CHE

74% rated their mental health as good Rank **3**/22 **7.**

Mental health rating: 2022 71% | 2023 73% | 2024 74% | 2025 74%
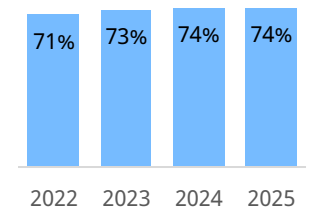
Highly rated for:
Healthy lifestyle (3/22)

Low rating for:
Experienced burnout (21/22)

	Knowledge/Attributes	Behaviour/Rationale	Attitudes/Solutions	Thought Starters
Topline Assessment	**7.** Good mental health **74%** (**#3**) **23.** Good physical health **67%** (**#3**)			
Mental Health	**11.** Sought mental health support **20%** (**#6**) **8.** Experienced burnout **57%** (**#21**) **9.** Called in sick **59%** (**#16**) **Reasons for calling in sick:** Virus/infection **41%** (**#12**) Feeling generally unwell **17%** (**#16**)	**10. Reasons for MH challenges:** Work related stress **34%** (**#2**) Financial worries **20%** (**#20**) **12. Reasons for seeking support:** Managing my emotions **55%** (**#3**) Stress and anxiety **52%** (**#20**) **13. Reasons for NOT seeking support:** Would not be effective **25%** (**#16**) I can't afford it **19%** (**#17**)	**14a.** Work from home **41%** (**#6**) **14b.** Positive impact on MH **79%** (**#2**) **14.** Belief that Mental/physical health treated equally by the system **40%** (**#2**)	MH support is moderately sought. Work stress is the primary mental health challenge. Support is sought for emotion management and stress relief.
Physical Health & Lifestyle	**24.** Healthy lifestyle **61%** (**#3**)	**25. Motivations to maintain health:** I feel healthier physically **77%** (**#4**) I feel healthier mentally **54%** (**#11**) **26. Barriers to maintaining health:** No motivation **44%** (**#8**) Not enough time **27%** (**#16**)	**27. Health decision influencers:** My life partner **55%** (**#13**) Family members **55%** (**#14**) GP's or other healthcare providers **53%** (**#15**)	Healthy lifestyle adoption is high. Key motivations are physical and mental well-being.
Digital & AI	**45.** Would consider AI consultation **41%** (**#11**)	**46. Reasons for considering AI consultation:** Accessibility/Availability **45%** (**#19**) It saves time **42%** (**#15**)	**47. Reasons for NOT considering AI consultation:** Lack of trust **52%** (**#15**) I believe in personal interaction **50%** (**#5**)	Consideration for AI consultation is moderate, driven by accessibility and time savings.
Care Facilities	**40.** Use/consider care home/facility for relative/other person **50%** (**#3**) **43.** Use/consider care home/facility for self **15%** (**#9**)	**41. Reasons to use care facility:** Health conditions that require special care **52%** (**#7**) Round the clock care **46%** (**#19**)	**42. Reasons to NOT use care facility:** Better quality of life at home **40%** (**#10**) They'll feel alone or abandoned **32%** (**#18**)	Consideration for care homes is high for relatives but lower for self.

Sample Size **N=1,001**

Male **50%** Female **50%**

18-34 **27%**
 35-54 **35%**
 55+ **38%**
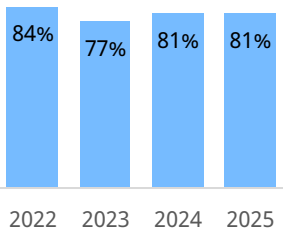
(**#**) = Rank out of 22 markets
 1 = Most likely to agree
 22 = Least likely to agree

= Q number as seen on questionnaire
 hover over # = Q number as seen on Dashboard

STADA

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81% Satisfied with Healthcare System Rank **2**/22 **36.**

Bar chart: 2022 **84%**, 2023 **77%**, 2024 **81%**, 2025 **81%**

Knowledge/Attributes	Behaviour/Rationale	Attitudes/Solutions	Thought Starters	
<u>37.</u> Healthcare system is fair **68%** **(#3)** <u>38.</u> Trust in Healthcare system **76%** **(#3)** <u>39.</u> **Most trustworthy health related figure:** General Practitioners (GP's) **72%** **(#11)** <u>39.</u> **Least trustworthy health related figure:** Health Influencers **8% (#10)**	<u>43b.</u> Use physical pharmacy **96% (#14)** <u>43b.</u> **Reasons for using physical pharmacy:** Urgent pharmacy needs **43% (#9)** Medication advice/usage access **42% (#9)**	**44. Conditions/symptoms most likely to use....** **Doctor:** Back pain 50**% (#10)** **Pharmacist:** Sore throat **46% (#7)** **Home remedies:** Sore throat **53% (#3)**	Trust in the healthcare system is high, with GPs being the most trusted. Physical pharmacies are widely used for urgent needs and advice.	**Healthcare System**
<u>15.</u> Attend preventative check ups **60% (#19)** <u>18.</u> Take preventative health measures **74% (#10)** <u>21.</u> Satisfaction with preventative healthcare services **64% (#8)**	<u>16.</u> **Reasons for attending check ups:** Screening importance **58% (#8)** Peace of mind **43% (#19)** <u>17.</u> **Reasons for NOT attending check ups:** I feel I don't need it **32% (#6)** It's too expensive **27% (#3)** <u>22.</u> **Receiving invitations or reminders from:** General practitioner **20% (#18)** My specialist **15% (#2)**	<u>19.</u> **Measures taken:** Regular physical exercise **68% (#8)** Good hygiene practices **67% (#19)** <u>20.</u> **Barriers to taking measures:** I feel healthy **38% (#2)** The cost of preventative care services **22% (#9)** <u>22a.</u> **Skincare Routine:** Using sun protection **46% (#5)** Using moisturisers **45% (#14)**	Preventative check-ups and measures are moderately adopted, with satisfaction being above average. Key motivations include screening importance and peace of mind.	**Preventative Healthcare**
<u>29.</u> Believe eating healthily prevents disease **89% (#10)** <u>32.</u> Desire to change unhealthy behaviours **46% (#16)** <u>34.</u> Done/interested in digital detox **36% (#13)**	<u>28.</u> **Supplements taken/would take:** Immune support **78% (#12)** Energy and vitality **76% (#5)** <u>30.</u> **Unhealthy behaviours engaged in:** Drinking coffee/energy drinks **91% (#2)** Taking non-prescription medication **78% (#13)**	<u>31.</u> **Reasons for engaging in unhealthy behaviours:** Coffee/energy drinks: To feel happy **53% (#3)** Non-prescription medication: To feel happy **22% (#3)** <u>33.</u> **How to change unhealthy behaviours:** Less stress from work **37% (#15)** Less stress at home **31% (#21)**	Moderate desire to change unhealthy behaviours. Common supplements include immune support and energy/vitality.	**Self-Care**