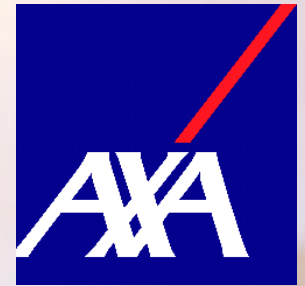




MIND HEALTH

- BELGIUM REPORT -



NOVEMBER 2021

GAME CHANGERS



METHODOLOGY



TARGET



GENERAL
POPULATION

Survey conducted in **11 countries** among representative samples of the population aged 18 - 75 y.o. in each country.



COLLECTION DATES

From September 27th to October 25th, 2021

From November 19th to 24th for the fieldwork conducted in China



METHODOLOGY

Online interviews via Ipsos Access Panel.

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

The data is weighted so that each country's sample composition best reflects the demographic profile of the adult population according to the most recent census data.

READING NOTE

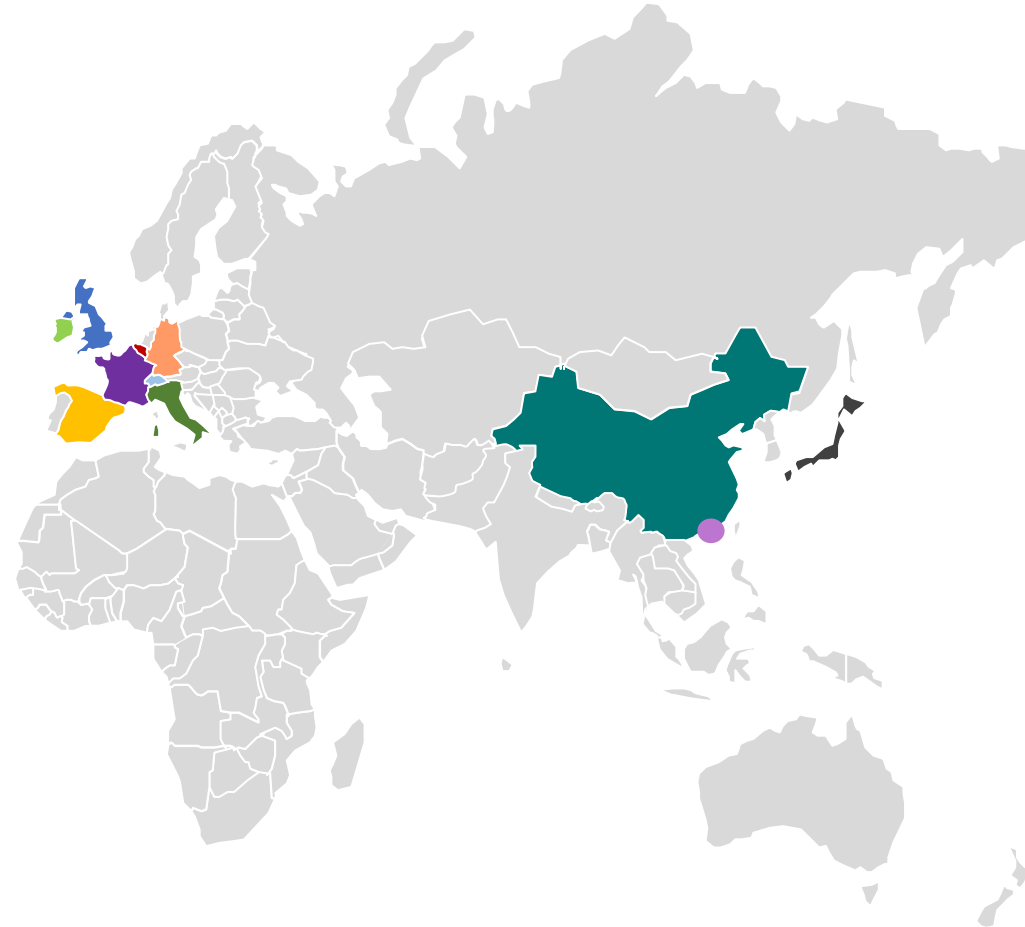
- The "All countries" average (as Europe and Asia averages) reflects the average result for all the countries where the survey was conducted. It has not been adjusted to the population size of each country or market and is not intended to suggest a total result.
- The precision of Ipsos online polls is calculated using a credibility interval with a poll of N=1,000 accurate to +/- 3.5 percentage points.
- Statistical superior and inferior differences are highlighted in colour (green/red) to improve your reading and to help identifying the key differences in each market. This report shows the statistical differences compared to the « all countries » average.

TARGET : GENERAL POPULATION A SURVEY CONDUCTED IN 11 COUNTRIES



11 016 INTERVIEWS

- FRANCE** 1000 interviews
- UNITED KINGDOM** 1000 interviews
- GERMANY** 1000 interviews
- SPAIN** 1000 interviews
- ITALY** 1000 interviews
- IRELAND** 1000 interviews
- BELGIUM** 1000 interviews
- SWITZERLAND** 1000 interviews



- CHINA** 1016 interviews
- HONG KONG** 1000 interviews
- JAPAN** 1000 interviews

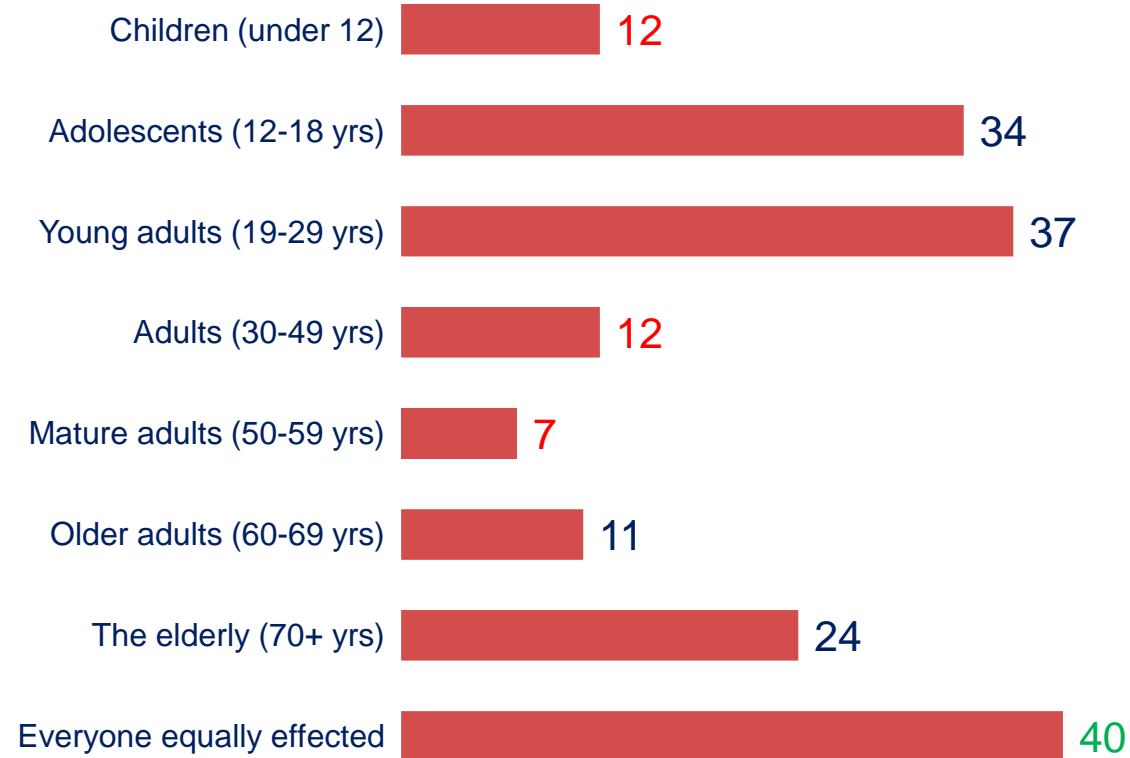
MAIN RESULTS

INTRODUCTION: HOW HAS THE PANDEMIC IMPACTED MENTAL HEALTH ?

POPULATION GROUPS IMPACTED BY GOVERNMENT MEASURES DURING THE PANDEMIC



BELGIUM



	ALL COUNTRIES	EU COUNTRIES	ASIAN COUNTRIES
Children (under 12)	22	23	19
Adolescents (12-18 yrs)	33	36	23
Young adults (19-29 yrs)	34	36	26
Adults (30-49 yrs)	17	14	26
Mature adults (50-59 yrs)	9	7	13
Older adults (60-69 yrs)	13	13	11
The elderly (70+ yrs)	23	27	11
Everyone equally effected	35	32	40

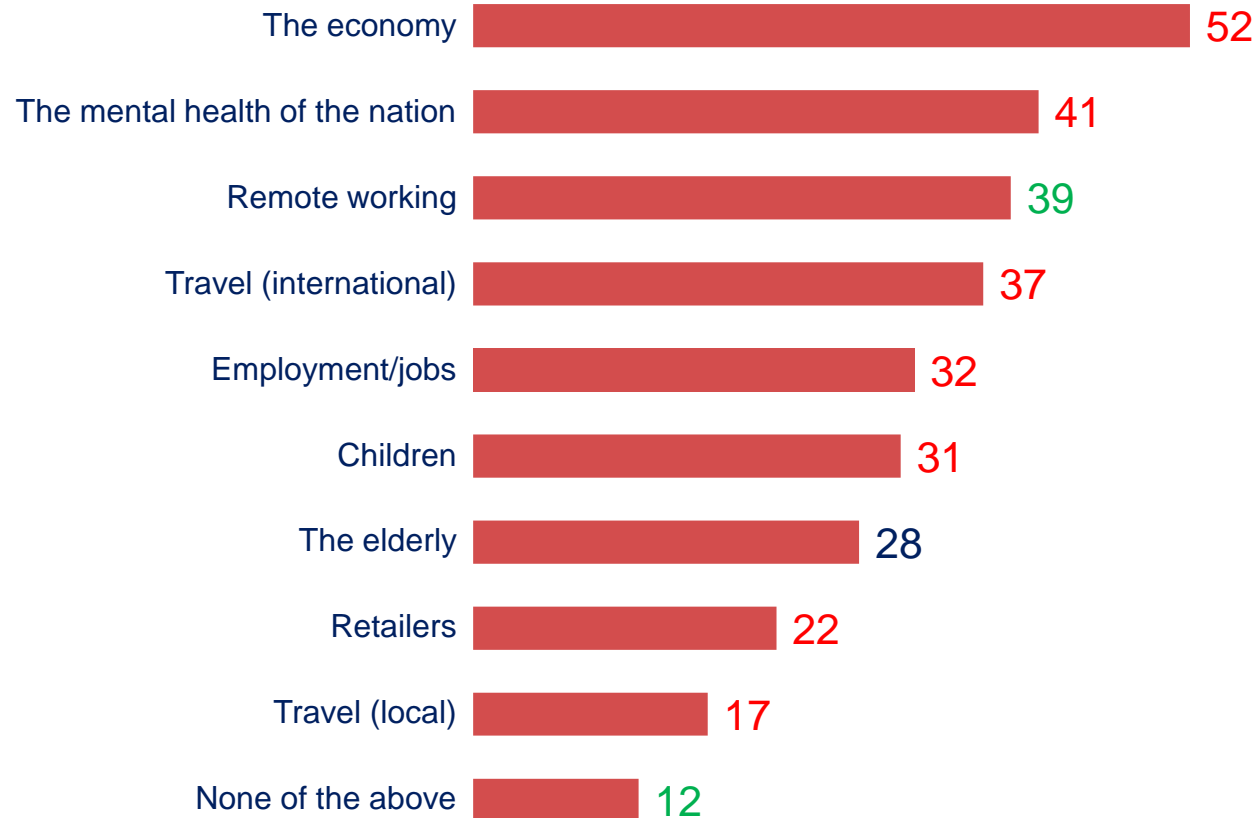
Several possible answers (total may be superior to 100)




QA31 : In your opinion, which of the following age groups were most significantly impacted by the restrictions/lockdown/protection measures taken by governments during the pandemic ?

LONG LASTING IMPACTS DUE TO THE PANDEMIC



BELGIUM



	 ALL COUNTRIES	 EU COUNTRIES	 ASIAN COUNTRIES
The economy	56	57	56
The mental health of the nation	46	49	39
Remote working	30	34	19
Travel (international)	45	42	52
Employment/jobs	44	43	49
Children	38	41	31
The elderly	30	32	24
Retailers	26	26	28
Travel (local)	28	22	43
None of the above	8	8	9

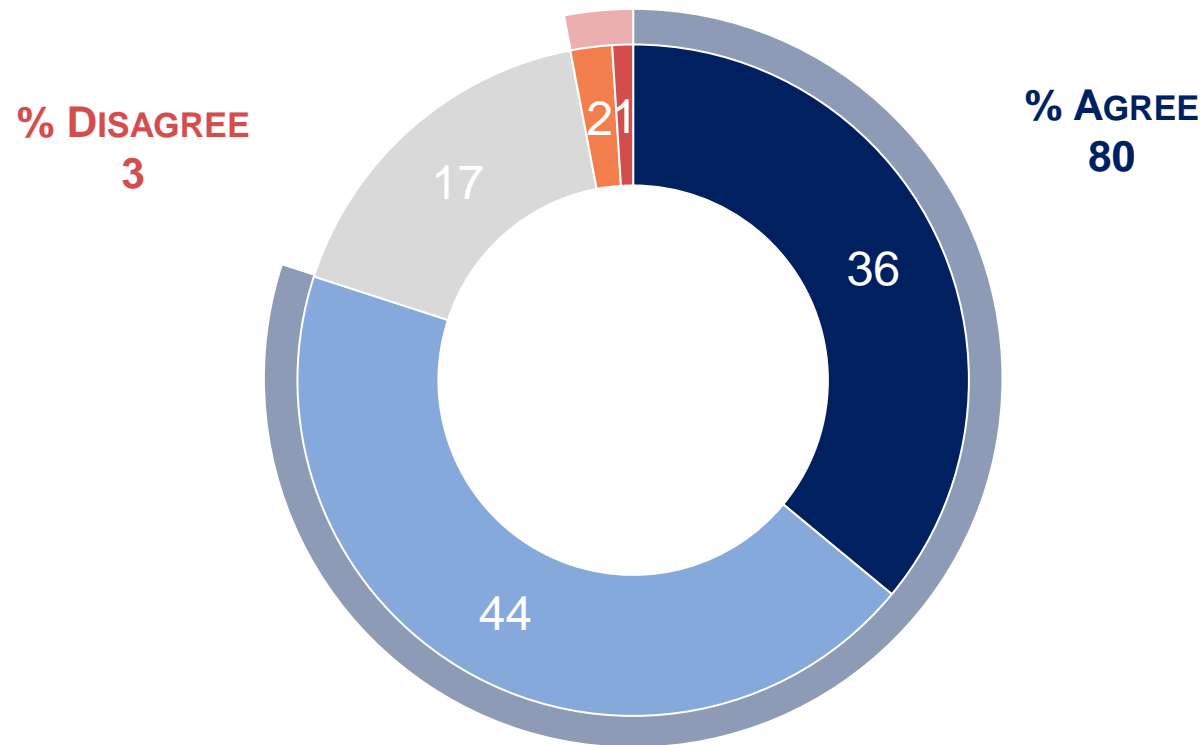
Several possible answers (total may be superior to 100)

QA32 : To what extent do you agree with the following statement: I believe the pandemic will have a lasting impact on ...?

THE IMPORTANCE OF DISCUSSING MENTAL HEALTH WITH CHILD(REN)



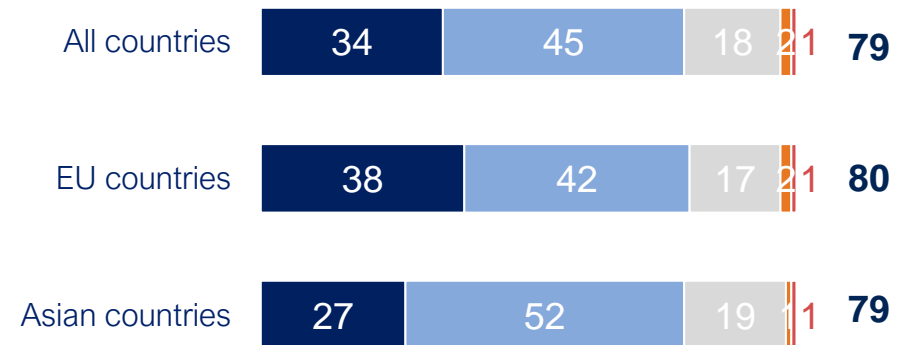
BELGIUM



% AGREE
80

% DISAGREE
3

% AGREE



■ STRONGLY AGREE
 ■ AGREE
 ■ NEITHER AGREE OR DISAGREE
 ■ DISAGREE
 ■ STRONGLY DISAGREE

QA37 : To what extent do you agree or disagree with the following statement ? I feel it is important to discuss mental health with my child(ren)

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Results in %
Base : To parents



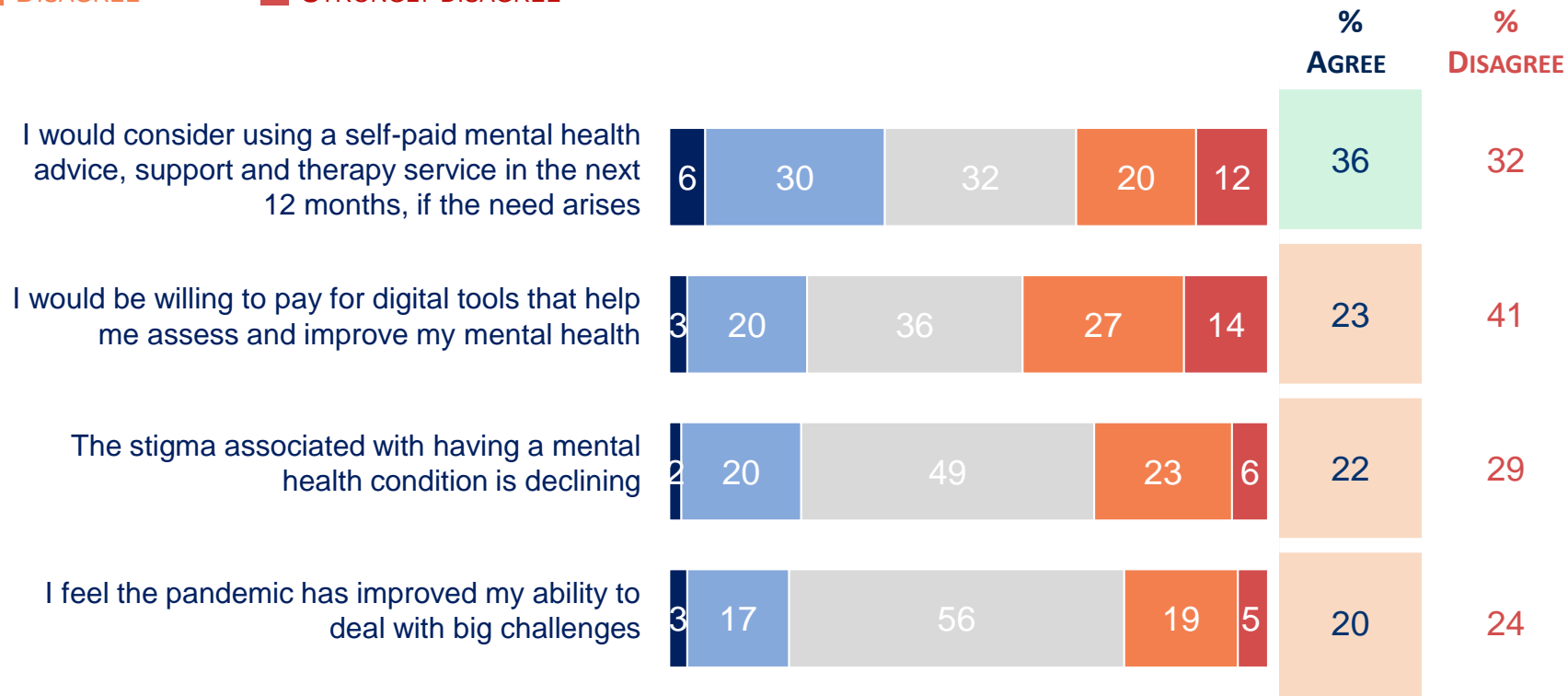
Statistical differences displayed have been calculated on the “% Agree”

CHANGES IN ATTITUDES DUE TO THE PANDEMIC



BELGIUM

% AGREE / DISAGREE



	ALL COUNTRIES		EU COUNTRIES		ASIAN COUNTRIES	
I would consider using a self-paid mental health advice, support and therapy service in the next 12 months, if the need arises	31	36	32	37	31	29
I would be willing to pay for digital tools that help me assess and improve my mental health	27	37	25	41	33	26
The stigma associated with having a mental health condition is declining	31	26	31	28	33	20
I feel the pandemic has improved my ability to deal with big challenges	36	19	33	21	42	15

QA34 : To what extent do you agree or disagree with the following statements ?

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Results in %
Base : To all

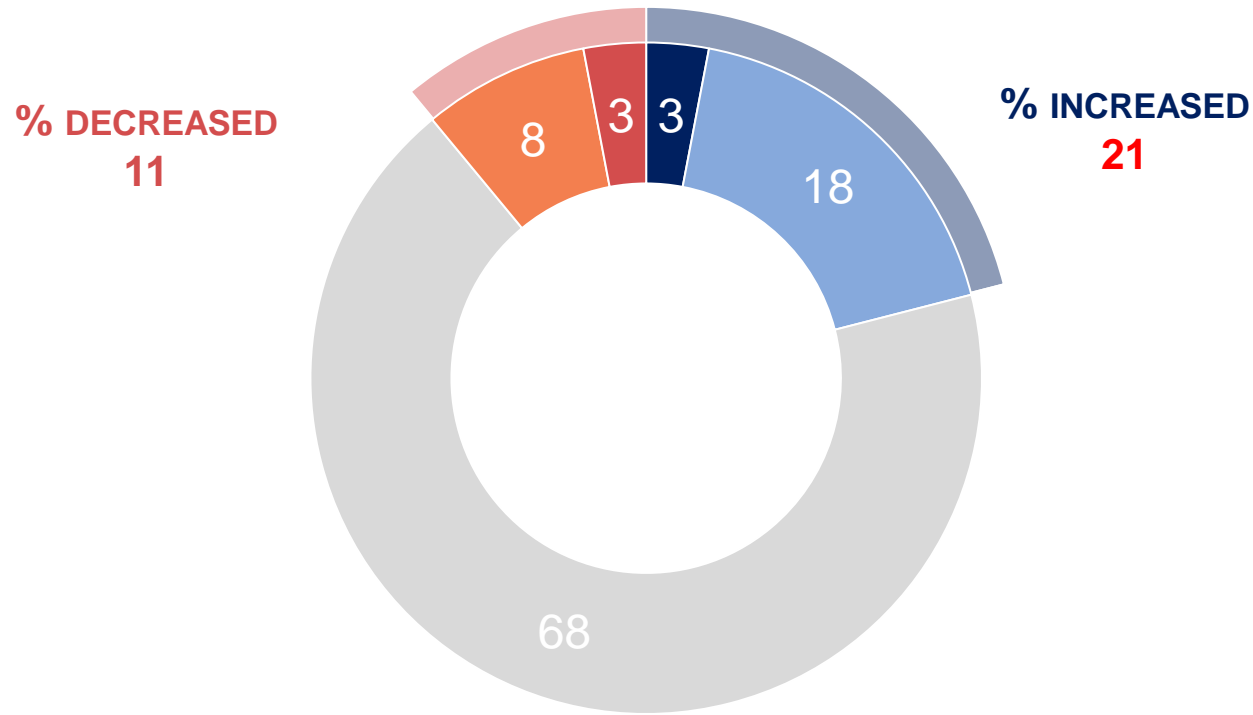


Statistical differences displayed have been calculated on the "% Agree"

EVOLUTION OF EMPATHY AND COMPASSION OVER THE PAST 12 MONTHS



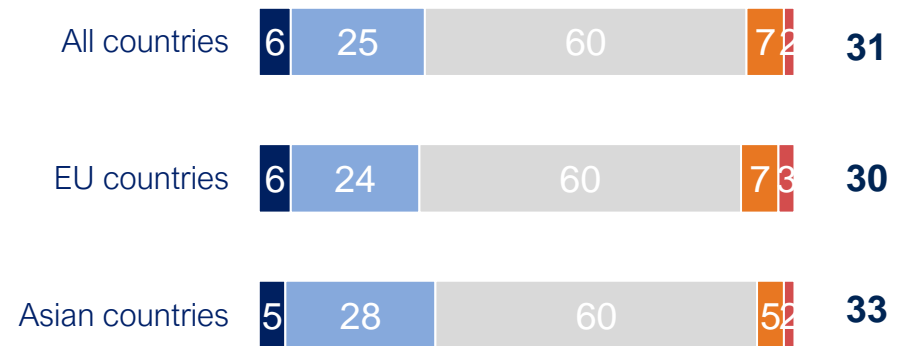
BELGIUM



% DECREASED
11

% INCREASED
21

% INCREASED



■ INCREASED GREATLY
 ■ INCREASED
 ■ REMAINED THE SAME
 ■ DECREASED
 ■ DECREASED GREATLY

QA33 : OVER THE PAST 12 MONTHS, the empathy and compassion you feel for others has ...?

10 – © Ipsos | AXA Mental Health Survey 2021

Results in %
Base : To all

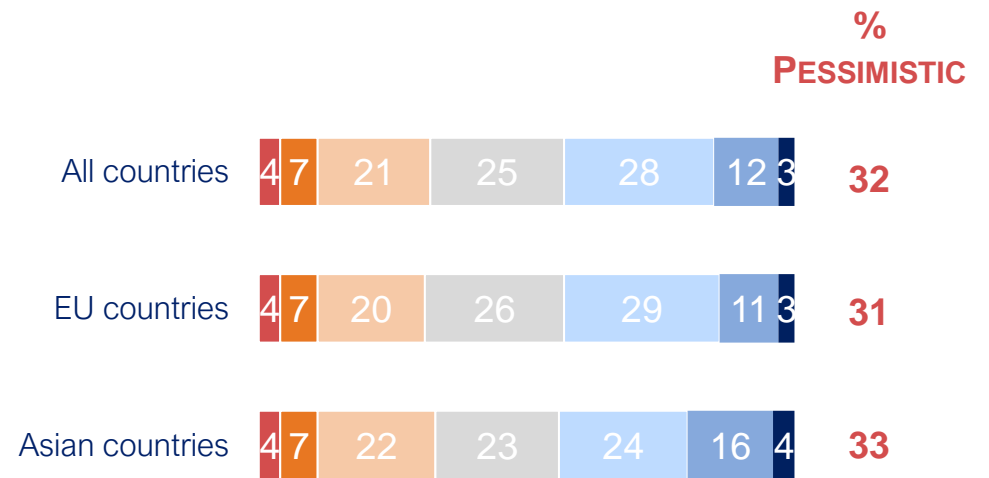
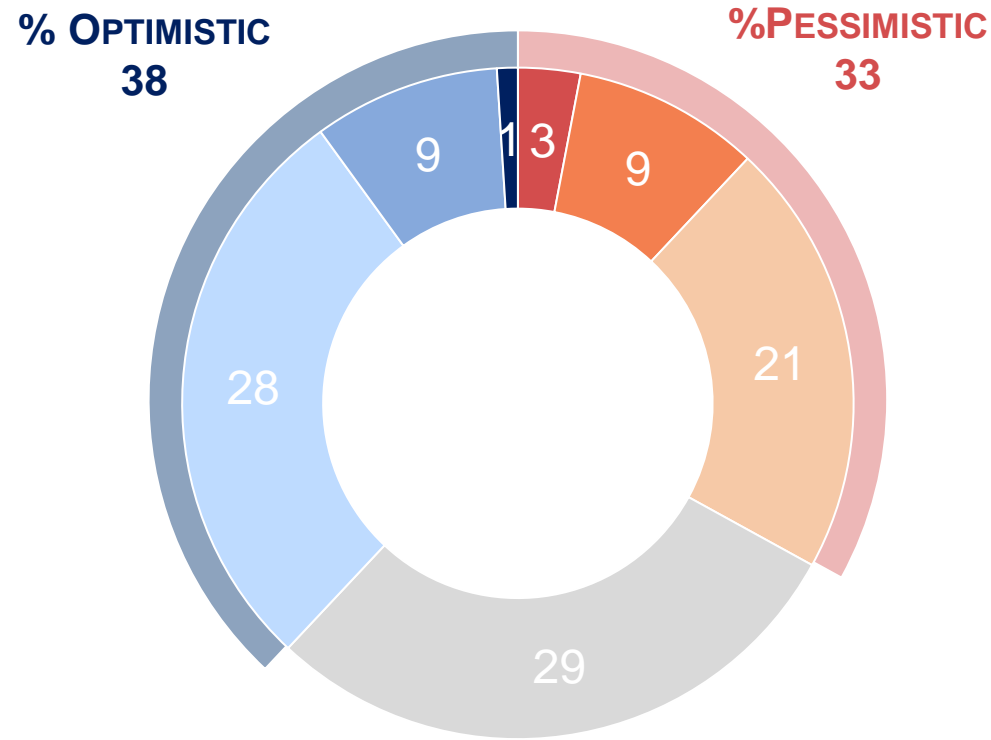


Statistical differences displayed have been calculated on the “% Increased”

OPTIMISM ABOUT THE FUTURE



BELGIUM



■ EXTREMELY PESSIMISTIC
 ■ VERY PESSIMISTIC
 ■ SOMEWHAT PESSIMISTIC
 ■ NEITHER OPTIMISTIC OR PESSIMISTIC
■ SOMEWHAT OPTIMISTIC
 ■ VERY OPTIMISTIC
 ■ EXTREMELY OPTIMISTIC

QA17 : In general, how do you feel about the future ?

11 – © Ipsos | AXA Mental Health Survey 2021

Results in %
Base : To all



Statistical differences displayed have been calculated on the “% Pessimistic”

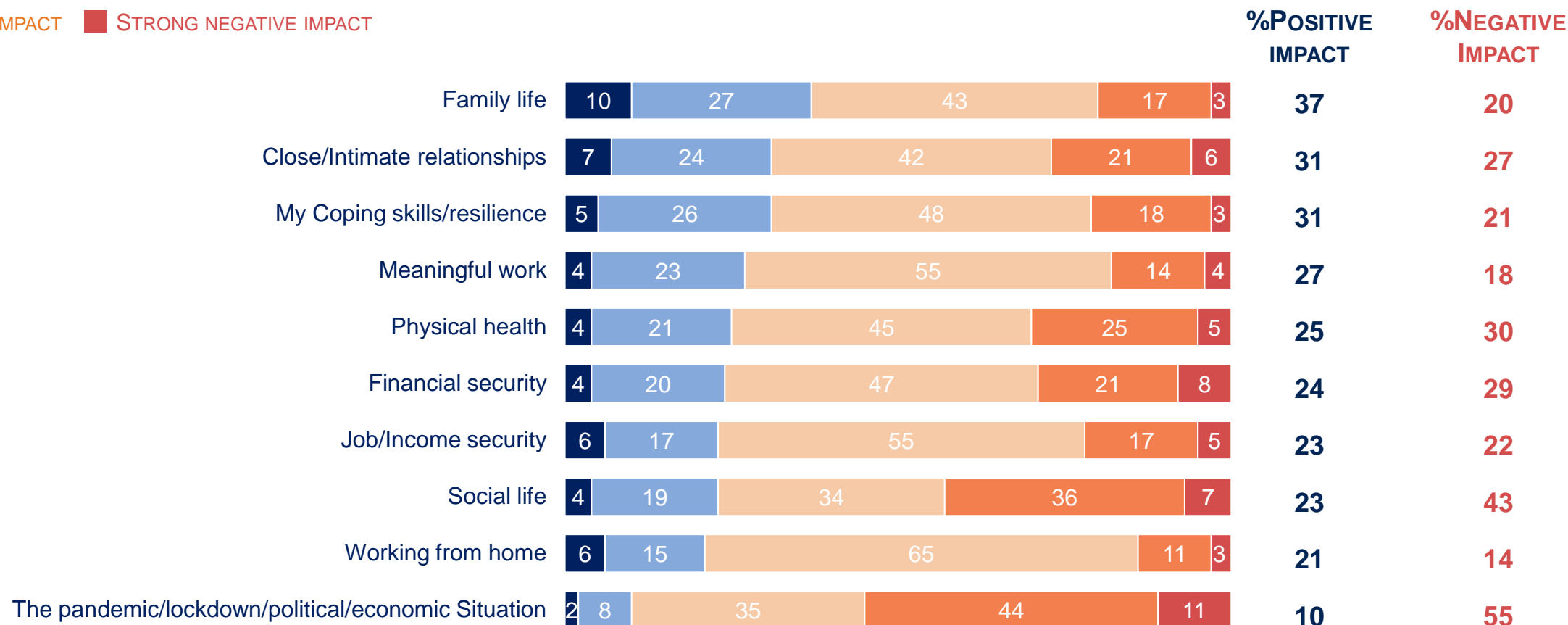
IMPACT OF THESE FOLLOWING FACTORS ON HAPPINESS AND WELL-BEING



BELGIUM

■ STRONG POSITIVE IMPACT ■ POSITIVE IMPACT ■ LITTLE/NO IMPACT

■ NEGATIVE IMPACT ■ STRONG NEGATIVE IMPACT



QA2 : OVER THE PAST 12 MONTHS, to what degree have the following had an impact on your overall happiness and wellbeing ?



IMPACT OF THESE FOLLOWING FACTORS ON HAPPINESS AND WELL-BEING



BELGIUM



	BELGIUM		ALL COUNTRIES		EU COUNTRIES		ASIAN COUNTRIES	
	Positive impact	Negative impact	Positive impact	Negative impact	Positive impact	Negative impact	Positive impact	Negative impact
Family life	37	20	40	19	42	20	35	16
Close/Intimate relationships	31	27	35	21	36	23	33	16
My Coping skills/resilience	31	21	34	19	35	21	31	15
Meaningful work	27	18	30	18	29	18	35	14
Physical health	25	30	30	27	29	29	33	20
Financial security	24	29	26	30	26	31	28	26
Job/Income security	23	22	27	25	26	25	28	26
Social life	23	43	26	35	26	39	27	26
Working from home	21	14	23	13	24	13	23	12
The pandemic/lockdown/political/economic Situation	10	55	13	52	12	54	17	45

QA2 : OVER THE PAST 12 MONTHS, to what degree have the following had an impact on your overall happiness and wellbeing ?

13- © Ipsos | AXA Mental Health Survey 2021

Results in %
Base : To all

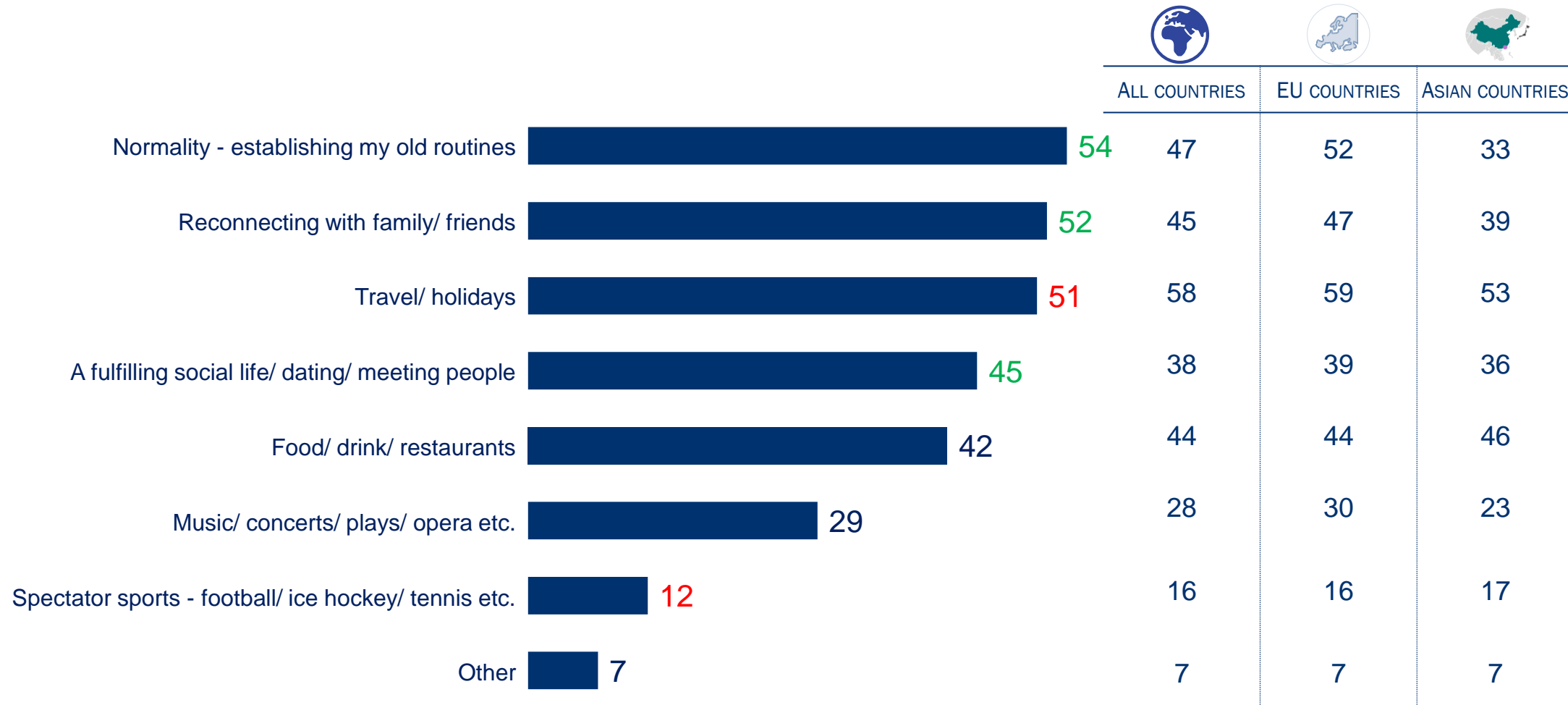


Statistical differences displayed have been calculated on the “% Positive impact”

EXPECTATIONS IN THE NEXT 12 MONTHS



BELGIUM



Several possible answers (total may be superior to 100)

QA3 : Which of the following are you most looking forward to IN THE NEXT 12 MONTHS ?

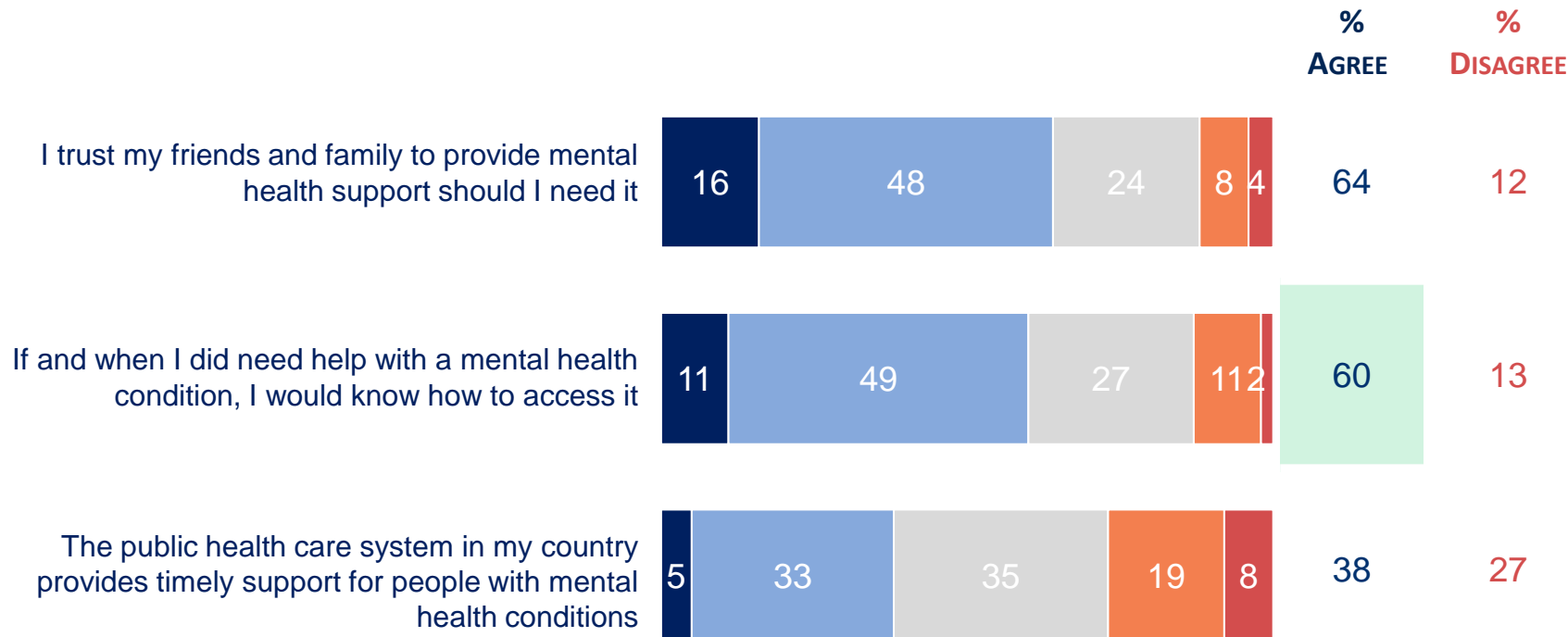
**CONTEXT AND ENVIRONMENT:
FROM WHOM SHOULD WE
EXPECT SUPPORT WHEN
SUFFERING FROM MENTAL
HEALTH CONDITIONS?**

1

OPINION ABOUT HEALTHCARE SYSTEM AND SUPPORT FROM THEIR PEERS



BELGIUM



% AGREE / DISAGREE

	ALL COUNTRIES		EU COUNTRIES		ASIAN COUNTRIES	
I trust my friends and family to provide mental health support should I need it	63	11	63	12	60	10
If and when I did need help with a mental health condition, I would know how to access it	56	15	58	15	50	17
The public health care system in my country provides timely support for people with mental health conditions	37	29	35	33	39	23

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

16 – © Ipsos | AXA Mental Health Survey 2021

Results in %
Base : To all



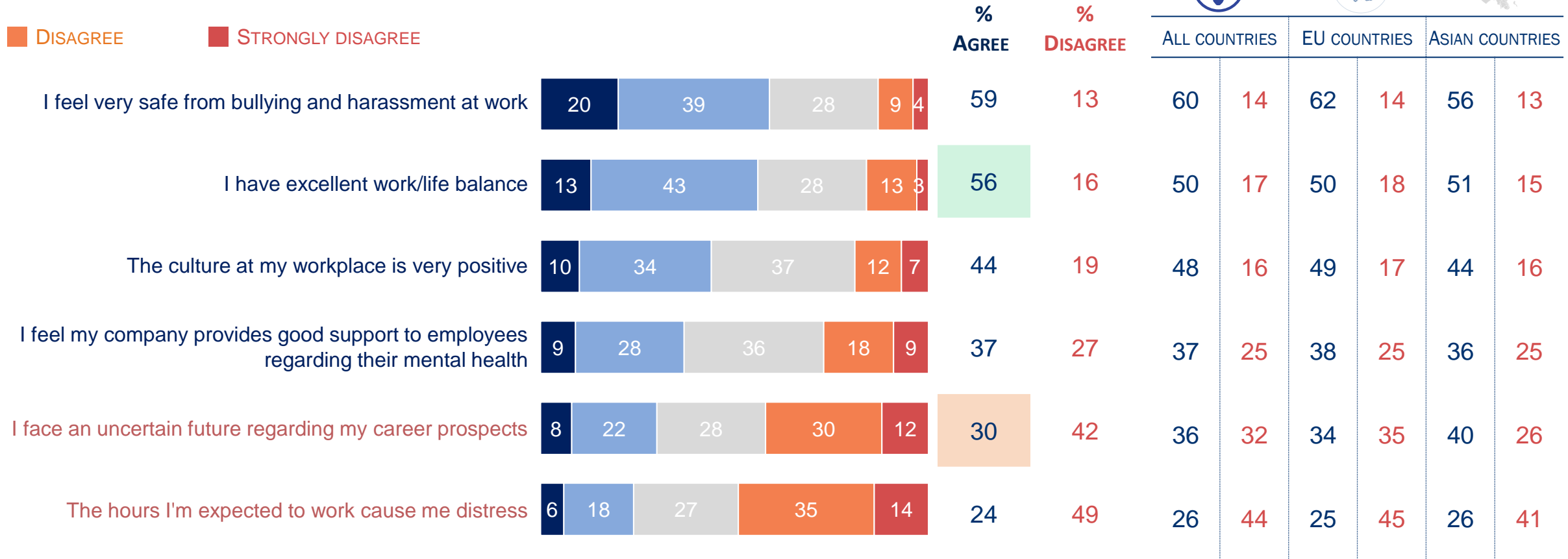
Statistical differences displayed have been calculated on the “% Agree”

EVALUATION OF MENTAL HEALTH SUPPORT IN THE WORKPLACE

% AGREE / DISAGREE



BELGIUM



QA38 : To what extent do you agree or disagree with the following statements ?

17 – © Ipsos | AXA Mental Health Survey 2021

Results in %

Base : To Active people



Statistical differences displayed have been calculated on the “% Agree”

EVALUATION OF GENERAL SELF-ACCEPTANCE AND LIFE SATISFACTION

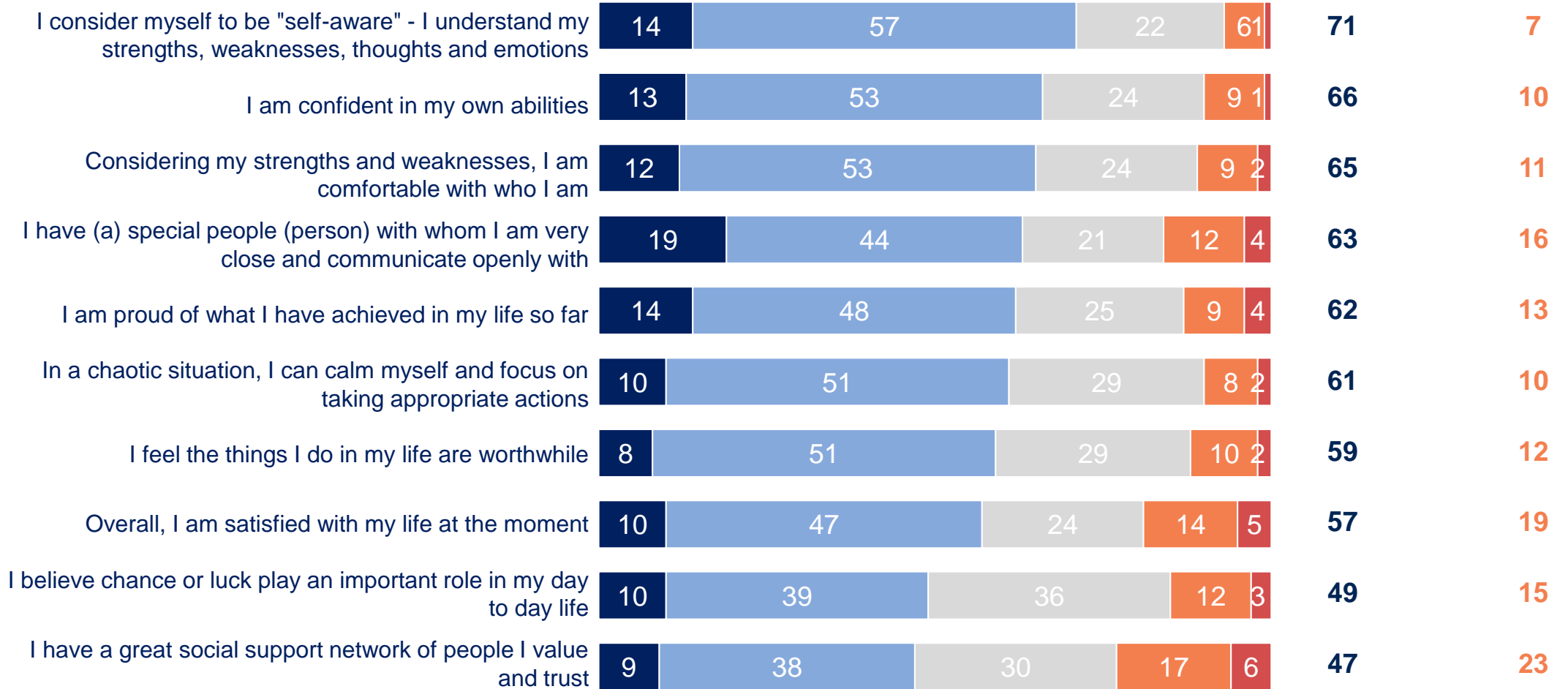


BELGIUM

■ STRONGLY AGREE
 ■ AGREE
 ■ NEITHER AGREE OR DISAGREE
■ DISAGREE
 ■ STRONGLY DISAGREE

%AGREE

%DISAGREE



QA18 : To what extent do you agree or disagree with the following statements ?



EVALUATION OF GENERAL SELF-ACCEPTANCE AND LIFE SATISFACTION



BELGIUM



	BELGIUM		ALL COUNTRIES		EU COUNTRIES		ASIAN COUNTRIES	
	Agree	Disagree	Agree	Disagree	Agree	Disagree	Agree	Disagree
I consider myself to be "self-aware" - I understand my strengths, weaknesses, thoughts and emotions	71	7	71	7	74	6	62	9
I am confident in my own abilities	66	10	63	13	68	11	49	19
Considering my strengths and weaknesses, I am comfortable with who I am	65	11	59	14	65	11	46	19
I have (a) special people (person) with whom I am very close and communicate openly with	63	16	65	13	69	11	55	15
I am proud of what I have achieved in my life so far	62	13	55	16	61	13	40	22
In a chaotic situation, I can calm myself and focus on taking appropriate actions	61	10	59	12	62	11	50	13
I feel the things I do in my life are worthwhile	59	12	59	11	62	11	49	14
Overall, I am satisfied with my life at the moment	57	19	54	19	56	19	48	20
I believe chance or luck play an important role in my day to day life	49	15	49	16	47	18	55	11
I have a great social support network of people I value and trust	47	23	51	19	55	17	39	24

QA18 : To what extent do you agree or disagree with the following statements ?

19- © Ipsos | AXA Mental Health Survey 2021

Results in %
Base : To all



Statistical differences displayed have been calculated on the "% Agree"

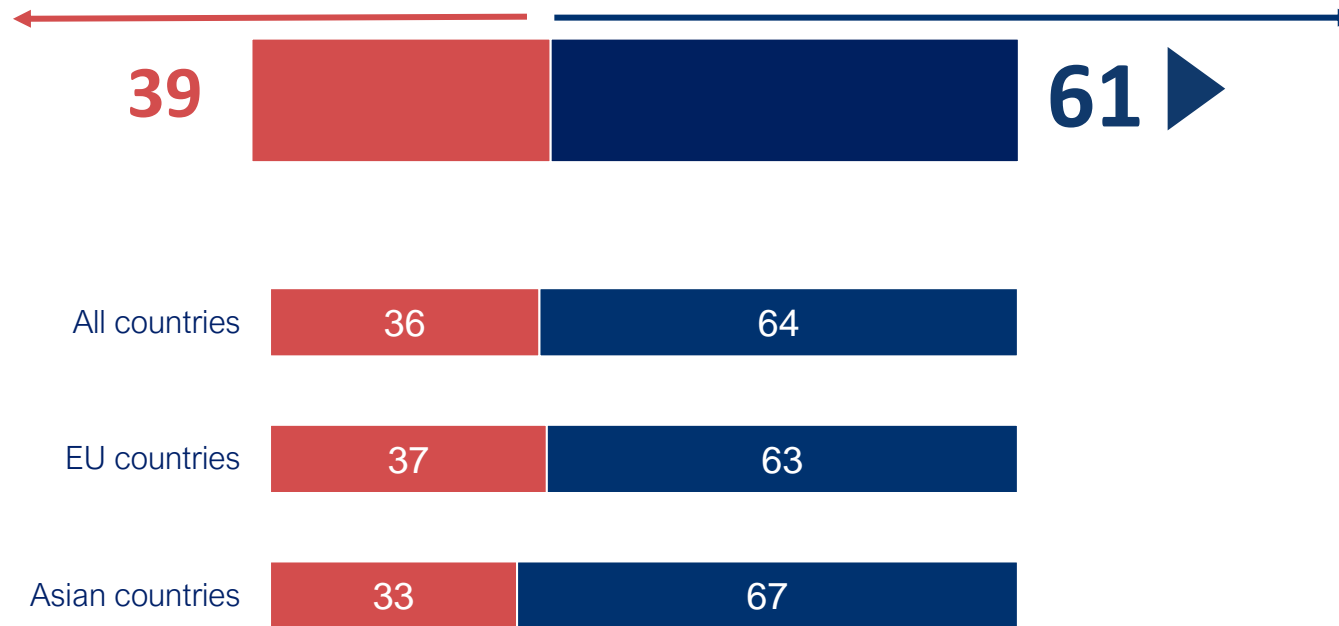
COMFORT WITHIN SOCIAL CONNECTION



BELGIUM

I am uncomfortable getting close to others, and find it difficult to trust and depend on them

It is easy for me to get close to others, and I am comfortable depending on them and having them depend on me



QA29 : Which statement best describes your connection to those closest to you ?

20 – © Ipsos | AXA Mental Health Survey 2021

Results in %
Base : To all

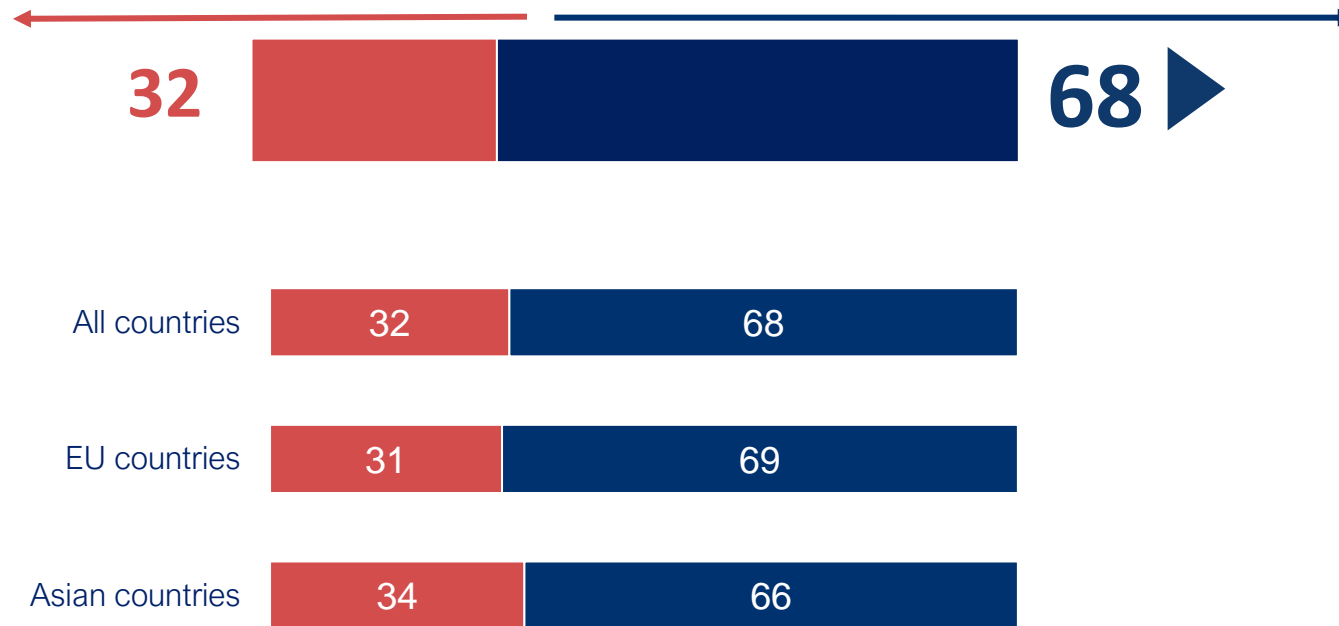


Statistical differences displayed have been calculated on the “% It is easy for me to get close to others...”



I worry I will be hurt if I get too close to my partner/companion

I don't worry about being abandoned or about someone getting too close to me



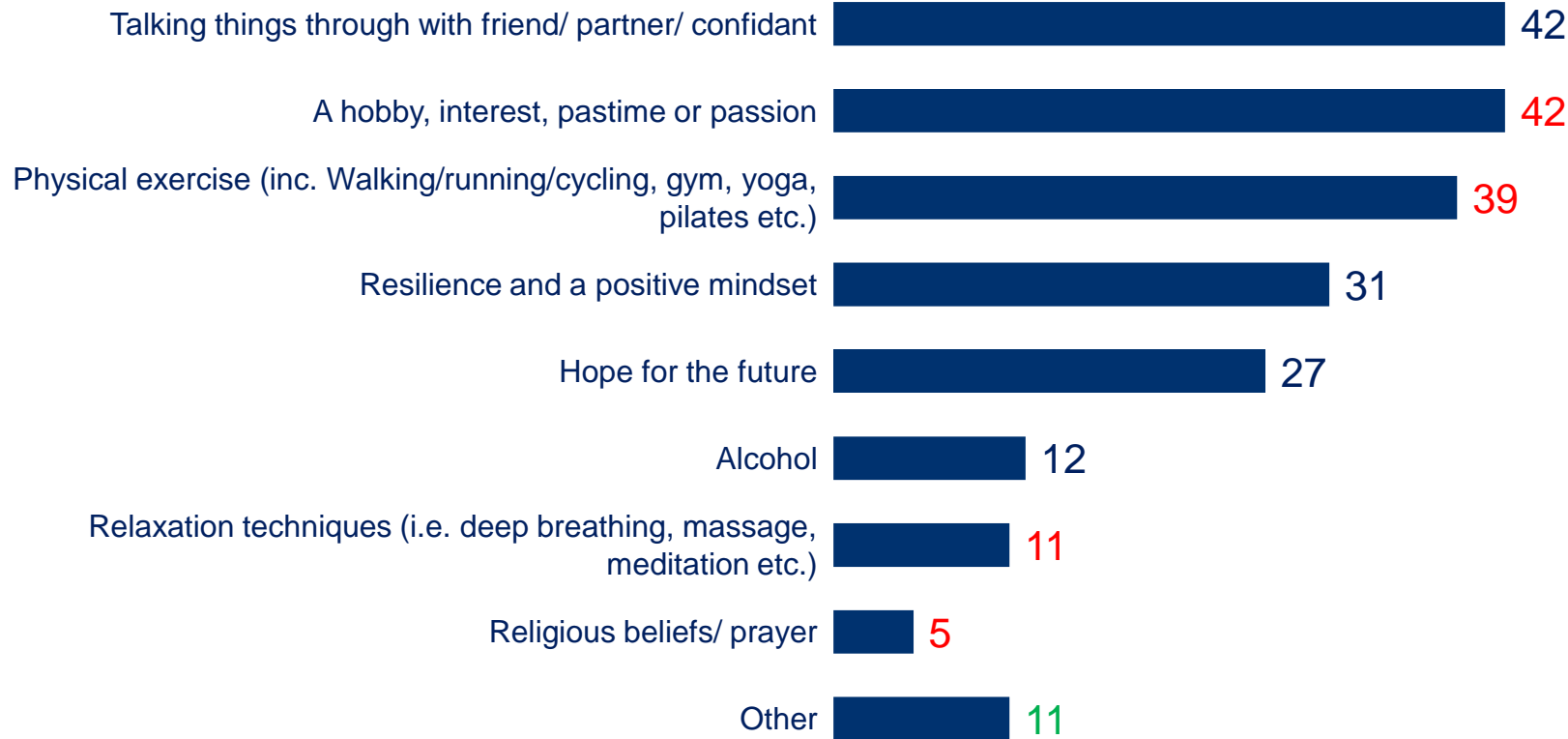
QA30 : Which statement best describes your attachment to your partner or closest companion ?



WAYS TO COPE WITH MOMENTS OF FEELING DOWN



BELGIUM



	ALL COUNTRIES	EU COUNTRIES	ASIAN COUNTRIES
Talking things through with friend/ partner/ confidant	43	42	43
A hobby, interest, pastime or passion	46	45	49
Physical exercise (inc. Walking/running/cycling, gym, yoga, pilates etc.)	43	44	41
Resilience and a positive mindset	32	34	27
Hope for the future	28	30	23
Alcohol	12	11	15
Relaxation techniques (i.e. deep breathing, massage, meditation etc.)	20	17	29
Religious beliefs/ prayer	10	11	8
Other	7	8	7

Several possible answers (total may be superior to 100)

QA4 : Which of the following helped you to cope when you felt down OVER THE PAST 12 MONTHS?



ATTITUDES TOWARD MENTAL HEALTH: WHAT'S GOING WELL, WHAT'S GOING BAD?

2

LEVEL OF STRESS EXPERIENCED OVER THE PAST 12 MONTHS

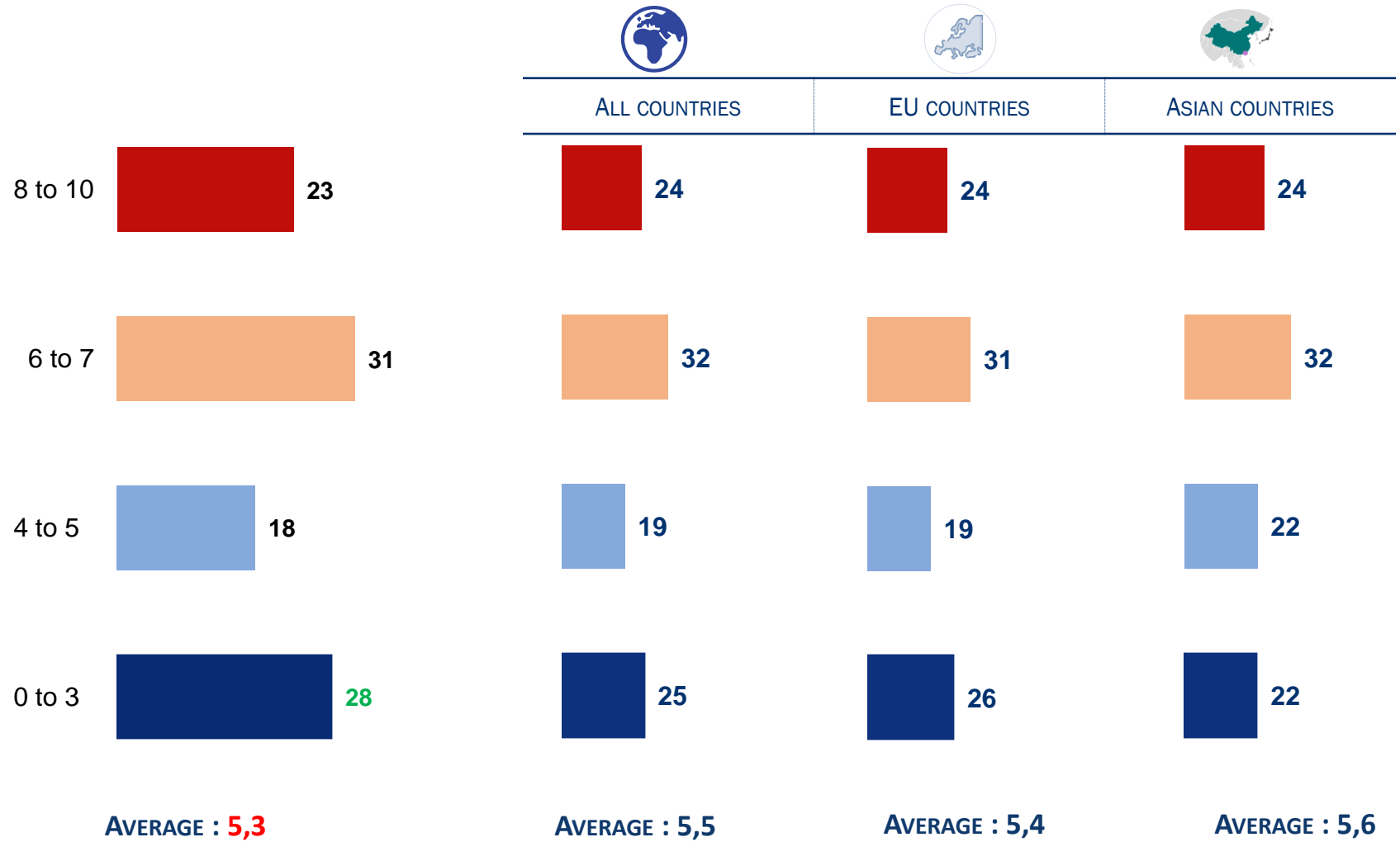


BELGIUM

10 HIGH DEGREE OF STRESS



0 NO STRESS

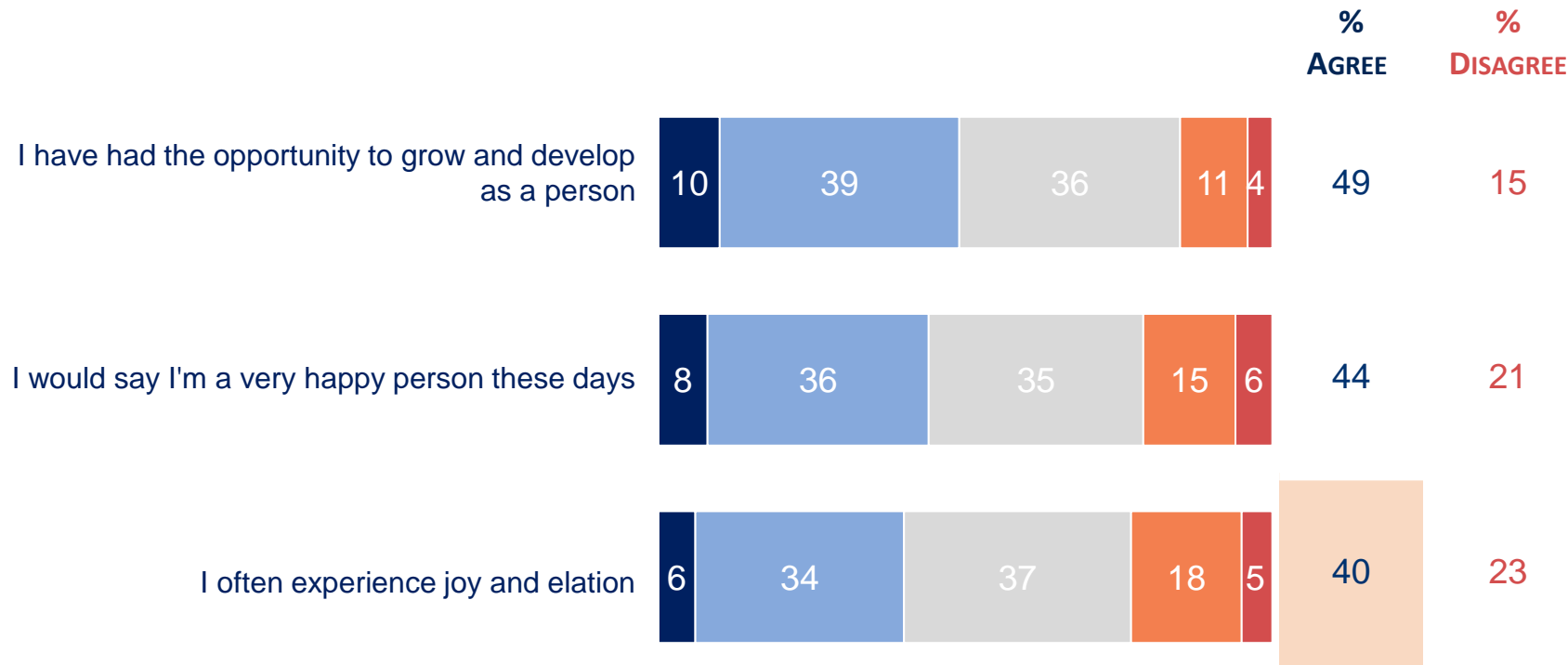


QA1 : On a scale of 0 to 10, with "0" being "no stress" and "10" being "extremely severe stress", how would you rate the degree of stress you've experienced over the past 12 months ?

LEVEL OF HAPPINESS OVER THE PAST FEW MONTHS



BELGIUM



% AGREE / DISAGREE

	ALL COUNTRIES		EU COUNTRIES		ASIAN COUNTRIES	
I have had the opportunity to grow and develop as a person	49	16	49	16	48	16
I would say I'm a very happy person these days	44	22	45	21	40	23
I often experience joy and elation	44	20	44	21	42	21

QA16 : Please indicate how much each statement applied to you OVER THE PAST FEW MONTHS ?



DEPRESSION, ANXIETY AND STRESS OVER THE PAST WEEK



BELGIUM

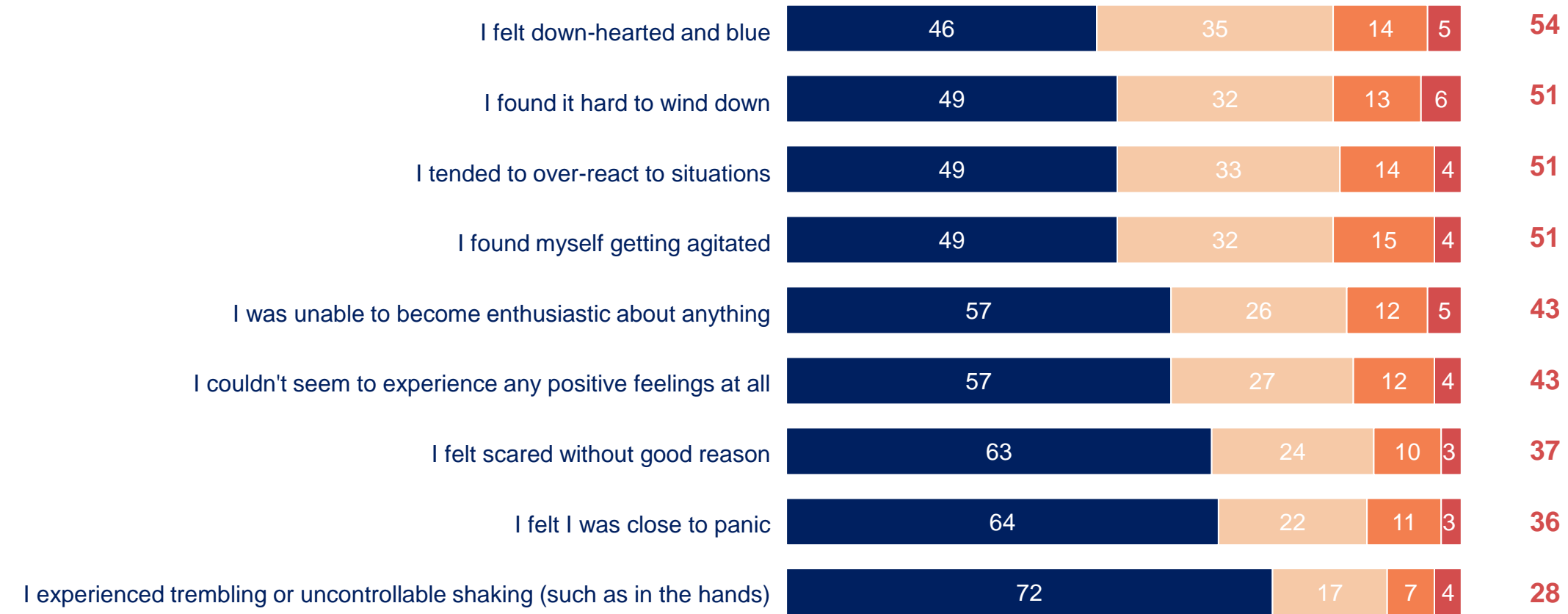
■ DID NOT APPLY TO ME AT ALL - NEVER

■ APPLIED TO ME TO SOME DEGREE, OR SOME OF THE TIME - SOMETIMES

■ APPLIED TO ME TO A CONSIDERABLE DEGREE, OR A GOOD PART OF THE TIME - OFTEN

■ APPLIED TO ME VERY MUCH, OR MOST OF THE TIME - ALMOST ALWAYS

**%SOMETIMES/OFTEN/
ALWAYS**



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



DEPRESSION, ANXIETY AND STRESS OVER THE PAST WEEK



BELGIUM



« Sometimes/Often/ Almost always »

	BELGIUM	ALL COUNTRIES	EU COUNTRIES	ASIAN COUNTRIES
I felt down-hearted and blue	54	59	60	57
I found it hard to wind down	51	59	58	63
I tended to over-react to situations	51	54	54	55
I found myself getting agitated	51	56	55	58
I was unable to become enthusiastic about anything	43	53	51	57
I couldn't seem to experience any positive feelings at all	43	48	45	56
I felt scared without good reason	37	41	38	48
I felt I was close to panic	36	37	36	42
I experienced trembling or uncontrollable shaking (such as in the hands)	28	29	26	34

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

27- © Ipsos | AXA Mental Health Survey 2021

Results in %
Base : To all



Statistical differences displayed have been calculated on the “% Sometimes/often/Almost always”

DASS CALCULATION



BELGIUM



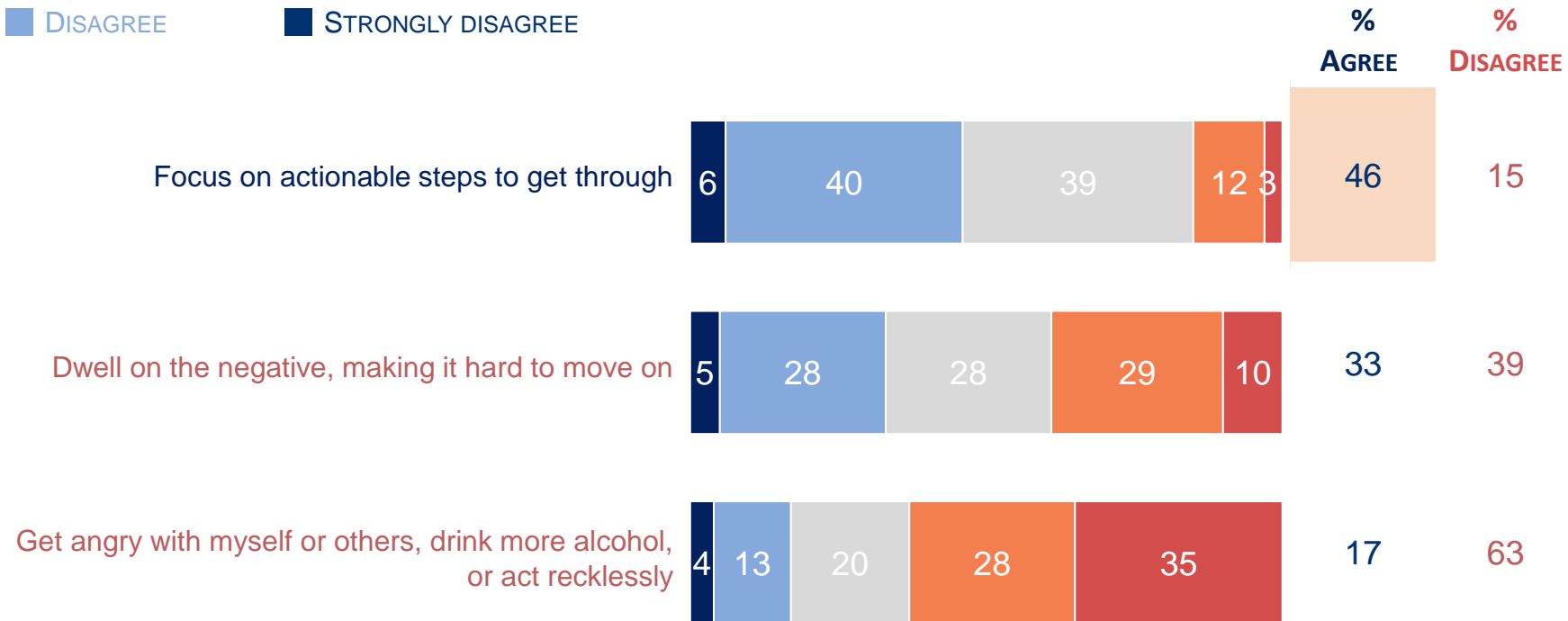
	Belgium	ALL COUNTRIES	EU COUNTRIES	ASIAN COUNTRIES
DEPRESSION				
Extremely Severe	3	3	4	2
Severe	2	3	3	3
Moderate	11	11	10	12
Mild	22	25	24	28
Normal	62	58	59	55
ANXIETY				
Extremely Severe	2	1	2	1
Severe	1	2	1	2
Moderate	4	3	3	4
Mild	10	11	10	13
Normal	83	83	84	80
STRESS				
Extremely Severe	5	5	5	5
Severe	11	12	12	13
Moderate	24	27	26	28
Mild	14	15	15	15
Normal	46	41	42	39

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

TENDENCIES DURING MOMENTS OF FEELING DOWN IN THE PAST 12 MONTHS



BELGIUM




% AGREE / DISAGREE



	ALL COUNTRIES		EU COUNTRIES		ASIAN COUNTRIES	
Focus on actionable steps to get through	55	11	54	12	53	11
Dwell on the negative, making it hard to move on	32	39	32	39	30	38
Get angry with myself or others, drink more alcohol, or act recklessly	18	62	18	63	17	60

QA28 : IN THE PAST 12 MONTHS, when things didn't go well, I had a tendency to ...





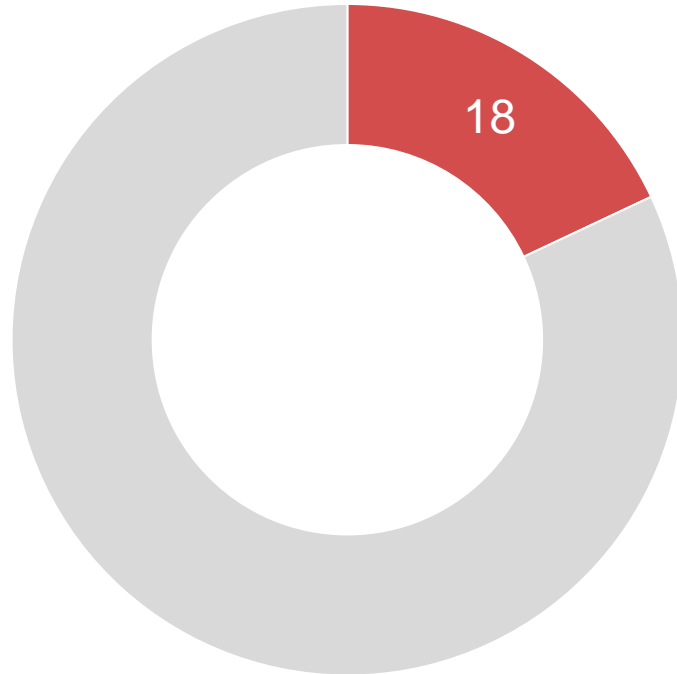
**REPORTED MENTAL HEALTH
CONDITIONS: WHAT DOES IT
TELL US ABOUT MENTAL
HEALTH IN GENERAL?**



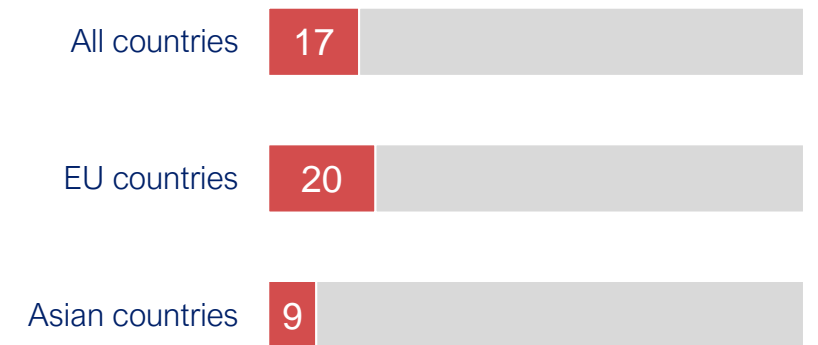
HISTORY OF MENTAL HEALTH DISORDERS IN THE FAMILY



BELGIUM



■ YES



QAdhoc17 : Is there a history of mental health disorders in your family (siblings/parents/grandparents)?

31- © Ipsos | AXA Mental Health Survey 2021

Results in %
Base : To all



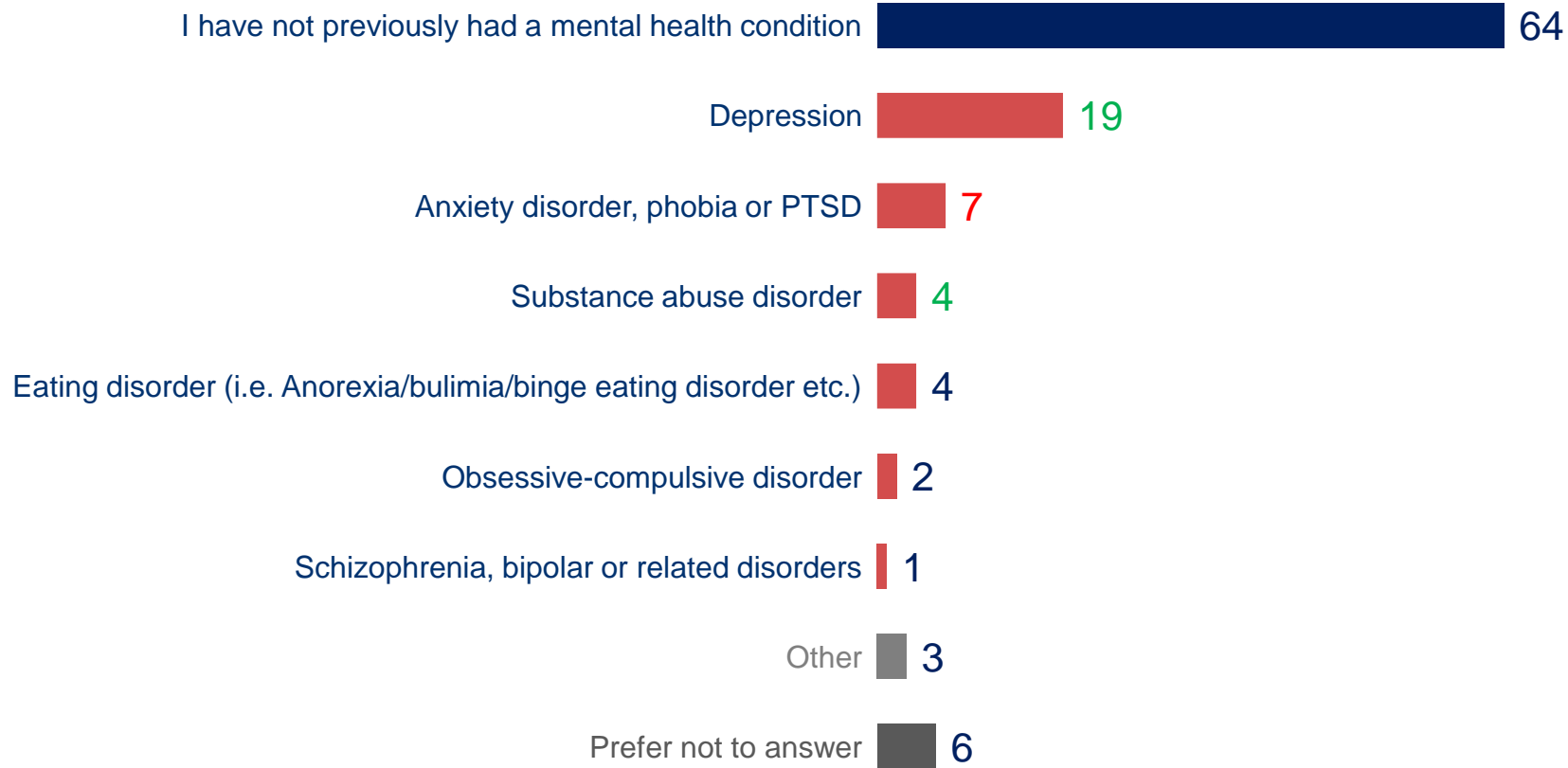
PAST MENTAL HEATH CONDITIONS



BELGIUM



	ALL COUNTRIES	EU COUNTRIES	ASIAN COUNTRIES
I have not previously had a mental health condition	67	64	76
Depression	15	18	8
Anxiety disorder, phobia or PTSD	9	10	7
Substance abuse disorder	2	3	1
Eating disorder (i.e. Anorexia/bulimia/binge eating disorder etc.)	4	4	3
Obsessive-compulsive disorder	2	1	2
Schizophrenia, bipolar or related disorders	1	1	2
Other	3	3	3
Prefer not to answer	6	6	4



Several possible answers (total may be superior to 100)

QA9 : Have you experienced any of the following mental health conditions IN THE PAST from which you have now recovered?

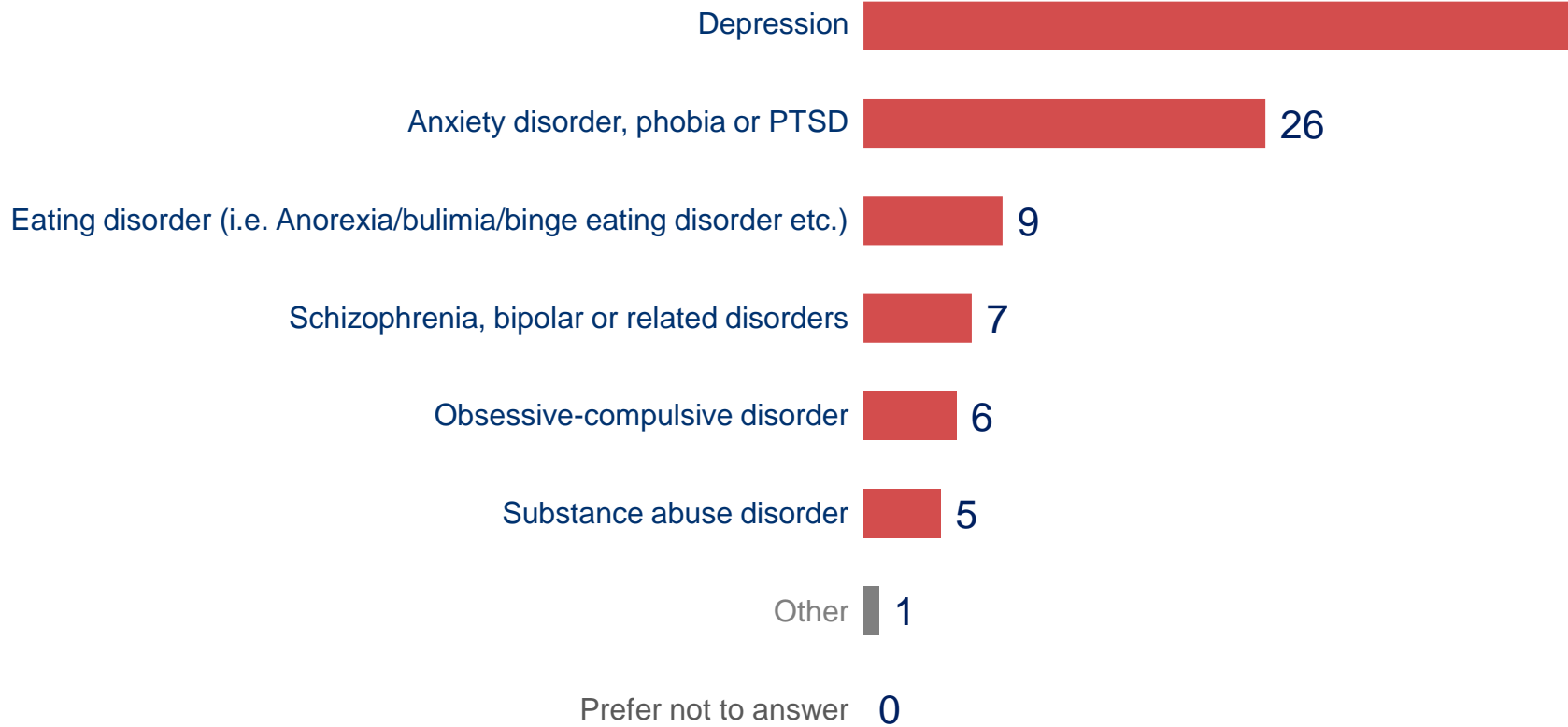
THE MOST DEBILITATING MENTAL HEALTH CONDITIONS IN THE PAST



BELGIUM



	ALL COUNTRIES	EU COUNTRIES	ASIAN COUNTRIES
Depression	37	39	27
Anxiety disorder, phobia or PTSD	30	31	29
Eating disorder (i.e. Anorexia/bulimia/binge eating disorder etc.)	11	10	14
Schizophrenia, bipolar or related disorders	6	4	14
Obsessive-compulsive disorder	3	3	6
Substance abuse disorder	7	7	6
Other	2	3	1
Prefer not to answer	4	3	3



QA10 : Which was the most debilitating ?

Results in %

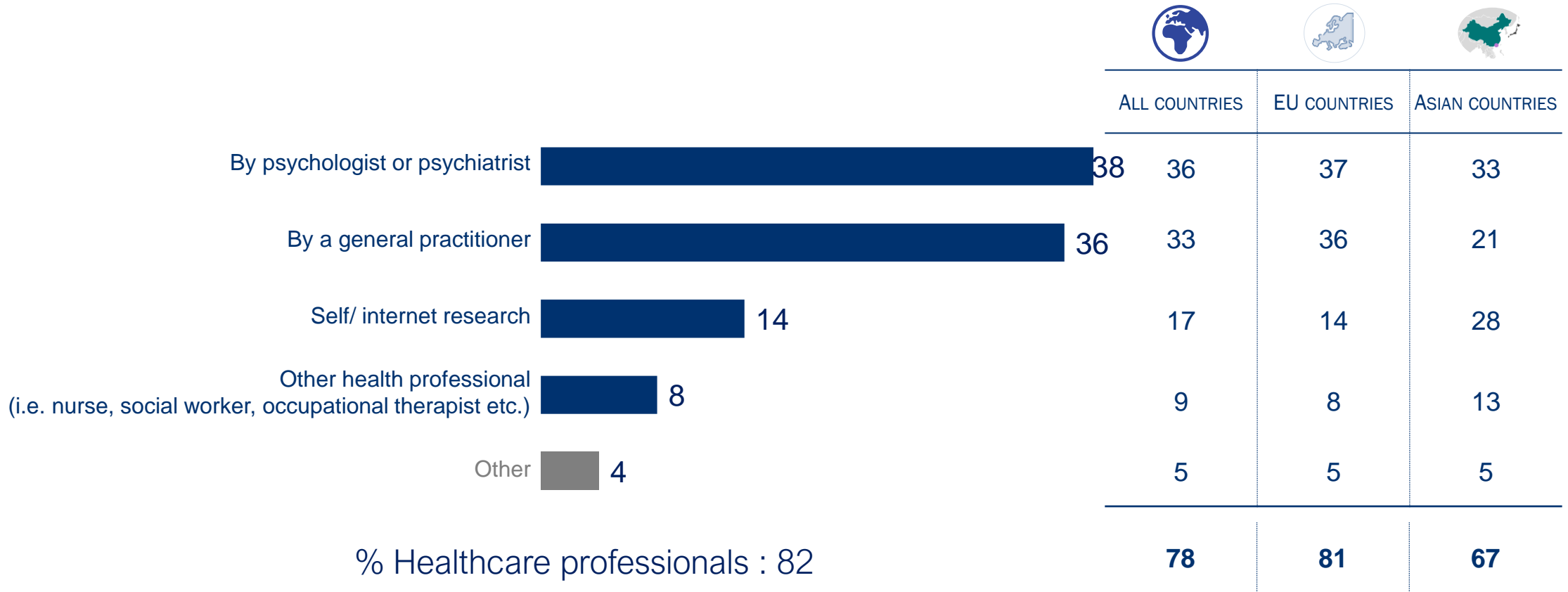
Base : To those who have suffered from several mental health conditions



HOW THIS CONDITION WAS DIAGNOSED



BELGIUM



QA11 : How was this condition diagnosed ?

Results in %

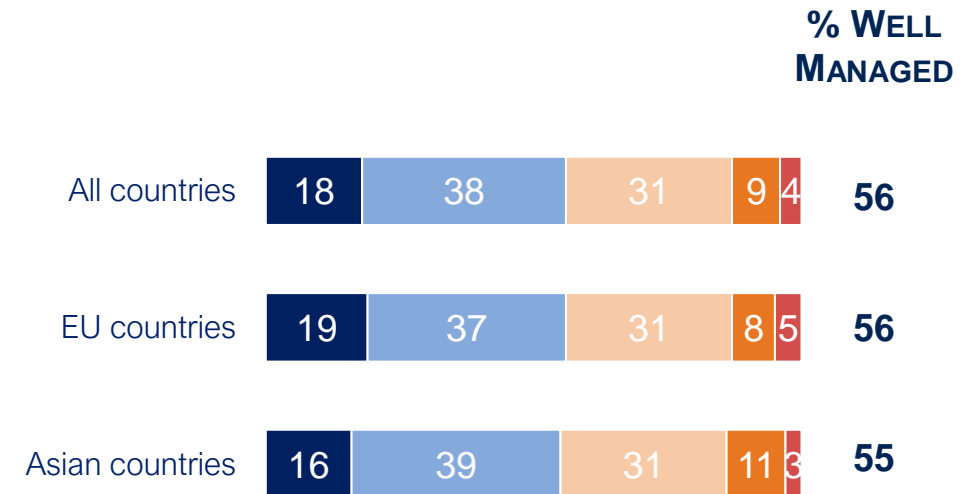
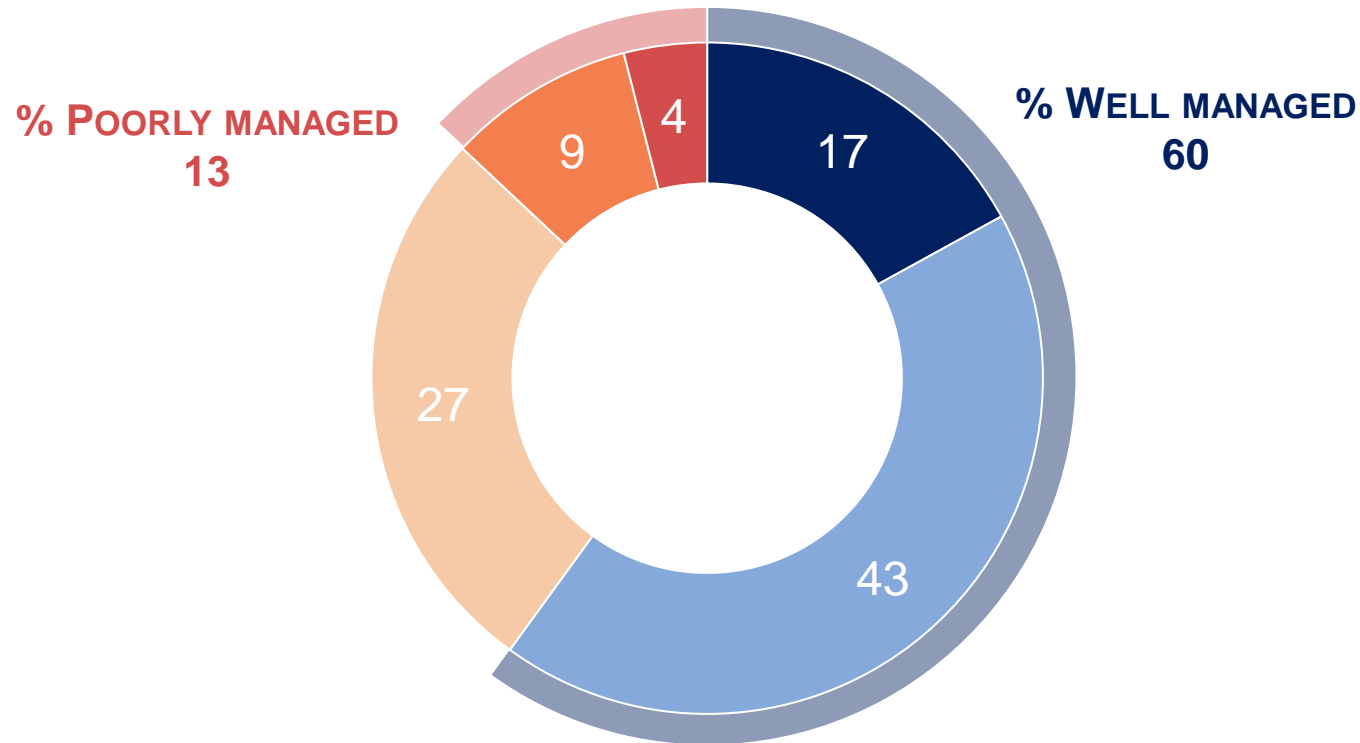
Base :To those who have suffered from mental health conditions



MANAGEMENT OF THEIR PAST MENTAL HEALTH CONDITIONS



BELGIUM



■ VERY WELL MANAGED
 ■ WELL MANAGED
 ■ COULD BE BETTER
 ■ POORLY MANAGED
 ■ VERY POORLY MANAGED

QA12 : Did you feel this condition was well managed?

35 – © Ipsos | AXA Mental Health Survey 2021

Results in %

Base :To those who have suffered from mental health conditions

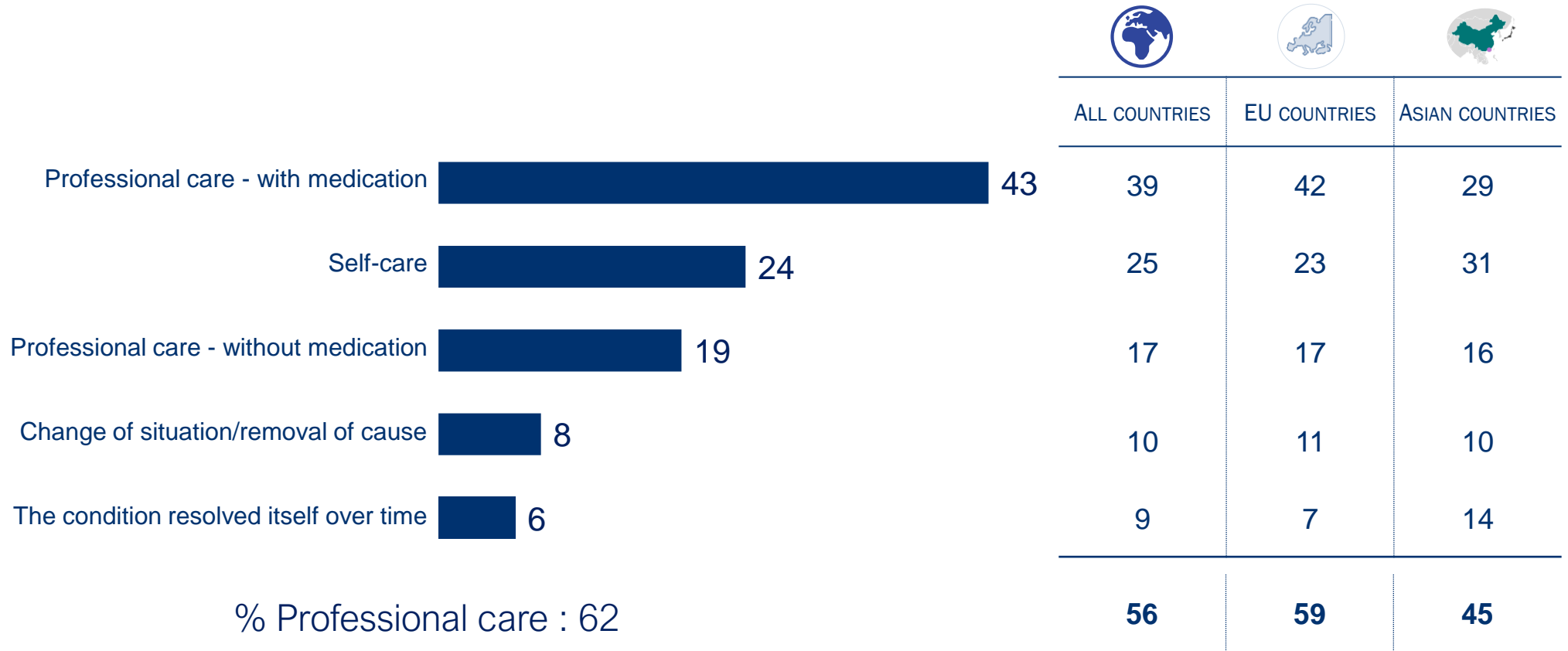


Statistical differences displayed have been calculated on the “% Well managed”

WAYS OF THE RECOVERY



BELGIUM



QA13 : How did you recover ?

Results in %

Base :To those who have suffered from mental health conditions



CURRENT MENTAL HEATH CONDITIONS



BELGIUM



	ALL COUNTRIES	EU COUNTRIES	ASIAN COUNTRIES
I do not currently have a mental health condition	69	67	74
Depression	13	14	9
Anxiety disorder, phobia or PTSD	12	13	9
Eating disorder (i.e. Anorexia/bulimia/binge eating disorder etc.)	4	4	4
Substance abuse disorder	2	3	2
Schizophrenia, bipolar or related disorders	2	2	2
Obsessive-compulsive disorder	3	2	4
Other	4	4	4
Prefer not to answer	5	6	4

I do not currently have a mental health condition **69**

Depression **11**

Anxiety disorder, phobia or PTSD **8**

Eating disorder (i.e. Anorexia/bulimia/binge eating disorder etc.) **4**

Substance abuse disorder **3**

Schizophrenia, bipolar or related disorders **2**

Obsessive-compulsive disorder **2**

Other **4**

Prefer not to answer **6**

Several possible answers (total may be superior to 100)

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



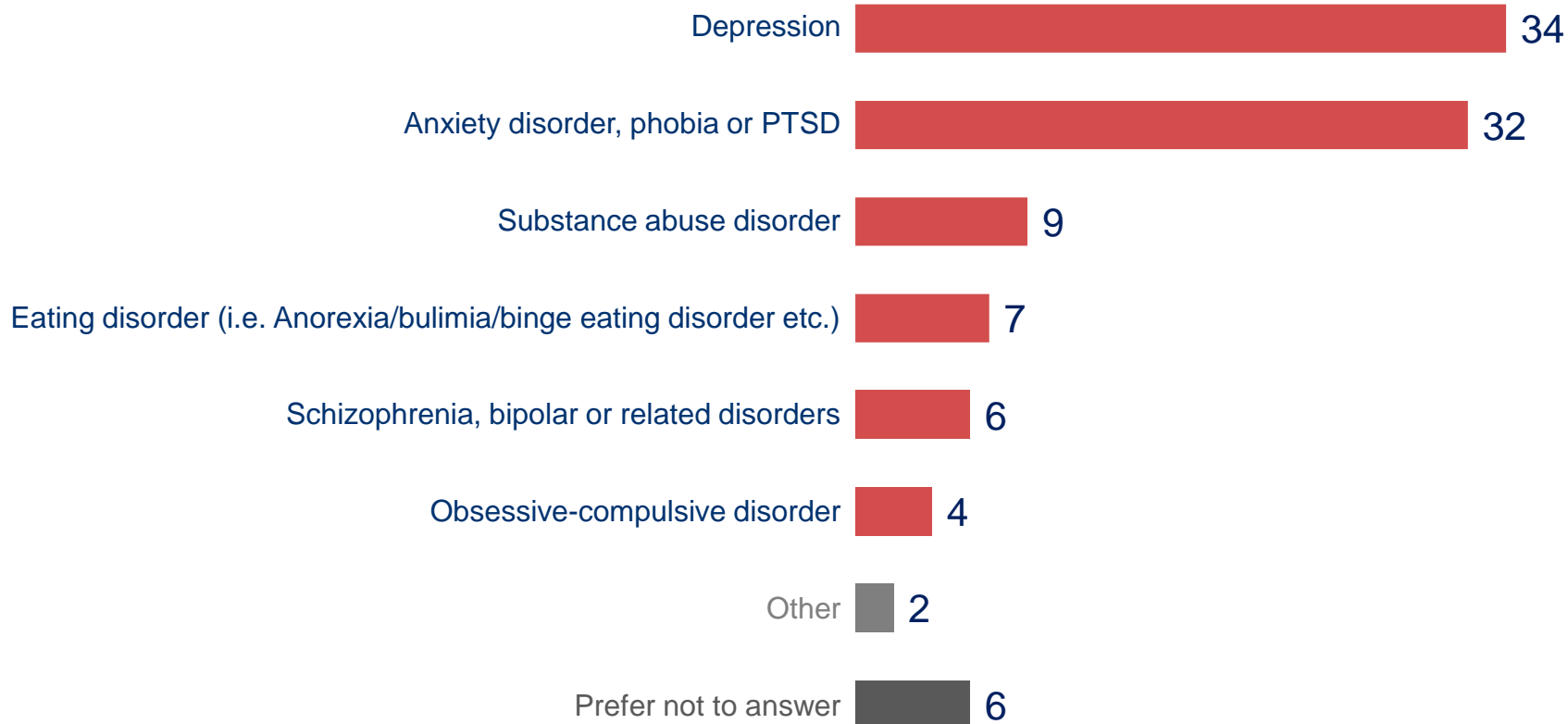
THE MOST DEBILITATING MENTAL HEALTH CONDITIONS



BELGIUM



	ALL COUNTRIES	EU COUNTRIES	ASIAN COUNTRIES
Depression	32	33	27
Anxiety disorder, phobia or PTSD	36	37	35
Substance abuse disorder	6	6	6
Eating disorder (i.e. Anorexia/bulimia/binge eating disorder etc.)	10	9	13
Schizophrenia, bipolar or related disorders	4	3	8
Obsessive-compulsive disorder	4	4	3
Other	4	4	4
Prefer not to answer	4	4	4



QA6 : Which is the most debilitating ?

Results in %

Base : To those who are currently suffering from mental health conditions






WHICH HEALTHCARE PROFESSIONALS DIAGNOSED ?



BELGIUM



% Healthcare professionals : 74

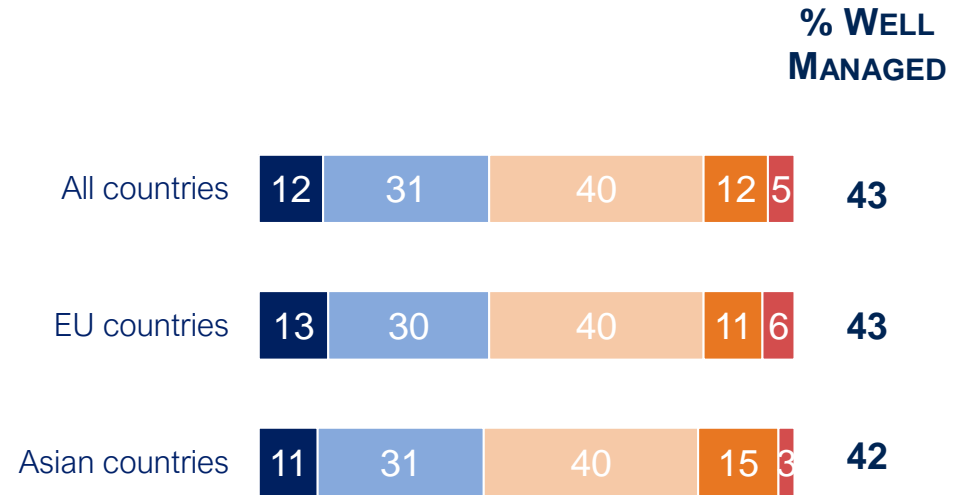
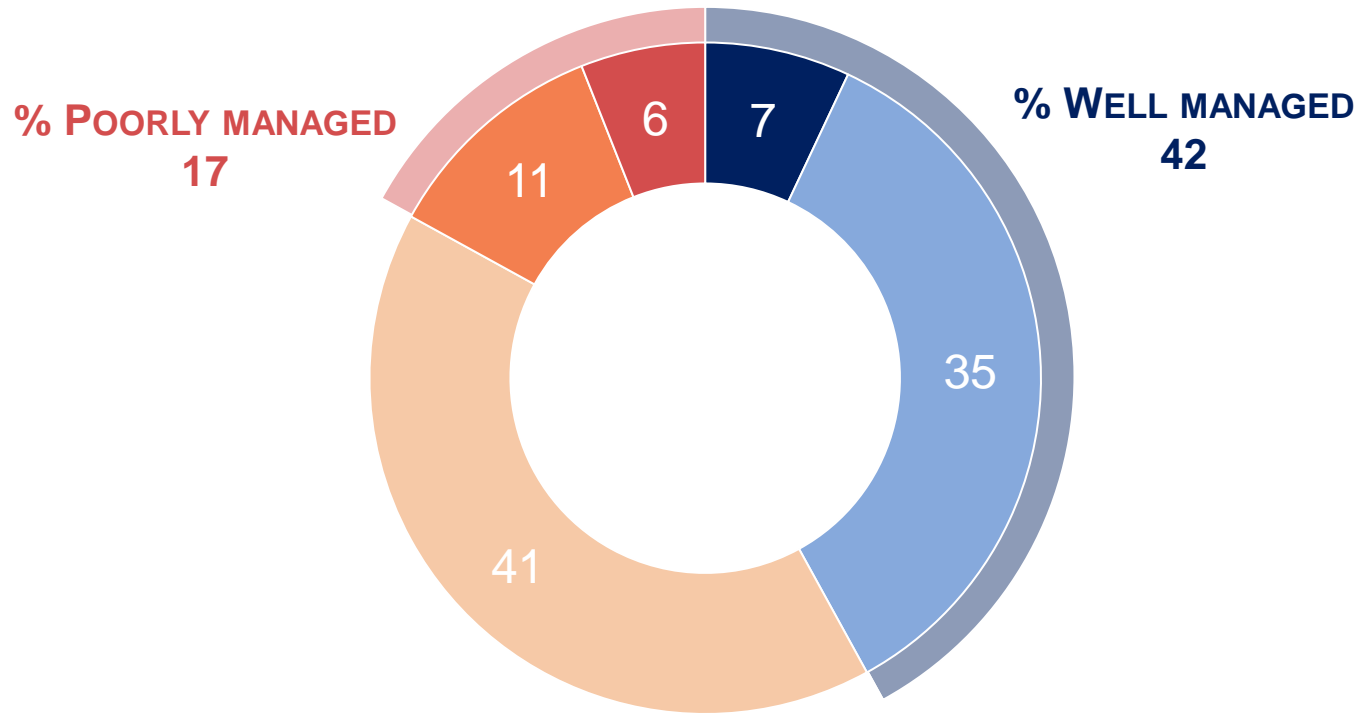
	 ALL COUNTRIES	 EU COUNTRIES	 ASIAN COUNTRIES
By psychologist or psychiatrist	34	36	26
By a general practitioner	27	30	18
Self/ internet research	24	20	37
Other health professional (i.e. nurse, social worker, occupational therapist etc.)	9	8	12
Other	6	6	7
Total % Healthcare professionals	70	74	56



MANAGEMENT OF THEIR CURRENT MENTAL HEALTH CONDITIONS



BELGIUM



■ VERY WELL MANAGED
 ■ WELL MANAGED
 ■ COULD BE BETTER
 ■ POORLY MANAGED
 ■ VERY POORLY MANAGED

QA8 : How well do you feel this condition is managed?
 40 – © Ipsos | AXA Mental Health Survey 2021

Results in %

Base : To those who are currently suffering from mental health conditions



Statistical differences displayed have been calculated on the “% Well managed”

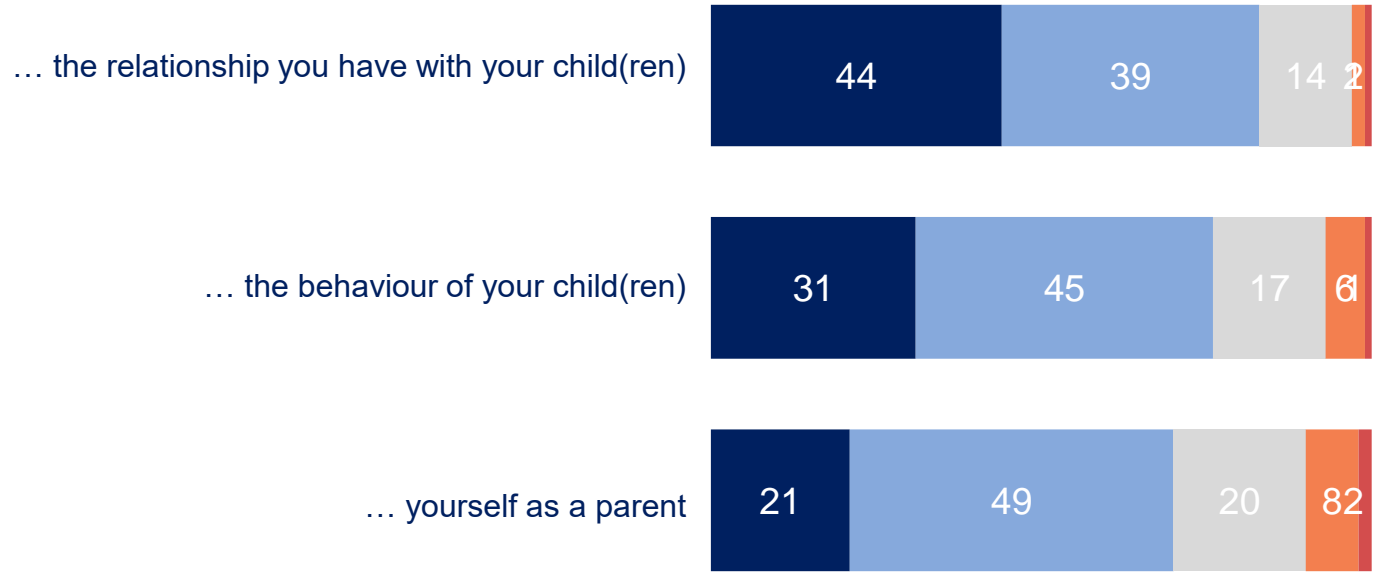
FOCUS ON PARENTS

4

PARENTS' SATISFACTION WITH THEIR ROLE, THEIR CHILDREN'S BEHAVIOUR AND THE RELATIONSHIP WITH THEIR CHILDREN



BELGIUM



% SATISFIED % DISSATISFIED

% SATISFIED / DISSATISFIED

	ALL COUNTRIES		EU COUNTRIES		ASIAN COUNTRIES	
... the relationship you have with your child(ren)	80	5	82	5	74	5
... the behaviour of your child(ren)	74	7	77	7	65	9
... yourself as a parent	69	10	73	9	61	12

QA35 : To what extent are you satisfied with...

Results in %
Base : To parents

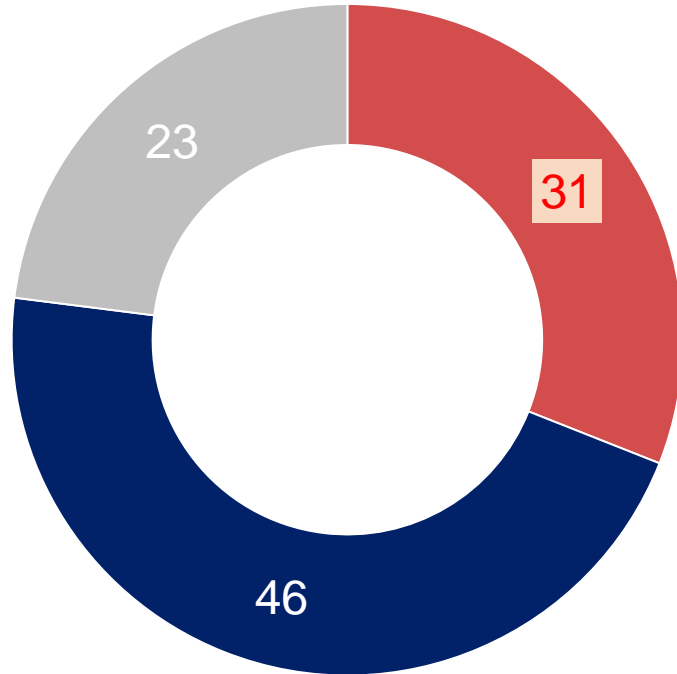


Statistical differences displayed have been calculated on the "% Satisfied"

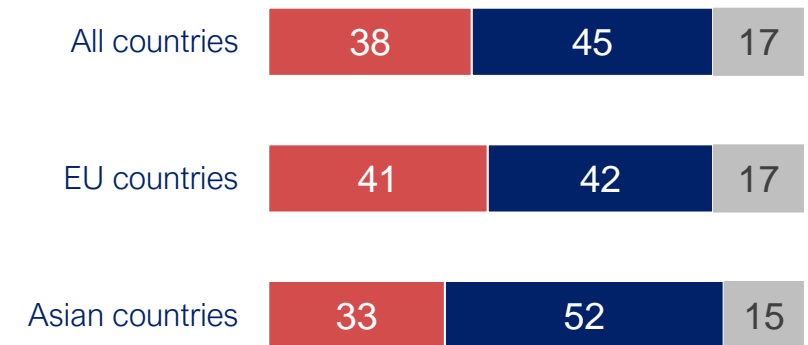
LOSS OF ACCESS TO CHILDCARE, DAY-CARE OR "IN PERSON" SCHOOLING DURING THE PANDEMIC



BELGIUM



■ YES ■ NO ■ NOT APPLICABLE



QA36 : Did you lose access to childcare/daycare/"in-person" schooling during the pandemic ?

43 – © Ipsos | AXA Mental Health Survey 2021

Results in %
Base : To parents



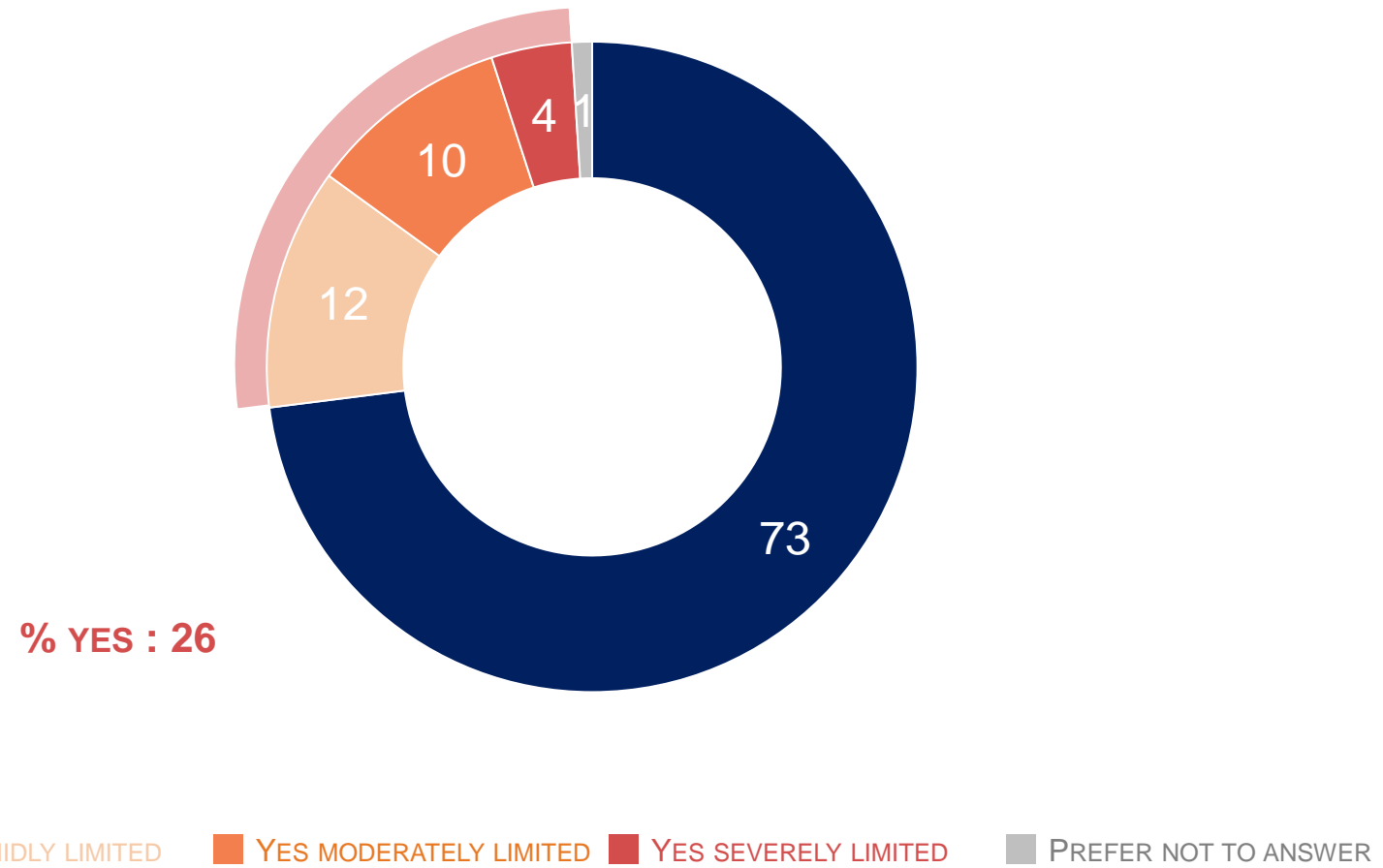
Statistical differences displayed have been calculated on the "% Yes"

PROFILES

LIMITATION IN DAY-TO-DAY ACTIVITIES DUE TO A PHYSICAL DISABILITY



BELGIUM



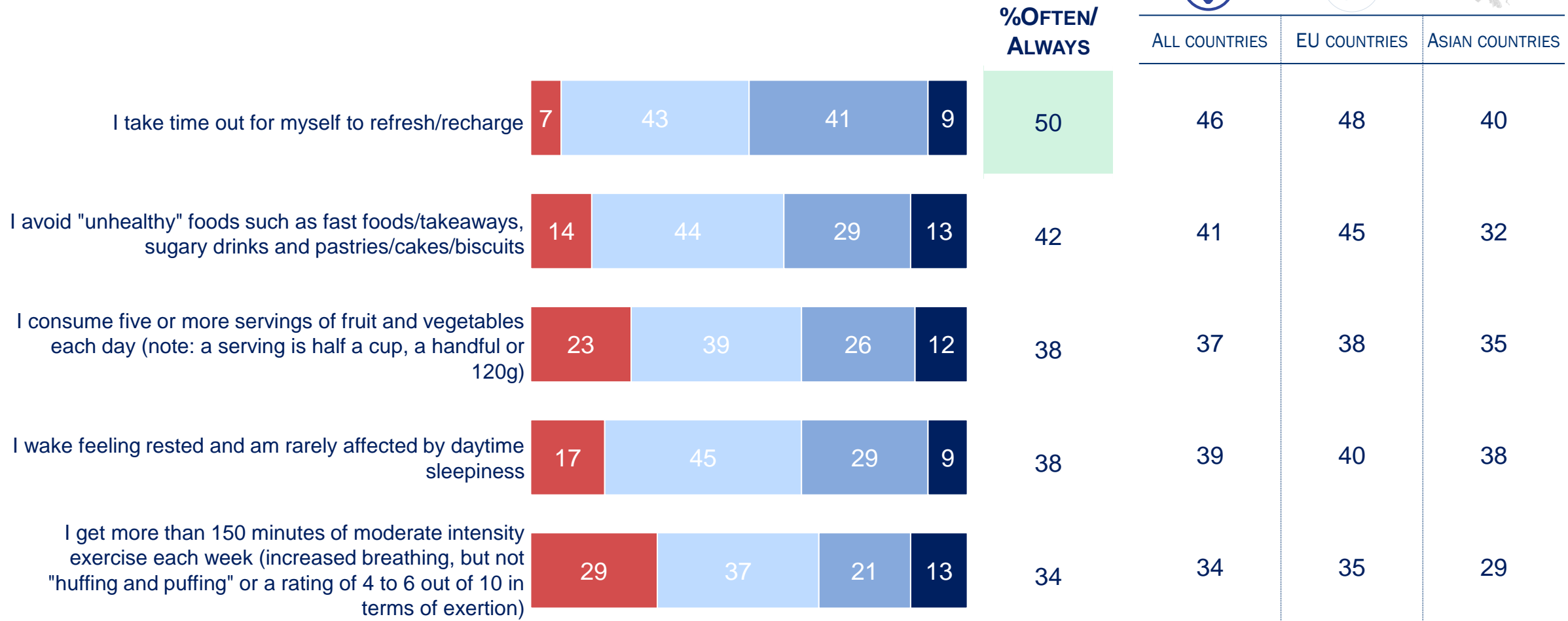
QAdhoc16 : Are you limited in your day-to-day activities due to a physical disability?

LIFESTYLE : FOOD CONSUMPTION AND SPORT



BELGIUM

NEVER SOMETIMES OFTEN ALMOST ALWAYS



QA25 : How often are you doing these following things ?

46- © Ipsos | AXA Mental Health Survey 2021

Results in %
Base : To all



Statistical differences displayed have been calculated on the "% Often/Always"

ALCOOL CONSUMPTION IN AN AVERAGE WEEK



BELGIUM

Visual displayed to respondents :

BEER (≈5% ALCOHOL)
Standard ≈33cL / 12 fl oz

WINE / CHAMPAGNE (≈12% ALCOHOL)
Standard glass of ≈14 cL / 5 fl oz

SPIRITS (≈40% ALCOHOL)
A Shot of ≈4cl / 1,5 fl oz

= 1 unit

= 1 unit

= 1 unit

		ALL COUNTRIES	EU COUNTRIES	ASIAN COUNTRIES
I don't drink	38	38	37	42
7 or less	46	45	46	44
Between 8 to 14 units	11	11	11	10
Between 14 and 28 units	3	4	4	3
More than 28 units	2	2	2	1

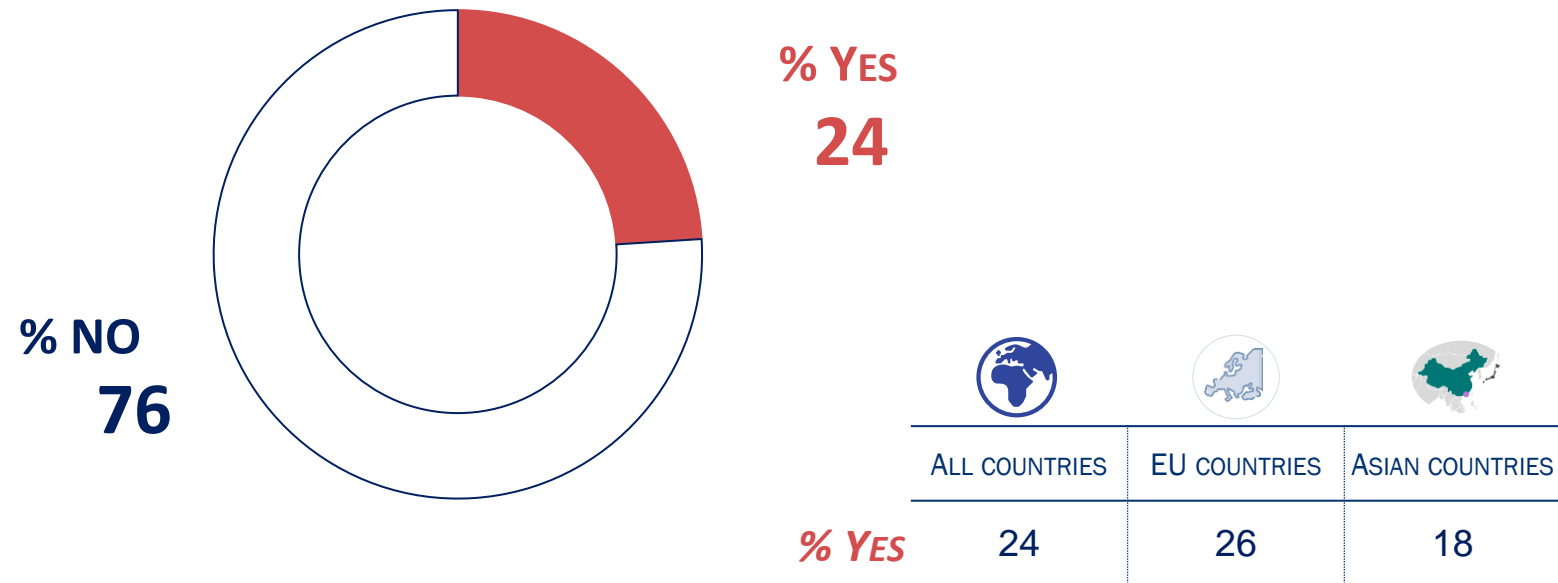
QA27 : How many standard drinks do you consume in an average week ?



SMOKING



BELGIUM



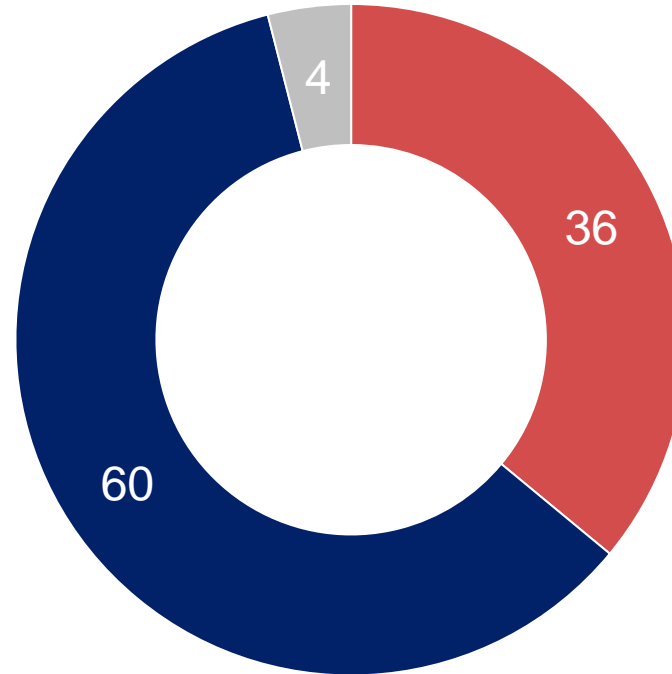
QA26 : Do you smoke ?

48- © Ipsos | AXA Mental Health Survey 2021

Results in %
Base : To all



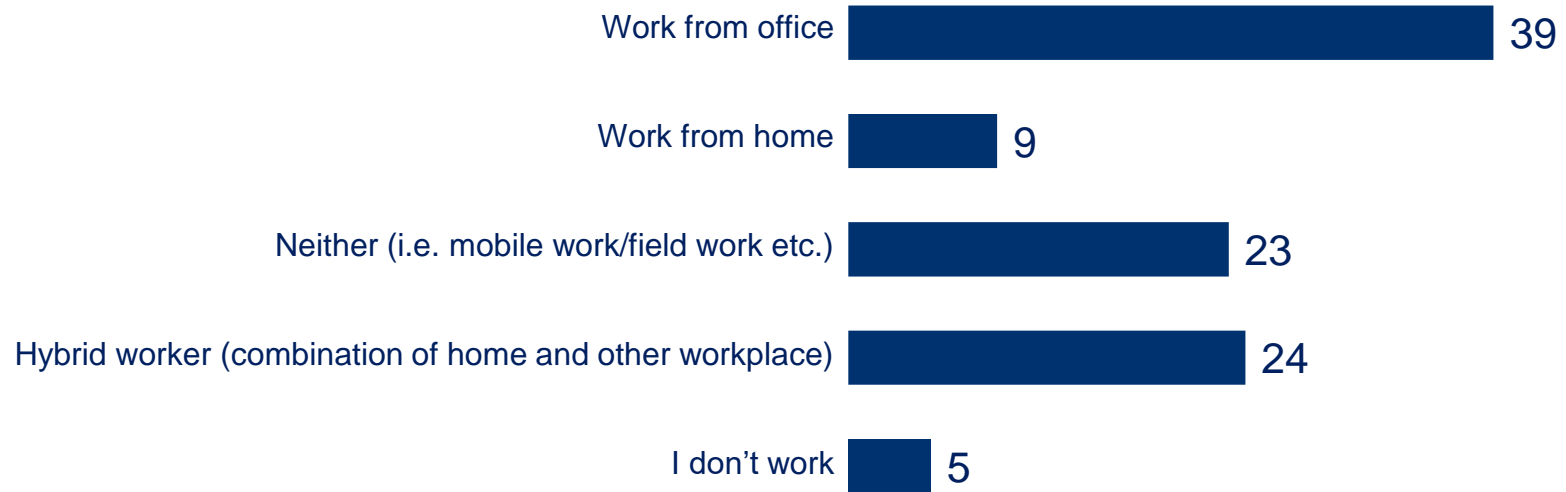
Statistical differences displayed have been calculated on the "% Yes"



■ YES ■ NO ■ NOT APPLICABLE

QAdhoc14 : Do you manage people as part of your role at work?



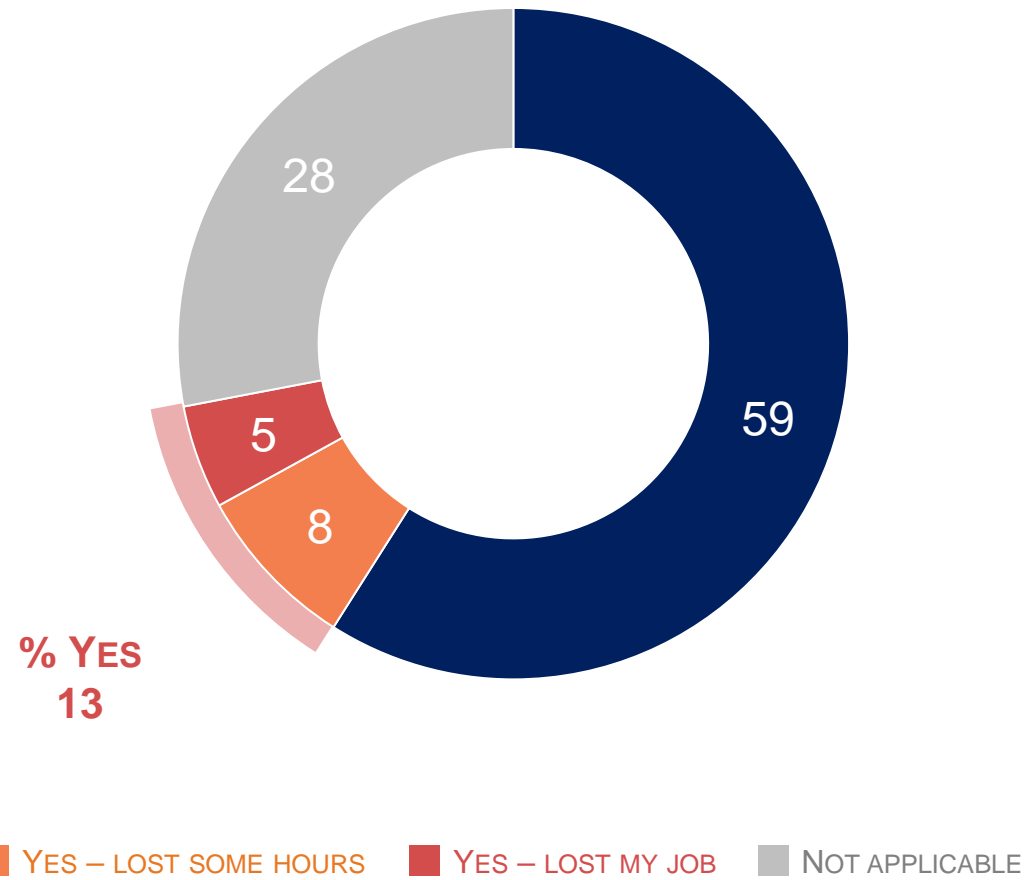


QAdhoc15 : Which of the following best describes your place of work?

LOSS OF JOB DUE TO THE PANDEMIC



BELGIUM



QAdhoc2 : Did you lose all or part of your job as a result of the pandemic?

51- © Ipsos | AXA Mental Health Survey 2021

Results in %
Base : To all



APPENDICES

ABOUT IPSOS

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

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“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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You act better when you are sure.