



FEELING GOOD

10. 11. 2023

WORLD MENTAL HEALTH DAY 2023

A Global Advisor Survey

October 2023

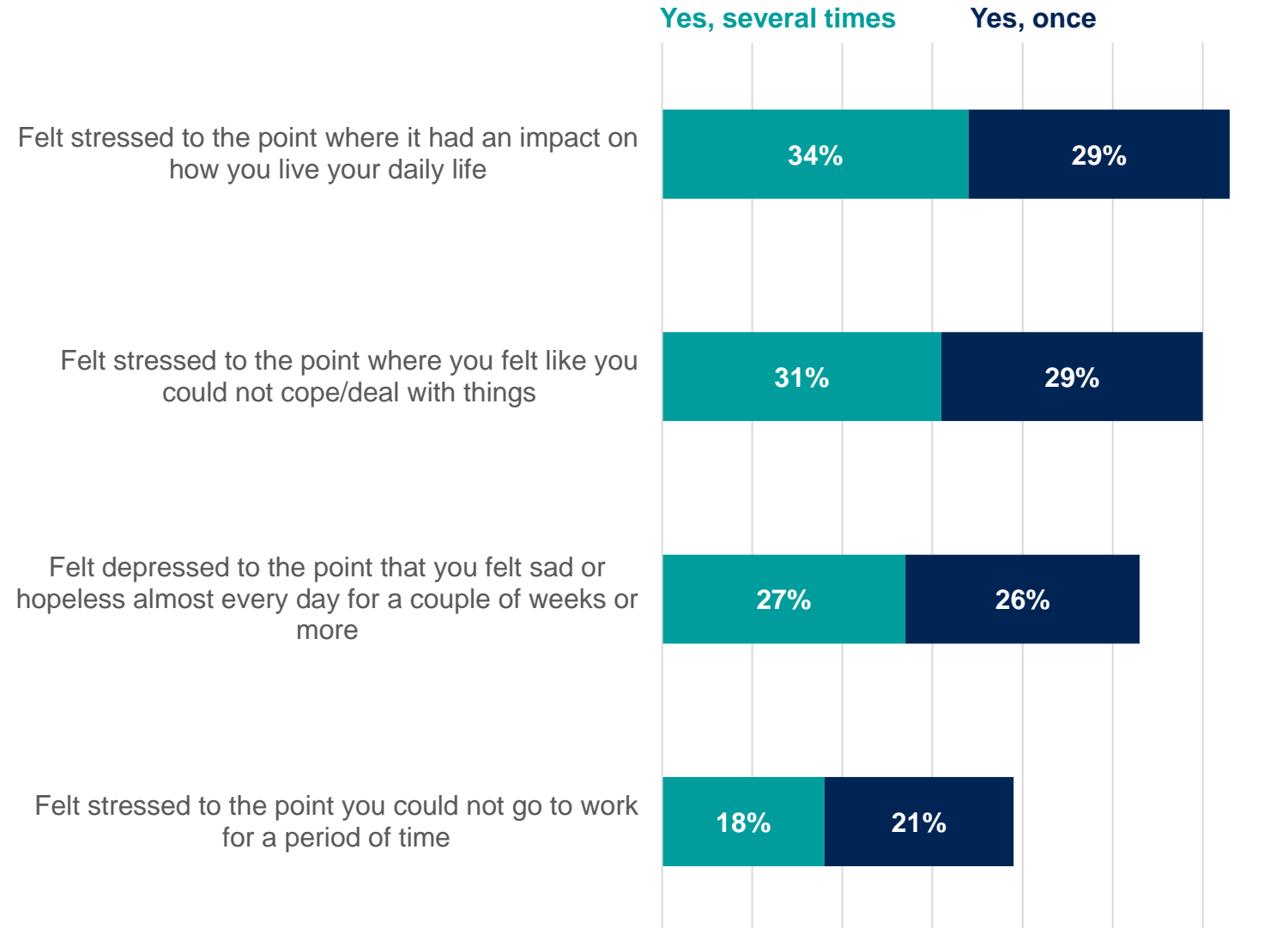
GAME CHANGERS



A third of people (34%) across 31 countries say they have faced several instances when stress has affected their daily life. Thirty-one per cent have had multiple occasions where they have felt like they couldn't cope due to stress.

Global Country Average

Q: During the past year have you ever...?

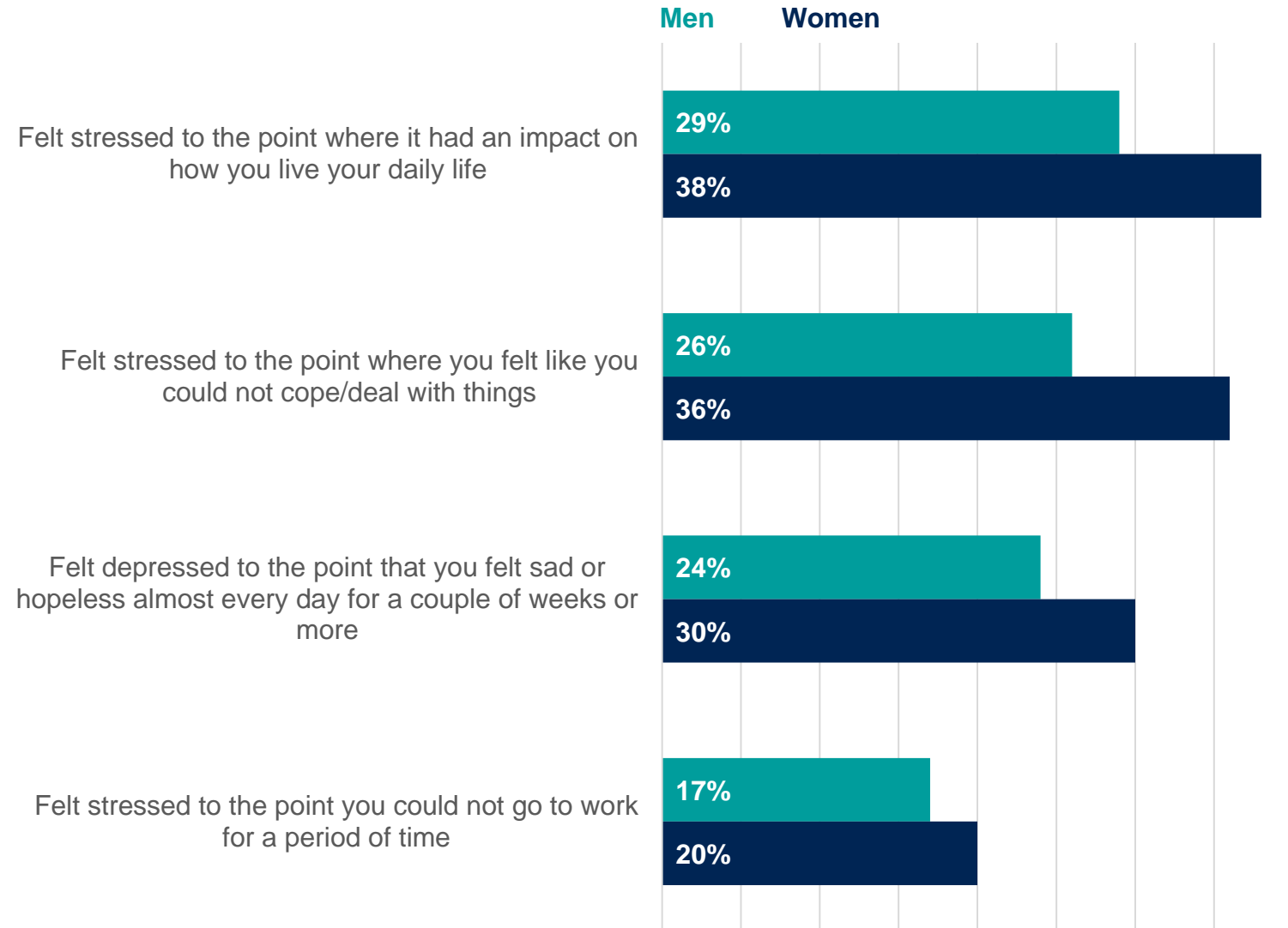


Women are more likely than men to say stress has been impacting their lives. Over a third of women across 31 countries say in the past year there have been several times when stress has impacted their daily life or they have felt they couldn't cope.

Men and Women (Global)

Q: During the past year have you ever...?

% Yes, several times

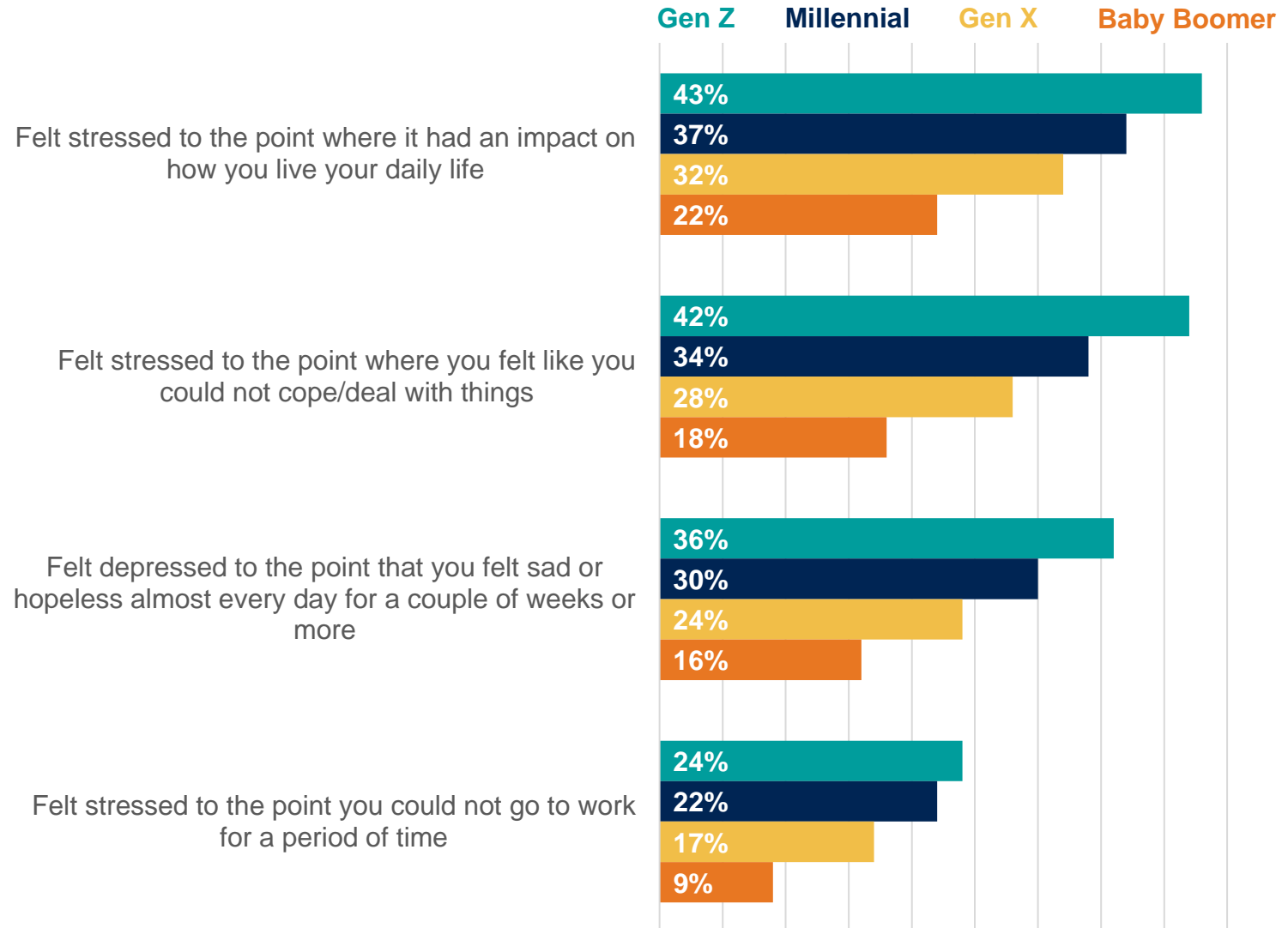


Younger people struggle with stress than those older. Over a third of Gen Z (36%) say they have felt depressed for weeks and over 42% say they have had several periods of feeling overwhelmed due to stress.

Generations (Global)

Q: During the past year have you ever...?

% Yes, several times



GENERATIONS XYZ IN CRISIS (AGAIN)

Research report

October 2022

Version: December 1st, 2022

GAME CHANGERS



HEALTH PROBLEMS IN THE CZECH REPUBLIC IN GENERATIONS' VIEW (TOP 5)

Baby Boomers

57-76 years old in 2022

Generation X

43-56 years old

Generation Y

28-42 years old

Generation Z

18-27 years old

1st

Cancer



Stress



Stress



Stress



2nd

Stress



Cancer



Cancer



Obesity



3rd

Obesity



Obesity



Obesity



Mental health



4th

Heart diseases



Heart diseases



Mental health



Smoking



5th

Diabetes



Smoking



Smoking



Cancer



Health problems that are not in TOP 5 of all the generations.

Question: Q27. Thinking generally, which of the following, if any, do you see as the biggest health problems facing people in your country today?
 Source: Ipsos Generations XYZ In Crisis (Again), October 2022
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MENTAL AND (VERSUS) PHYSICAL HEALTH: CZECH REPUBLIC (%)

In customers' view, the Czech health system is focused more on physical health than on mental one, although for almost 80 % of customers are both mental and physical health important the same.

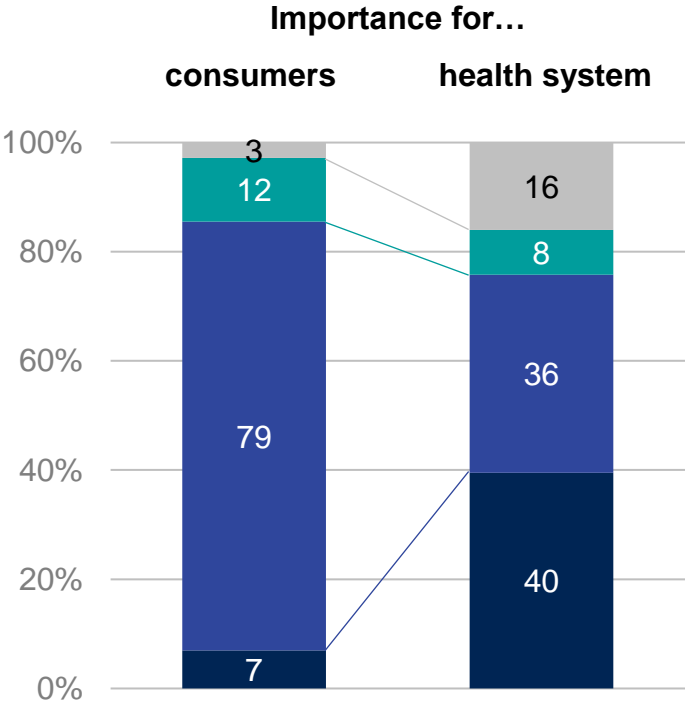
Don't know

Mental health is more important than physical health



They are equally important

Physical health is more important than mental health



Question: Q28. Thinking about your own health, do you think that mental health or physical health is more important, or are they equally important?
 Q29. Which of the following best describes how you think the importance of mental health and physical health are treated in current health care system of Czech Republic?
 Base: N=1362
 Source: Ipsos Generations XYZ In Crisis (Again), October 2022
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Flash Eurobarometer 530

Mental health

Interviews with EU citizens: EU27 – 26 501 | CZ – 1 042

Fieldwork: 14.6-21.6.2023

Methodology: 



Czechia

48%

Czech struggled with **emotional or psychosocial problems** during last 12 months, such as depression or anxiety.

*Source: Flash Eurobarometer 530 on Mental Health
June 2023, 27 EU countries, n=1042*

49%

relaxation contributes to good mental health.

25%

sport does, which is less than EU average (34%)

**THANK
YOU**

GAME CHANGERS

