

# MIND HEALTH REPORT



**MEXICO**

February 2025



Public Affairs Contacts in Ipsos France

Etienne Mercier  
Adeline Merceron  
Sophie Morin  
Pierre Latrille  
Agathe Le Saux

© Ipsos | Mind Health Report 2024  
| Client Use Only | Strictly  
Confidential



# Methodology of the 2024 Wave

## TARGET

Survey conducted in **16 countries** among representative samples of the population aged 18 - 75 y.o. in each country. 1000 interviews per country except in Germany (n=2000)

**17 000 Interviews**



## COLLECTION DATES

From October 8th to November 11th 2024.



## METHODOLOGY

**Online** interviews via Ipsos Access Panel.  
Quota method applied to gender, age, occupation and region.

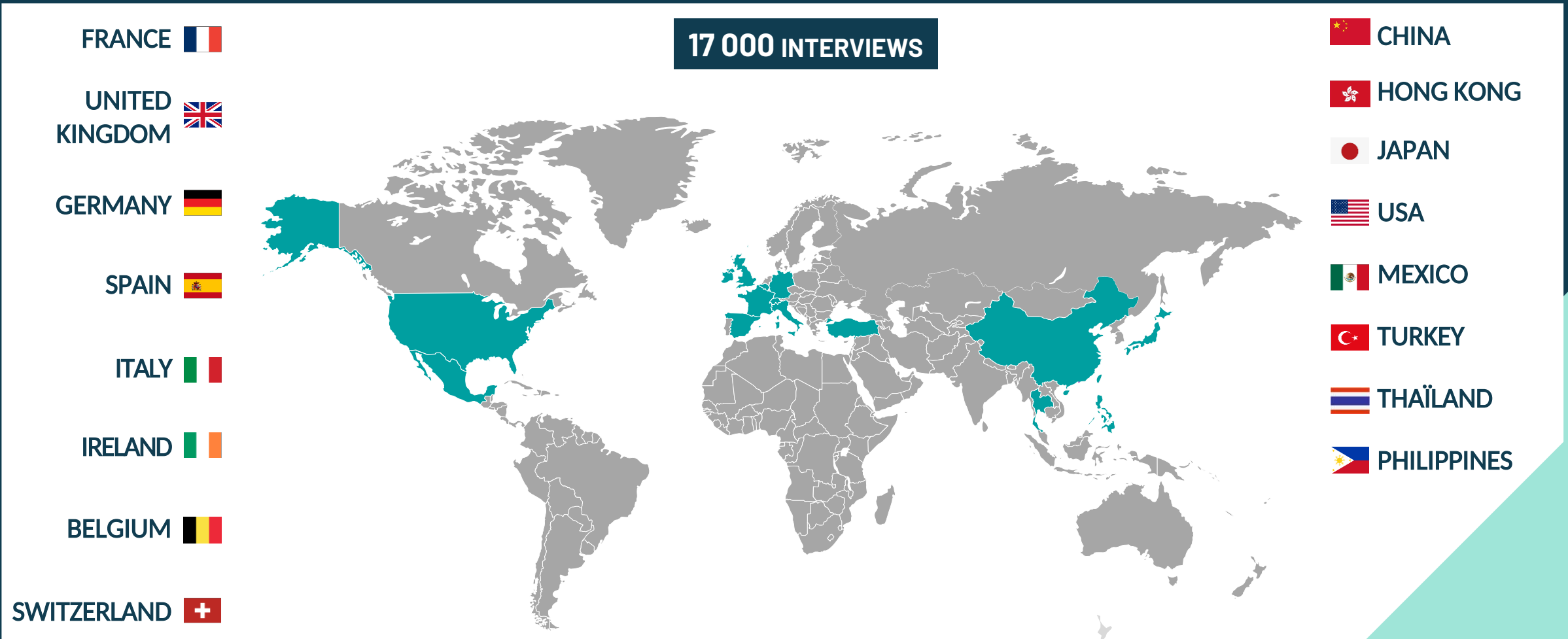
The data is weighted so that each country's sample composition best reflects the demographic profile of the adult population in terms of gender, age, occupation and country's regions. Additional weighting achieved in order to match with education and income outcome from the previous waves.



### Reading note

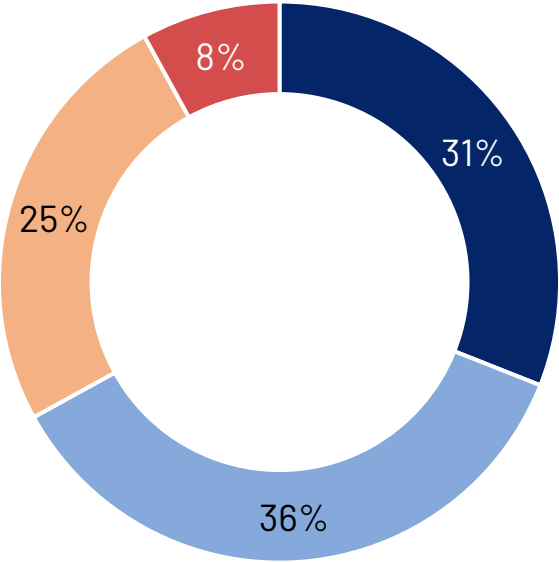
- The "All countries" average reflects the average result for all the countries where the survey was conducted. It has not been adjusted to the population size of each country or market and is not intended to suggest a total result.

# International scope: 16 countries covered



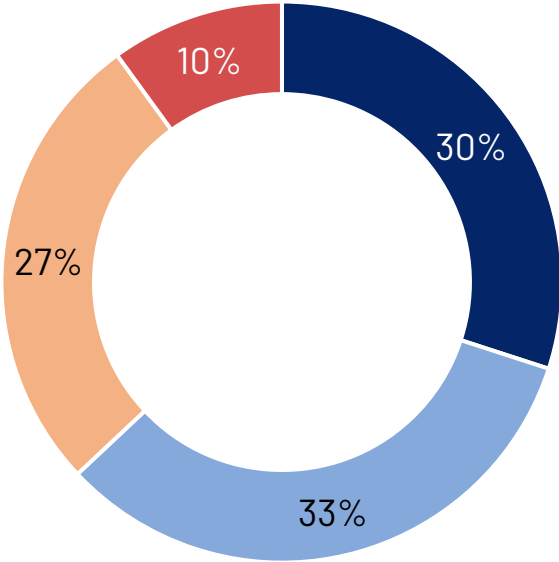
# MHI in Mexico

2022 MHI



Flourishing

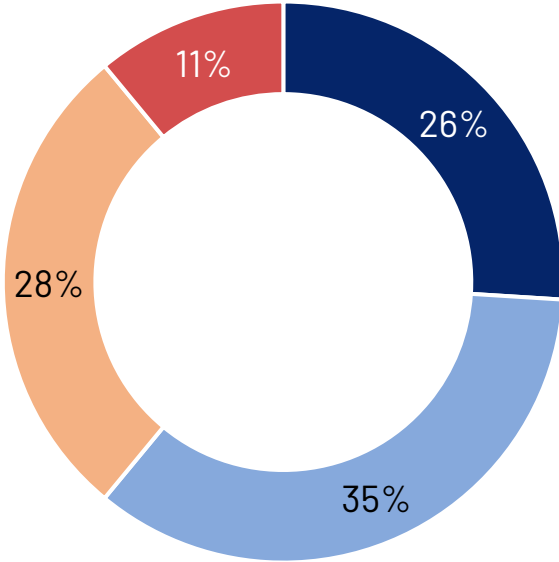
2023 MHI



Getting by

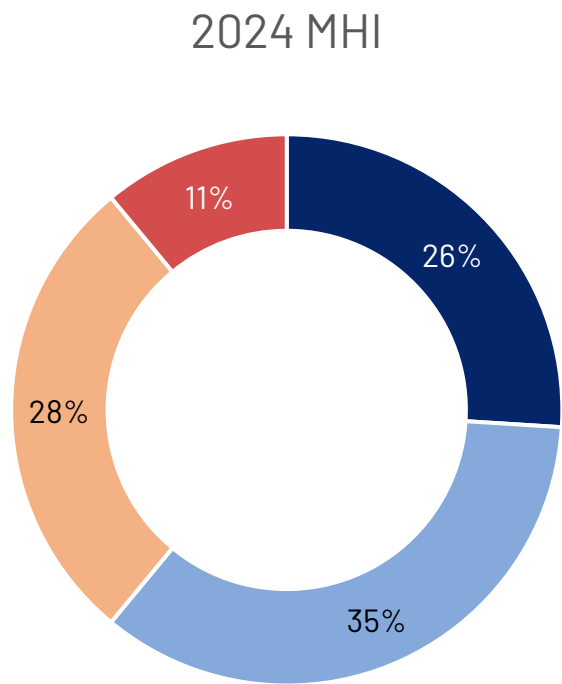
Languishing

2024 MHI



Struggling

# Mind Health Index: details per sex and age



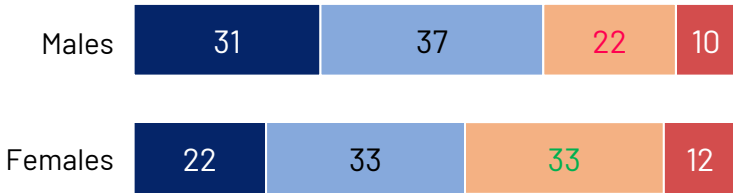
Flourishing

Getting by

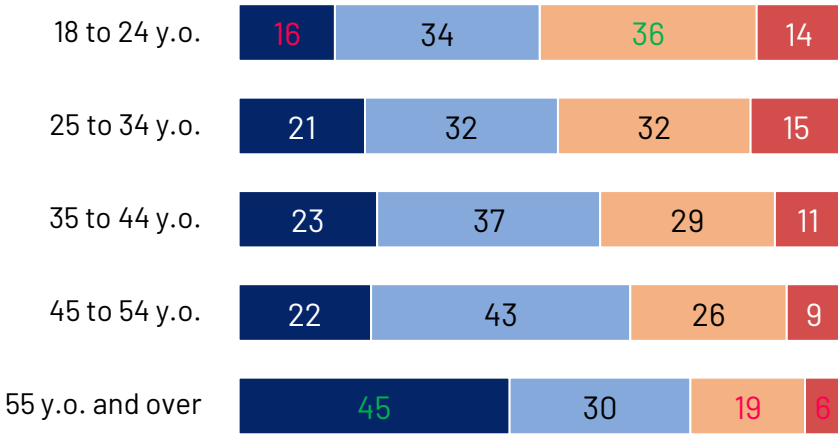
Languishing

Struggling

## Sex



## Age





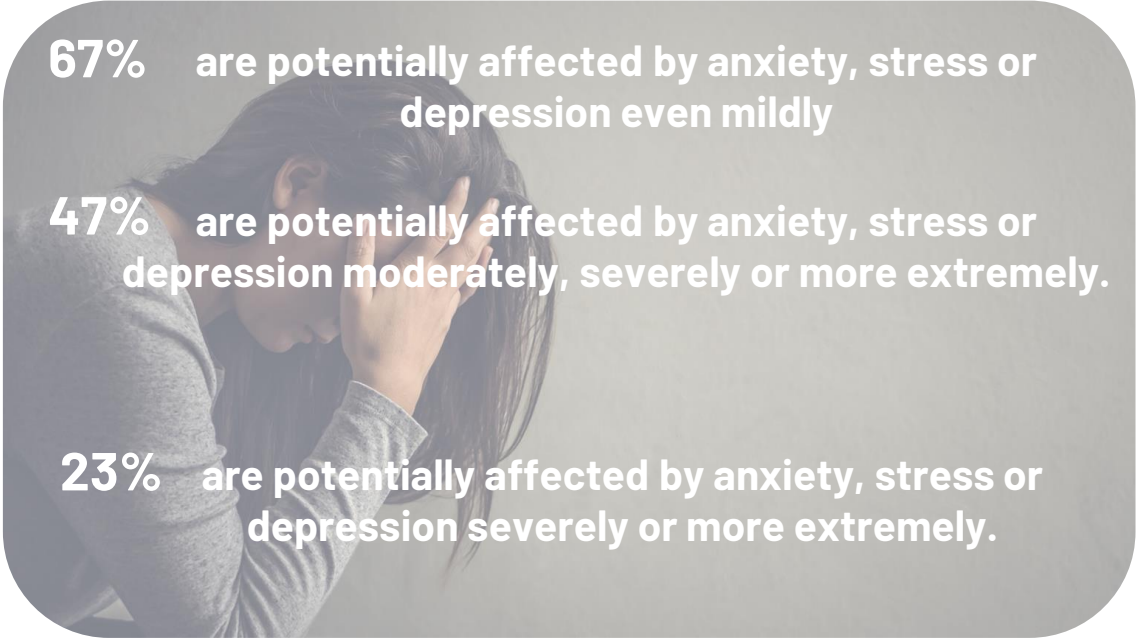
# Depression, anxiety, stress calculation

	ALL	2023 WAVE	2022 WAVE
DEPRESSION			
Extremely Severe	4	4	3
Severe	11	9	7
Moderate	6	5	6
Mild	25	23	25
Normal	54	59	59
		41	41
ANXIETY			
Extremely Severe	3	2	2
Severe	2	3	1
Moderate	4	4	3
Mild	12	11	10
Normal	79	80	84
		20	16
STRESS			
Extremely Severe	6	5	5
Severe	13	12	12
Moderate	26	24	29
Mild	17	20	18
Normal	38	39	36
		61	64

67% are potentially affected by anxiety, stress or depression even mildly

47% are potentially affected by anxiety, stress or depression moderately, severely or more extremely.

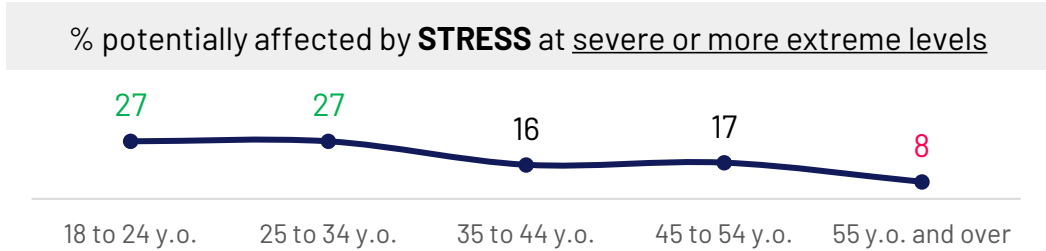
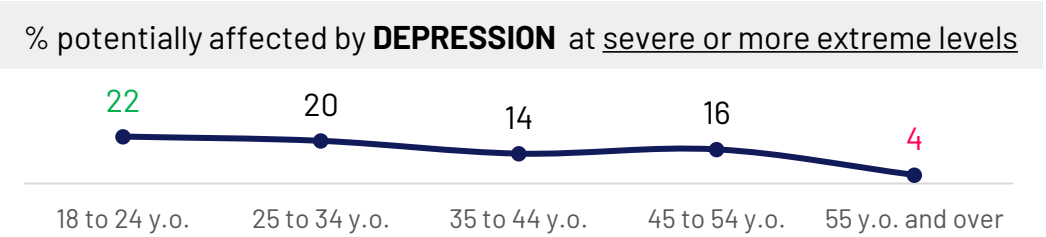
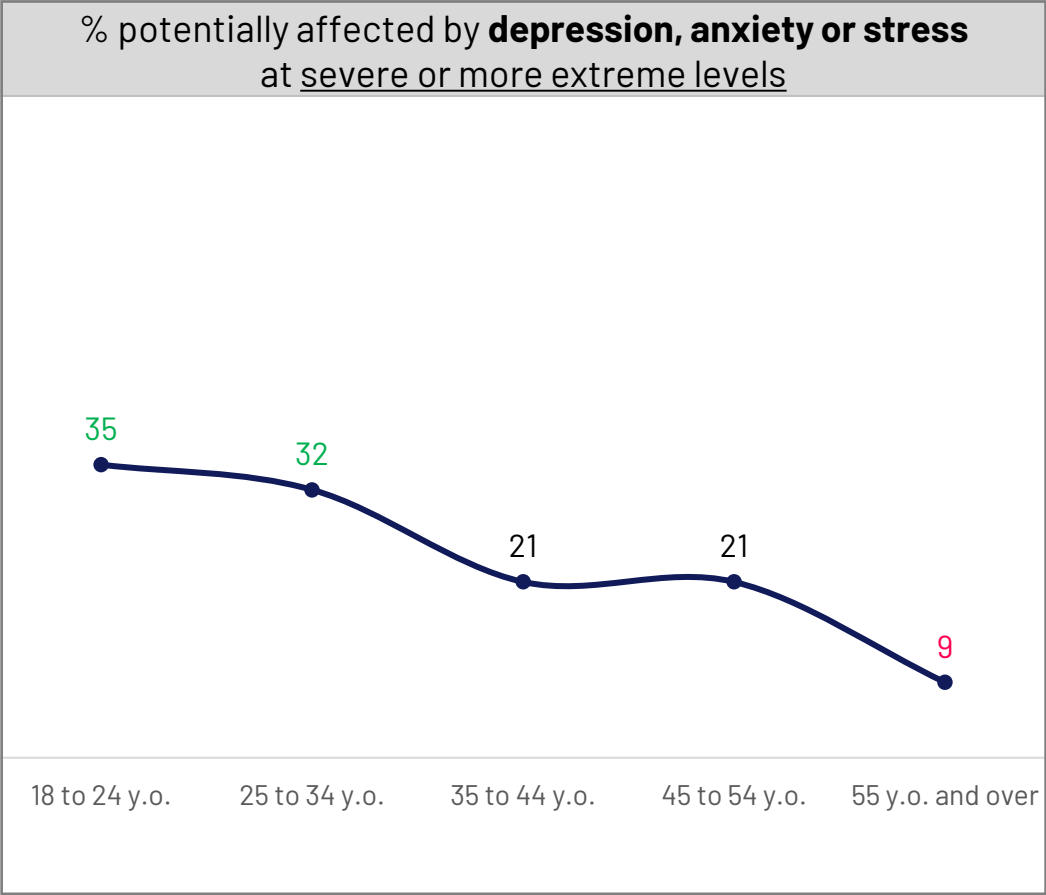
23% are potentially affected by anxiety, stress or depression severely or more extremely.



QA15 : Please indicate how much each statement applied to you OVER THE PAST WEEK  
Base : To all

# Depression, anxiety, stress calculation

## Details per age



# Current mental health conditions

Details per gender and age



PROFILES

	ALL	Gender		Age				
		Males 446	Females 554	18-24 158	25-34 238	35-44 213	45-54 157	55+ 234
I do not currently have a mental health condition	56	61	52	48	50	56	58	66
Are currently suffering from mental health condition	38	34	41	47	42	39	35	27
Depression	20	19	21	23	23	21	22	13
Anxiety disorder, phobia or PTSD	14	12	15	20	19	13	10	9
Obsessive compulsive disorder	6	5	6	9	7	8	6	1
Eating disorder (i.e. Anorexia/bulimia/binge eating disorder etc.)	3	2	4	5	3	3	2	2
Substance abuse disorder	2	2	1	2	4	2	1	0
Schizophrenia, bipolar or related disorders	2	3	1	2	4	1	1	2
Other	5	5	5	2	6	6	5	6
Prefer not to answer	6	5	7	5	8	5	7	7

QA5 : Are you currently experiencing any of the following mental health conditions ?  
Base : To all

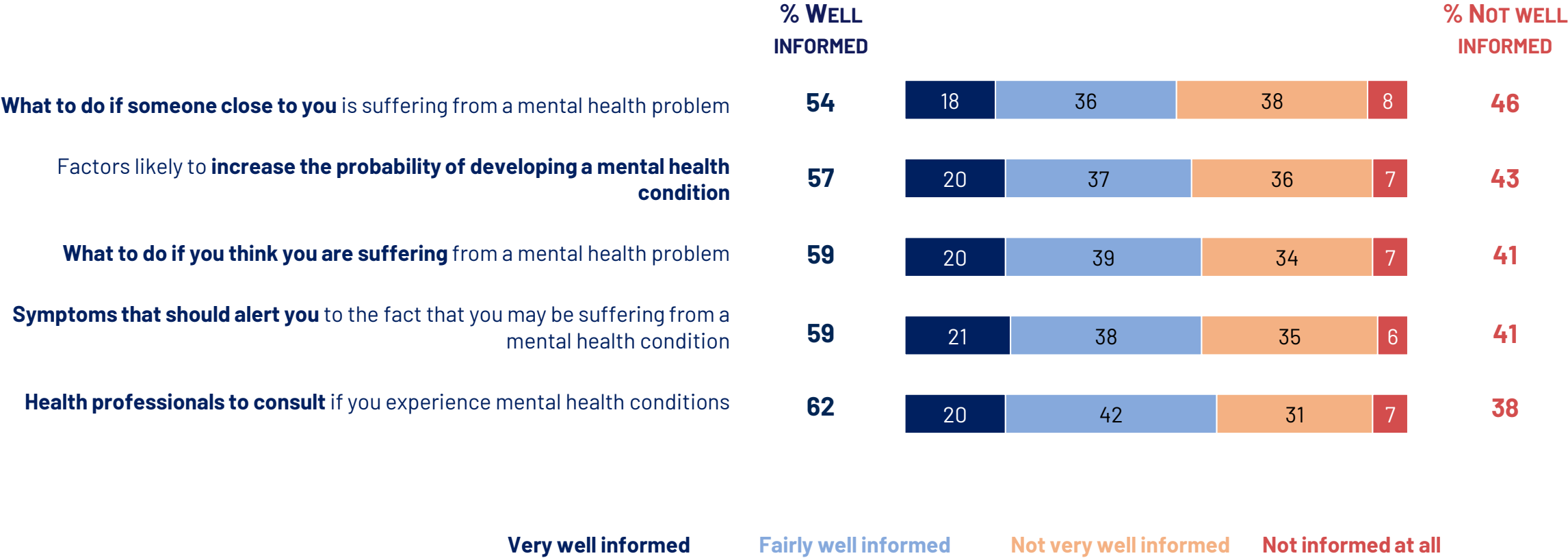
Several possible answers (total may be superior to 100)



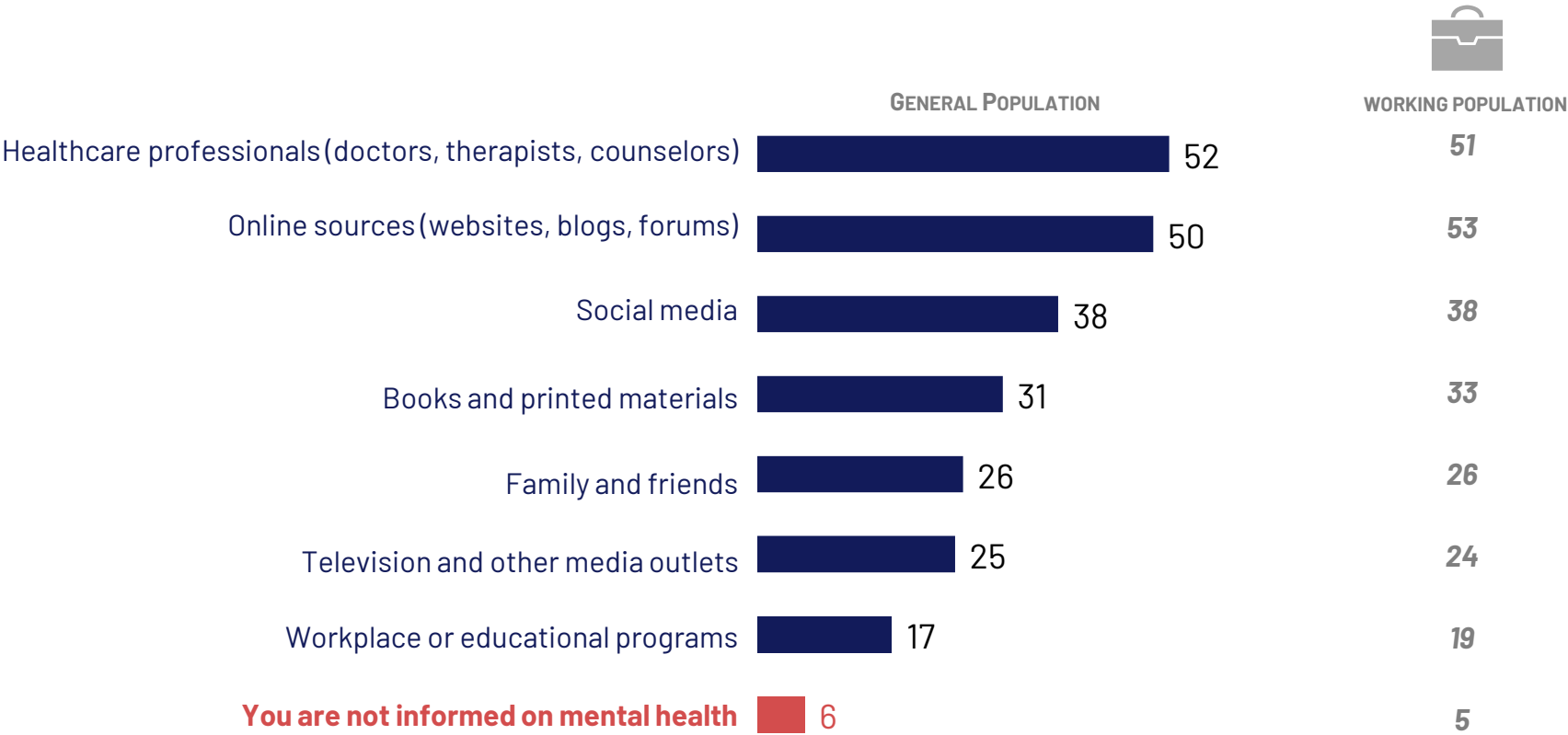
# MENTAL HEALTH AWARENESS AND COMMUNICATION

# 02

# Level of information regarding mental health



# Source of information related to mental health



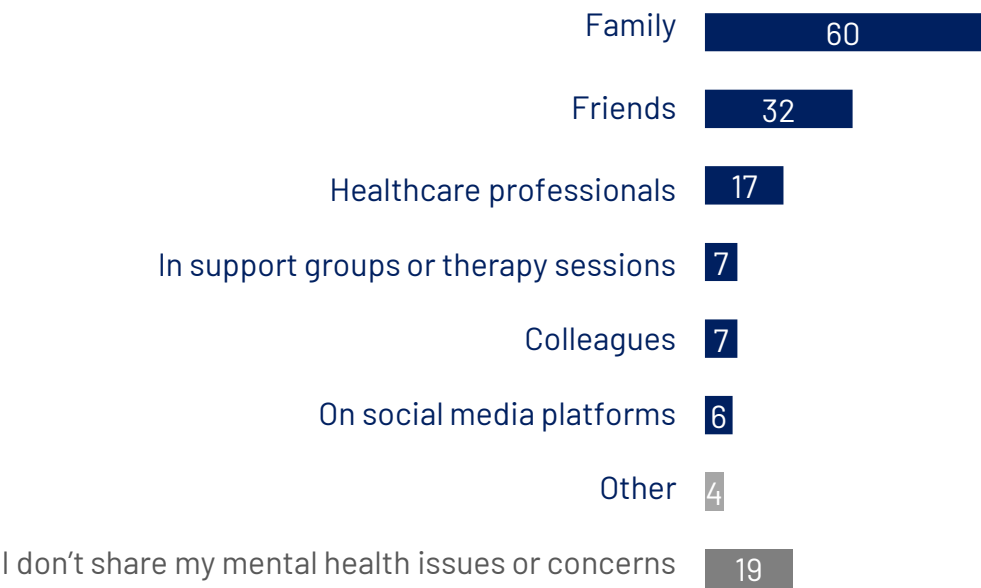
V4Q2: From which sources do you primarily obtain your mental health information?

Base : All

© Ipsos | Mind Health Report 2024 | Client Use Only | Strictly Confidential

# From whom people share their mental health concerns

## From whom people share their mind health concerns?



## Whom do people trust to provide support?



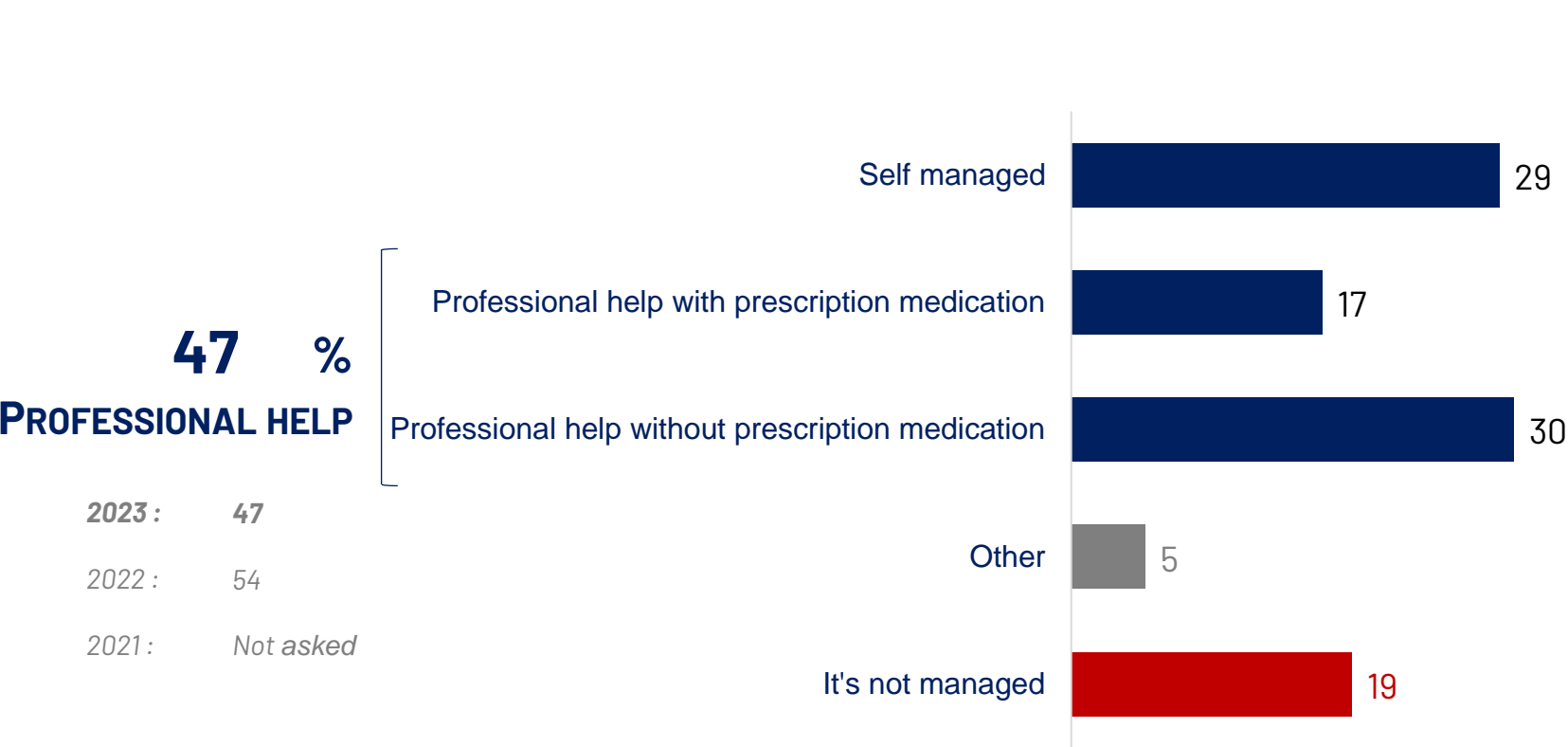
Strongly agree   Agree   Neither agree or disagree   Disagree   Strongly disagree

# APPROACHES TO MIND HEALTH MANAGEMENT

# 03



# Management of the current conditions



REMINDERS		
2023	2022	2021
33	28	--
20	23	--
27	31	--
6	4	--
14	14	--

QA7B : How is this condition currently managed?  
Base : Individuals with current mental health conditions, N = 377

# Actions taken to self manage one's mental health condition

Base : Individuals with current mental health conditions which are self-managed, N = 109



2,9  
actions on average

V4Q5: Which of the following actions do you take to self-manage your current mental health condition?



# Use of AI mental health applications or services

31 % have already used one of these AI app or platforms

An **AI-powered virtual therapist chatbot** that offers support, guidance, and coping strategies

A mindfulness and **meditation app** that utilizes AI

An **AI-driven sleep tracking app** that analyzes sleep patterns and provides tailored suggestions

A **digital journaling app** that employs AI to identify negative thought patterns and offers reframing techniques and positive affirmations

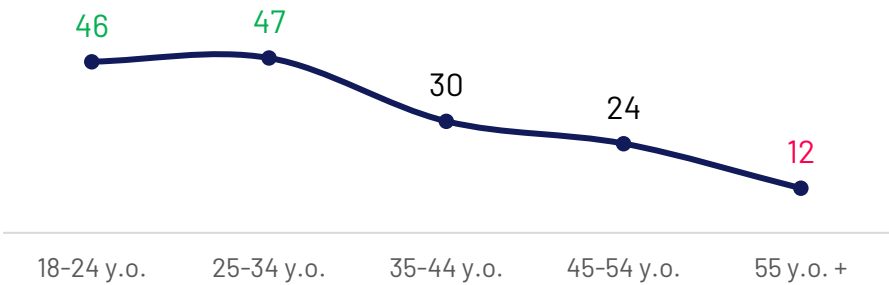
An **AI-powered goal-setting and habit formation app** that helps users establish and maintain healthy routines

A **social support app** that uses AI to connect individuals with similar mental health concerns

An **AI-assisted therapy platform** that matches users with licensed therapists for virtual sessions



According to respondent's age



According to current mental health condition

- People with current mental health condition: 43
- People without mental health condition: 24

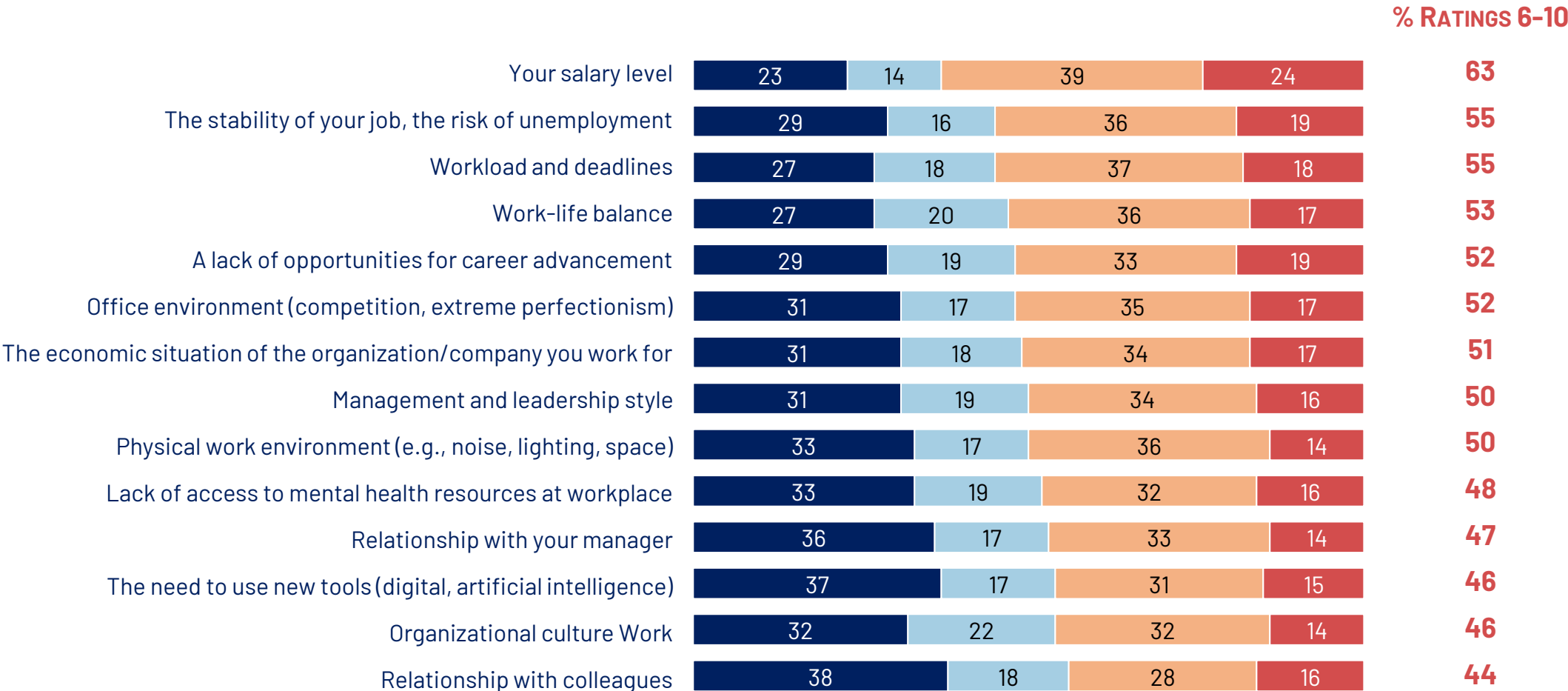
# MIND HEALTH AT WORKPLACE



WORKING POPULATION

# 04

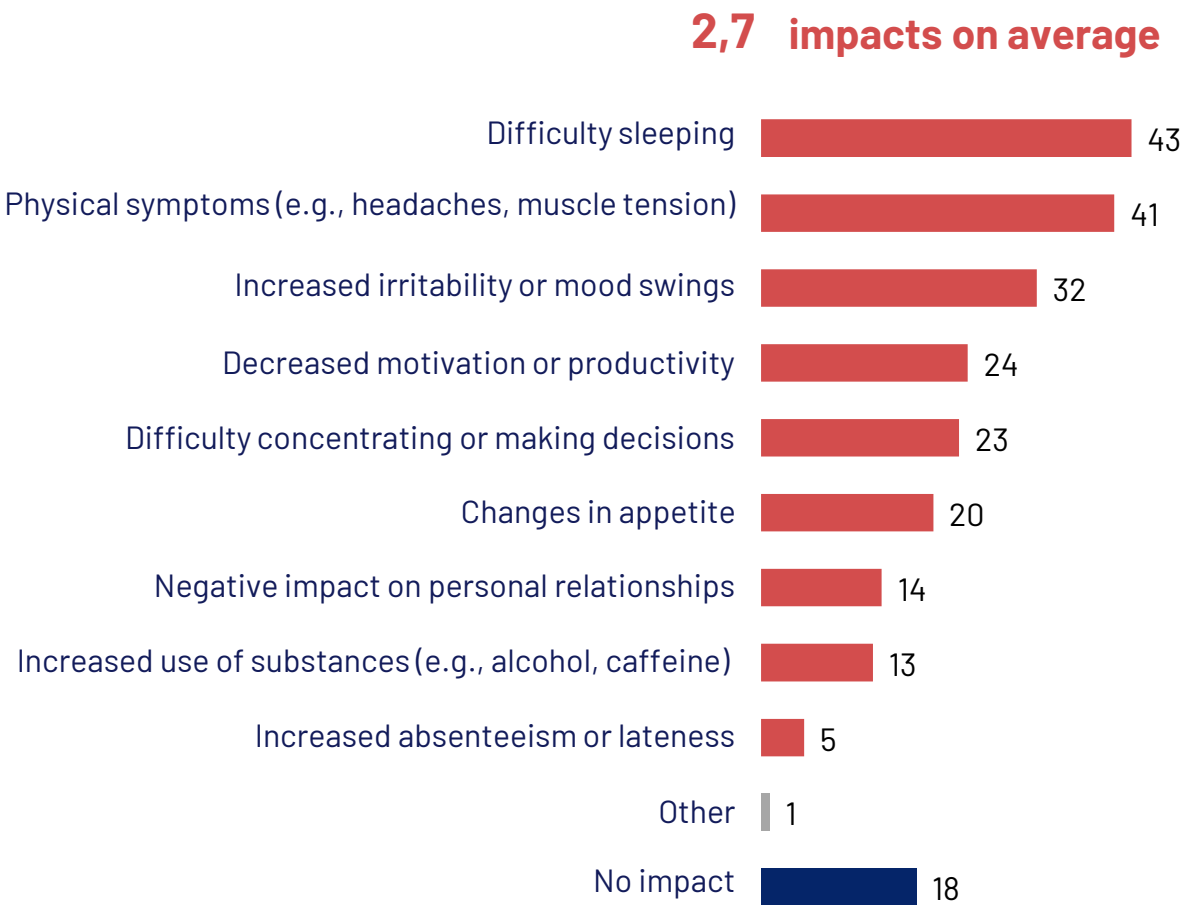
# Work-related impact on mental health



Notes 0 to 3    Notes 4 to 5    Note 6-8    Note 9 to 10

# Work-related stress impact in their daily life

Base : Working population with work-related stress (n = 651)

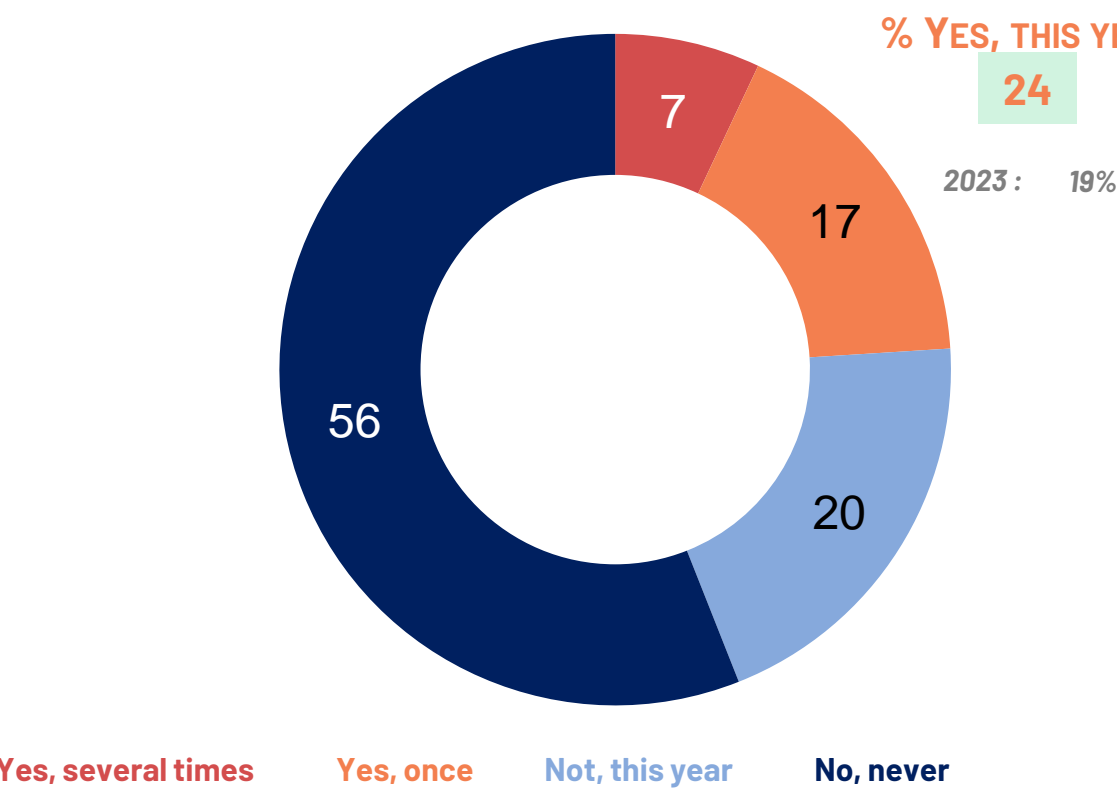


**% At least one impact:  
82**



V4Q15: How has work-related stress impacted your daily life?

# Sick leave for mental/psychological health



## SIGNIFICANT PROFILES:

Gender		Age				
Males	Females	18-24	25-34	35-44	45-54	55+
22	26	31	34	26	15	11

Occupation			In charge of management	
High	Intermediate	Elementary	Yes	No
27	22	25	27	19

Size of the company/organization			
Less than 50	50-249	250-999	1000+
23	27	23	21

V3Q19: Over the last 12 months, have you been on sick leave for problems related to your mental/psychological health ?  
Base : working population, n = 690

# Actions planned to manage work-related stress

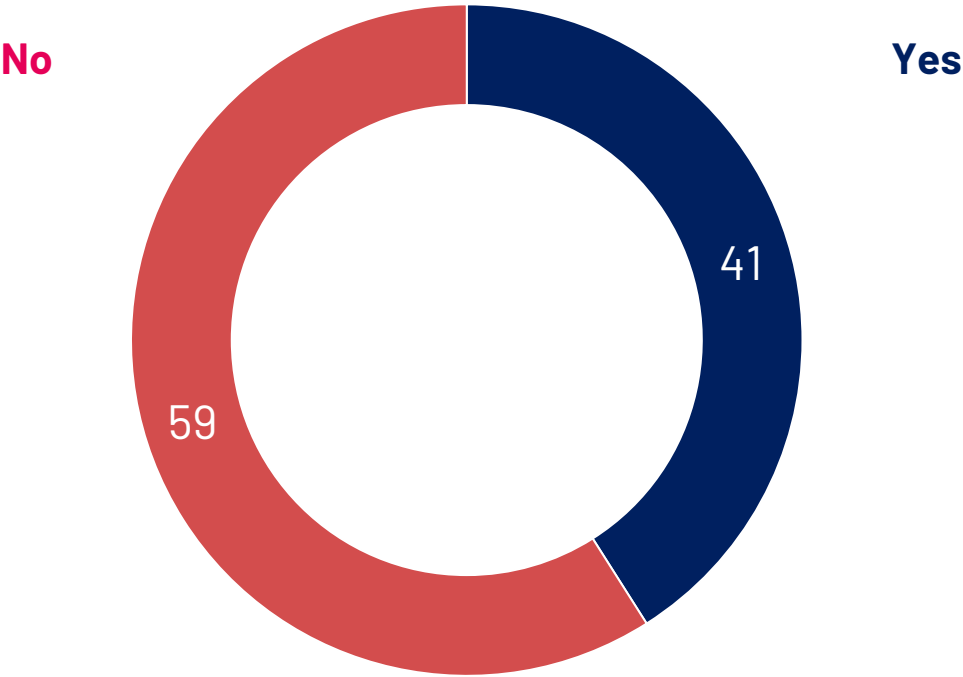
Base : Working population with work-related stress (n = 651)



% At least one action  
89

V4Q16: What actions do you plan to take to manage work-related stress?

# Workplace policies in place to support mental health and wellbeing



### %YES: SIGNIFICANT PROFILES:

Gender		Age				
Males	Females	18-24	25-34	35-44	45-54	55+
44	38	53	56	34	27	35

- Those potentially affected by anxiety, stress or depression at severe or more extreme levels: 40
- Those with a high (Ratings 9-10) Professional stress self-evaluation: 42

Occupation			In charge of management	
High	Intermediate	Elementary	Yes	No
56	38	39	51	31

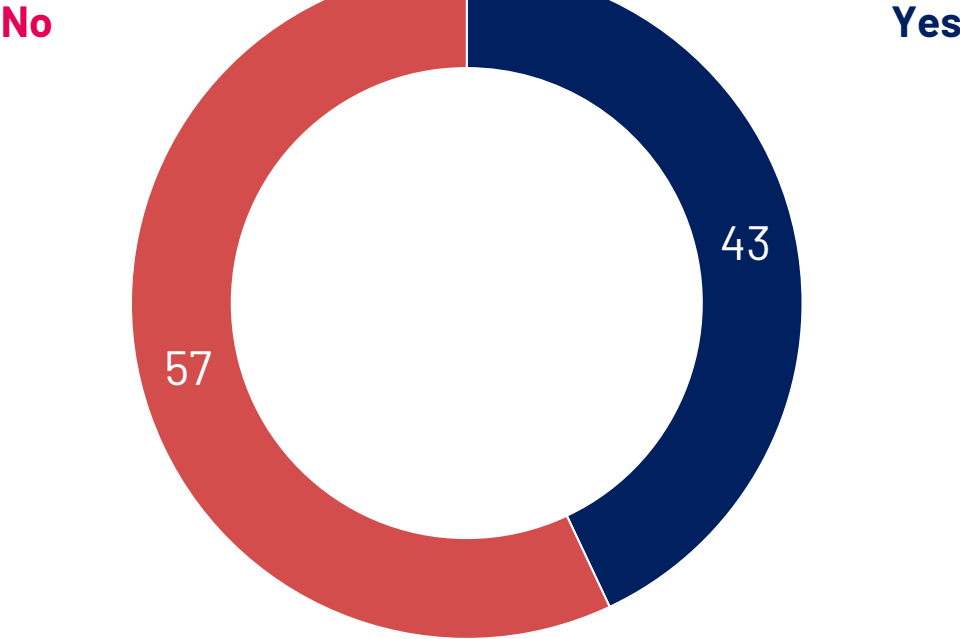
Size of the company / organization			
Less than 50	50-249	250-999	1000+
30	51	53	62

Industry							
n=37		n=47		n=25		n=25	
Manufacturing & Construction	Industry	Retail	Engineering	Healthcare & Social	Services	Transport & Storage	Education, Public services
48	56	35	44	62	34	50	42

V4Q11: Does your workplace have policies in place to support mental health and wellbeing?  
Base : Working population (n = 690)  
© Ipsos | Mind Health Report 2024 | Client Use Only | Strictly Confidential



# Expectation for Workplace policies



## %YES: SIGNIFICANT PROFILES:

Gender		Age				
Males	Females	18-24	25-34	35-44	45-54	55+
39	48	42	60	47	30	31

- Those potentially affected by anxiety, stress or depression at severe or more extreme levels: 44
- Those with a high (Ratings 9-10) Professional stress self-evaluation: 51

Occupation			In charge of management	
High	Intermediate	Elementary	Yes	No
49	43	40	51	34

Size of the company / organization			
Less than 50	50-249	250-999	1000+
34	52	57	53

Industry							
n=37		n=47		n=25		n=25	
Construction	Industry Trade	Engineering, legal...	Health care & social	Services	Transport	Education, public administration	
53	50	41	43	64	35	45	39

V4Q13: Do you expect mental health support from your employer?  
Base : Working population (n = 690)