

MIND HEALTH REPORT



Country report: MEXICO

2026



Ipsos bva France contacts

Etienne Mercier
Adeline Merceron
Sophie Morin
Pierre Latrille
Agathe Le Saux

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2026 Mind Health Report – Methods



SAMPLES AND COLLECTION DATES

19 000 participants

Survey conducted in **18 countries** from January 12th to February 16th 2026 among representative samples of the population aged 18 - 75 y.o. in each country. 1000 interviews per country except in Germany (n=2000)



METHODOLOGY

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

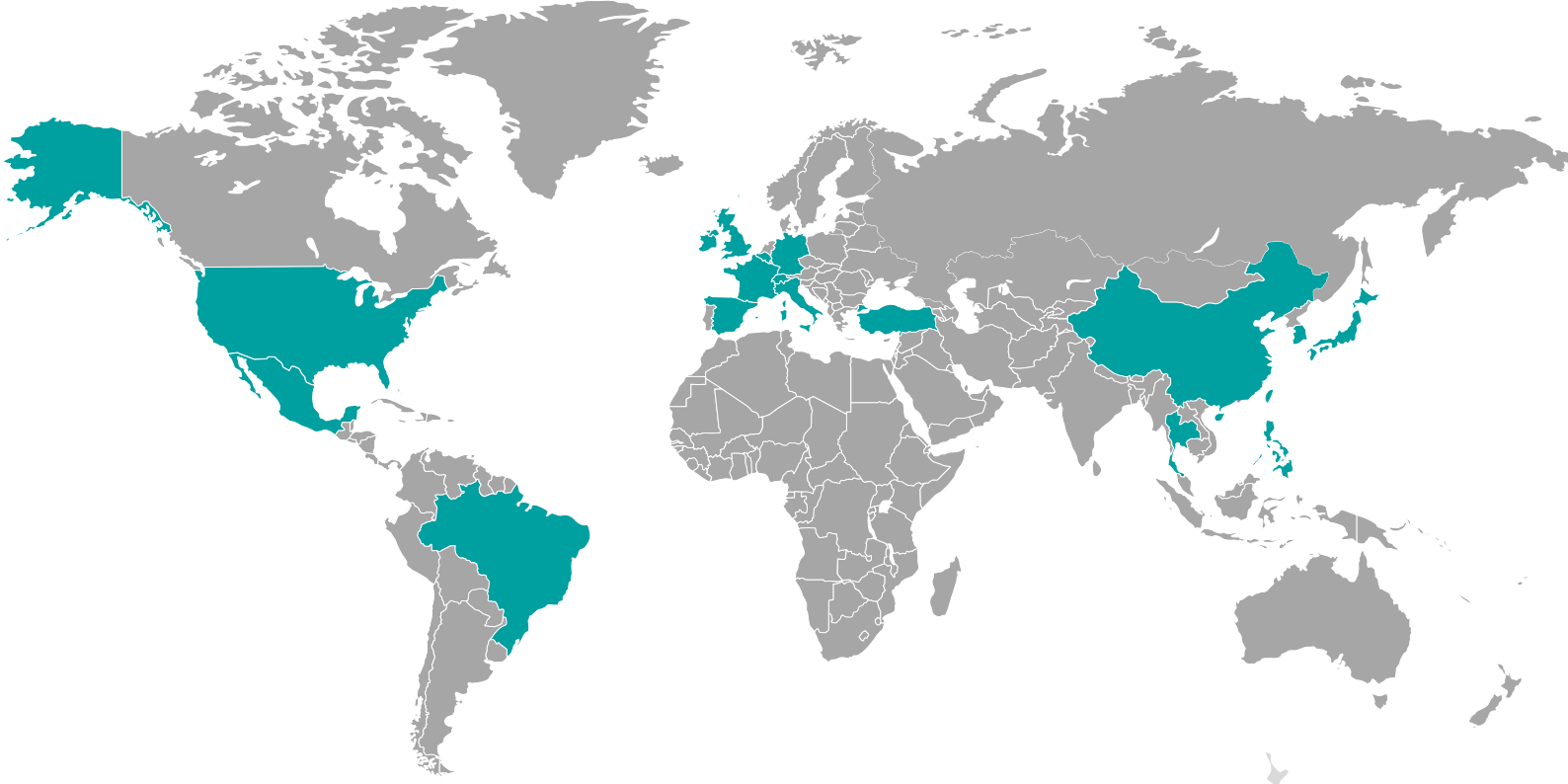
The data is weighted so that each country's sample composition best reflects the demographic profile of the adult population in terms of gender, age, occupation and country's regions. Additional weighting achieved in order to match with education and income outcome from the previous waves.










- The data from this report is derived from **self-reported survey responses**, not from medical statistics.
- 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 'world' result.
- Differences compared to the total population are displayed with signs (+/-) to improve your reading (99%).
- Evolution compared to the previous wave is highlighted with arrows ▲▼
- AXA proposes maintaining the evolution calculation despite the inclusion of two new countries for simpler communication of the results

International scope: 18 countries covered

19 000 RESPONDENTS

- USA 
- MEXICO 
- BRAZIL  *New*
- UNITED KINGDOM 
- IRELAND 
- FRANCE 
- SPAIN 
- ITALY 
- BELGIUM 



-  SWITZERLAND
-  GERMANY
-  TURKEY
-  CHINA
-  HONG KONG
-  SOUTH KOREA *New*
-  JAPAN
-  PHILIPPINES
-  THAILAND

MIND HEALTH EVALUATION

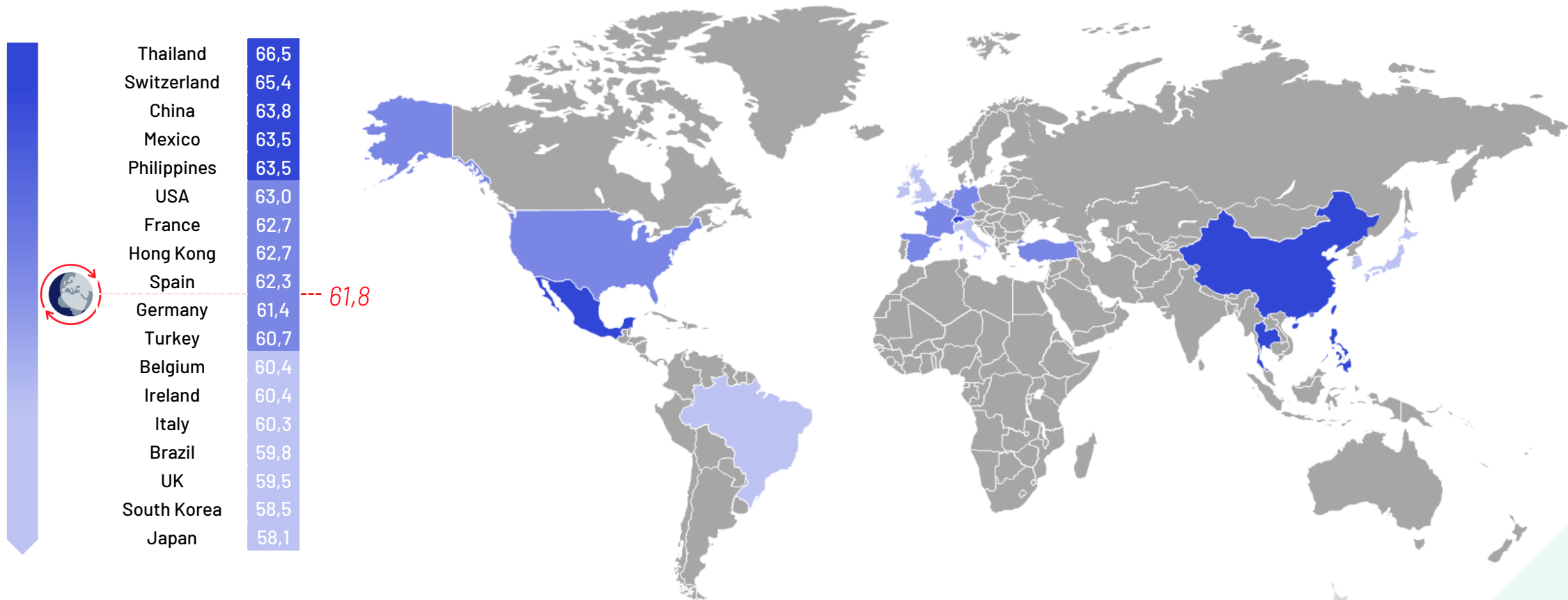
01

Mind health index in 2026

The Mind Health Index, creation from AXA therefore consists of three groups of questions that relate to either positive actions, modifiers or psychological wellbeing outcomes. The scoring system used allowed these questions to be scored, scaled and aggregated into a single Mind Health Index score. **The overall index and every sub-index are scored between 0 to 100, with 100 being optimal.**

To help elucidate the significance of a score Axa have defined 4 categories of results for the MHI:

- **FLOURISHING**: A score of 74 and above represents the pinnacle of mental health, encompassing the presence of good social, psychological and emotional wellbeing. Flourishing individuals do well across a range of mental wellbeing determinates and outcomes.
- **GETTING BY**: A score between 61-74 describes those who may have some areas of good wellbeing but not enough to be reach the state of flourishing. Those getting by may experience a dampened sense of wellbeing compared to those who are flourishing.
- **LANGUISHING**: A score between 46-61 represents the absence of positive wellbeing. If you are languishing you are not functioning at full capacity, you may feel unmotivated and struggle to focus. Those who are languishing are at an increased risk of developing mental illness.
- **STRUGGLING**: A score less than 46. The absence of wellbeing in most areas is likely to result in struggle and difficulty. Struggling is associated with emotional distress and psychosocial impairment.



For further information about the index, please refer to: [545223_2962134_Mind_Health_Whitepaper-Jan_2023_V4](#)

Country Mind Health Index Evolution



i The Mind Health Index, creation from AXA therefore consists of three groups of questions that relate to either positive actions, modifiers or psychological wellbeing outcomes. The scoring system used allowed these questions to be scored, scaled and aggregated into a single Mind Health Index score. The overall index and every sub-index are scored between 0 to 100, with 100 being optimal.

Flourishing

A score of 74 and above represents the pinnacle of mental health. Encompassing the presence of good social, psychological and emotional wellbeing. Flourishing individuals do well across a range of mental wellbeing determinates and outcomes.

Getting by

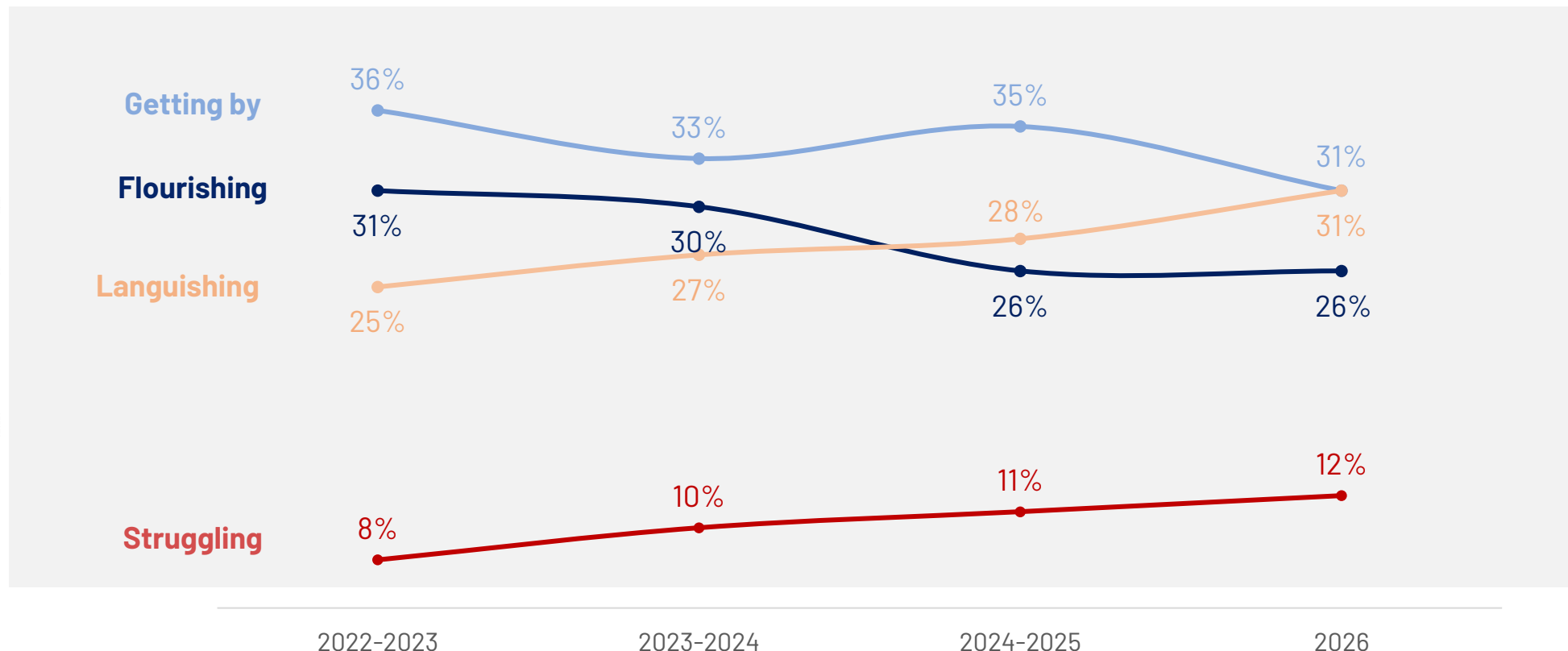
A score between 61-74 describes those who may have some areas of good wellbeing but not enough to be reach the state of flourishing. Those getting by may experience a dampened sense of wellbeing compared to those who are flourishing.

Languishing

A score between 46-61 represents the absence of positive wellbeing. If you are languishing you are not functioning at full capacity, you may feel unmotivated and struggle to focus. Those who are languishing are at an increased risk of developing mental illness.

Struggling

A score less than 46. The absence of wellbeing in most areas is likely to result in struggle and difficulty. Struggling is associated with emotional distress and psychosocial impairment.



i Please note that since the 2022-2023 wave, AXA has slightly altered the calculation of the Mind Health Index.

1 000 RESPONDENTS



Mind Health Index Evolution



i The Mind Health Index, creation from AXA therefore consists of three groups of questions that relate to either positive actions, modifiers or psychological wellbeing outcomes. The scoring system used allowed these questions to be scored, scaled and aggregated into a single Mind Health Index score. The overall index and every sub-index are scored between 0 to 100, with 100 being optimal.

Flourishing

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Getting by

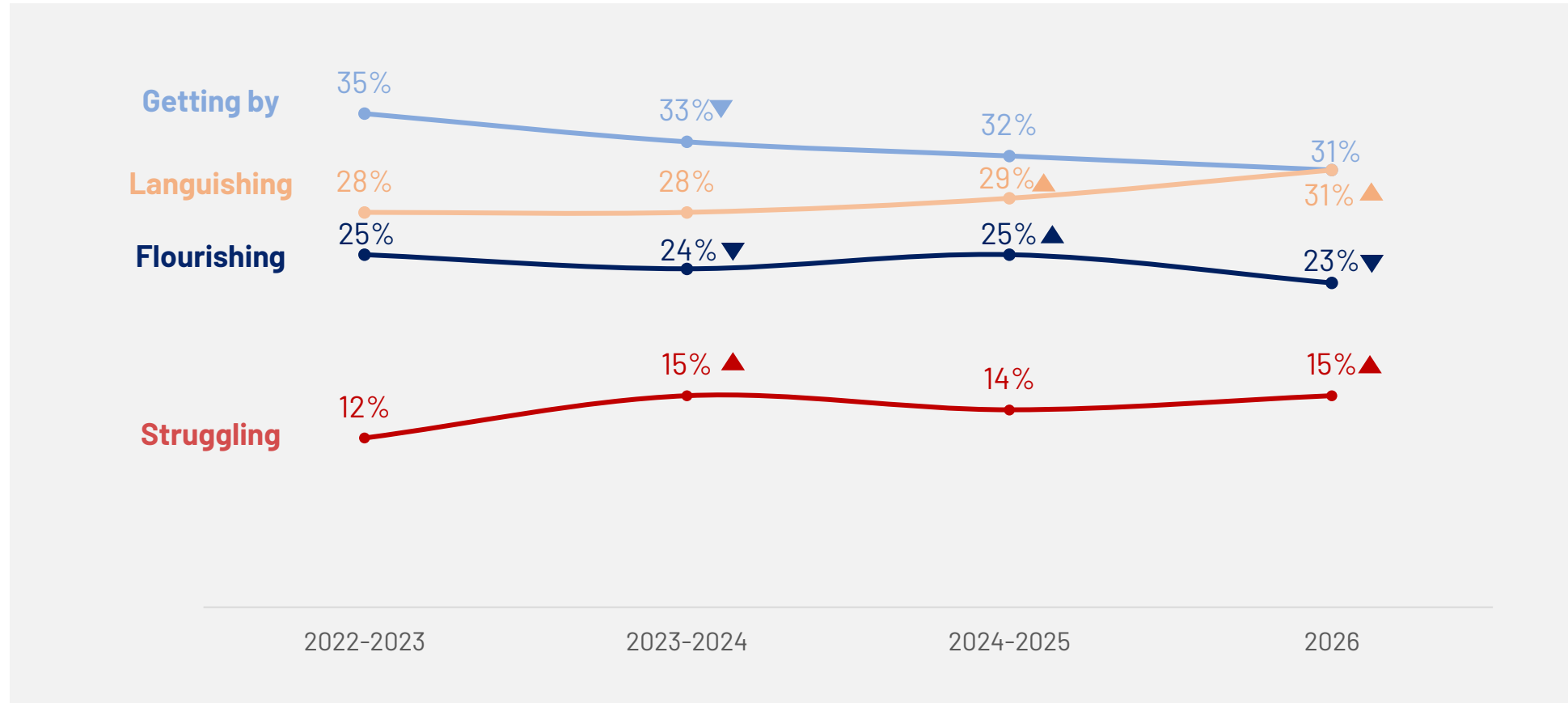
A score between 61-74 describes those who may have some areas of good wellbeing but not enough to be reach the state of flourishing. Those getting by may experience a dampened sense of wellbeing compared to those who are flourishing.

Languishing

A score between 46-61 represents the absence of positive wellbeing. If you are languishing you are not functioning at full capacity, you may feel unmotivated and struggle to focus. Those who are languishing are at an increased risk of developing mental illness.

Struggling

A score less than 46. The absence of wellbeing in most areas is likely to result in struggle and difficulty. Struggling is associated with emotional distress and psychosocial impairment.



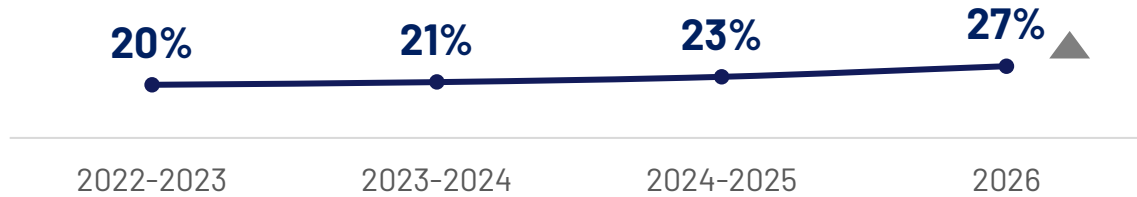
19 000 RESPONDENTS

Depression, Anxiety, Stress Scores Evolution

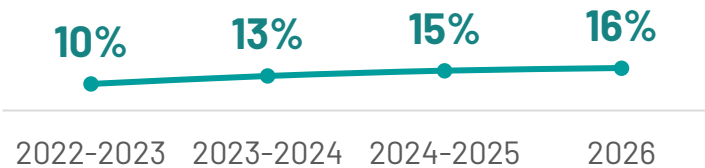
Depression Anxiety Stress Scoring (DASS-9), a 9-item version, is a self-report instrument designed to assess the severity of the core symptoms of depression, anxiety and stress.

27%

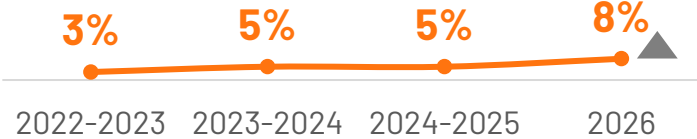
potentially affected by **depression, anxiety or stress** at severe or more extreme levels



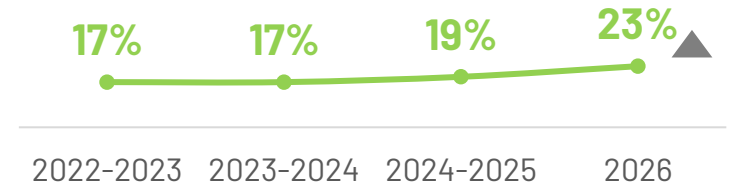
Depression
16%



Anxiety
8%



Stress
23%



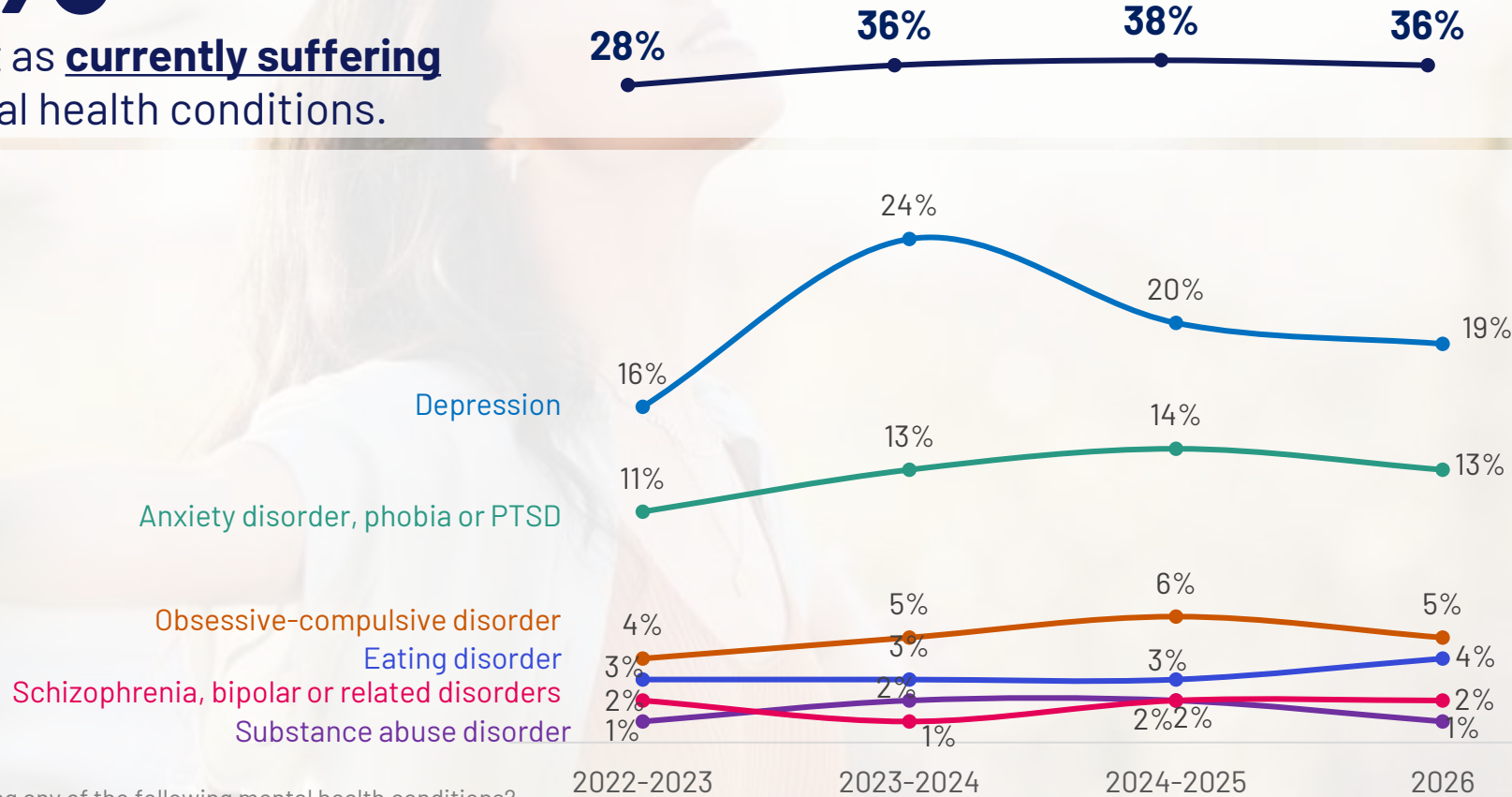
QA15 : Please indicate how much each statement applied to you OVER THE PAST WEEK

1 000 RESPONDENTS

Self-report of **Mental Health conditions**

36%

self-report as **currently suffering** from mental health conditions.



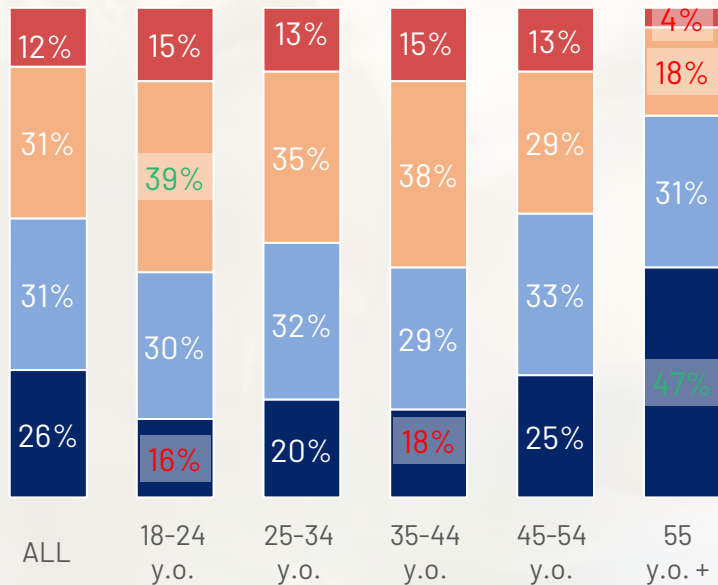
A5. Are you currently experiencing any of the following mental health conditions?

1 000 RESPONDENTS

Mind Health : generational divide

Mind Health Index

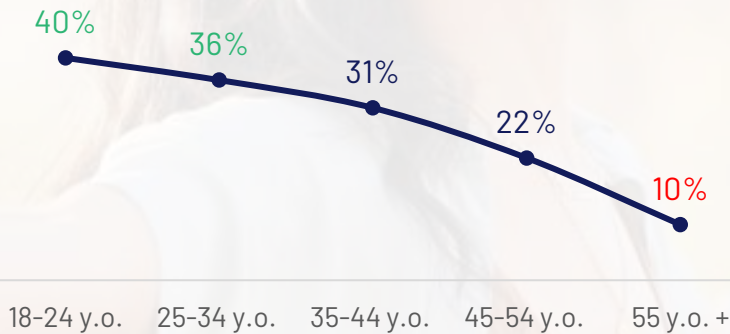
Flourishing, Getting by, Languishing, Struggling



DASS

% potentially affected by depression, anxiety or stress at severe or more extreme levels

27%

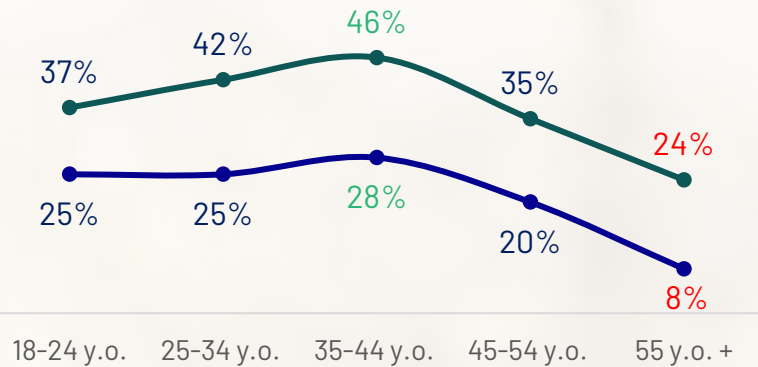


Depression Anxiety Stress Scoring (DASS-9), a 9-item version, is a self-report instrument designed to assess the severity of the core symptoms of depression, anxiety and stress.

Mental health conditions

36% self report current mental health conditions

21% self-report being DIAGNOSED with a mental health condition (+)



A5. Are you currently experiencing any of the following mental health conditions?

A5B. Do you have a current diagnosis of the following mental health conditions?

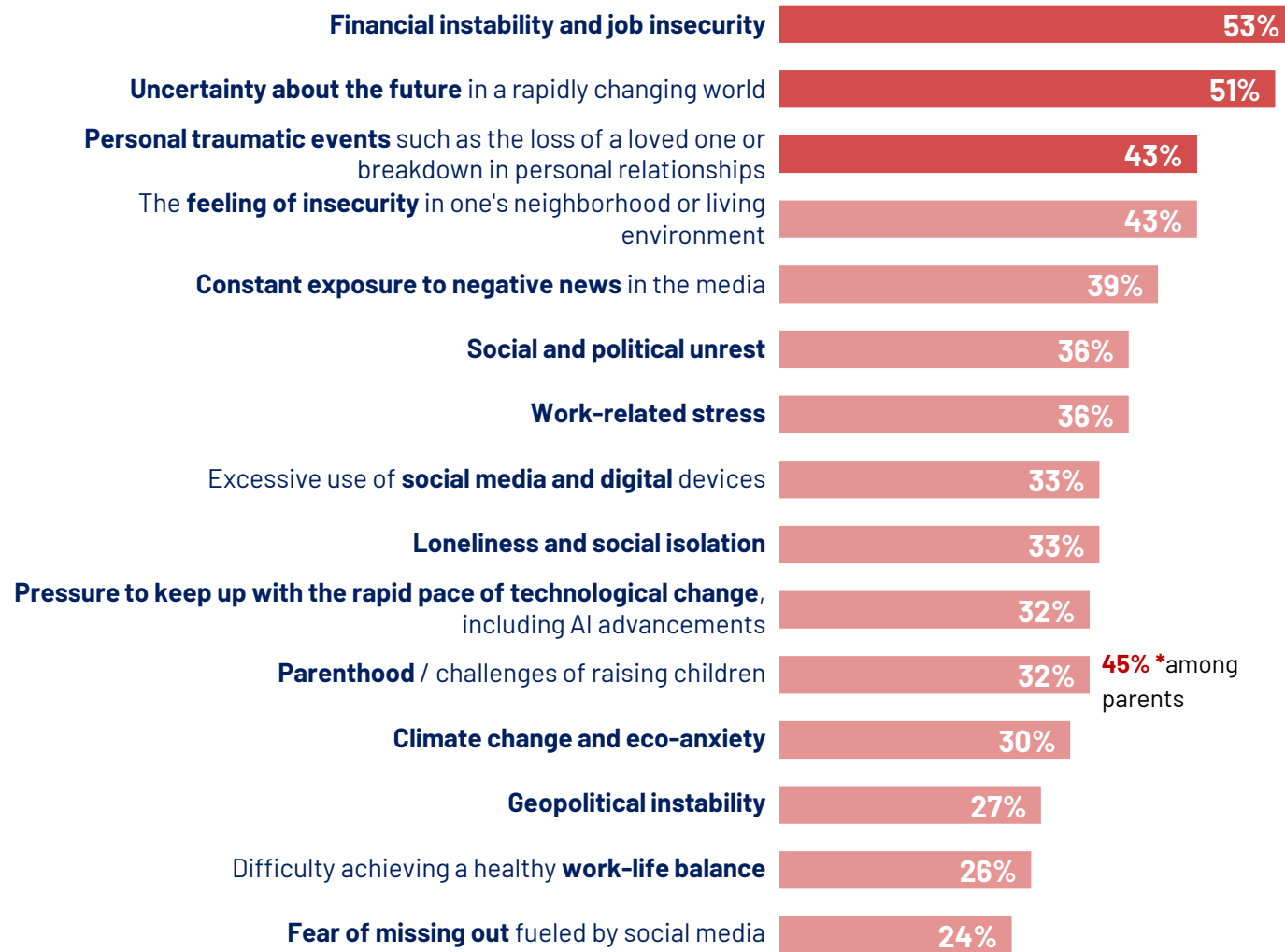
(+) New question

1 000 RESPONDENTS

**UNDERSTANDING MIND HEALTH
FACTORS:
INTERWOVEN INTERNAL AND
EXTERNAL FACTORS IMPACTING
MENTAL HEALTH NEGATIVELY**

02

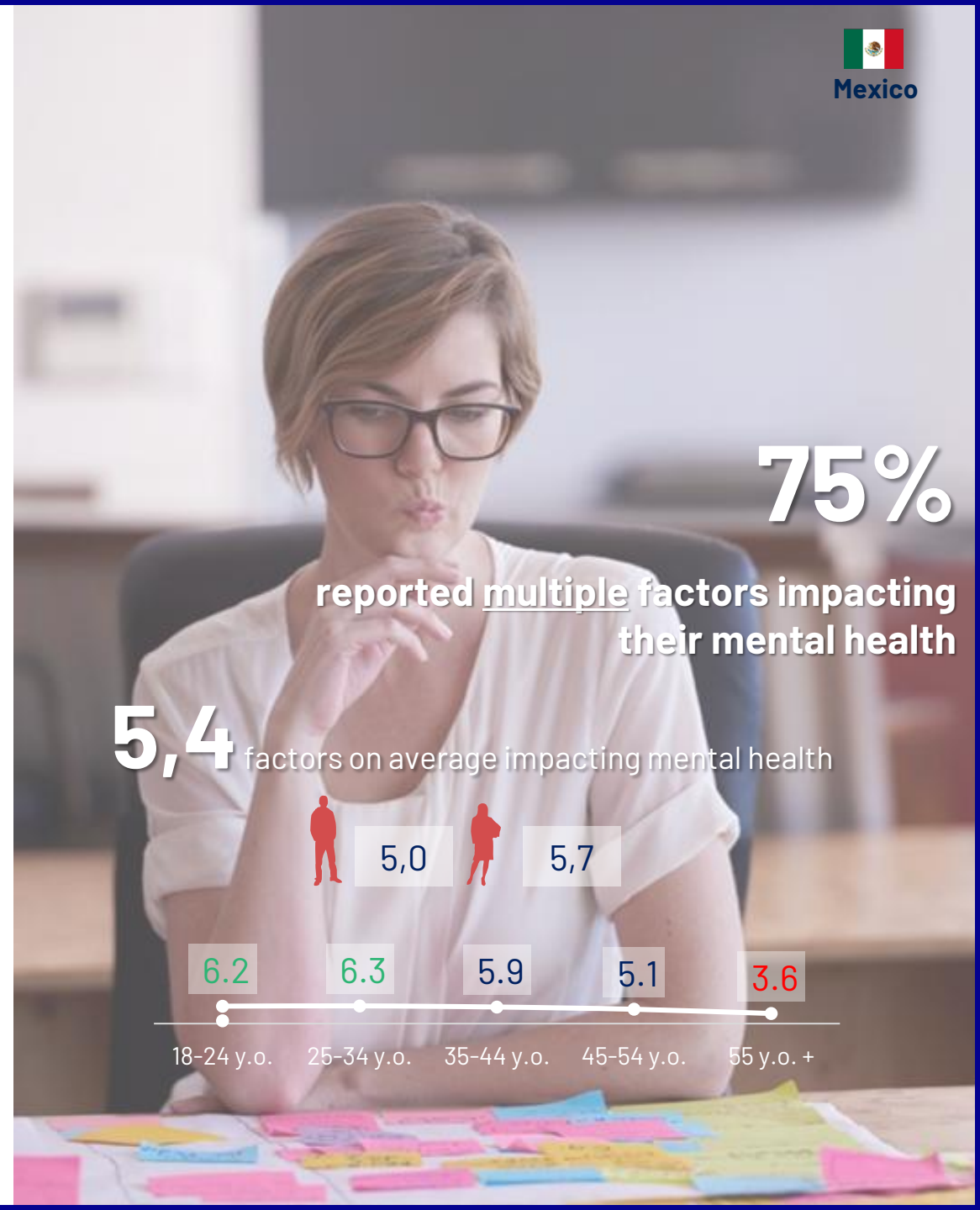
Factors negatively impacting mental health



V4Q3 : Would you say that the following factors are currently having a negative impact on your mental health?

1 000 RESPONDENTS

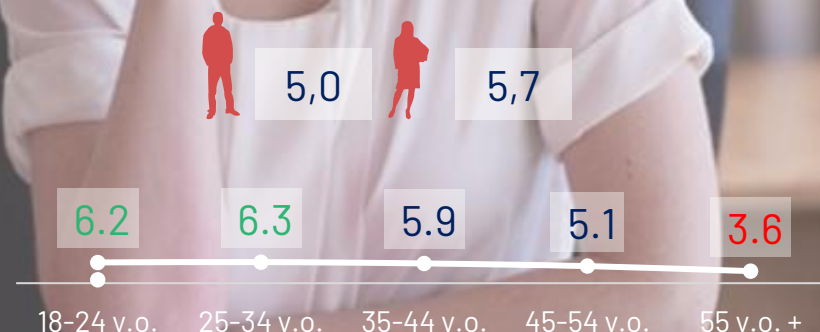
*Results among parents (n=571)



75%

reported multiple factors impacting their mental health

5,4 factors on average impacting mental health



Factors negatively impacting mental health



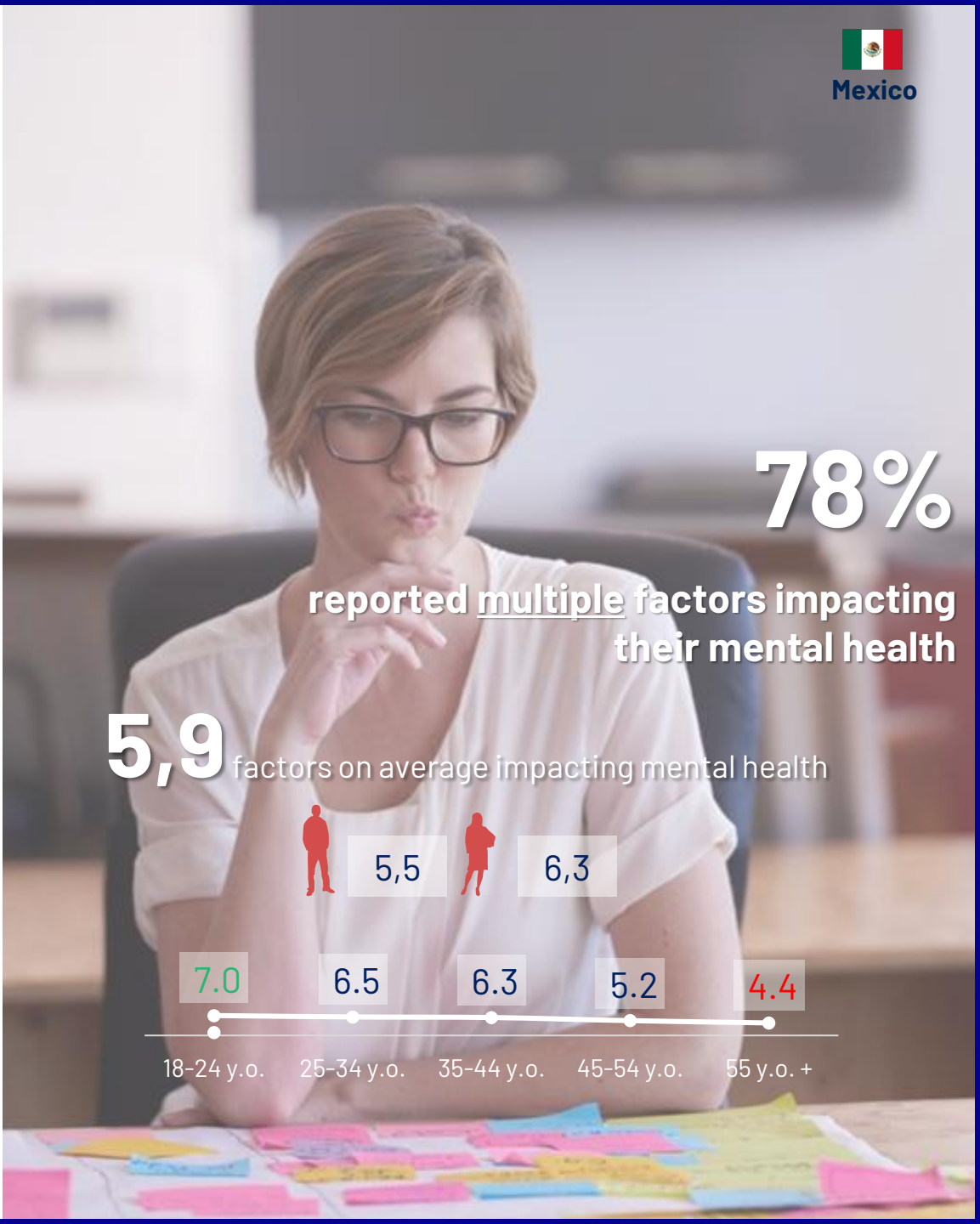
43% *among parents

V4Q3 : Would you say that the following factors are currently having a negative impact on your mental health?



WORKING POPULATION: 712 RESPONDENTS

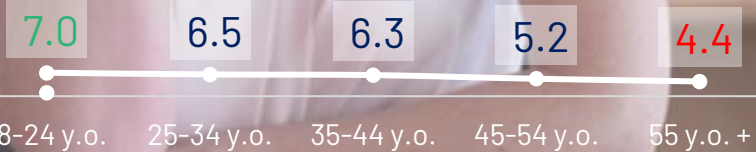
*Results among working parents (n=446)



78%

reported multiple factors impacting their mental health

5,9 factors on average impacting mental health



Factors negatively impacting mental health

Details per country

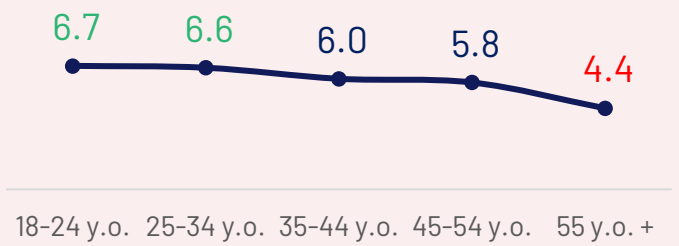


% Yes	ALL	PER COUNTRY																				
		EU	BE	FR	DE	IT	SP	CH	UK	IE	TR	AM	US	MX	BR	AS	JP	CN	HK	KR	PH	TH
Uncertainty about the future in a rapidly changing world	51	50	46	51	43	54	52	43	50	52	59	53	50	51	56	51	34	47	55	52	63	54
Financial instability and job insecurity	51	47	44	50	36	48	51	42	45	51	57	52	46	53	56	55	42	50	52	53	69	62
Constant exposure to negative news in the media	41	42	40	43	36	40	43	35	45	47	51	42	43	39	45	38	25	36	36	34	55	44
Personal traumatic events such as the loss of a loved one or breakdown in personal relationships	41	41	42	41	37	37	44	35	39	44	51	42	39	43	44	39	28	34	31	33	58	54
Social and political unrest	40	40	39	42	38	32	45	35	37	39	59	39	43	36	39	40	32	30	36	42	57	45
Loneliness and social isolation	36	34	34	35	28	30	35	26	37	40	43	35	35	33	38	38	27	43	36	35	47	38
Excessive use of social media and digital devices	34	31	28	29	21	27	33	28	29	38	45	34	30	33	40	37	23	42	35	31	51	40
Climate change and eco-anxiety	33	31	30	33	26	31	32	28	27	29	44	33	31	30	38	36	29	32	24	34	53	45
Geopolitical instability	33	35	35	43	32	32	38	34	30	31	43	31	33	27	32	29	20	25	32	22	42	34
Work-related stress	32	27	27	24	24	25	29	31	27	31	29	34	29	36	36	39	33	42	38	34	41	44
Pressure to keep up with the rapid pace of technological change, including AI advancements	30	28	31	25	22	25	29	26	26	31	36	31	24	32	38	34	20	39	30	31	45	40
The feeling of insecurity in one's neighborhood or living environment	29	26	24	26	16	27	26	15	25	31	43	37	24	43	44	31	26	33	26	23	39	39
Parenthood / challenges of raising children	29	26	24	21	15	24	26	20	26	31	45	30	27	32	31	34	15	46	32	27	47	36
Difficulty achieving a healthy work-life balance	27	24	22	21	20	22	25	27	23	29	25	28	23	26	34	32	25	34	31	27	35	38
Fear of missing out fueled by social media	23	20	19	17	15	18	20	16	21	27	29	23	21	24	25	26	16	33	21	18	34	34

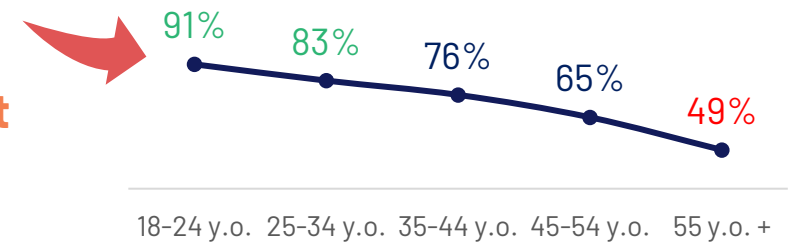
Screen usage and negative impacts

5,8 hours

on average per day on a screen for personal activities [excl. weekends]



72% report that their screen time negatively affects their daily lives, at least moderately



Negative impacts

(% moderately/ quite a lot / extremely)

- Your quality of sleep **52%**
- Your level of physical activity **47%**
- Your ability to concentrate on tasks **46%**
- Your overall mood throughout the day **44%**
- Your ability to interact with others **43%**
- Feelings of social isolation **37%**
- Your ability to maintain a balanced diet **36%**

V5Q5 : During a typical week, excluding weekends, how many hours per day do you utilize your smartphone, tablet, or computer for personal activities, not including work-related tasks?

V5Q6 : Do you feel that your personal screen time usage negatively impacts the following aspects of your daily life? [+ New questions](#)

1 000 RESPONDENTS

Screen use

Details per country



	ALL	EU	BE	FR	DE	IT	SP	CH	UK	IE	TR	AM	US	MX	BR	AS	JP	CN	HK	KR	PH	TH
Average	5,1	4,8	4,3	4,7	4,5	4,8	4,9	4,1	5,2	4,9	5,4	5,7	5,3	5,8	6,0	5,4	4,2	5,4	5,5	4,4	6,4	6,4
Up to 2 hours	21	25	31	27	30	28	25	31	21	21	15	16	23	13	14	18	32	13	16	28	10	9
3-4 hours	30	32	32	33	30	28	32	36	33	31	28	30	30	31	28	28	29	31	30	31	23	24
5-6 hours	22	21	18	20	21	20	20	18	21	25	29	21	19	23	22	24	21	24	22	22	26	26
7-8 hours	12	10	10	8	8	10	9	7	9	12	14	13	11	13	14	14	10	19	15	9	17	17
More than 8 hours	15	12	9	12	11	14	14	8	16	11	14	20	17	20	22	16	8	13	17	10	24	24

V5Q5 : During a typical week, excluding weekends, how many hours per day do you utilize your smartphone, tablet, or computer for personal activities, not including work-related tasks? [+ New question](#)

19 000 RESPONDENTS: 1000/COUNTRY EXCEPT IN GERMANY: 2000

Screen usage negative impacts

Details per country



% at least moderately

	ALL	EU	BE	FR	DE	IT	SP	CH	UK	IE	TR	AM	US	MX	BR	AS	JP	CN	HK	KR	PH	TH
At least one	75	67	62	66	59	72	62	65	63	73	82	72	60	72	83	87	71	96	90	82	90	93
Your quality of sleep	56	47	41	46	37	48	43	44	44	53	66	53	43	52	64	72	57	83	76	62	74	75
Your ability to concentrate on tasks	54	47	40	45	39	51	44	42	42	53	60	50	40	46	63	69	54	79	73	54	73	78
Your level of physical activity	52	45	40	43	38	45	40	39	41	51	64	49	43	47	58	67	50	76	67	57	73	77
Your overall mood throughout the day	51	43	35	40	35	48	40	38	39	50	57	48	38	44	62	66	50	78	67	53	72	73
Your ability to interact with others	49	41	36	40	32	45	41	35	35	45	60	45	32	43	60	64	43	77	70	52	67	72
Feelings of social isolation	44	39	36	37	30	40	34	30	36	44	58	41	34	37	52	56	38	74	65	43	64	52
Your ability to maintain a balanced diet	44	36	28	34	30	40	35	30	31	41	53	40	30	36	54	59	41	70	60	47	68	69

V5Q6 : Do you feel that your personal screen time usage negatively impacts the following aspects of your daily life?

19 000 RESPONDENTS: 1000/COUNTRY EXCEPT IN GERMANY: 2000

+ New question

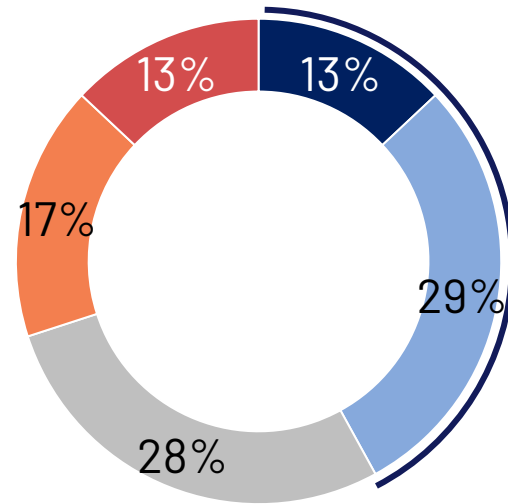


MAIN BARRIERS TO TAKE CARE MENTAL HEALTH

03

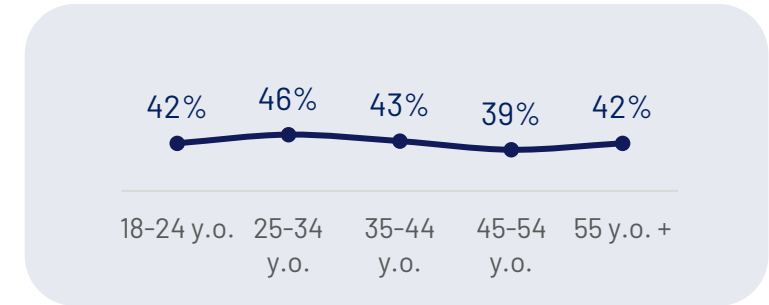
Exploring Public Perceptions of **Mental Health Access**

The public healthcare system in my country provides timely support for people with mental health conditions



STRONGLY+ AGREE

42%



REMINDERS

2024-2025 : 43%
 2023-2024 : 44%
 2022-2023: 44%

Strongly agree

Agree

Neither agree or disagree

Disagree

Strongly disagree

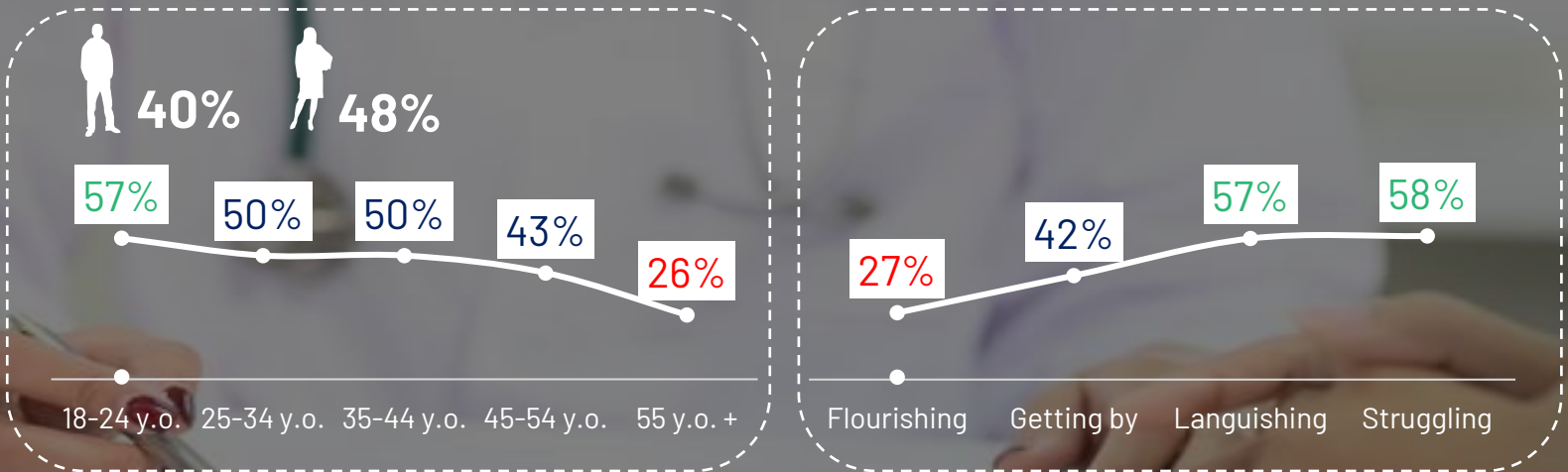
QA14 : To what extent do you agree or disagree with the following statements ?

1 000 RESPONDENTS

Engaging with **healthcare professionals** for Mental Health support

45%

have visited **at least one healthcare professionals** for mental health concerns



55%

have not visited **a healthcare professional** for mental health concerns

- 
General practitioner
25%
- 
A psychologist
20%
- 
A healthcare professional at your workplace
6%*
- 
A psychiatrist
4%
- 
Other mental health specialists
 (hypnosis, sophrology...)
2%

V5Q1: In the last 12 months, have you visited healthcare professionals for mental health concerns? [+ New question](#)

* Results among the working population (n=712)

1 000 RESPONDENTS

Engaging with healthcare professionals for Mental Health support

Details per country



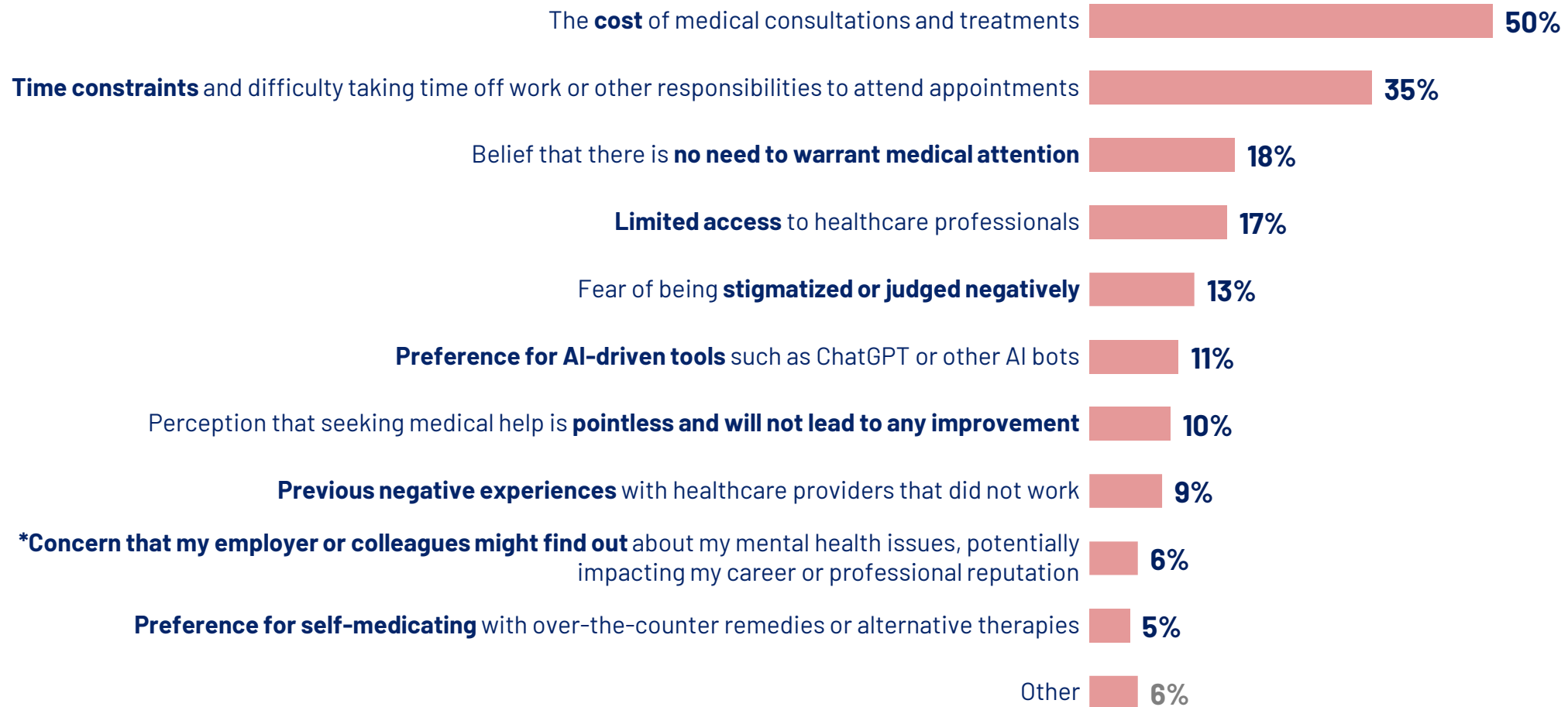
	ALL	EU	BE	FR	DE	IT	SP	CH	UK	IE	TR	AM	US	MX	BR	AS	JP	CN	HK	KR	PH	TH
At least one	40	44	52	54	39	43	47	38	40	45	37	48	45	45	53	29	15	36	24	27	37	37
A general practitioner	25	30	40	46	24	31	30	23	30	31	10	31	31	25	37	14	5	14	10	16	16	25
A psychologist	12	13	18	13	14	13	19	11	7	10	14	16	11	20	18	7	2	23	5	3	6	4
A psychiatrist	8	8	10	6	11	5	7	10	5	7	12	7	10	4	8	7	8	6	7	11	5	5
A healthcare professional at your workplace*	9	9	7	9	4	8	12	3	9	13	14	10	13	6	11	10	3	10	7	3	25	13
Other mental health specialists (hypnosis, sophrology...)	3	4	4	4	3	1	1	6	4	4	3	3	4	2	2	3	1	4	3	1	2	3
No healthcare professionals visited in the last 12 months for mental health concerns	60	56	48	46	61	57	53	62	60	55	63	52	55	55	47	71	85	64	76	73	63	63

V5Q1: In the last 12 months, have you visited healthcare professionals for mental health concerns? [+ New question](#)

19 000 RESPONDENTS: 1000/COUNTRY EXCEPT IN GERMANY: 2000

*Results among the working population (n=12278)

Barriers to seeking help from healthcare professionals for Mental Health support



number of reasons on average: 1,8

V5Q2 : What are all the reasons why you have not gained help for any of your mental health concerns from a professional? (+) [New question](#)

Base : those who haven't visited professionals [except those who consider they have not had any mental health concerns in the last 12 months]

205 RESPONDENTS

* Results among the working population (n=145)

Barriers to seeking help from healthcare professionals for Mental Health support

Details per sex, age



Mexico

	ALL	Gender		Age				
		Males	Females	18-24	25-34	35-44	45-54	55+
	205	86	119	⚠️ 41	52	⚠️ 46	⚠️ 43	⚠️ 23
The cost of medical consultations and treatments	50	45	53	57	44	44	50	55
Time constraints and difficulty taking time off work or other responsibilities to attend appointments	35	37	33	43	42	38	23	24
Belief that there is no need to warrant medical attention	18	20	17	14	21	16	12	33
Limited access to healthcare professionals	17	17	16	21	14	10	26	9
Fear of being stigmatized or judged negatively	13	13	12	28	16	12	0	4
Preference for AI-driven tools such as ChatGPT or other AI bots	11	16	6	25	9	3	3	14
Perception that seeking medical help is pointless and will not lead to any improvement	10	14	7	10	5	5	14	15
Previous negative experiences with healthcare providers that did not work	9	12	6	10	9	4	7	17
*Concern that my employer or colleagues might find out about my mental health issues, potentially impacting my career or professional reputation	6	9	4	0	19	2	3	5
Preference for self-medicating with over-the-counter remedies or alternative therapies	5	6	5	0	8	6	6	5
Other	6	13	2	7	0	11	10	3

V5Q2 : What are all the reasons why you have not gained help for any of your mental health concerns from a professional? [+ New question](#)

Base : those who haven't visited professionals [except those who consider they have not had any mental health concerns in the last 12 months]

205 RESPONDENTS

* Results among the working population (n=145)

Barriers to seeking help from healthcare professionals for Mental Health support

Details per MHI



Mexico

ALL

205

The **cost** of medical consultations and treatments

50

Time constraints and difficulty taking time off work or other responsibilities to attend appointments

35

Belief that there is **no need to warrant medical attention**

18

Limited access to healthcare professionals

17

Fear of being **stigmatized or judged negatively**

13

Preference for AI-driven tools such as ChatGPT or other AI bots

11

Perception that seeking medical help is **pointless and will not lead to any improvement**

10

Previous negative experiences with healthcare providers that did not work

9

***Concern that my employer or colleagues might find out** about my mental health issues, potentially impacting my career or professional reputation

6

Preference for self-medicating with over-the-counter remedies or alternative therapies

5

Other

6

	MHI			
	Flourishing	Getting by	Languishing	Struggling
	⚠️ 18	63	79	⚠️ 45
The cost of medical consultations and treatments	26	46	55	54
Time constraints and difficulty taking time off work or other responsibilities to attend appointments	50	28	35	38
Belief that there is no need to warrant medical attention	14	23	21	7
Limited access to healthcare professionals	25	10	18	19
Fear of being stigmatized or judged negatively	4	11	11	21
Preference for AI-driven tools such as ChatGPT or other AI bots	14	11	9	12
Perception that seeking medical help is pointless and will not lead to any improvement	16	4	11	13
Previous negative experiences with healthcare providers that did not work	9	5	10	11
*Concern that my employer or colleagues might find out about my mental health issues, potentially impacting my career or professional reputation	0	4	6	14
Preference for self-medicating with over-the-counter remedies or alternative therapies	3	4	7	4
Other	10	8	5	7

V5Q2 : What are all the reasons why you have not gained help for any of your mental health concerns from a professional? [+ New question](#)

Base : those who haven't visited professionals [except those who consider they have not had any mental health concerns in the last 12 months]

205 RESPONDENTS

* Results among the working population (n=145)

Barriers to seeking help from healthcare professionals for Mental Health support



Details per country

	ALL	EU	BE	FR	DE	IT	SP	CH	UK	IE	TR	AM	US	MX	BR	AS	JP	CN	HK	KR	PH	TH
	4 008	1 873	149	137	354	185	170	197	217	213	251	579	188	205	186	1 556	257	223	239	268	313	256
Belief that there is no need to warrant medical attention	36	36	35	28	47	29	18	45	37	36	42	22	32	18	17	42	43	42	46	36	27	60
The cost of medical consultations and treatments	33	29	36	32	15	47	36	35	16	35	17	42	38	50	39	34	31	28	39	29	49	26
Time constraints and difficulty taking time off work or other responsibilities to attend appointments	20	18	14	18	22	14	23	16	19	17	16	26	26	35	18	22	16	27	16	20	28	21
Fear of being stigmatized or judged negatively	15	14	14	15	15	12	14	6	25	17	9	12	15	13	8	18	16	17	17	22	20	13
Limited access to healthcare professionals	15	16	10	25	20	8	22	10	21	15	12	18	15	17	23	13	8	10	11	4	28	14
Perception that seeking medical help is pointless and will not lead to any improvement	14	16	21	20	20	10	14	12	19	14	12	10	16	10	5	14	11	19	20	19	9	9
Preference for self-medicating with over-the-counter remedies or alternative therapies	10	10	13	11	10	11	3	10	7	8	14	7	11	5	5	12	6	14	8	9	18	16
Preference for AI-driven tools such as ChatGPT or other AI bots	10	7	3	4	5	6	7	8	4	7	16	7	7	11	4	15	8	23	17	12	11	20
*Concern that my employer or colleagues might find out about my mental health issues, potentially impacting my career or professional reputation	10	8	6	5	6	6	8	7	11	7	11	5	7	6	3	14	7	20	18	11	15	12
Previous negative experiences with healthcare providers that did not work	9	11	17	8	12	6	11	8	14	11	12	9	12	9	7	8	7	11	7	9	6	7
Other	8	9	8	11	10	10	14	10	8	6	10	11	8	6	18	6	7	3	2	5	10	8

V5Q2 : What are all the reasons why you have not gained help for any of your mental health concerns from a professional?

[+ New question](#)

Base : those who haven't visited professionals [except those who consider they have not had any mental health concerns in the last 12 months]

4008 RESPONDENTS

* Results among the working population (n=2620)

32 Internal

Results in %



Willingness to discuss Mental Health at Work



52%



would **discuss** mental health challenges **with** their professional environment

48%

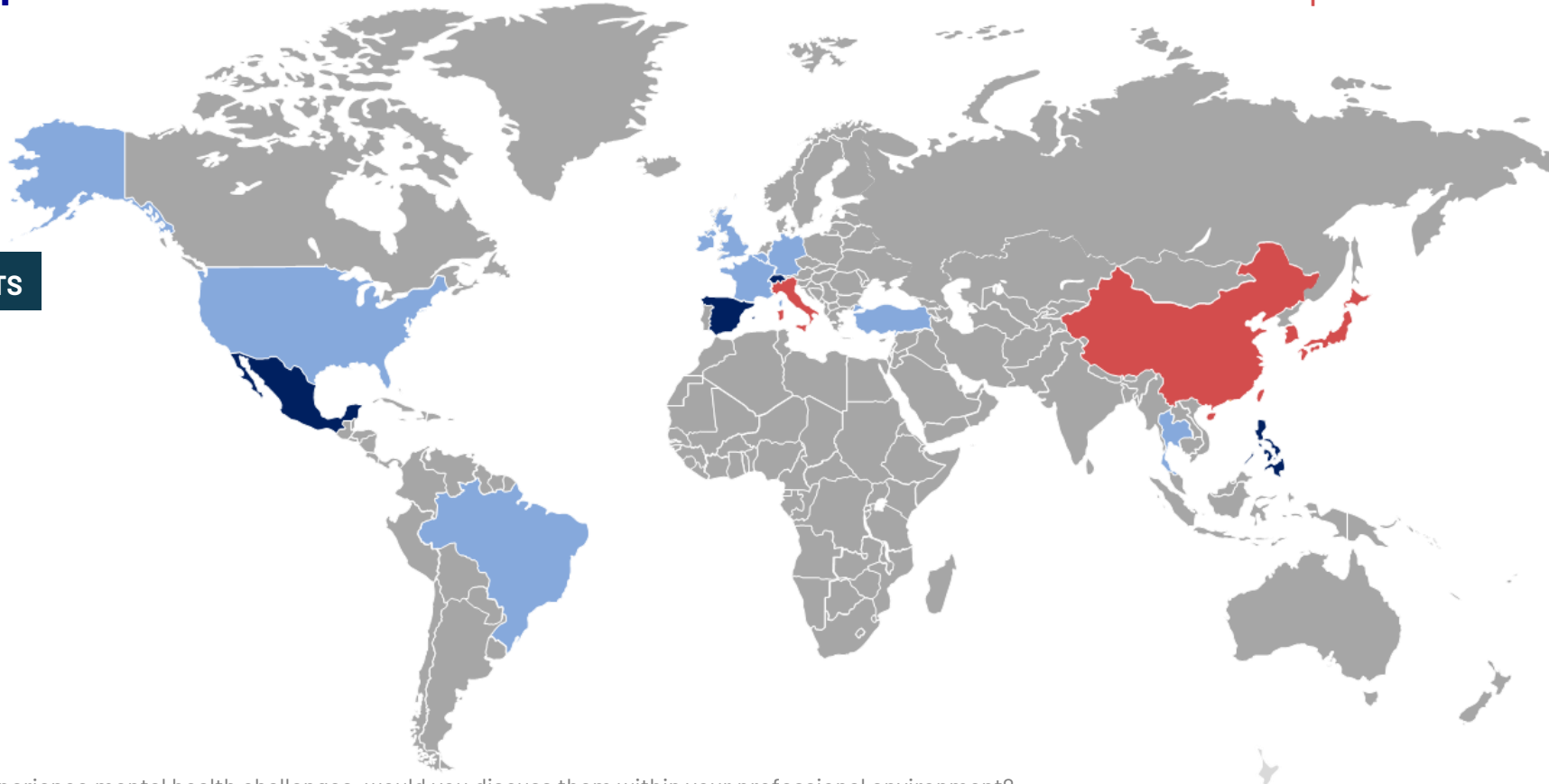
would **not discuss** mental health challenges with their professional environment



Mexico

712 RESPONDENTS

64%



V5Q11: If you ever experience mental health challenges, would you discuss them within your professional environment?



WORKING POPULATION: 12278 RESPONDENTS

Talking about Mental Health in the Workplace

Details per country



	ALL	EU	BE	FR	DE	IT	SP	CH	UK	IE	TR	AM	US	MX	BR	AS	JP	CN	HK	KR	PH	TH
	12 278	5 928	569	537	1 172	544	588	728	605	691	494	1 957	593	712	652	4 393	686	786	779	664	698	780
% would discuss mental health challenges within their professional environment	52	54	52	47	50	45	59	64	52	55	57	56	49	64	54	47	45	43	38	41	66	53
Colleagues	26	24	21	22	28	21	28	31	18	19	30	23	19	24	25	30	22	29	24	25	35	41
Manager	17	22	23	21	12	11	26	29	29	23	16	18	21	17	16	12	21	11	7	8	15	9
Human Resources	13	14	12	10	11	12	15	12	15	20	19	17	14	21	17	10	7	9	7	6	22	10
Other facilities in the company (e.g., employee assistance program)	11	11	11	10	12	8	10	11	11	11	10	12	13	15	10	10	11	7	6	9	19	10
No, I wouldn't discuss it	48	46	48	53	50	55	41	36	48	45	43	44	51	36	46	53	55	57	62	59	34	47

V5Q11: If you ever experience mental health challenges, would you discuss them within your professional environment? [+ New question](#)



WORKING POPULATION: 12278 RESPONDENTS



Willingness to discuss Mental Health at Work

Details per sex, age



Mexico

		Gender		Age				
ALL		Males	Females	18-24	25-34	35-44	45-54	55+
712		359	353	101	182	183	139	107
% would discuss mental health challenges within their professional environment		64						
Colleagues		24						
Human Resources		21						
Manager		17						
Other facilities in the company (e.g., employee assistance program)		15						
No, I wouldn't discuss it		36						

V5Q11: If you ever experience mental health challenges, would you discuss them within your professional environment?



WORKING POPULATION: 712 RESPONDENTS



36%

would **not discuss** mental health challenges within their professional environment

Those with MH diagnosed: 34%



Barriers to sharing Mental Health challenges in their professional environment

		Those with MH diagnosed
I believe that my health is a private concern , and I do not feel comfortable talking about it at work	41%	50%
I doubt that my workplace would be able to provide any real help	34%	35%
I worry that discussing my mental health could have career repercussions or impact my job security	19%	31%
I am afraid of being judged and stigmatized	17%	28%
The support and resources available at my workplace for mental health concerns are insufficient and ineffective	15%	20%
I don't have the time or the opportunities to engage with my employer on my personal mental health	8%	13%

V5Q11: If you ever experience mental health challenges, would you discuss them within your professional environment?

Base : **Working population (n = 712)**

V5Q12: What would be the reasons you may choose not to share your mental health challenges at work?

Base : **Working population, who wouldn't discuss mental health challenges in professional environment (n=253)**

+ New questions

Barriers to Sharing Mental Health at Work

Details per sex, age



Mexico

	ALL	Gender		Age				
		Males	Females	18-24	25-34	35-44	45-54	55+
	253	120	133	⚠ 44	59	64	⚠ 48	⚠ 38
I believe that my health is a private concern , and I do not feel comfortable talking about it at work	41	41	42	30	42	46	45	42
I doubt that my workplace would be able to provide any real help	34	35	33	37	24	29	40	44
I worry that discussing my mental health could have career repercussions or impact my job security	19	19	18	17	20	22	23	10
I am afraid of being judged and stigmatized	17	13	21	17	24	20	12	12
The support and resources available at my workplace for mental health concerns are insufficient and ineffective	15	14	17	7	19	16	22	11
I don't have the time or the opportunities to engage with my employer on my personal mental health	8	9	8	13	9	10	10	0
Other reasons	16	18	14	18	12	18	17	17

V5Q12: What would be the reasons you may choose not to share your mental health challenges at work? [+ New question](#)

Base : Working population, who wouldn't discuss mental health challenges in professional environment (n=253)



Barriers to sharing Mental Health challenges in the Workplace

Details per country



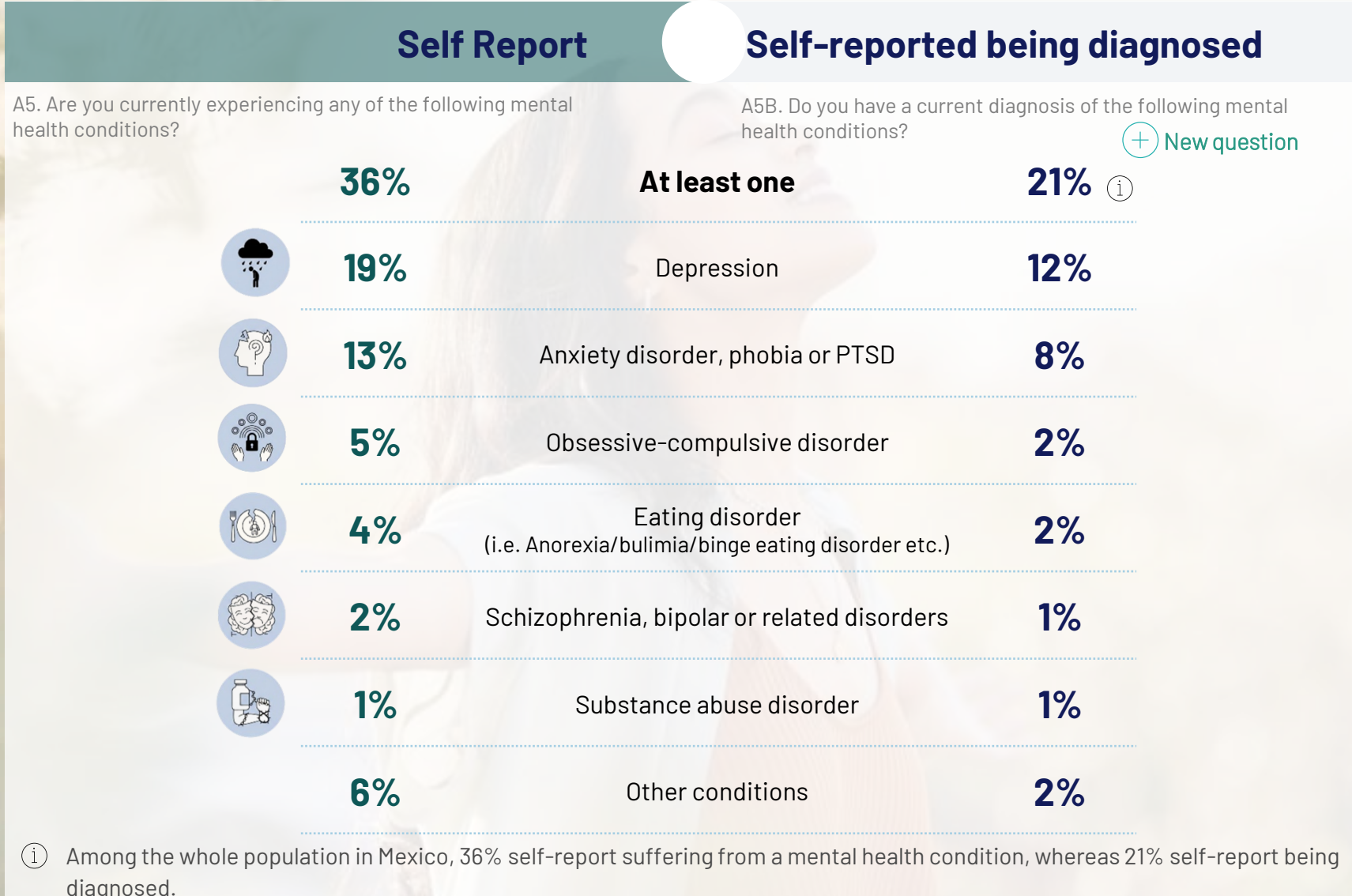
	ALL	EU	BE	FR	DE	IT	SP	CH	UK	IE	TR	AM	US	MX	BR	AS	JP	CN	HK	KR	PH	TH
	5 916	2 748	274	281	574	300	239	263	287	310	220	856	304	253	299	2 312	374	449	487	398	235	369
I believe that my health is a private concern, and I do not feel comfortable talking about it at work	42	41	48	38	43	38	42	41	42	39	37	44	49	41	40	43	25	46	56	36	56	44
I doubt that my workplace would be able to provide any real help	28	33	36	42	34	39	35	33	25	27	22	27	26	34	24	24	27	18	23	28	23	26
I am afraid of being judged and stigmatized	20	22	26	25	22	16	22	18	25	22	20	20	24	17	19	18	9	21	20	18	27	14
I worry that discussing my mental health could have career repercussions or impact my job security	20	21	29	24	19	16	20	22	16	22	21	19	22	19	16	20	13	23	22	20	28	17
The support and resources available at my workplace for mental health concerns are insufficient and ineffective	13	12	14	12	11	11	17	13	9	10	16	12	13	15	8	13	13	18	11	18	13	6
I don't have the time or the opportunities to engage with my employer on my personal mental health	11	9	8	9	10	8	6	6	9	12	9	10	10	8	12	13	19	13	13	9	11	11
Other reasons	17	16	11	16	18	14	16	21	18	13	16	19	17	16	24	17	26	11	13	10	18	24

V5Q12: What would be the reasons you may choose not to share your mental health challenges at work?

Base : Working population, who wouldn't discuss mental health challenges in professional environment (n=5916)

+ New question

Mind Health : key results



1 000 RESPONDENTS

Diagnosis of a mental health conditions

Details per country



	ALL	EU	BE	FR	DE	IT	SP	CH	UK	IE	TR	AM	US	MX	BR	AS	JP	CN	HK	KR	PH	TH
Have a current diagnosis	20	21	21	16	23	13	21	16	26	24	28	27	35	21	27	17	9	25	14	17	19	16
Depression	11	11	12	8	16	5	11	8	15	12	15	15	20	12	12	8	4	13	5	11	9	5
Anxiety disorder, phobia or PTSD	10	10	10	7	12	7	10	7	17	13	11	16	24	8	16	7	3	14	6	5	9	5
Eating disorder (i.e. Anorexia/bulimia/binge eating disorder etc.)	3	3	2	2	3	2	2	2	3	3	6	3	3	2	4	3	1	7	2	1	5	4
Obsessive-compulsive disorder	2	2	2	1	1	1	2	1	2	2	2	2	3	2	2	3	1	5	3	3	2	7
Substance abuse disorder	1	1	3	1	3	0	1	1	1	2	1	1	3	1	1	1	0	1	1	1	1	1
Schizophrenia, bipolar or related disorders	1	1	2	1	1	1	1	1	1	1	1	2	4	1	2	1	1	2	1	1	1	1
Other MH conditions	2	2	2	2	2	1	2	2	2	1	2	2	2	2	2	1	1	0	2	1	1	1
People without diagnosis	11	10	10	12	7	13	12	9	10	11	10	12	8	15	13	10	8	7	8	14	14	11
People without mental health condition	62	63	61	68	64	65	57	70	60	60	58	54	54	55	52	65	72	67	75	59	54	64
Prefer not to answer	7	6	8	4	6	9	10	5	4	5	4	7	3	9	8	8	11	1	3	10	13	9

QA5B : Do you have a current diagnosis of the following mental health conditions
Base : All

KNOWING WHAT'S RIGHT YET STRUGGLING TO CONSISTENTLY IMPLEMENT POSITIVE ACTIONS

04

Self-Management strategies for Mental Health

● Regularly ● Regularly + occasionally



V5Q4 : Which of the following actions do you take to self-manage your mental health? [+ New question](#)

1 000 RESPONDENTS



Self-Management strategies for Mental Health

Details per sex, age



% Regularly / occasionally



Mexico

	ALL	Gender		Age				
		Males	Females	18-24	25-34	35-44	45-54	55+
Reach out family members	83	84	83	79	84	83	84	85
Immerse in personal or professional projects to keep the mind occupied	82	81	82	84	83	82	84	76
Engage in regular physical exercise	82	85	80	82	86	80	76	85
Take time off work or daily responsibilities	82	82	81	79	82	82	80	83
Maintain a balanced and nutritious diet	80	79	80	78	79	79	75	86
Reach out to close friends	77	75	79	78	78	78	78	75
Immerse oneself in hobbies like art, music, gardening, or writing as a form of self-expression and therapy	76	74	77	81	78	77	76	68
Practice mindfulness and meditation techniques	61	60	61	58	70	62	58	54
Use AI-driven tools such as ChatGPT or other AI bots	51	49	52	64	57	52	42	41
Take OTC medications or natural supplements to alleviate symptoms	49	48	50	50	52	50	51	43
Consult with alternative medicine practitioners such as acupuncturists or herbalists	45	44	46	52	46	45	50	33
Use a self-help app that provides guidance on coping strategies and healthy habits	43	43	44	52	54	42	39	30
Seek out online support communities to connect with others facing similar challenges and share coping strategies	40	41	39	47	50	43	36	25

V5Q4 : Which of the following actions do you take to self-manage your mental health? [+ New question](#)

1 000 RESPONDENTS



Self-Management strategies for Mental Health

Details per MHI



% Regularly / occasionally



Mexico

	ALL	MHI			
		Flourishing	Getting by	Languishing	Struggling
Reach out family members	83	89	86	82	69
Immerse in personal or professional projects to keep the mind occupied	82	74	83	85	85
Engage in regular physical exercise	82	89	85	79	67
Take time off work or daily responsibilities	82	86	82	81	73
Maintain a balanced and nutritious diet	80	87	78	79	70
Reach out to close friends	77	81	80	74	70
Immerse oneself in hobbies like art, music, gardening, or writing as a form of self-expression and therapy	76	69	75	81	77
Practice mindfulness and meditation techniques	61	53	63	66	56
Use AI-driven tools such as ChatGPT or other AI bots	51	43	47	59	59
Take OTC medications or natural supplements to alleviate symptoms	49	30	53	58	57
Consult with alternative medicine practitioners such as acupuncturists or herbalists	45	31	50	52	42
Use a self-help app that provides guidance on coping strategies and healthy habits	43	30	44	53	43
Seek out online support communities to connect with others facing similar challenges and share coping strategies	40	22	40	51	48

V5Q4 : Which of the following actions do you take to self-manage your mental health? [+ New question](#)

1 000 RESPONDENTS



Self-Management strategies for Mental Health

Details per country



% Regularly / occasionally

	ALL	EU	BE	FR	DE	IT	SP	CH	UK	IE	TR	AM	US	MX	BR	AS	JP	CN	HK	KR	PH	TH
Engage in regular physical exercise	80	79	78	79	81	71	81	85	76	84	79	79	79	82	77	81	66	86	80	74	92	87
Maintain a balanced and nutritious diet	79	76	65	58	78	80	86	79	81	85	67	78	79	80	75	83	70	89	88	72	96	85
Reach out family members	77	76	72	74	78	72	83	79	67	72	85	80	72	83	84	78	62	83	76	80	90	78
Reach out to close friends	76	76	76	71	79	70	82	82	66	73	84	78	74	77	83	76	55	84	78	74	90	76
Immerse oneself in hobbies like art, music, gardening, or writing as a form of self-expression and therapy	74	75	72	72	76	76	70	76	76	78	77	76	79	76	73	71	49	73	67	57	93	87
Immerse in personal or professional projects to keep the mind occupied	72	71	65	72	70	74	74	75	67	71	76	78	75	82	78	69	36	77	74	64	87	78
Take time off work or daily responsibilities	69	68	62	75	70	79	78	73	47	56	76	75	63	82	79	67	49	48	67	69	90	82

V5Q4 : Which of the following actions do you take to self-manage your mental health?

[+ New question](#)

19 000 RESPONDENTS: 1000/COUNTRY EXCEPT IN GERMANY: 2000



Self-Management strategies for Mental Health

Details per country



% Regularly / occasionally

	ALL	EU	BE	FR	DE	IT	SP	CH	UK	IE	TR	AM	US	MX	BR	AS	JP	CN	HK	KR	PH	TH
Practice mindfulness and meditation techniques	52	47	38	35	43	43	50	48	50	58	60	57	61	61	49	58	21	61	52	50	83	80
Use AI-driven tools such as ChatGPT or other AI bots	50	44	43	38	36	42	46	46	33	43	65	48	36	51	56	61	33	73	57	59	71	72
Take over-the-counter medications or natural supplements to alleviate symptoms	47	44	45	40	41	44	40	45	40	47	52	47	43	49	50	51	29	58	43	51	63	61
Use a self-help app that provides guidance on coping strategies and healthy habits	41	32	28	29	19	30	34	24	32	40	54	39	33	43	41	54	20	66	54	41	72	70
Seek out online support communities to connect with others facing similar challenges and share coping strategies	38	32	29	23	26	26	33	23	35	39	55	37	34	40	36	47	19	59	41	38	67	62
Consult with alternative medicine practitioners such as acupuncturists or herbalists	34	31	26	29	21	30	36	35	24	37	39	38	27	45	41	38	16	54	38	25	54	41

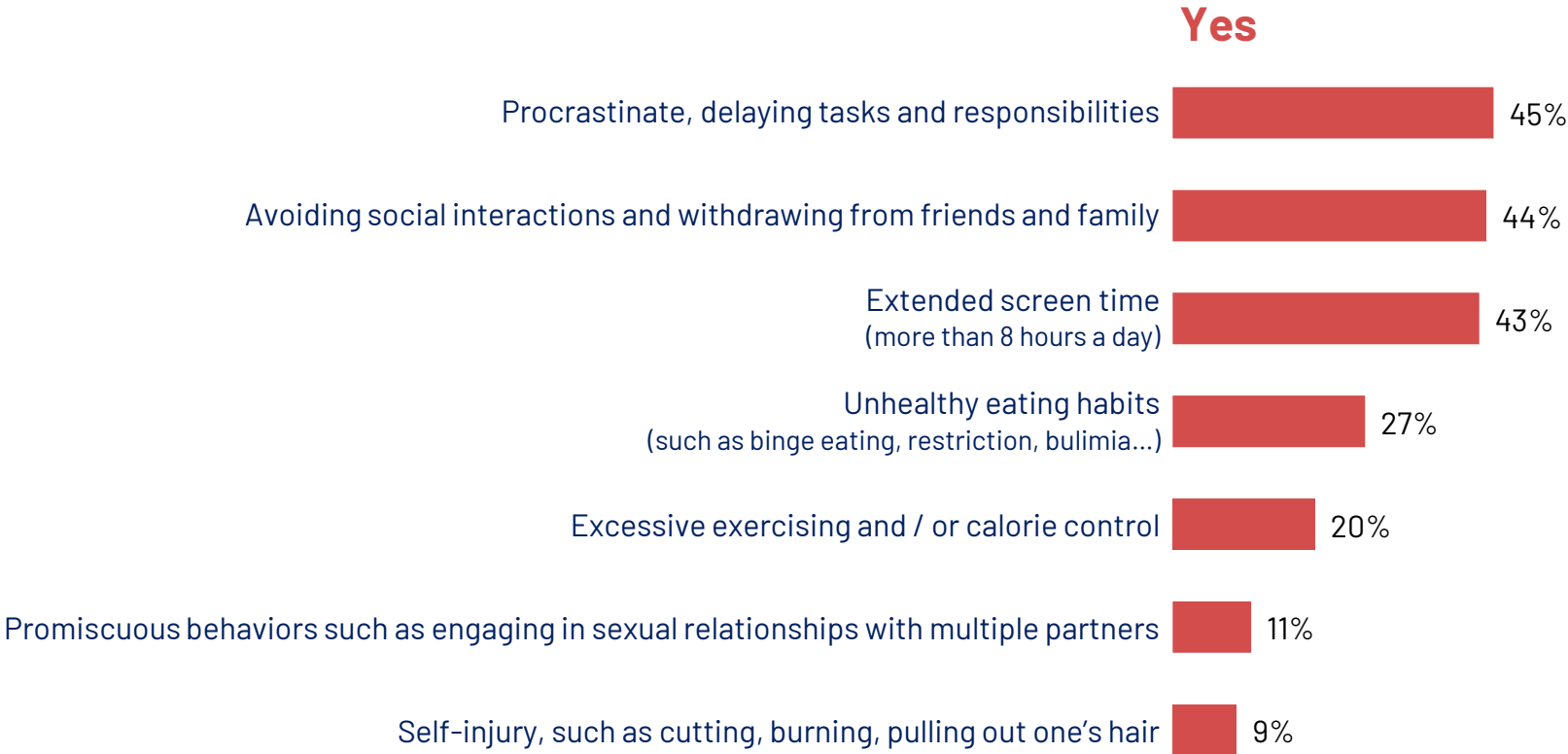
V5Q4 : Which of the following actions do you take to self-manage your mental health?

[+ New question](#)

19 000 RESPONDENTS: 1000/COUNTRY EXCEPT IN GERMANY: 2000



Behaviors when faced with challenges



V5Q3 : Do you tend to revert to one or more of the following behaviours when faced with challenges ? [+ New question](#)

1 000 RESPONDENTS

Behaviors when faced with challenges

Details per sex, age and employment status



Mexico

	ALL	Gender		Age					Employment status	
		Males	Females	18-24	25-34	35-44	45-54	55+	Working	Not working
Procrastinate, delaying tasks and responsibilities	45	40	50	65	54	49	41	23	45	46
Avoiding social interactions and withdrawing from friends and family	44	40	47	50	52	48	44	26	47	37
Extended screen time (more than 8 hours a day)	43	42	44	60	56	42	35	23	45	37
Unhealthy eating habits (such as binge eating, restriction, bulimia...)	27	22	31	43	29	29	27	9	28	24
Excessive exercising and / or calorie control	20	22	18	32	24	28	11	7	24	12
Promiscuous behaviors such as engaging in sexual relationships with multiple partners	11	13	9	11	14	15	10	5	14	5
Self-injury, such as cutting, burning, pulling out one's hair	9	8	11	11	15	12	7	4	11	6

V5Q3 : Do you tend to revert to one or more of the following behaviours when faced with challenges ? [+ New question](#)

1 000 RESPONDENTS



Behaviors when faced with challenges

Details per country



	ALL	EU	BE	FR	DE	IT	SP	CH	UK	IE	TR	AM	US	MX	BR	AS	JP	CN	HK	KR	PH	TH
Tend to revert to at least one behavior	71	71	68	70	68	64	63	76	73	77	79	74	71	72	80	69	58	69	74	62	78	73
Procrastinate, delaying tasks and responsibilities	44	47	42	46	47	37	40	49	56	56	51	49	50	45	52	37	27	39	43	36	46	33
Extended screen time (more than 8 hours a day)	40	36	35	33	32	31	31	34	36	44	48	43	36	43	50	46	30	52	52	33	53	55
Avoiding social interactions and withdrawing from friends and family	38	39	41	36	36	32	35	35	48	48	44	44	42	44	45	34	26	36	34	25	42	39
Unhealthy eating habits (such as binge eating, restriction, bulimia...)	32	32	30	31	29	28	29	28	36	40	41	32	32	27	39	31	27	32	26	31	37	33
Excessive exercising and / or calorie control	21	22	24	25	13	18	18	21	19	24	30	22	19	20	28	21	15	20	16	19	37	19
Promiscuous behaviors such as engaging in sexual relationships with multiple partners	11	11	11	8	8	11	10	10	11	15	17	12	12	11	14	9	5	7	9	6	14	12
Self-injury, such as cutting, burning, pulling out one's hair	10	10	10	7	8	7	8	8	12	14	16	11	12	9	13	9	5	8	6	8	15	10

V5Q3 : Do you tend to revert to one or more of the following behaviours when faced with challenges ? [+ New question](#)

19 000 RESPONDENTS: 1000/COUNTRY EXCEPT IN GERMANY: 2000



AI OPPORTUNITIES AND POTENTIAL RISKS IN MENTAL HEALTH SUPPORT

05

71%

report already using **AI for mental health matters.**

Search for **information to manage my personal mental health**

Seek **advice on how to assist others** with their mental health

Get **guidance on communicating and expressing my mental health concerns**

Engaging in **regular dialogues as a virtual confidant to get advice** for dealing with your day-to-day difficulties

Use AI to **determine appropriate actions** for self-managing mental health

Receive **assessments of my current mental health status**

Identify suitable **healthcare professionals or facilities** for mental health assistance

Track mood changes and emotional patterns using AI tools

1 000 RESPONDENTS



V5Q7 : In what ways do you engage with artificial intelligence (AI) platforms for mental health purposes or conversations?

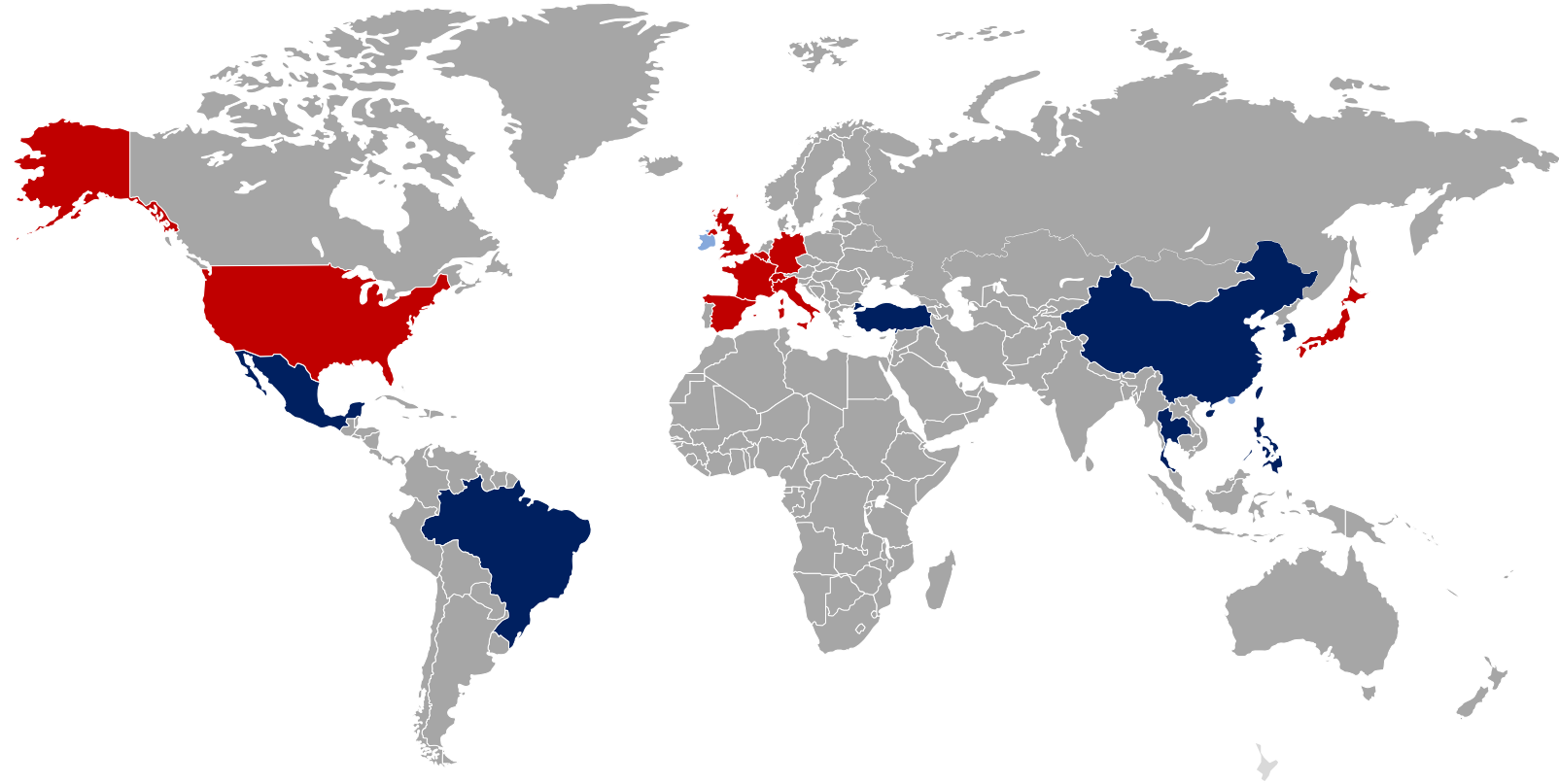
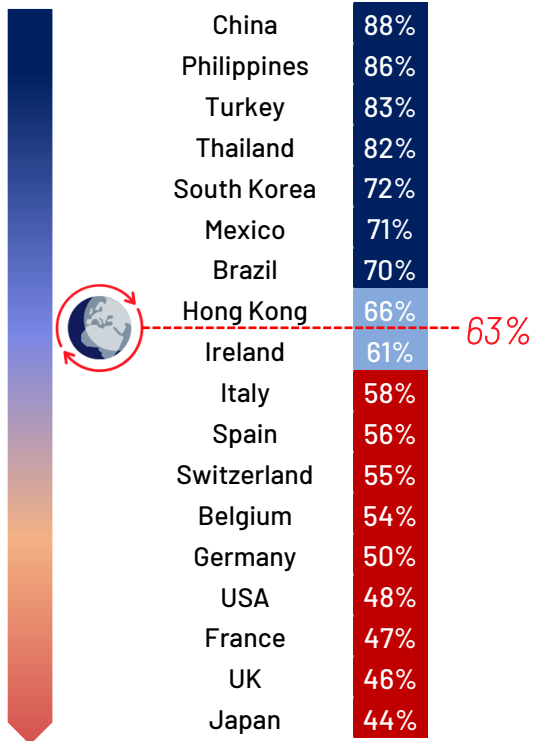
[+ New question](#)

Artificial Intelligence use



63%

report already using AI for mental health matters.



V5Q7 : In what ways do you engage with artificial intelligence (AI) platforms for mental health purposes or conversations?

[+ New question](#)

19 000 RESPONDENTS: 1000/COUNTRY EXCEPT IN GERMANY: 2000

The Double-Edged Sword of AI

53%

report being **satisfied**

...with the advice provided by AI platforms for mental health

47%

report being **dissatisfied**



Risks in AI mental health support...

I **almost always apply the advice** given by AI concerning my mental health **44%**

I **trust AI platforms more than mental health professionals** for delivering mental health advice **40%**

I **prioritize AI tools** for mental health rather than confiding in my peers face-to-face **39%**

AI has become **a reflex** for my mental health support, making it **difficult for me to stop relying on it** **38%**

I have felt **uneasy or concerned after receiving advice** from an AI platform **33%**

Some AI recommendations have **led me to engage in harmful behavior** **29%**

V5Q8 : To what extent do the following statements apply to your use of artificial intelligence (AI) platforms for mental health? [+ New question](#)

Base : Users of AI platforms for mental health purposes or conversations (n=444)

The Double-Edged Sword of AI

Details per sex, age



% Yes


Mexico

	Gender		Age				
	Males	Females	18-24	25-34	35-44	45-54	55+
ALL							
444	203	241	94	125	113	68	⚠️ 44
I'm satisfied with the advice provided by AI platforms for mental health	53	52	51	64	54	43	42
I almost always apply the advice given by AI concerning my mental health	44	43	43	50	44	39	35
I trust AI platforms more than mental health professionals for delivering mental health advice	40	43	38	47	42	40	20
I prioritize AI tools for mental health rather than confiding in my peers face-to-face	39	43	37	47	39	36	31
AI has become a reflex for my mental health support, making it difficult for me to stop relying on it	38	38	47	42	37	34	19
I have felt uneasy or concerned after receiving advice from an AI platform	33	34	34	30	36	36	25
Some AI recommendations have led me to engage in harmful behavior	29	32	33	31	31	30	11

V5Q8 : To what extent do the following statements apply to your use of artificial intelligence (AI) platforms for mental health? [+ New question](#)
Base : Users of AI platforms for mental health purposes or conversations (n=444)



Views and attitudes towards AI in mental health

Details per country



% Yes

	ALL	EU	BE	FR	DE	IT	SP	CH	UK	IE	TR	AM	US	MX	BR	AS	JP	CN	HK	KR	PH	TH
I'm satisfied with the advice provided by AI platforms for mental health	55	54	55	54	50	46	55	54	57	55	59	56	67	53	51	56	33	63	57	45	61	59
I almost always apply the advice given by AI concerning my mental health	42	39	33	38	37	35	40	31	43	42	45	46	53	44	43	43	29	46	42	36	43	50
I prioritize AI tools for mental health rather than confiding in my peers face-to-face	41	37	33	42	34	33	33	32	37	42	43	44	47	39	46	43	29	52	44	36	38	49
I trust AI platforms more than mental health professionals for delivering mental health advice	38	35	31	37	30	36	34	28	42	40	38	41	45	40	40	39	25	48	43	30	35	42
AI has become a reflex for my mental health support, making it difficult for me to stop relying on it	38	36	34	44	29	35	37	30	38	40	39	41	46	38	41	39	26	48	40	28	41	38
I have felt uneasy or concerned after receiving advice from an AI platform	32	31	26	33	26	30	34	24	32	39	32	37	41	33	39	31	22	38	26	26	33	34
Some AI recommendations have led me to engage in harmful behavior	28	26	20	27	19	25	31	21	27	33	29	32	34	29	32	27	20	32	26	23	25	33

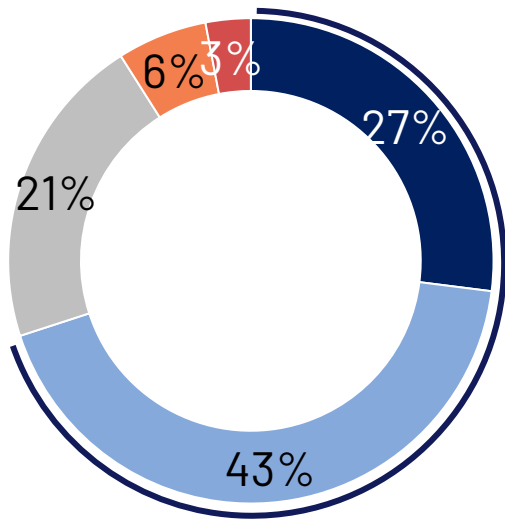
V5Q8 : To what extent do the following statements apply to your use of artificial intelligence (AI) platforms for mental health? [+ New question](#)

Base : Users of AI platforms for mental health purposes or conversations (n=7977)



Ability to Find Help for Coping with Mental Health Issues

If and when I did need help with a mental health condition, I would know how to access it

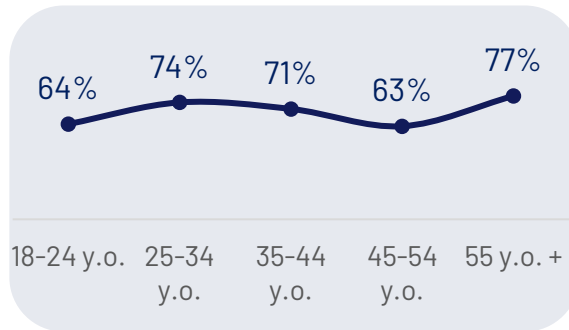


STRONGLY+ AGREE

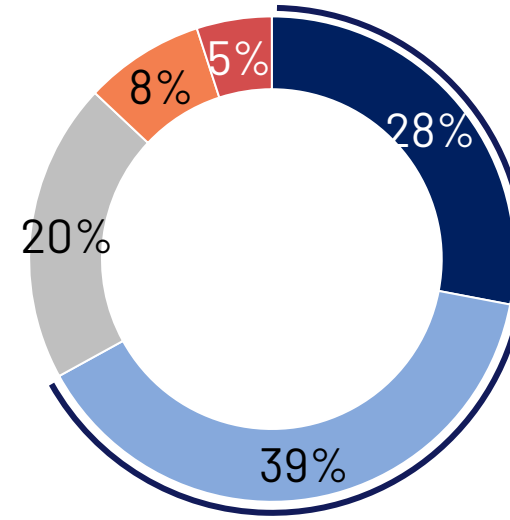
70%

REMINDERS

2024-2025 : 70%
2023-2024 : 74%
2022-2023 : 73%



I trust my friends and family to provide mental health support should I need it

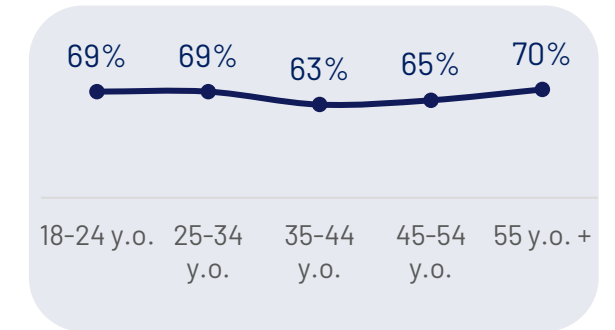


STRONGLY+ AGREE

67% ▼

REMINDERS

2024-2025 : 73%
2023-2024 : 77%
2022-2023 : 79%



Strongly agree

Agree

Neither agree or disagree

Disagree

Strongly disagree

QA14 : To what extent do you agree or disagree with the following statements ?

1 000 RESPONDENTS

Ability to Find Help for Coping with Mental Health Issues

Details per country



% SUBTOTAL AGREE		ALL	EU	BE	FR	DE	IT	SP	CH	UK	IE	TR	AM	US	MX	BR	AS	JP	CN	HK	KR	PH	TH
If and when I did need help with a mental health condition, I would know how to access it		61	60	59 ▼	56 ▼	57 ▼	50 ▼	65	65 ▼	59 ▼	62	72 ▼	68	70 ▼	70	64	58	27	74 ▼	57 ▼	44	74	73 ▼
I trust my friends and family to provide mental health support should I need it		60	58	53 ▼	56 ▼	62	39 ▼	65 ▼	63	60 ▼	59 ▼	69	61	59 ▼	67 ▼	56	61	36 ▼	76 ▼	59	48	76	70 ▼

QA14 : To what extent do you agree or disagree with the following statements ?

19 000 RESPONDENTS: 1000/COUNTRY EXCEPT IN GERMANY: 2000



MIND HEALTH AT WORKPLACE



WORKING POPULATION IN
MEXICO
(N= 712)

06



62%

+ 5pts vs last year

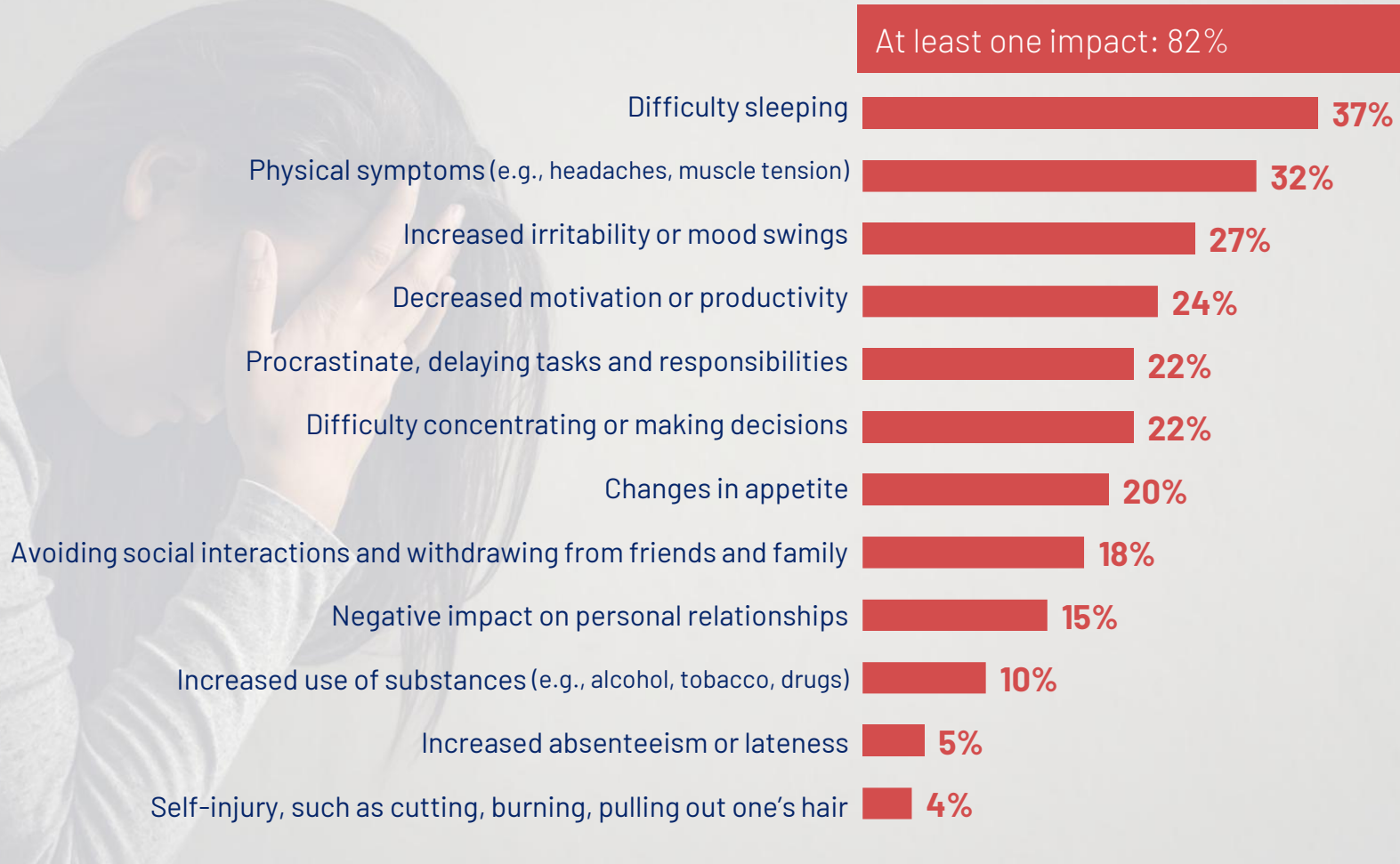
report experiencing **moderate to severe stress** in their professional lives, with a score of 6-10, over the past 12 months.

37%

+ 4pts vs last year

rate their stress levels as higher, with a score of 8-10.

Work-related stress impacts



V4Q18 : On a scale of 0 to 10, with "0" being "no stress" and "10" being "extremely severe stress", how would you rate the degree of stress you've experienced in YOUR PROFESSIONAL LIFE OVER THE PAST 12 MONTHS?



WORKING POPULATION: 712 RESPONDENTS

V5Q9 : Over the past 12 months, how has work-related stress impacted your daily life?

Base : working population with work-related stress (n = 683)

[+ New question](#)

Stress self-evaluation in professional life

Details




Mexico

	Gender		Age					Occupation			In charge of management	
	Males	Females	18-24	25-34	35-44	45-54	55+	High	Intermediate	Elementary	Yes	No
ALL												
712	359	353	101	182	183	139	107	95	464	153	415	267
level of stress (6-10)	62											
	57	67	61	64	71	62	48	61	63	57	68	55
Average	6,1											
	5,7	6,4	5,9	6,2	6,7	6,2	5,0	6,1	6,2	5,6	6,5	5,5

V4Q18 : On a scale of 0 to 10, with "0" being "no stress" and "10" being "extremely severe stress", how would you rate the degree of stress you've experienced in YOUR PROFESSIONAL LIFE OVER THE PAST 12 MONTHS?



WORKING POPULATION: 712 RESPONDENTS



Impact of work-related stress

Details per sex, age



Mexico ALL

	Mexico ALL	Gender		Age				
		Males	Females	18-24	25-34	35-44	45-54	55+
	683	344	339	100	172	181	135	95
% At least one impact	82	74	90	88	81	86	78	76
Difficulty sleeping	37	33	42	39	38	38	36	36
Physical symptoms (e.g., headaches, muscle tension)	32	25	40	23	33	31	34	38
Increased irritability or mood swings	27	24	30	34	27	24	28	24
Decreased motivation or productivity	24	23	25	25	22	23	27	24
Procrastinate, delaying tasks and responsibilities	22	19	26	35	27	21	16	15
Difficulty concentrating or making decisions	22	20	24	27	26	24	17	18
Changes in appetite	20	18	23	23	23	28	15	9
Avoiding social interactions and withdrawing from friends and family	18	16	20	23	14	20	21	11
Negative impact on personal relationships	15	15	16	20	15	16	12	15
Increased use of substances (e.g., alcohol, tobacco, drugs)	10	10	9	11	8	16	6	6
Increased absenteeism or lateness	5	6	5	4	7	5	8	2
Self-injury, such as cutting, burning, pulling out one's hair	4	3	5	5	5	6	1	1
Other	1	2	1	2	0	1	3	0
No impact	18	26	10	12	19	14	22	24

V5Q9 : Over the past 12 months, how has work-related stress impacted your daily life? [+ New question](#)

Base : Working population with work-related stress (n = 683)

Stress self-evaluation in professional life

Details per country



	ALL	EU	BE	FR	DE	IT	SP	CH	UK	IE	TR	AM	US	MX	BR	AS	JP	CN	HK	KR	PH	TH
Base	12 278	5 928	569	537	1 172	544	588	728	605	691	494	1 957	593	712	652	4 393	686	786	779	664	698	780
level of stress (6-10)	56	59	61	54	54	63 ▲	59	58 ▲	55 ▲	58 ▲	68	59	54 ▲	62	59	52	46	60	56	47	59	43
Average	5,6	5,7	5,7	5,3	5,5	5,9 ▲	5,7	5,7 ▲	5,5 ▲	5,6 ▲	6,5	5,9	5,5 ▲	6,1 ▲	6,1	5,4	5,2	5,7	5,5	5,3	5,9	5,0

V4Q18 : On a scale of 0 to 10, with "0" being "no stress" and "10" being "extremely severe stress", how would you rate the degree of stress you've experienced in YOUR PROFESSIONAL LIFE OVER THE PAST 12 MONTHS?



WORKING POPULATION: 12278 RESPONDENTS



Impact of work-related stress

Details per country



	ALL	EU	BE	FR	DE	IT	SP	CH	UK	IE	TR	AM	US	MX	BR	AS	JP	CN	HK	KR	PH	TH
	11 811	5 714	551	511	1 133	525	561	712	579	667	475	1 871	564	683	624	4 226	664	765	749	650	673	725
% At least one impact	72	72	73	67	69	73	74	72	66	73	87	77	71	82	77	70	58	68	69	66	85	76
Difficulty sleeping	33	34	36	36	34	29	37	34	31	35	37	32	31	37	28	31	18	29	31	29	42	38
Increased irritability or mood swings	24	25	23	21	26	27	26	28	24	22	28	28	25	27	32	22	24	17	19	14	31	27
Decreased motivation or productivity	24	25	27	33	22	16	23	27	28	24	27	25	26	24	26	23	15	24	25	17	31	24
Physical symptoms (e.g., headaches, muscle tension)	24	25	27	22	29	25	26	26	25	21	24	30	28	32	29	21	14	14	19	17	34	29
Difficulty concentrating or making decisions	20	20	21	14	18	19	22	22	22	18	26	22	19	22	23	20	18	20	20	17	28	18
Procrastinate, delaying tasks and responsibilities	20	21	19	18	21	15	16	24	21	24	27	23	24	22	23	17	10	16	20	14	28	15
Changes in appetite	15	14	13	11	12	9	15	11	15	16	22	18	15	20	19	16	13	17	11	17	25	12

V5Q9 : Over the past 12 months, how has work-related stress impacted your daily life? [+ New question](#)

Base : working population with work-related stress (n = 11 811)

Impact of work-related stress

Details per country



	ALL	EU	BE	FR	DE	IT	SP	CH	UK	IE	TR	AM	US	MX	BR	AS	JP	CN	HK	KR	PH	TH
	11 811	5 714	551	511	1 133	525	561	712	579	667	475	1 871	564	683	624	4 226	664	765	749	650	673	725
Avoiding social interactions and withdrawing from friends and family	15	16	16	14	16	12	14	13	17	18	22	17	17	18	17	13	8	14	13	8	19	17
Negative impact on personal relationships	13	13	12	12	12	12	11	11	11	13	19	14	12	15	15	14	12	15	12	14	19	11
Increased use of substances (e.g., alcohol, tobacco, drugs)	9	10	12	7	13	4	9	10	8	11	9	11	11	10	12	8	7	11	6	7	9	7
Increased absenteeism or lateness	7	8	8	6	9	5	7	7	8	9	12	9	11	5	9	6	3	6	6	3	13	8
Self-injury, such as cutting, burning, pulling out one's hair	4	4	4	2	3	2	4	4	3	6	7	5	5	4	5	3	2	3	2	3	4	3
Other	1	1	1	2	2	1	0	2	2	1	1	1	2	1	1	2	2	0	1	2	2	3
No impact	28	28	27	33	31	27	26	28	34	27	13	23	29	18	23	30	42	32	31	34	15	24

V5Q9 : Over the past 12 months, how has work-related stress impacted your daily life? [+ New question](#)

Base : working population with work-related stress (n = 11 811)

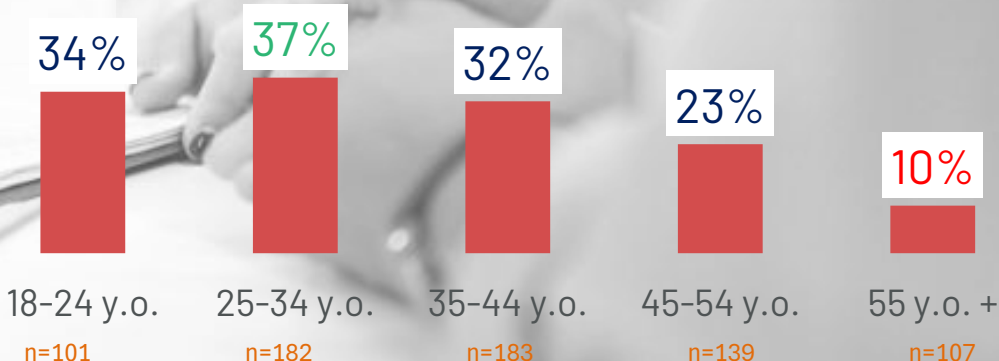


Trends in Sick Leave for Mental Health Reasons

28%

Report taking **sick leave** for problems related to mental/psychological health [once/several times over the last 12 months]

REMINDERS
2024-2025 : 24%
2023-2024 : 19%



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

 **WORKING POPULATION: 712 RESPONDENTS**

Sick leave for mental/psychological health

Details per country



	ALL	EU	BE	FR	DE	IT	SP	CH	UK	IE	TR	AM	US	MX	BR	AS	JP	CN	HK	KR	PH	TH
Base	12 278	5 928	569	537	1 172	544	588	728	605	691	494	1 957	593	712	652	4 393	686	786	779	664	698	780
% Yes	24	24	31	23	23	18	19	18	23	33	33	24	25	28	21	23	8	26	21	16	38	30
Yes, several times	8	8	11	9	9	5	5	6	8	11	11	8	9	8	8	7	4	8	6	4	8	12
Yes, once	16	16	20	14	14	13	14	12	15	22	22	16	16	20	13	16	4	18	15	12	30	18
Not this year	16	15	19	10	12	11	14	11	19	21	15	16	13	18	14	19	11	22	20	19	26	17
No, never	60	61	50	67	65	71	67	71	58	46	52	60	62	54	65	58	81	52	59	65	36	53

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

WORKING POPULATION: 12278 RESPONDENTS

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66
Internal

Results in %

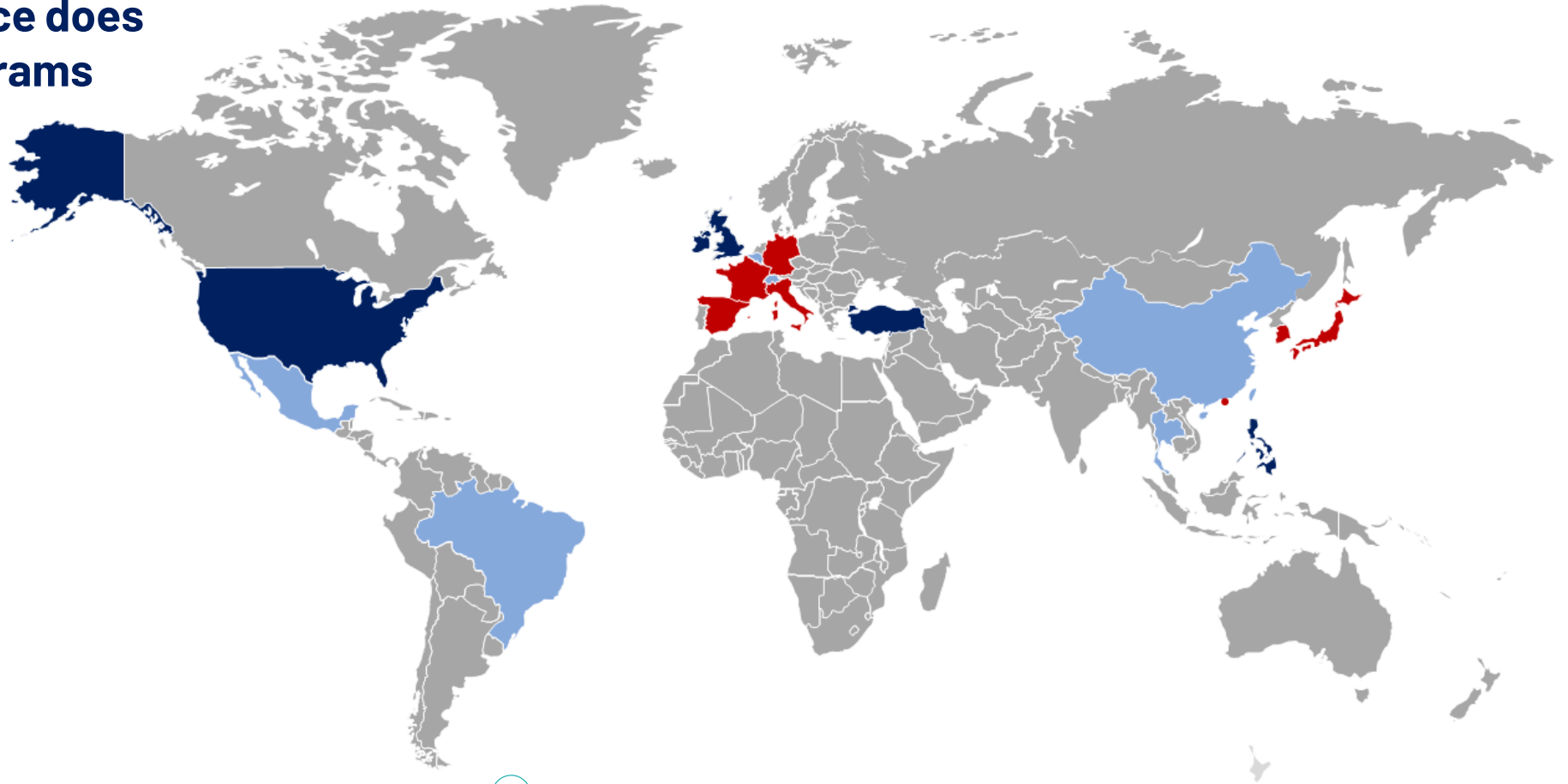
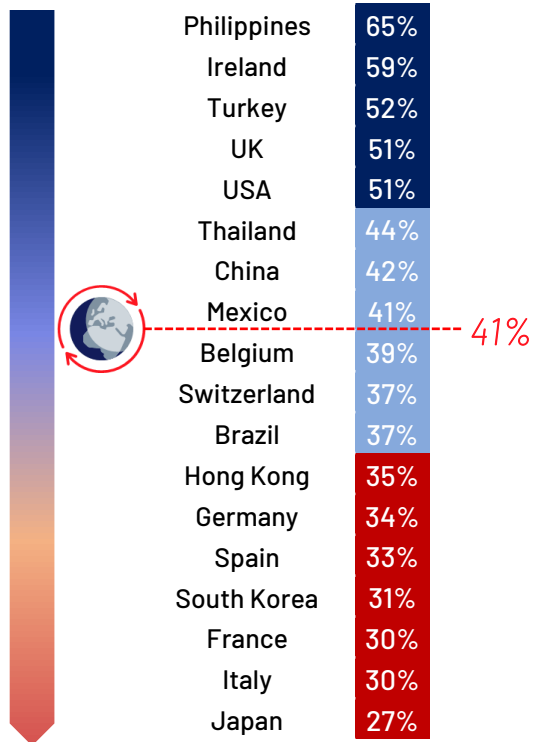


Mental health and wellness support in the workplace



41%

report that their **workplace does offer mental health programs**



V5Q10: Which of the following mental health and well-being support does your workplace offer? [+ New question](#)

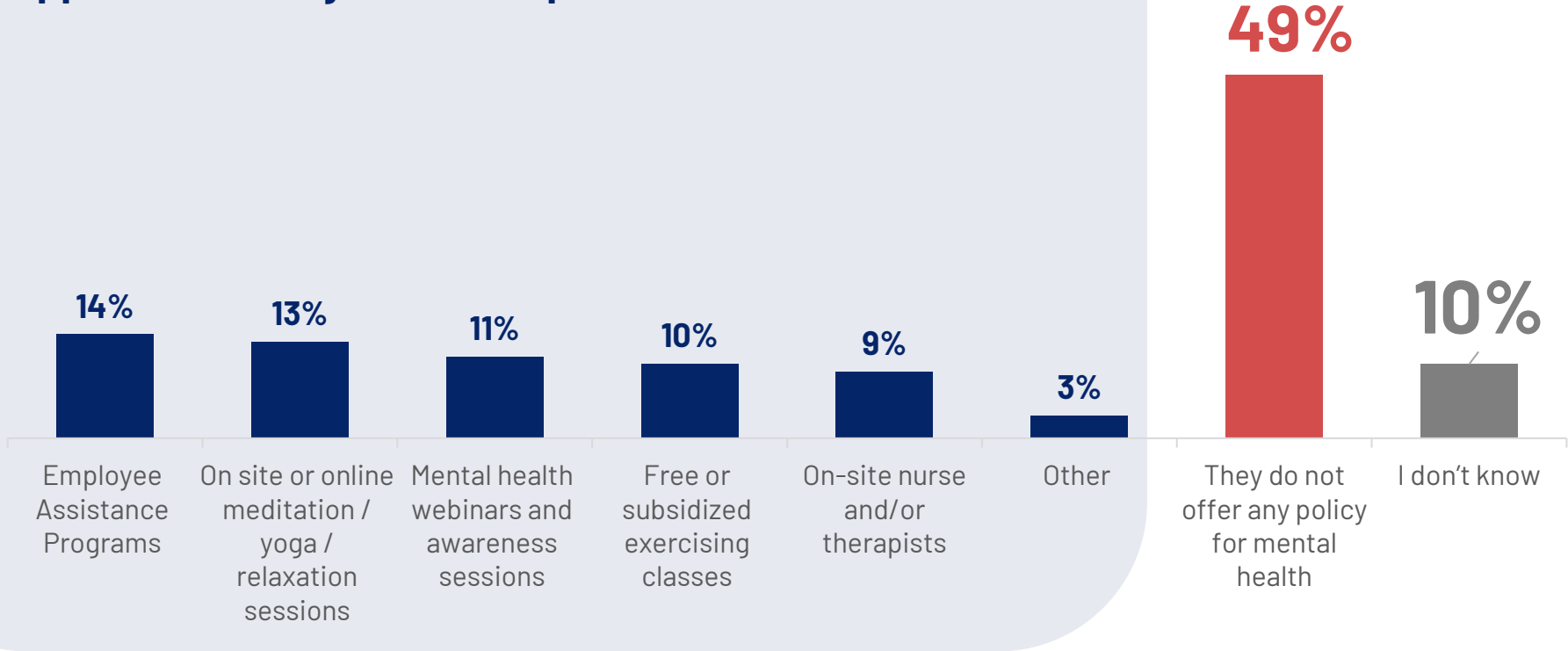


WORKING POPULATION: 12278 RESPONDENTS

Mental health support in the workplace

41%

have at least one mental health and wellness support offered by their workplace



V5Q10: Which of the following mental health and well-being support does your workplace offer? [+ New question](#)



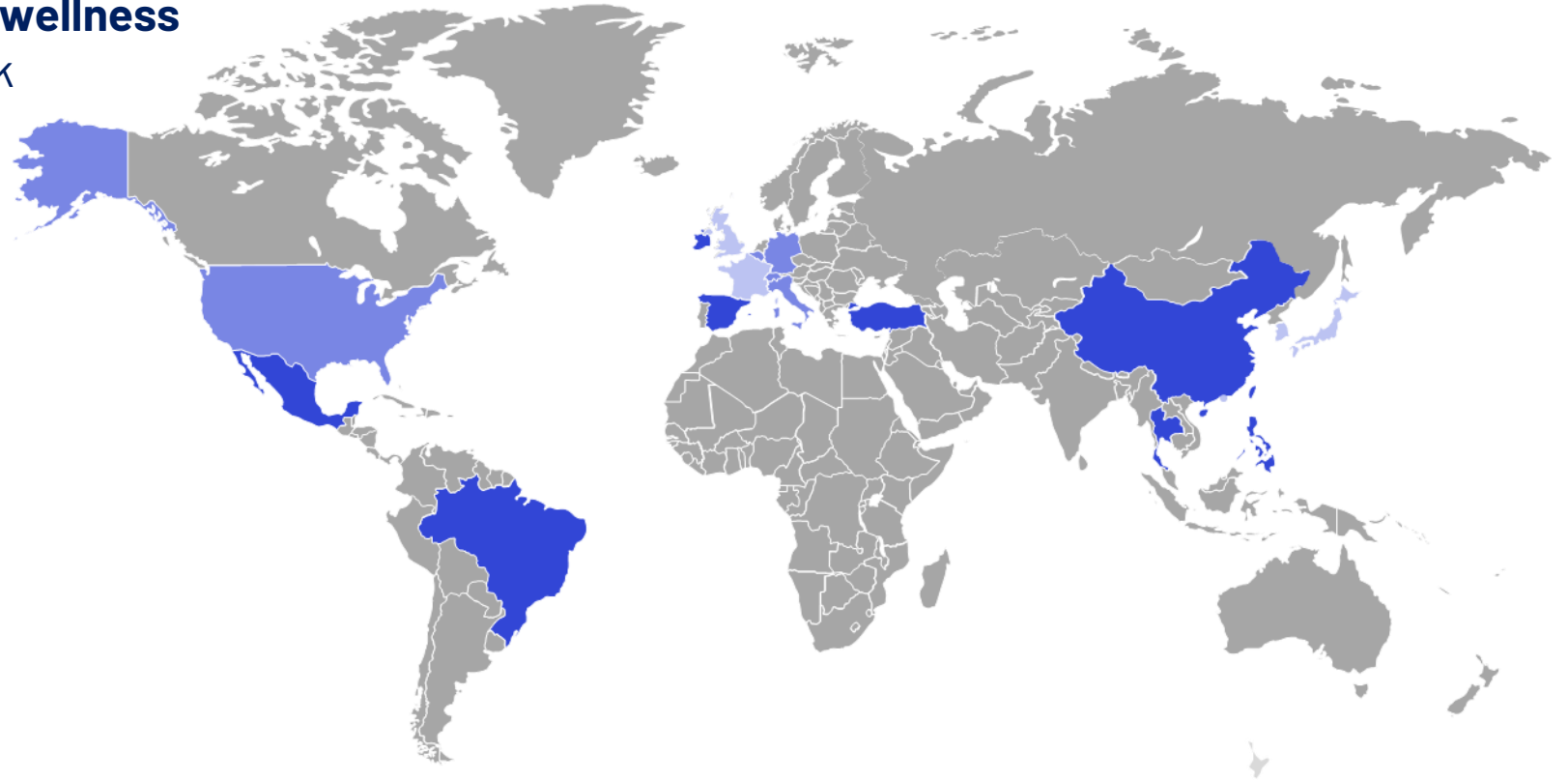
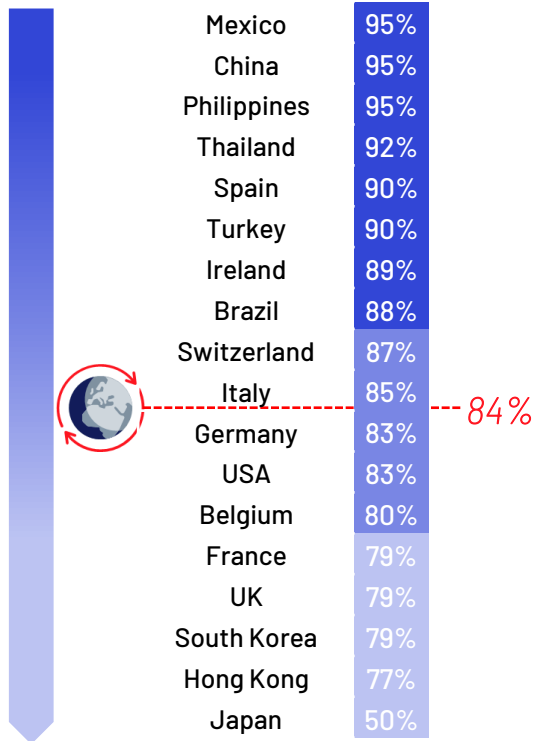
WORKING POPULATION: 712 RESPONDENTS

Willingness to benefit from Mental health and wellness support in the workplace

84%



would participate in mental health and wellness support programs when offered at work



V5Q13 : If these mental health and well-being support offerings were available in your company and if you were experiencing a mental health problem, would you use or participate in them? [+ New question](#)

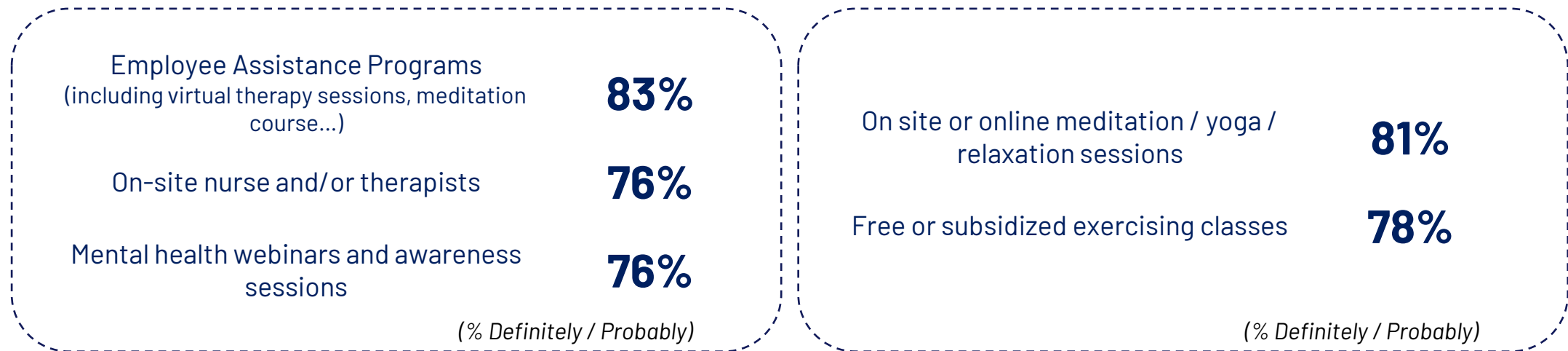


WORKING POPULATION: 12278 RESPONDENTS

Willingness to benefit from Mental Health and wellness support in the workplace

95%

would **participate in mental health and wellness support programs** when offered at work



V5Q13 : If these mental health and well-being support offerings were available in your company and if you were experiencing a mental health problem, would you use or participate in them? [+ New question](#)



WORKING POPULATION: 712 RESPONDENTS

Willingness to benefit from Mental Health and wellness support in the workplace

Details per sex, age



% Definitely or probably

	Mexico	Gender		Age				
		Males	Females	18-24	25-34	35-44	45-54	55+
ALL	712	359	353	101	182	183	139	107
% Would use <i>definitely or probably</i> at least one support	95	94	96	95	98	95	95	91
% Would use <i>definitely</i> at least one support	58	54	62	53	66	59	56	50
Employee Assistance Programs (including virtual therapy sessions, meditation course...)	83	81	86	78	85	85	83	84
On site or online meditation / yoga / relaxation sessions	81	76	86	72	82	85	83	80
Free or subsidized exercising classes	78	74	83	74	82	81	75	79
On-site nurse and/or therapists	76	73	80	71	76	79	78	77
Mental health webinars and awareness sessions	76	72	80	64	76	77	82	76

V5Q13 : If these mental health and well-being support offerings were available in your company and if you were experiencing a mental health problem, would you use or participate in them? [+ New question](#)



WORKING POPULATION: 712 RESPONDENTS



Willingness to use and participate in Workplace Mental Health and wellness support programs

Details per country



% Definitely or probably

	ALL	EU	BE	FR	DE	IT	SP	CH	UK	IE	TR	AM	US	MX	BR	AS	JP	CN	HK	KR	PH	TH
	12 278	5 928	569	537	1 172	544	588	728	605	691	494	1 957	593	712	652	4 393	686	786	779	664	698	780
% Would use <i>definitely or probably</i> at least one support	84	85	80	79	83	85	90	87	79	89	90	89	83	95	88	81	50	95	77	79	95	92
% Would use <i>definitely</i> at least one support	39	40	36	35	38	41	44	41	33	43	48	50	40	58	51	34	7	53	20	20	55	45
Free or subsidized exercising classes	68	66	58	62	62	71	69	68	63	73	70	73	67	78	74	67	30	84	60	59	90	80
Employee Assistance Programs (including virtual therapy sessions, meditation course...)	64	62	56	53	57	64	72	59	57	68	73	73	63	83	71	61	28	79	55	52	82	71
On site or online meditation / yoga / relaxation sessions	63	59	53	54	56	64	70	55	53	65	69	71	62	81	69	63	28	75	59	57	83	75
On-site nurse and/or therapists	62	61	51	56	65	58	66	61	60	66	67	68	59	76	68	61	32	73	49	50	84	74
Mental health webinars and awareness sessions	59	55	51	44	50	60	64	50	52	63	64	65	53	76	66	61	26	80	51	50	84	71

V5Q13 : If these mental health and well-being support offerings were available in your company and if you were experiencing a mental health problem, would you use or participate in them?

Base : working population (n=12278)

APPENDICES

IPSOS COMMITMENTS

TECHNICAL INFORMATION

02



OUR COMMITMENTS

PROFESSIONAL CODES, QUALITY CERTIFICATION CONSERVATION AND DATA PROTECTION

Ipsos is a member of the following French and European market and opinion research professional bodies:

- **SYNTEC (professional union of market research companies in France; www.Syntec-etudes.Com)**
- **ESOMAR (European Society for Opinion and Market Research, www.Esomar.Org)**



**Ipsos France is certified ISO 20252 :
Market Research - version 2019
BY AFNOR CERTIFICATION**

This document has been produced in compliance with these international codes and standards.

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As such, the retention period for the personal data of people interviewed as part of a study is, unless there is a specific contractual commitment:

- 12 months following the end date of an Ad Hoc study.
- 36 months following the end date of each wave of a recurring study.



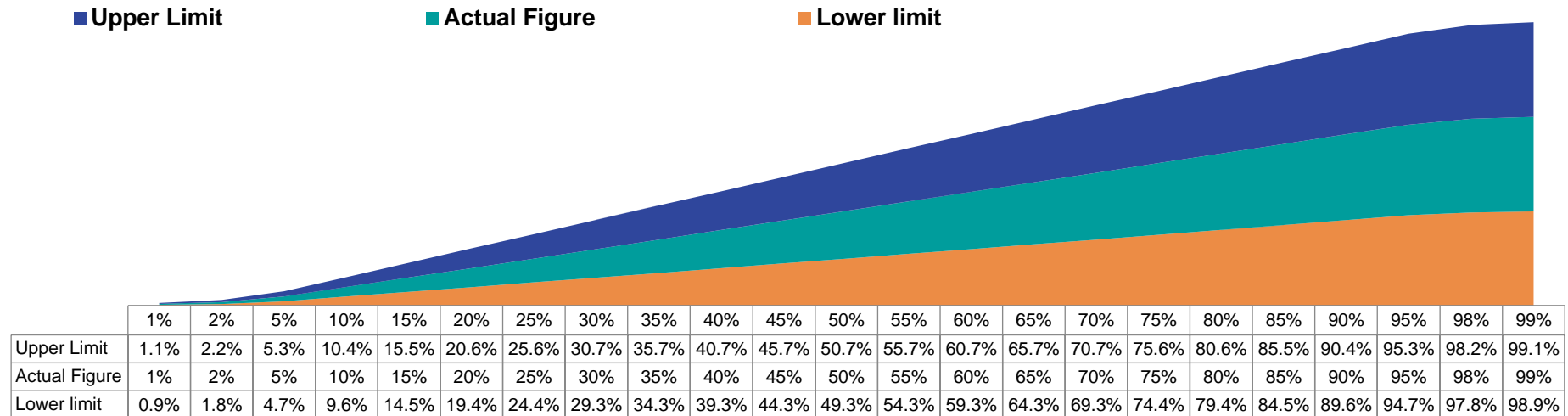
RELIABILITY OF RESULTS

Spreadsheet

In this instance, with regard to this study:

- Confidence interval **95%**
- Size of sample: **1 000**

The proportions observed are between :



Survey overview

CAWI survey – Online panel



SAMPLE

- **Selection of the respondent** : participant selection using a quota method



DATA COLLECTION

- **Data collection** : on line with IIS Panel
- **Loyalty program with points- based award system for panelists**
- **Response quality control methods: monitoring of participants' response behaviour (identification of responses that are too quick or careless, e.g. ticked in a straight or zigzag line)**
- **Checking of IP and consistency of demographic data.**
- Data will be kept on a protected network for 3 years



DATA PROCESSING

- Weighted sample
- Method used: Rim Weighting Method

RELIABILITY OF RESULTS :

Self completion online surveys

To ensure the overall reliability of a survey, all possible error components must be taken into account. That is why Ipsos imposes strict controls and procedures at each stage of the survey process.

UPSTREAM OF THE DATA COLLECTION

- **Sample** : structure and representativeness
- **Questionnaire** : the questionnaire is worded by following an editing process with 12 compulsory standards. It is proofread and approved at a senior level and then sent to the client for final validation. The programming (or questionnaire script) **is tested by at least 2 people and validated.**
- **Data collection** : the interviewers are trained in survey techniques through a dedicated training module prior to any participation in a survey. In addition, they receive or attend a detailed briefing at the start of each survey.

DURING THE DATA COLLECTION

- **Sampling** : Ipsos imposes very strict operating rules for its selection frame in order to maximize the random nature of the sample selection : random selection from telephone listings, quota method, etc.

- **Fieldwork monitoring** : collection is monitored and checked (exclusive link, IP validation, panelists' behavior monitoring penetration, interview length, consistency of responses, participation rate, number of reminders, etc.)

DOWNSTREAM OF THE DATA COLLECTION

- The results are analyzed in accordance with the statistical analysis methods (confidence interval versus sample size, significance tests). The first results are systematically checked against the raw results from the data collection. The consistency of results is also checked (particularly the results observed versus comparison sources in our possession).
- In cases where sample weighting is used (margin calibration method), this is checked by the processing teams (DP) and then validated by the survey teams.

Survey overview

Organization (CAWI survey - Online panel)



ACTIVITIES CARRIED OUT OR COORDINATED BY IPSOS TEAMS IN FRANCE

- Design and methodology
- Conception and design of questionnaire/ validation of scripting
- Coordination and validation of translation
- Coordination of data collection
- Data processing
- Validation of the statistical analyses
- Creation of survey report
- Results presentation design
- Formatting of results
- Oral presentation Analyses and summary



ACTIVITIES CARRIED OUT BY IPSOS EXPERT LOCAL TEAMS

- Sampling (IIS panel)
- Emailing
- Data collection in the 16 countries



ACTIVITIES ENTRUSTED TO OUR APPROVED PARTNERS

- Translation

ABOUT IPSOS

Ipsos is the third largest market research company in the world, present in 90 markets and employing more than 18,000 people.

Our research professionals, analysts and scientists have built unique multi-specialist capabilities that provide powerful insights into the actions, opinions and motivations of citizens, consumers, patients, customers or employees. Our 75 business solutions are based on primary data coming from our surveys, social media monitoring, and qualitative or observational techniques.

“Game Changers” – our tagline – summarises our ambition to help our 5,000 clients to navigate more easily our deeply changing world.

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At Ipsos we believe our clients need more than a data supplier, they need a partner who can produce accurate and relevant information and turn it into actionable truth.

This is why our passionately curious experts not only provide the most precise measurement, but shape it to provide True Understanding of Society, Markets and People.

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You act better when you are sure.