all countries, the majority of people say mental and physical health is equally important.







Country	Mental health more important	Equally important Physical health more importa	nt DK/Refusal
Saudi Arabia	25%	61%	12% 2%
India	23%	64%	11% 2%
Spain	19%	75%	3%3%
Brazil	19%	69%	7% 5%
Sweden	18%	72%	7% 4%
South Korea	16%	75%	8% 2%
Italy	15%	76%	6% 2%
Turkey	14%	78%	7%1%
Poland	13%	79%	4% 4%
Argentina	13%	85%	2 <mark>%</mark>
South Africa	13%	83%	41%
China	12%	77%	10% 1%
Japan	12%	74%	9% 6%
Belgium	12%	77%	6% 5%
Australia	11%	79%	7% 3%
France	11%	78%	6% 6%
Peru	10%	87%	2 <mark>.</mark> %
Netherlands	10%	81%	4% 4%
Great Britain	10%	82%	5%2%
US	10%	81%	7% 2%
Chile	10%	88%	2 <mark>%</mark>
Malaysia	9%	85%	4%%
Canada	8%	84%	4% 3%
Serbia	7%	92%	0%
Colombia	7%	92%	0%
Mexico	7%	90%	3%
Germany	6%	84%	5% 5%
Russia	6%	87%	6%1%
Hungary	4%	87%	7% 3%

Q. Which of the following best describes how you think the importance of mental health and physical health are treated in [COUNTRY's] current health care system?

In many countries, people think physical health is treated with more importance than mental health – this is particularly true in the US, Sweden and Great Britain.







Country	Mental health	Equ	ally important		Physical health		K/Refusal
Saudi Arabia	23%		36%		29%		12%
India	17%		45%		30%	6	8%
Brazil	13%	34%)		36%		17%
Peru	11%	36%			36%		17%
Spain	11%	2	14%		35%		10%
China	10%		62%			24%	3%
South Africa	10%	26%		4	7%		16%
Australia	10%	27%			52%		11%
Sweden	10%	23%			58%		9%
Poland	10%	29%	29% 41%		21	%	
Italy	10%	439	43%		35%		12%
Malaysia	9%		65%			19%	7%
Belgium	8%	38%			38%		16%
Canada	8%	28%			51%		13%
US	8%	23%			61%		8%
South Korea	8%	38%			47%		7%
Hungary	8%	22%	3:	3%		38%	
Chile	8%	26%		52	2%		14%
Great Britain	7%	20%		649	%		9%
Mexico	7%	42%			35%		16%
Japan	7%	5	2%		30%		12%
France	7%	41%			32%	20	0%
Argentina	6%	36%			39%	2	0%
Turkey	6%	42%			38%		14%
Germany	5%	39%			39%		17%
Colombia	5%	35%		4	.0%	2	0%
Netherlands	4%	31%			53%		12%
Russia	4%	37%		31%		28%	
Serbia	3%	30%		44%		23%	%

Mental illness is an illness like any other

Of all countries surveyed, Brits are most likely to agree that mental illness is an illness like any other.







ountry	Agree			Neither/no	r Dis	sagree	K/Refusal
Great Britain		76%				9%	12% 3%
Sweden		74%			10	% 1	3% 3%
Russia		72%			7%	17%	4%
South Korea		72%			1	6%	11% 1%
Turkey		72%			7%	20%	6 1%
Australia		70%			13%	12'	% 5%
US	6	9%			11%	179	8%
Poland	67	%		7%		24%	2%
Canada	66	%		1	4%	179	<mark>6 3</mark> %
Spain	65%	,)		149	6	18%	4%
India	64%)		16	%	169	3%
South Africa	63%			10%		25%	2%
Serbia	59%			11%		27%	3%
China	58%			21%		19%	6 2%
Germany	56%			18%		21%	5%
Colombia	56%		8%			33%	2%
Hungary	56%			16%		25%	3%
Netherlands	55%		14	%		25%	6%
Saudi Arabia	54%			21%		18%	7%
Belgium	54%		1	6%		24%	5%
Italy	54%		•	19%		23%	4%
France	50%		17%		2	27%	6%
Chile	50%		12%		37	7%	2%
Malaysia	49%		15%		3	2%	4%
Argentina	49%		12%		359	%	4%
Mexico	45%	8%			44%		4%
Peru	45%	10%			43%		2%
Brazil	44%	14%	6		37%		5%
Japan	41%		4%		29	%	7%

We need to adopt a far more tolerant attitude toward people with mental illness in our society

Most countries agree that we need to be more tolerant when it comes to people with mental illness. South American countries are particularly likely to think this.







Country	Agree		Neither/r	nor Disa	<mark>gree</mark> Dk	(/Refusal
Mexico		85%			7%	7%1%
South Africa		85%			9%	6%%
Peru		85%			7%	8%1%
Chile		85%			8%	7%1%
Colombia		84%			8%	6%1%
Argentina		84%			8%	6% 2 _%
Serbia		80%			10%	8% 3%
Saudi Arabia		79%			12%	7% 2%
Great Britain		77%			14%	7% 3%
Malaysia		76%			15%	7% 3%
India		74%		1	5%	7% 3%
Spain		73%		15	%	9% 3%
Canada		73%		1	7%	8% 2%
Turkey		72%		9%	16%	4%
Australia		71%		16%	<u>6</u>	3 % 5%
Brazil		71%		14%	9%	6%
Sweden		71%		15%	1	1% 4%
US		69%		17%	1(0% 4%
Hungary		65%		17%	15%	6 3%
Russia		65%		17%	13%	5%
Italy		62%		24%	g	<mark>9% 4%</mark>
China		62%		24%		13% 1%
Belgium		51%	1	9%	13%	6%
Poland		51%	18	3%	17%	3%
Germany	6	51%		25%	109	% 5%
Netherlands	6	0%	21	%	13%	6%
France	6	0%	2:	3%	12%	6%
Japan	47%		30%		18%	5%
South Korea	31%	33%		34	1%	2%

Seeing a mental health professional is a sign of strength

In many countries, people agree that seeing a mental health professional is a sign of strength. In South Korea and Japan only around a quarter of people agree with this statement.







Country	Agree		Neithe	er/nor	Disagree	Don't k	know/Ref
Mexico		81%				13	% 49
Peru		78%				11%	9%
South Africa		78%				13%	7%
Serbia		77%				15%	4%
Colombia		74%				15%	9%
Chile		73%				16%	9%
Canada		72%				21%	5%
Turkey		71%			1	8%	9%
Sweden		71%			15%	%	9%
Brazil		71%			13%		11%
US		71%			19	9%	8%
Argentina		69%			189	%	9%
Saudi Arabia		69%			199	%	8%
Italy		69%			20%	6	8%
Great Britain		68%			219	%	8%
Netherlands		67%			18%		10%
Australia		67%			20%		8%
Malaysia		65%			17%	1	12%
Poland		64%			20%		11%
Spain		63%			23%		10%
India		63%			23%		9%
Belgium		61%		19	%	149	%
Germany		58%		2	8%		9%
Russia		55%		23%		15%	6
China	5	2%		32%			11%
Hungary	5	1%	22%			20%	6
France	499	%	309	6		14%	89
South Korea	28%	37%				32%	
Japan	24%	38%			29%		9%

Increased spending on mental health services is a waste of money

People in India, Saudi Arabia and China are most likely to agree that increased spending on mental health services is a waster of money.







ountry	Agree	Neither/nor	Disagree	DK/Refusa
India	27%	17%	52%	4
Saudi Arabia	25%	19%	50%	69
China	21%	17%	59%	3
Brazil	13% 11%		71%	59
Malaysia	13%	7%	67%	4
Russia	12% 14%		66%	7%
Germany	12% 18	%	65%	69
Belgium	12% 14%		69%	5
Peru	11% 9%		79%	1
Hungary	9% 17%		67%	59
Poland	9% 14%		75%	3
US	9% 12%		76%	3
Spain	9% 13%		74%	4
Sweden	8% 9%		77%	5%
South Africa	8% 14%		76%	1
Canada	8% 12%		78%	3
Turkey	8% 15%		74%	3
Netherlands	8% 12%		74%	69
France	8% 16%		70%	6%
Colombia	8% 11%		78%	2
Mexico	8% 12%		77%	2
Australia	8% 13%		74%	59
South Korea	7% 13%		78%	2
Japan	7% 20%		67%	5%
Great Britain	7% 9%		80%	3
Italy	7% 15%		73%	59
Chile	7% 8%		84%	2
Argentina	6% 11%		80%	2
Serbia	6% 16%		73%	5%

Anyone with a history of mental illness should be excluded from public office

Western European countries are the least likely to agree that anyone with a history of mental illness should be excluded from public office. In Russia, three quarters of people agree with the statement.







bouth Korea 42% 23% argentina 42% 20% polombia 41% 19% phina 40% 23% phina 40% 21% phile 38% 19% pain 37% 24% sc 34% 19% 41% sc 34% 19% 41% sc 34% 19% 41% sc 34% 19% 41% sc 32% 25% 40% ally 32% 20% 40% ally 32% 26% 34 audi Arabia 29% 24% 41% potential 25% 16% 50% stract 25% 16% 50% stract 25% 21% 50% stract 19% 23% 50% stract 18% 21% 50%	10% 11%
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Argentina	34%
Colombia 41% 19% China 40% 23% Malaysia 40% 21% Chile 38% 19% Chile 38% 19% Spain 37% 24% US 34% 19% 41% Adia 32% 25% 30% Staly 32% 20% 40% Staly 32% 26% 34 Staly 32% 26% 34 Staly 29% 24% 41% South Arbia 29% 24% 41% South Africa 27% 18% 52% Grazil 25% 16% 50% Surkey 25% 21% 50% Surkey 25% 21% 50% Surkey 23% 50% Surkey 23% 50% Surkey 23% 50% Surkey 21% 50% Surkey </td <td>33%</td>	33%
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Tanada 17% 20% 57%	
Belgium 15% 22% 55%	
Netherlands 21% 53%	11
reat Britain 12% 20% 62%	

Most adults diagnosed as having a mental health condition would get better over time without the help of doctors

People in India, Saudi Arabia are also the most likely to agree that most adults diagnosed as having a mental health condition would get better over time without the help of doctors.







India		44%			21%	30%	
Saudi Arabia		34%		26%		35%	
China	25%		22%			51%	
Brazil	20%	12	2%		62%		
Spain	17%	1:	9%		57%		
Malaysia	17%		22%		55%		
US	16%	15%			64%		
South Africa	16%	15%			68%		
Australia	15%	20%	Ď.		58%		
Mexico	13%	8%			74%		
Argentina	13%	8%			75%		
Turkey	13%	9%			74%		
Great Britain	13%	17%			63%		
Canada	13%	17%			66%		
Sweden	12%	13%			70%		
Peru	12%	7%			78%		
Colombia	12%	10%			74%		
Hungary	12%	19%			60%		
Belgium	11%	19%			58%		1
Italy	10%	18%			65%		
Chile	10% 1	0%			76%		
South Korea	10%	21%			66%		
Germany	9%	21%			61%		
France	9%	22%			57%		1
Poland	9%	18%			66%		
Netherlands	9%	18%			63%		
Russia	8% 1	4%			72%		
Japan	6% 169	%			74%		

Most children diagnosed as having a mental health condition would get better over time without the help of doctors

People in India, Saudi Arabia are also the most likely to agree that most children diagnosed as having a mental health condition would get better over time without the help of doctors.







