



AXA Mind Health Report 2023

Belgium Results

Agenda

Mental Health Report 2023

1	Mental Health Index
2	The importance of mental health
3	Mental health in Belgium
4	Mental health of Belgian youth
5	Mental health in the workplace

AXA Mind Health Report

International survey including BELGIUM

- 1 Index
- 128 powerful data insights
- 30,000 participants
- 4 million data points
- 50+ people collaborating globally!

16 countries

UK, Ireland, Belgium, France, Germany, Italy,
Spain, Switzerland, Turkey, Mexico,
USA, Mainland China, Hong Kong, Japan,
Philippines, Thailand



Belgium

2.000 participants

In collaboration with IPSOS



Research Methodology

Survey 2022 – in collaboration with **IPSOS**



TARGET

Survey conducted in
16 countries incl. Belgium

N = 30.636 participants

N (Belgium) = 2.000

Representative of the
population aged between
18 and 75 years old



SURVEY

From **September 2022** to
October 2022



METHODOLOGY

Online survey

Quota method applied to
gender, age, occupation,
region and market size



Mind Health Index

1

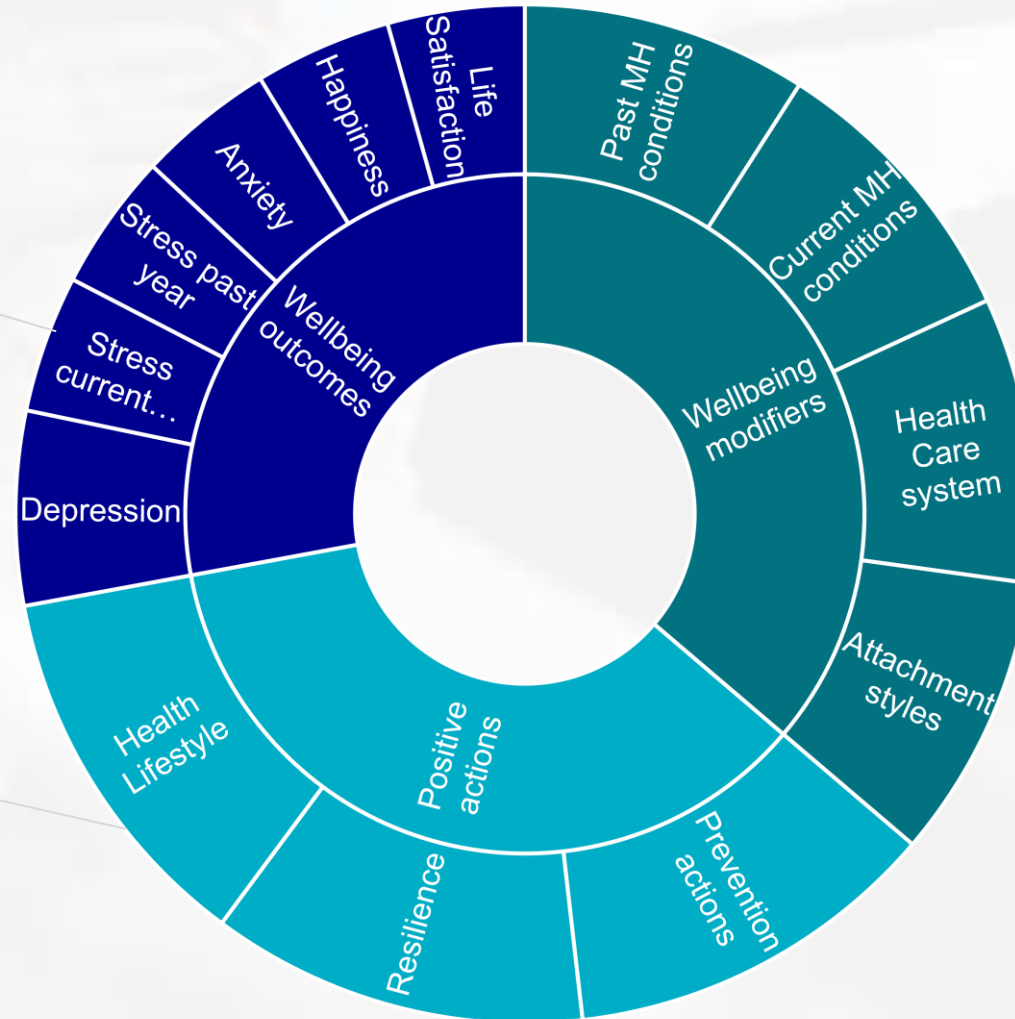
The AXA Mind Health Index

Tracking mental wellbeing based on outcomes, actions and wellbeing modifiers

General satisfaction and the experience of positive and negative emotions

Lifestyles and beliefs that influence our wellbeing

What we cannot control but still has an impact on our mental wellbeing



Index results indicate positive evolution in BE

4 terms expressing the mental health state in Belgium

STRUGGLING

The absence of wellbeing in most areas is likely to result in struggle and difficulty.

Struggling is associated with emotional distress and psychosocial impairment.



LANGUISHING

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.

GETTING BY

Describes **those who may have some areas of good wellbeing but not enough to reach the state of flourishing.** Those getting by may experience a dampened sense of wellbeing compared to those who are flourishing.

FLOURISHING

Represents the pinnacle of good mind health. We have classified a score greater than 74 as flourishing, but for an individual to be considered flourishing this threshold must be met across a range of mental wellbeing determinates.



Comparing the overall mental health states over the years

Positive evolution noticeable as to prior year. The numbers of 2022 demonstrate that overall, Belgians are less struggling with their mental health.

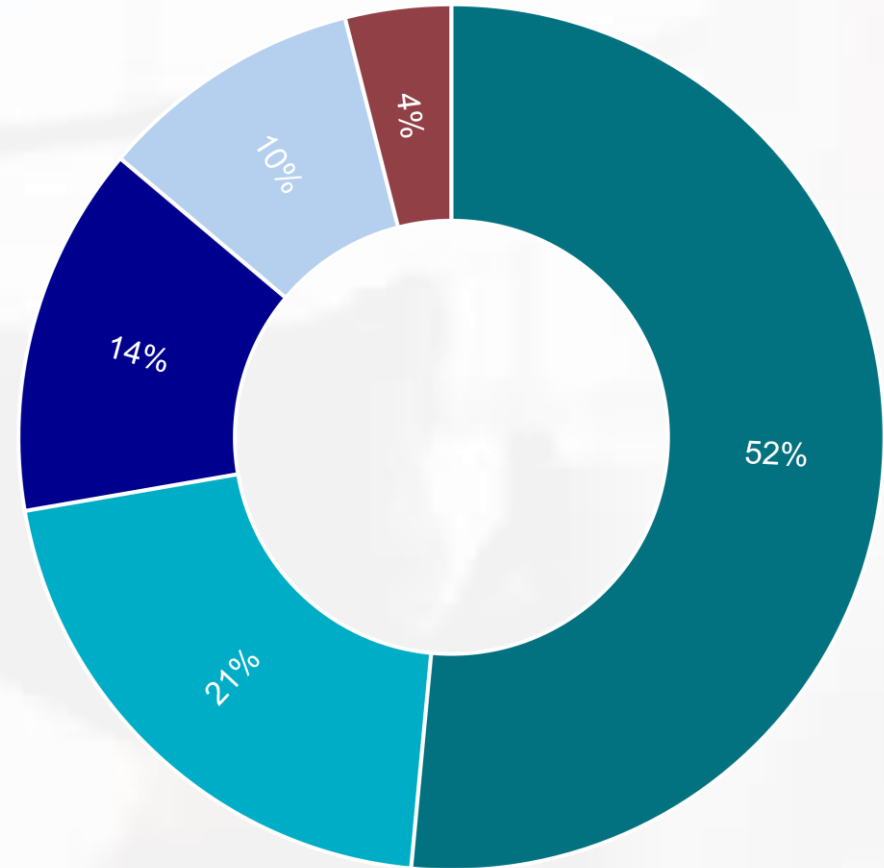
Evolution mental health state in Belgium



Overall, the majority of Belgians seem to be happy

With a self-reported life satisfaction above the global average

Life satisfaction among Belgians



- Very satisfied
- More or less satisfied
- Very unsatisfied
- Satisfied
- Unsatisfied



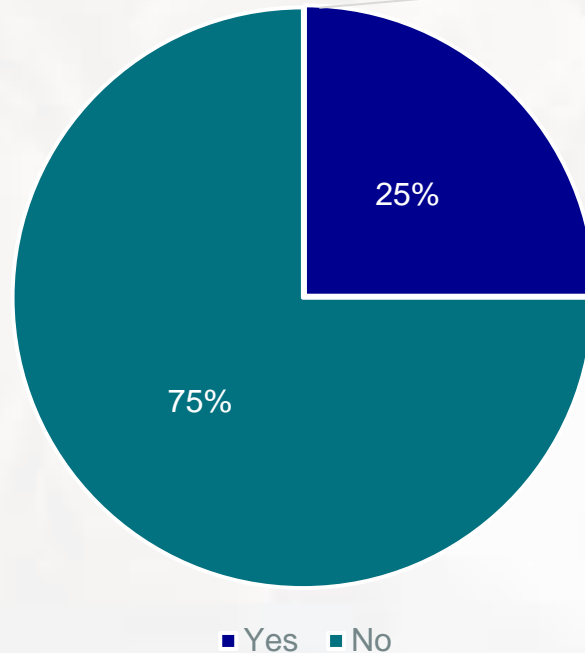
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The state of mental health in Belgium

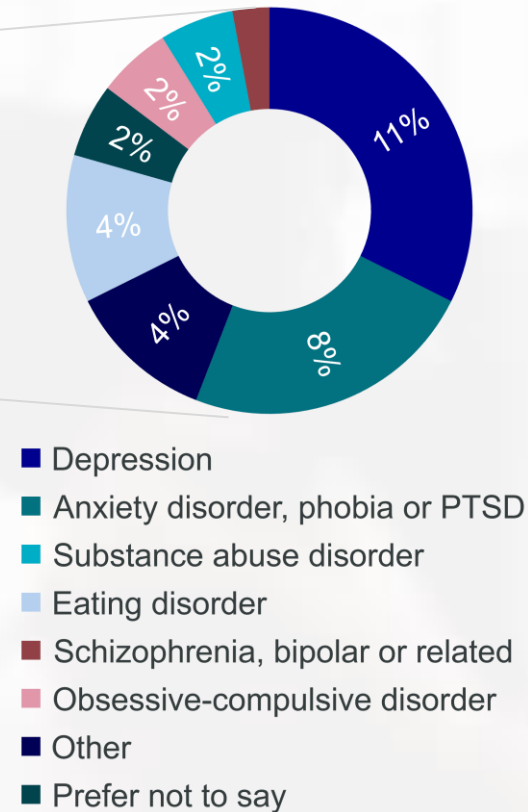
Stabilization of the mental health status in Belgium

25% of individuals have a current mental health condition, equal to prior year (25%).

Currently suffering from mental health condition

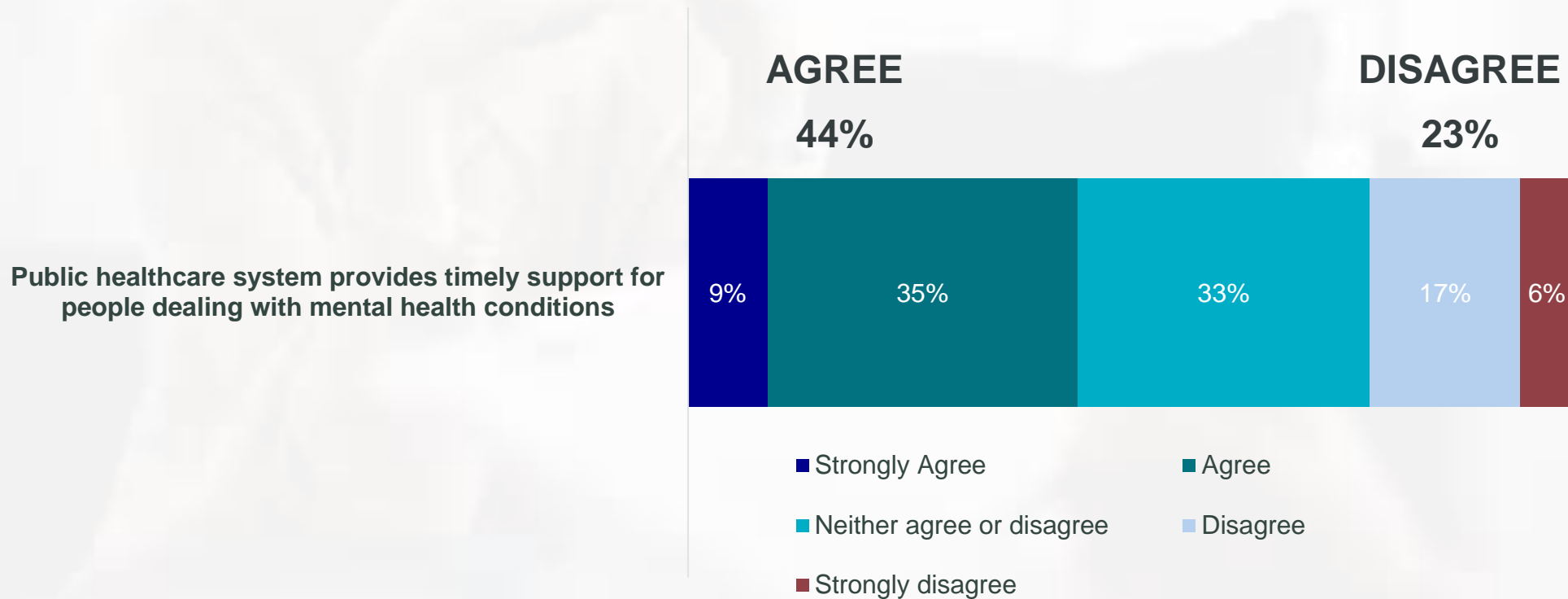


Type of mental health condition



Improvement of Belgian healthcare system around mental health

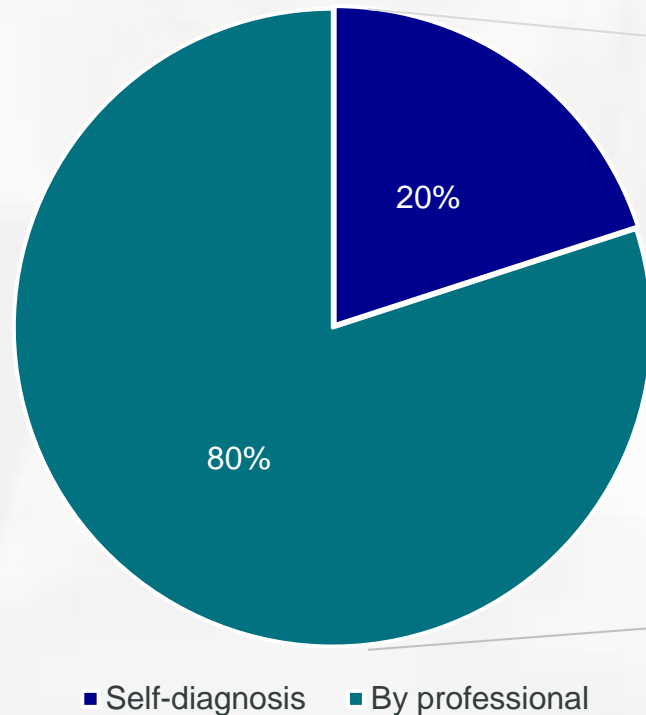
Almost 50% feel the public healthcare system provides timely support for people with mental health conditions, whereas prior year only 38% agreed.



Diagnosis and managing the mental health conditions

4 in 5 individuals are diagnosed by a professional, which indicates that the rates of self-diagnosis are lower than global average. However, there is a slight difference in the actual treatment.

Diagnosis mental health conditions



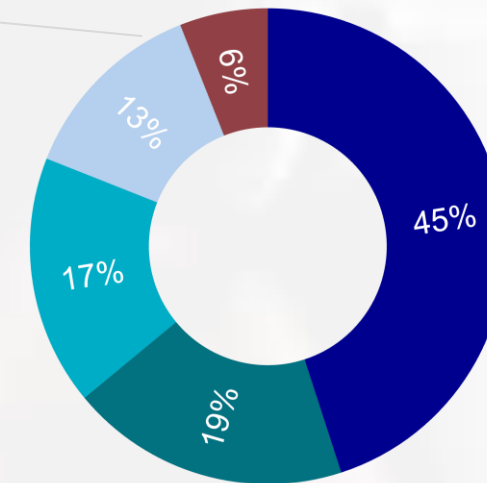
PROFESSIONAL MANAGEMENT

60%

SELF MANAGEMENT

40%

Treatment



- Professional care with medication
- Professional care without medication
- Self-care
- Change of situation/removal of cause
- Condition resolved itself over time

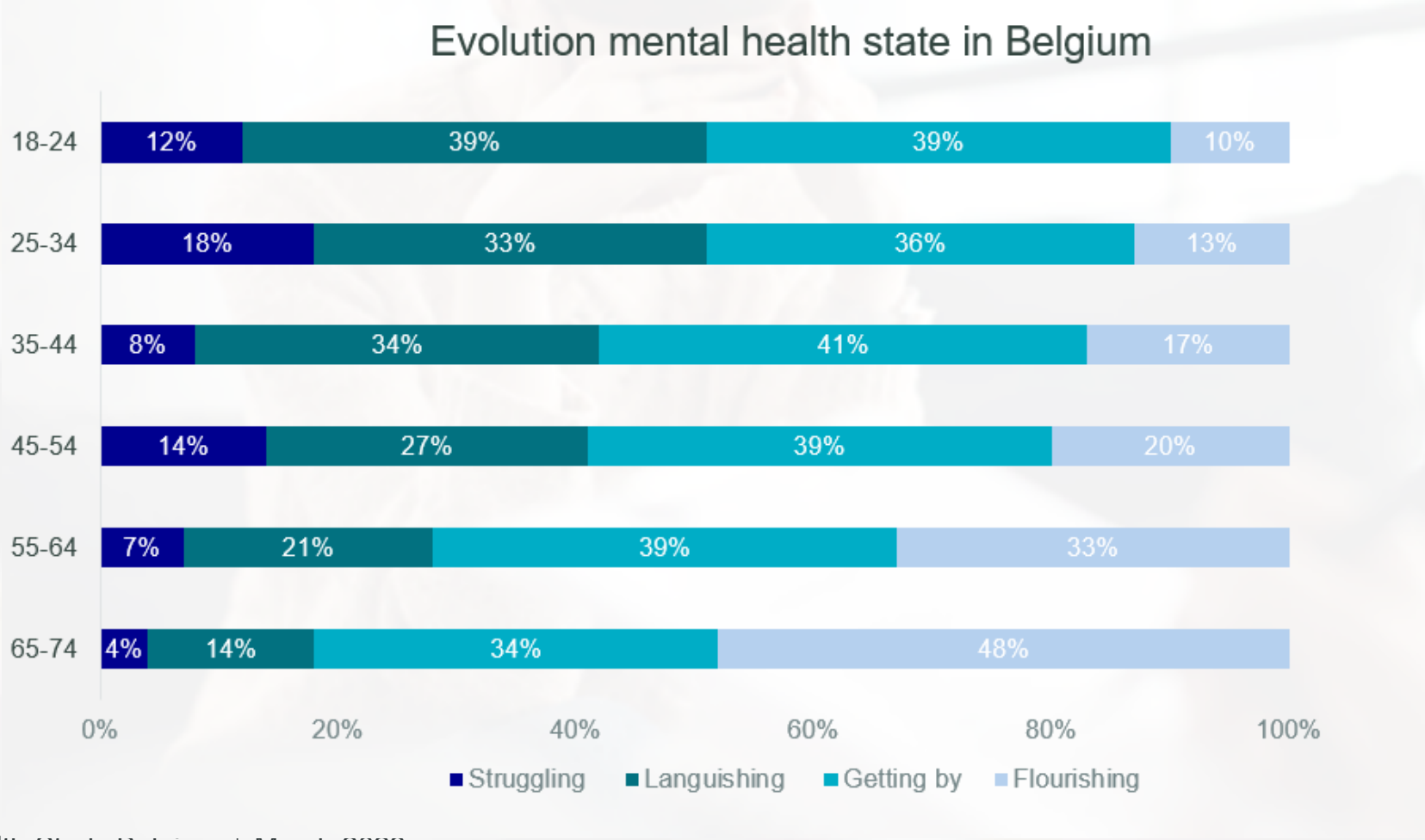


Mental health among different age groups



Mental health index broken down by age groups

The younger people tend to struggle more. Among the 18- to 24-year-olds 12% is struggling, and 25-34-year-olds even worse, with 18% of them struggling.



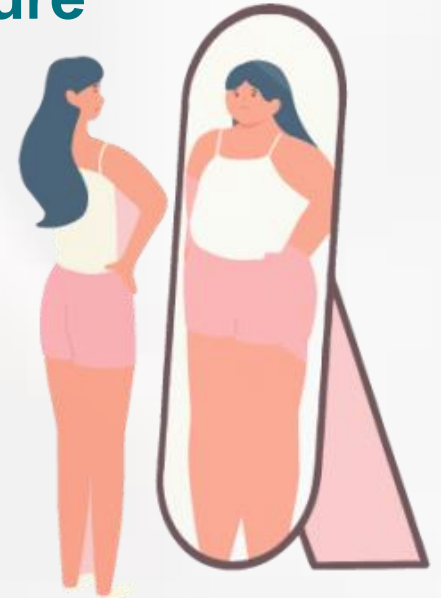
Younger people tend to struggle more... But why?

Only 1 out of 10 of those aged between 18 and 24 years old, are flourishing.

While 1 out of 8 of those between 25 and 34.



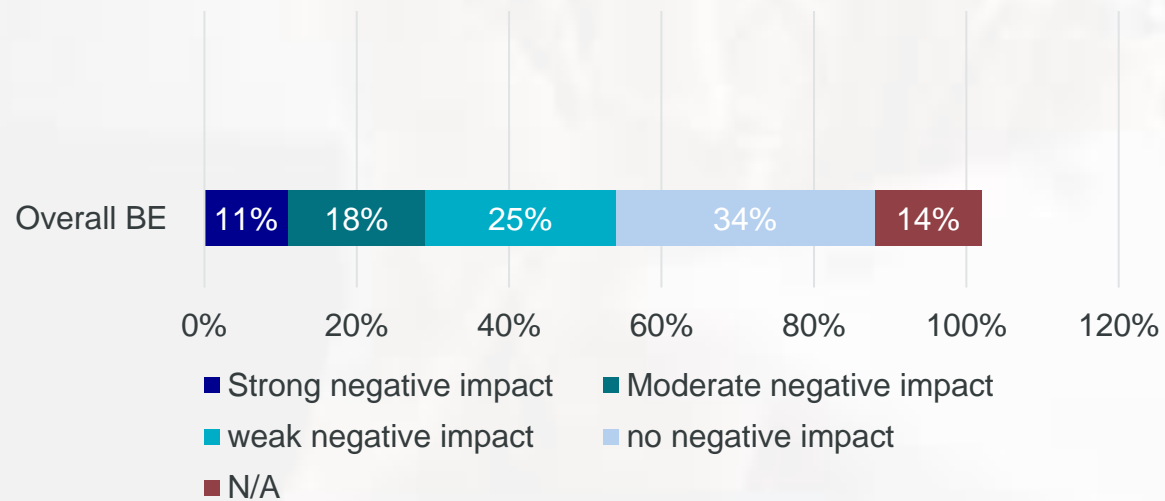
They are more likely to experience loneliness, to have a negative body image and to be worried for the future



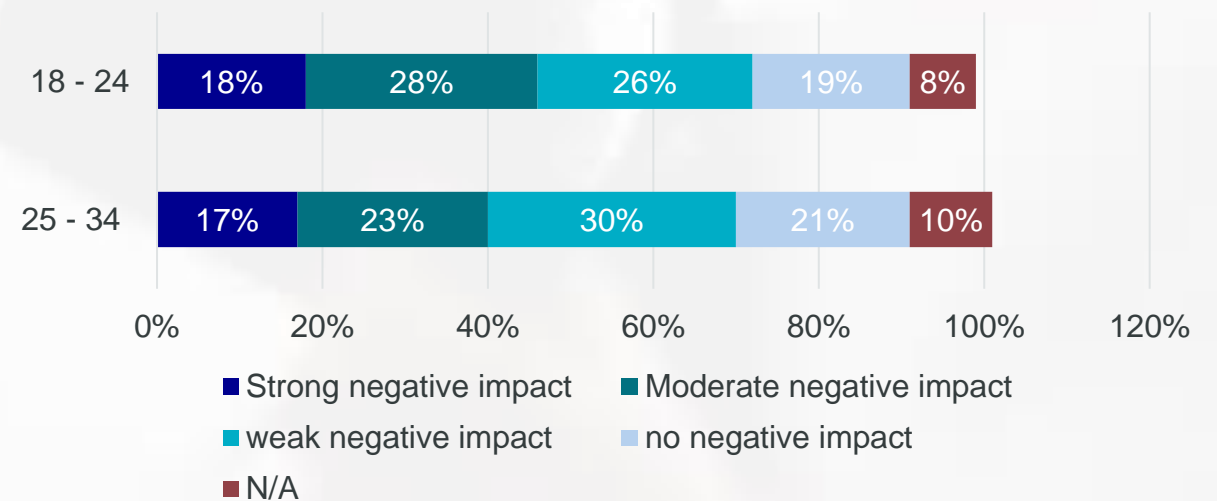
The impact of body image on current emotional wellbeing in the younger age groups is very important

Comparison between the overall Belgian results and the target group of 18- to 24-year-olds & 25-to-34-year-olds

Overall Belgian results impact of body image on emotional wellbeing

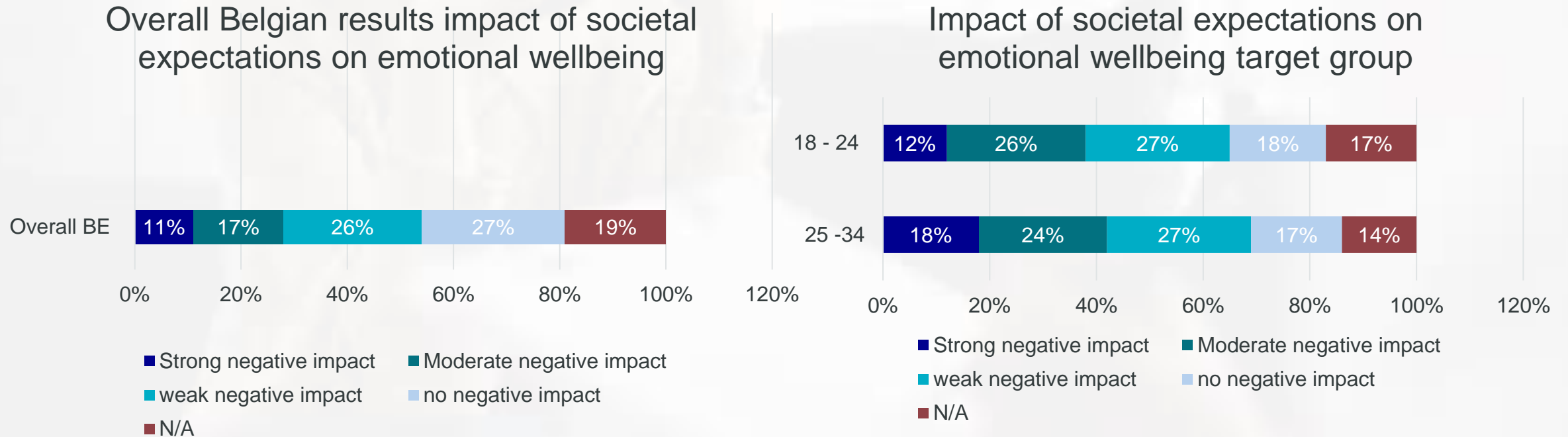


Impact of body image on emotional wellbeing target group



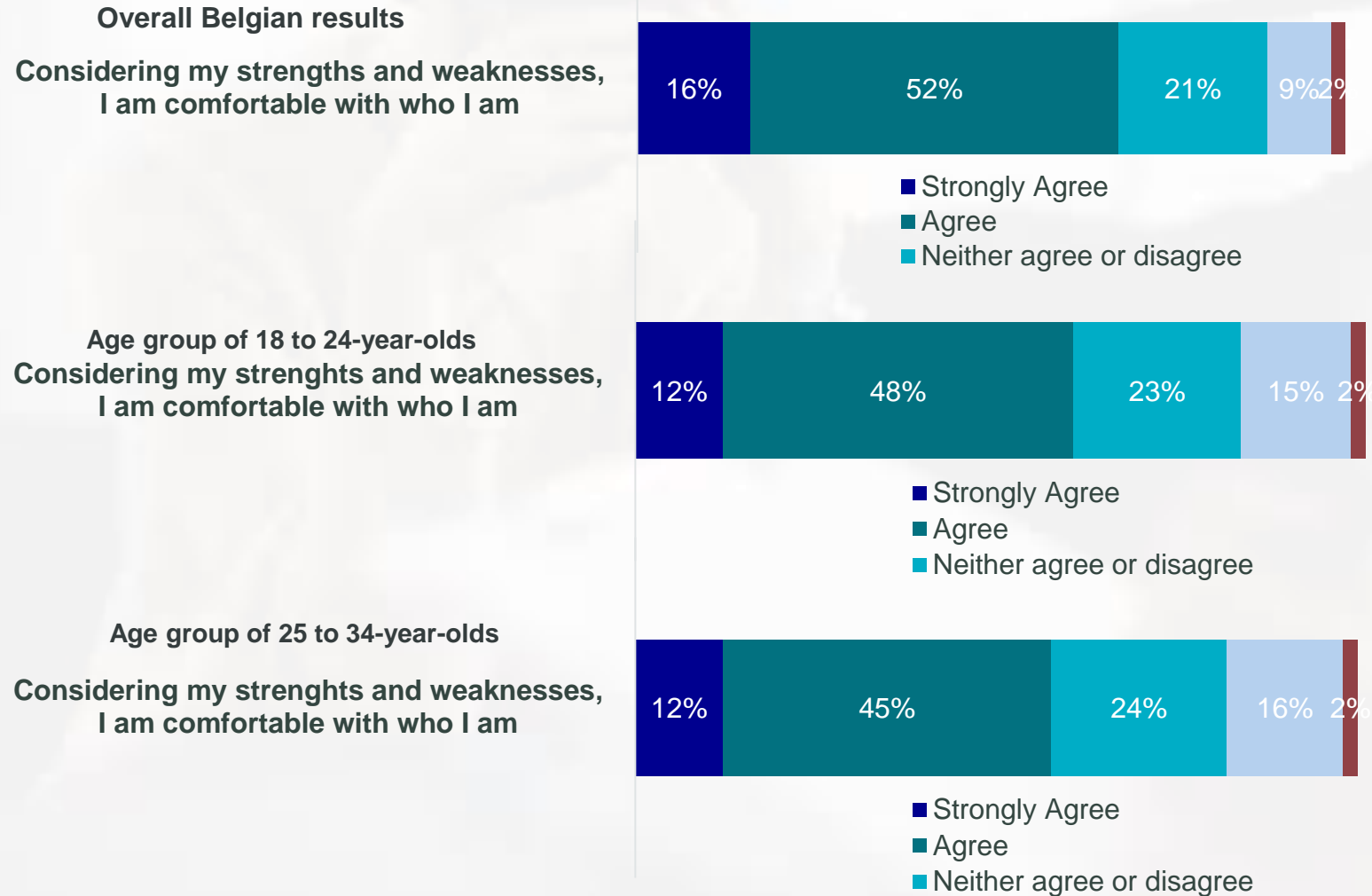
The impact of societal expectations is especially important in the younger age groups

Comparison between the overall Belgian results and the target group of 18 to 34-year-olds



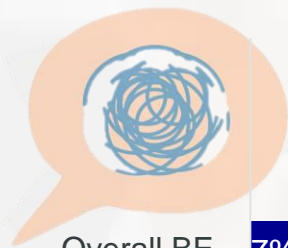
Rate of self-acceptance is worse among younger people

Comparison between the overall Belgian results and the target group of 18- and 24-year-olds



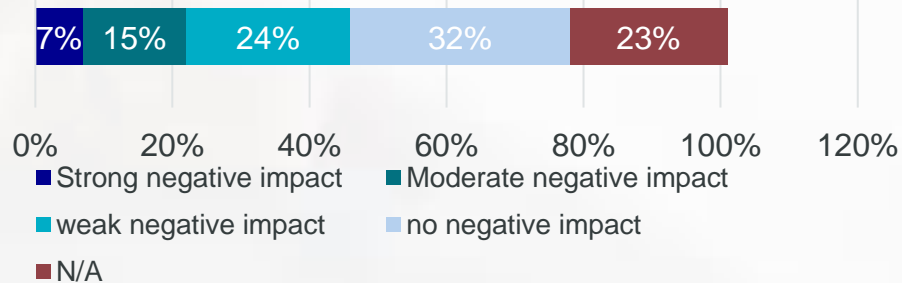
...Because of tech addiction

Driving worse mental health outcomes for younger people



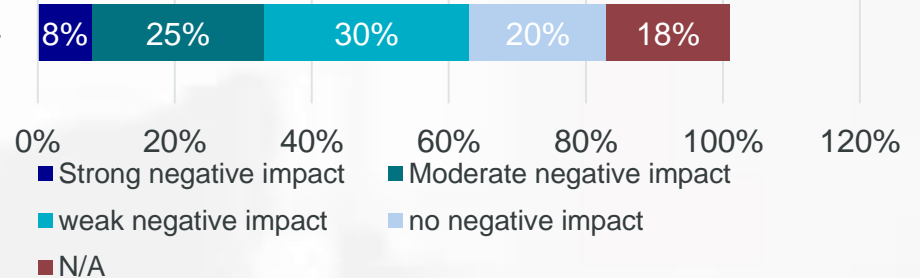
Overall impact of tech addiction

Overall BE



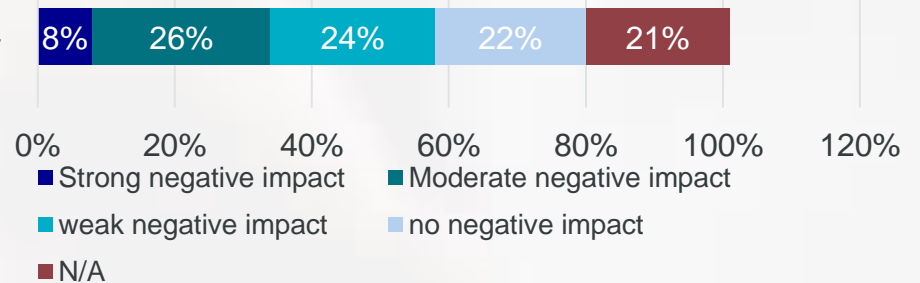
Impact of tech addiction among 18 – 24 year-olds

18 - 24



Impact of tech addiction among 25 to 34 year-olds

25 - 34



Single person households contributing to lack of social connectedness & loneliness

Especially for people between 25 – 34 years old

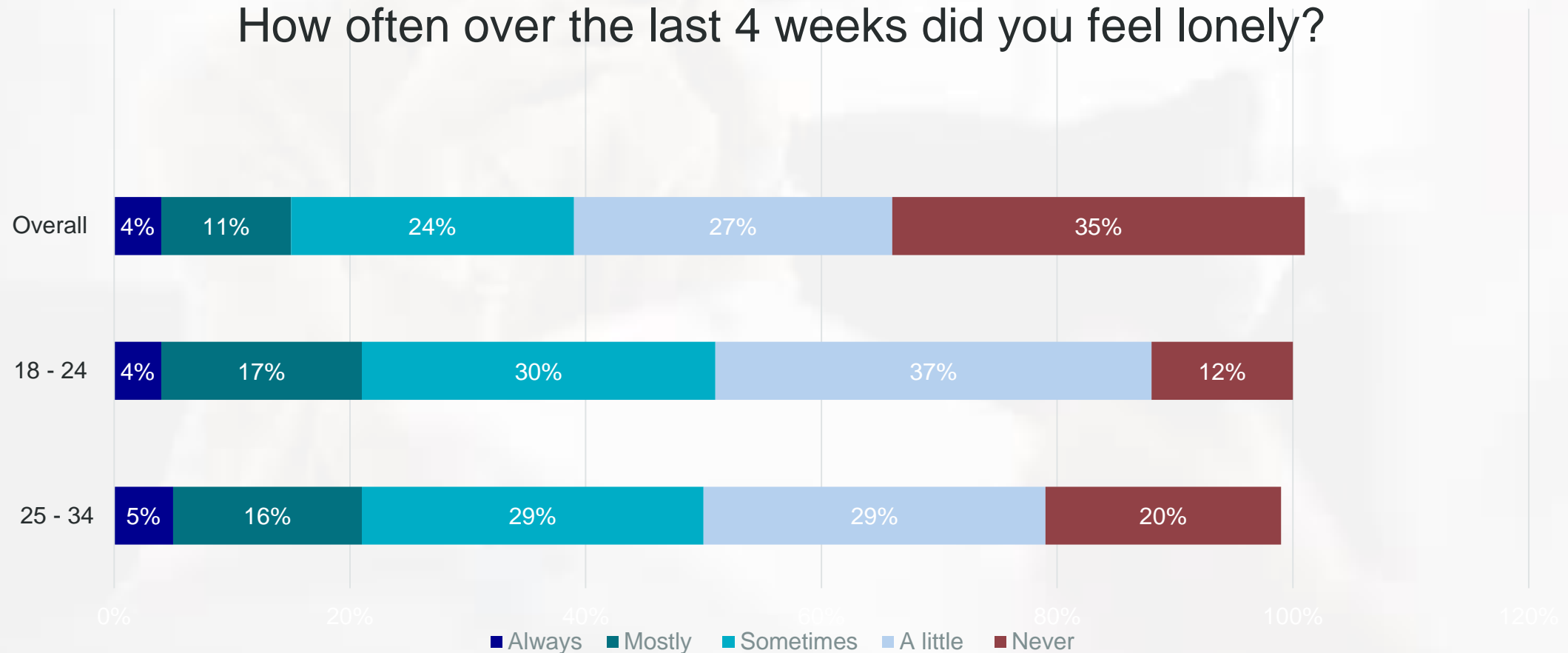
1 out of 4 people aged between 25 and 34 years old in Belgium living alone reports feeling lonely in the last 4 weeks.



- Participants who felt lonely over the past four weeks are **10.5 times less likely** to be flourishing
- Those who **live alone** are more at risk to be struggling and therefore be slightly **more likely** to report **mental health conditions**.
- Those who live alone tend to be **least likely** to report **social connectedness and close relationships**.
- Participants who have a **good social support network** are **8.1 times more likely** to be flourishing than those who are not. People **having close relationships** are **5.9 times more likely** to be flourishing

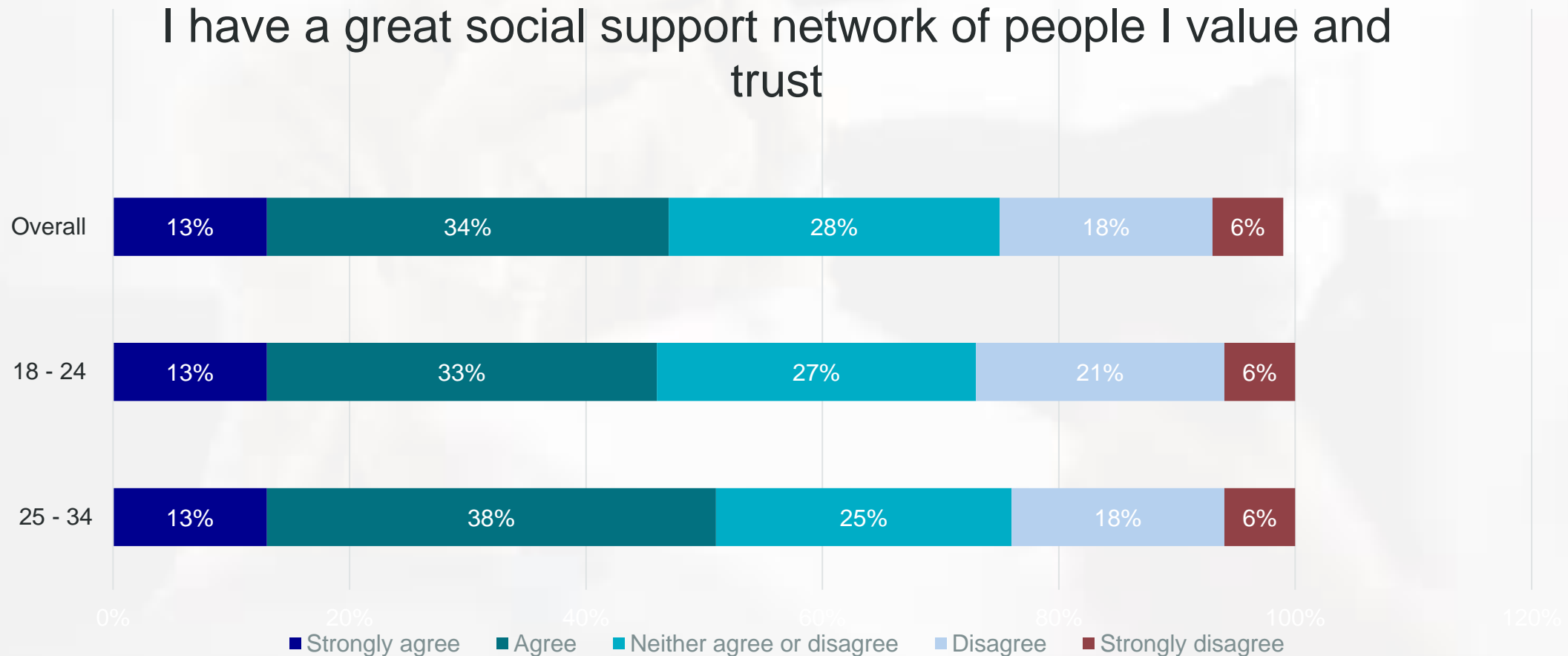
Loneliness among age groups

The target group of 18-to-34-year-olds feel substantially lonelier than the national Belgian average. More than half of target group mentions to be lonely some of the time to all of the time



Connectedness

The age group between 18- and 24-year-olds are just below national average with 46%. The age group of 25-to-34-year-olds feel substantially more connected (51%)



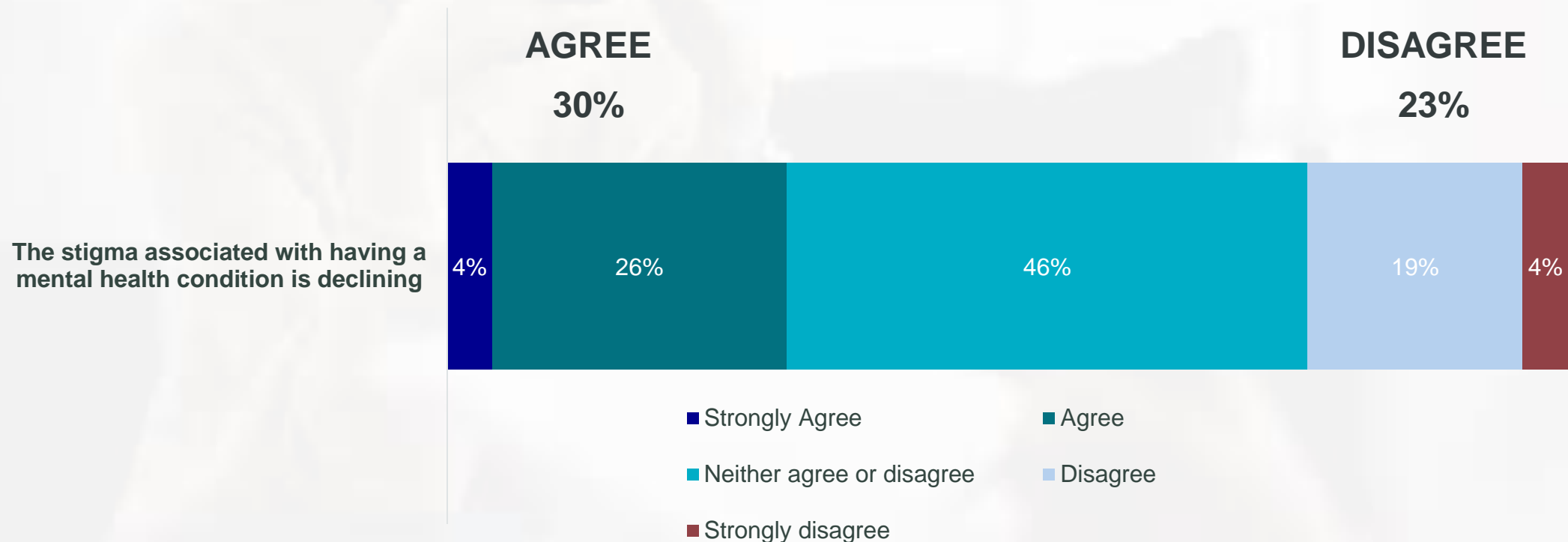


4

The importance of talking about mental health

Declining stigma around mental health

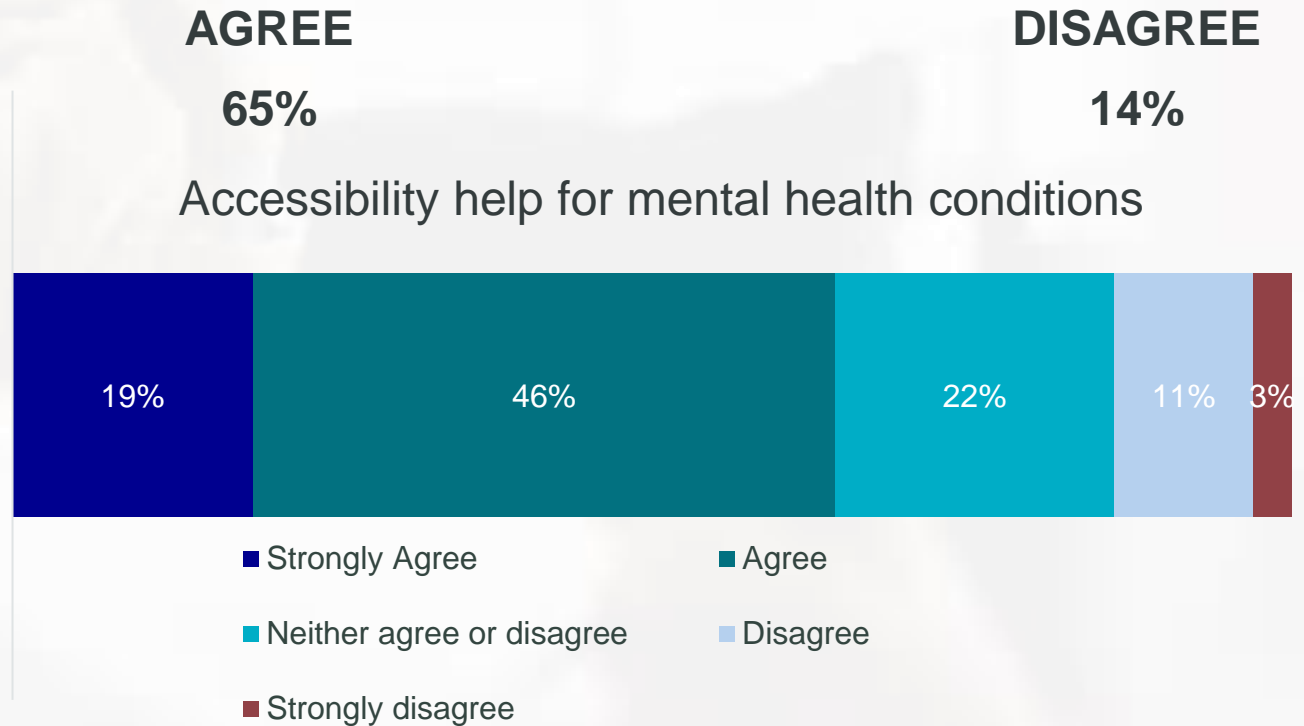
30% of respondents feels the stigma associated with having mental health conditions is declining (whereas 22% in 2021).



Improved access to support for mental health conditions

65% of Belgians finds support to be accessible, compared to only 60% in 2021.

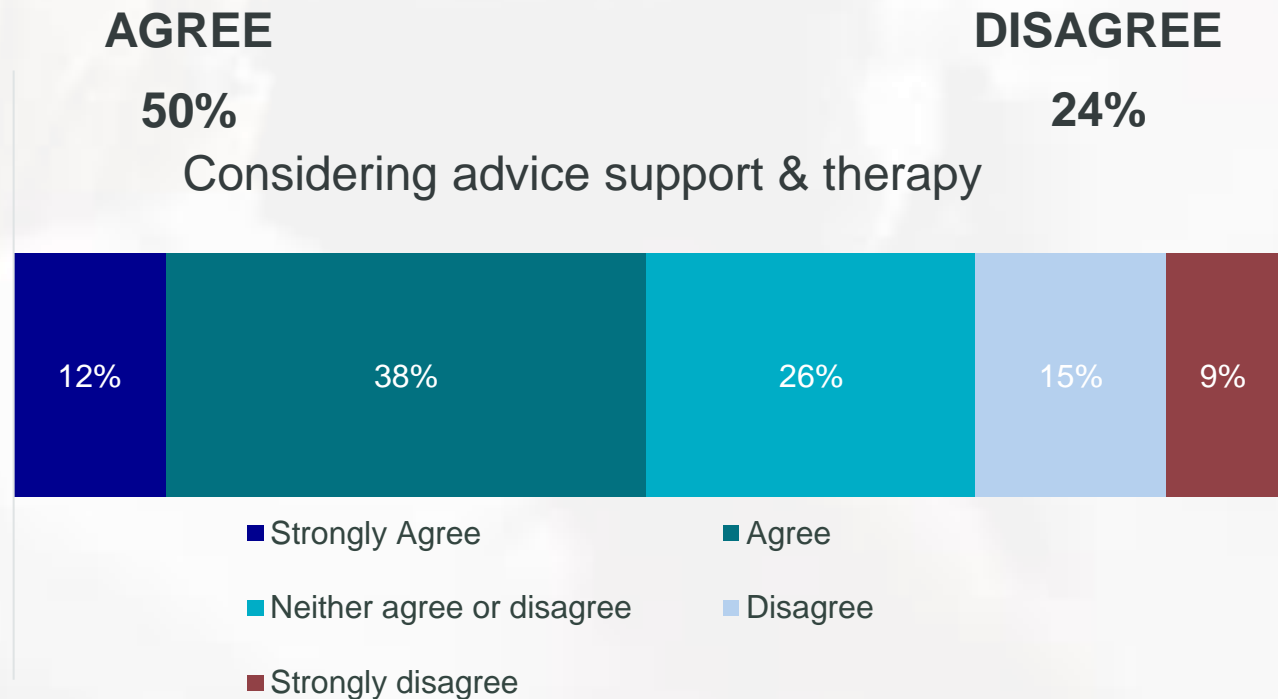
When I would need help with a mental health condition, I know how to access it



Increased willingness to use mental health advice, support and therapy services to heal from mental health conditions

50% would consider using self-paid mental health advice, support and therapy services if the need arises, compared to only 36% in 2021.

I would consider using a self-paid, mental health advice, support and therapy service in the next 12 months, if the need arises





5

Mental health in the workplace

The impact of wage on emotional wellbeing

In Belgium, there is less negative impact on wellbeing from wage inequality

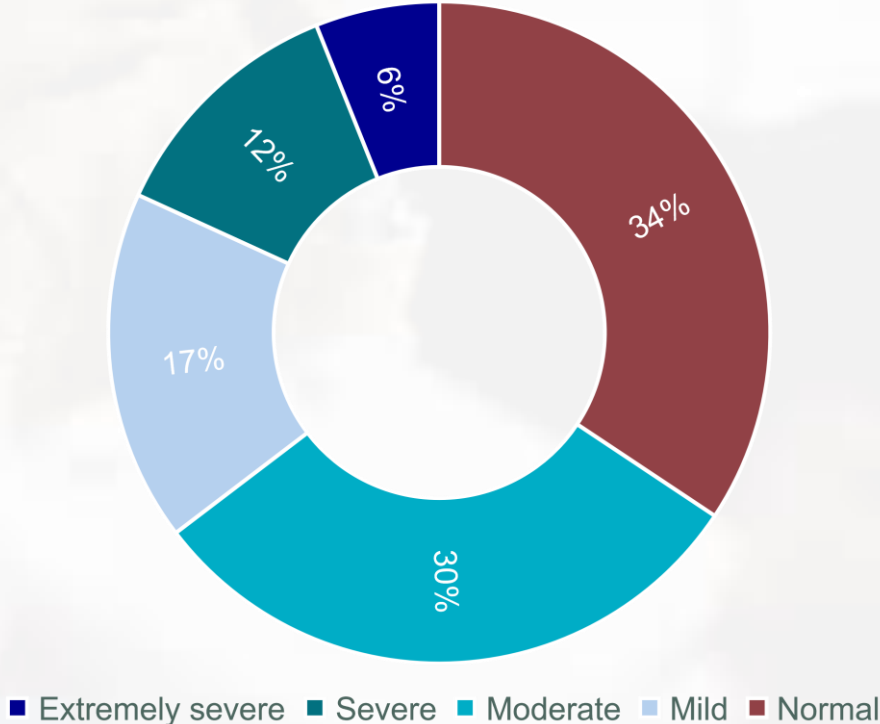
Better score in Belgium compared to the global average

1 in 2 of male and female participants indicated that the impact on their current emotional wellbeing is immaterial



Increased stress level in the workplace after COVID-19

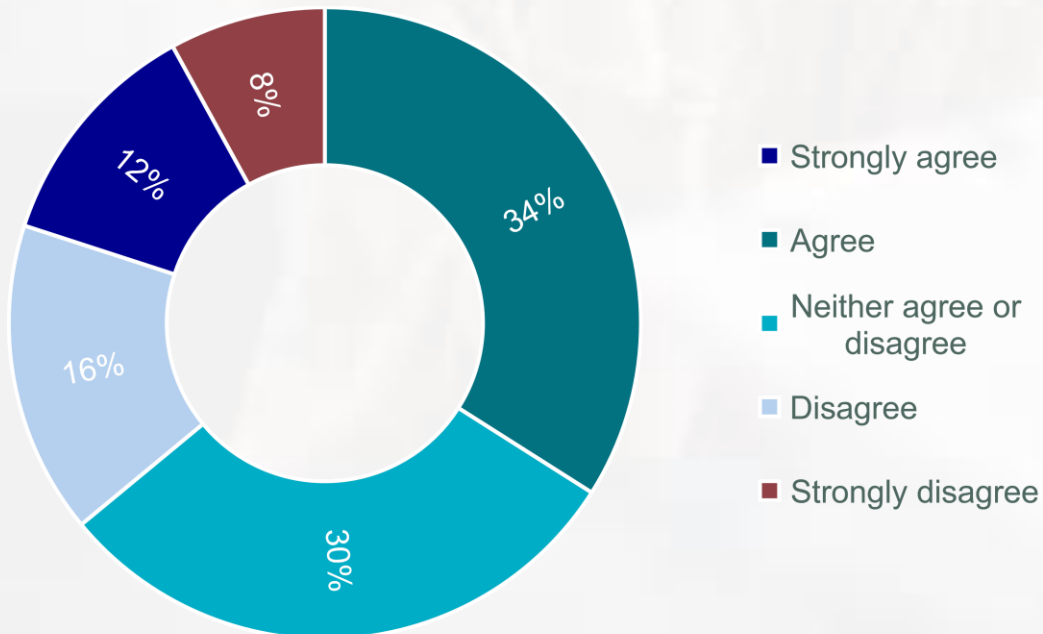
Almost 1 out of 5 Belgians experience severe to extremely severe stress symptoms, which was also demonstrated by a study of the European Agency for Safety and Health at Work



Supporting mental health is the key to the employees (flourishing) heart

Almost 50% of employees think that their employer is doing enough effort for mental health, compared to 37% in 2021.

Company providing good support regarding mental health



The right support makes improvement in mental health possible

- **Prioritizing well increases the likelihood** of to be flourishing than those who don't
- People who are comfortable to go outside their comfort zone are **4.1 times more likely** to be **flourishing** than those who do not
- Employees are **3 times more likely** to flourish if **offered mental health support at work**
- **support in the workplace** makes employees more **productive** – and **less likely to leave** their jobs
- Individuals **most precious wish** to improve their life, the most common answer was getting **perfect physical health**

Belgium has higher prevalence of hybrid working than global average

Working from home is considered as most productive workspace, however results also demonstrate it increases the likelihood to face mental health conditions.

4 in 10

Feels more productive by working from home exclusively

1 in 3

Mentions working from home caused them to feel more isolated

1 in 2

Find it easy to separate work-life with their non-work life; whereas 1 in 4 find it hard to balance the two



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In collaboration with Prof. Lode Godderis, KUL - Available for more information or interviews