



**WIN**

Worldwide  
Independent Network  
Of Market Research



# Mental Health Day

Worldviews Survey 2025

# MOST FREQUENT NEGATIVE EMOTIONAL STATES RELATED TO MENTAL HEALTH



## Most frequent negative emotional states related to mental health

% within total population

| Global Average        | A lot/ very often + Moderately/ fairly often |
|-----------------------|----------------------------------------------|
| Tired/ lacking energy | 37%                                          |
| Worried               | 33%                                          |
| Suffer from stress    | 32%                                          |
| Had trouble sleeping  | 28%                                          |
| Overwhelmed           | 24%                                          |
| Irritable, moody      | 23%                                          |
| Sad, empty, depressed | 22%                                          |
| Lonely                | 20%                                          |

Source: WIN 2025. Base: 35515 cases.

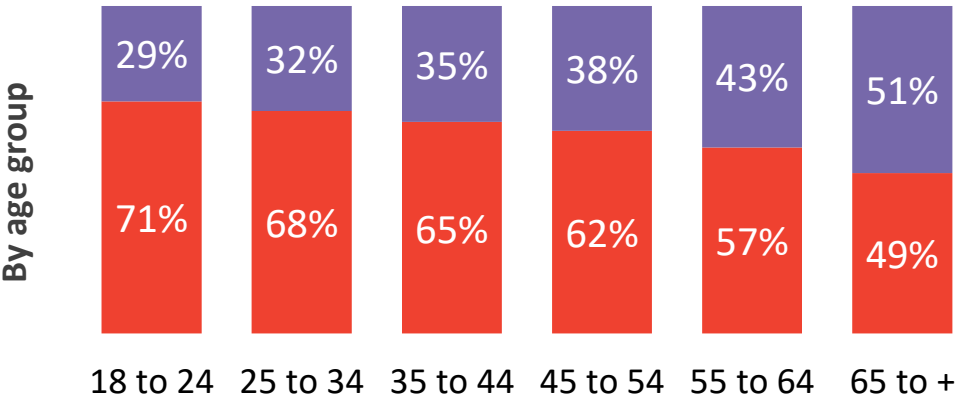
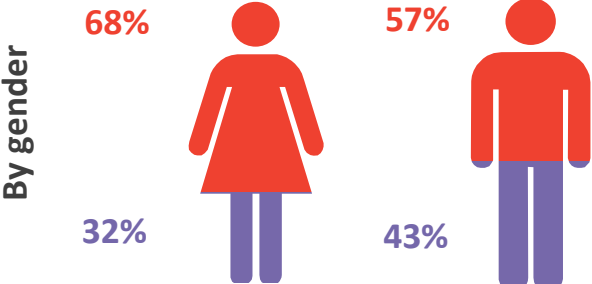
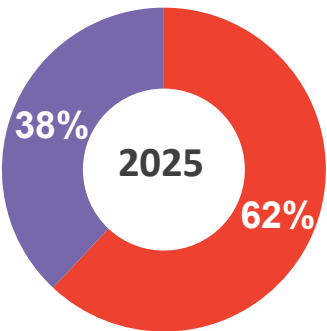
# Frequent negative emotional states related to mental health

% within total population

DO YOU FEEL AT LEAST ONE OF THE FOLLOWING STATES OFTEN (A LOT/ VERY OFTEN + MODERATELY/ FAIRLY OFTEN)?  
WORRIED, TIRED/ LACKING ENERGY, HAD TROUBLE SLEEPING, OVERWHELMED, SAD, EMPTY, DEPRESSED, IRRITABLE, MOODY, LONELY,

STRESS  
■ YES ■ NO

Global Average



Source: WIN 2025. Base: 35515 cases.

# Frequent negative emotional states related to mental health

% within total population

DO YOU FEEL AT LEAST ONE OF THE FOLLOWING STATES OFTEN (A LOT/ VERY OFTEN + MODERATELY/ FAIRLY OFTEN)?  
WORRIED, TIRED/ LACKING ENERGY, HAD TROUBLE SLEEPING, OVERWHELMED, SAD, EMPTY, DEPRESSED, IRRITABLE, MOODY, LONELY,  
STRESS

■ YES ■ NO



## By education level

No education / Only basic education



Completed Primary



Completed Secondary School



Completed University



Completed Higher level of education (Masters, PHD, etc.)



## By employment

Working full (include self-employed)



Working Part-time



Unemployed



Student



Housewife



Retired/Disabled

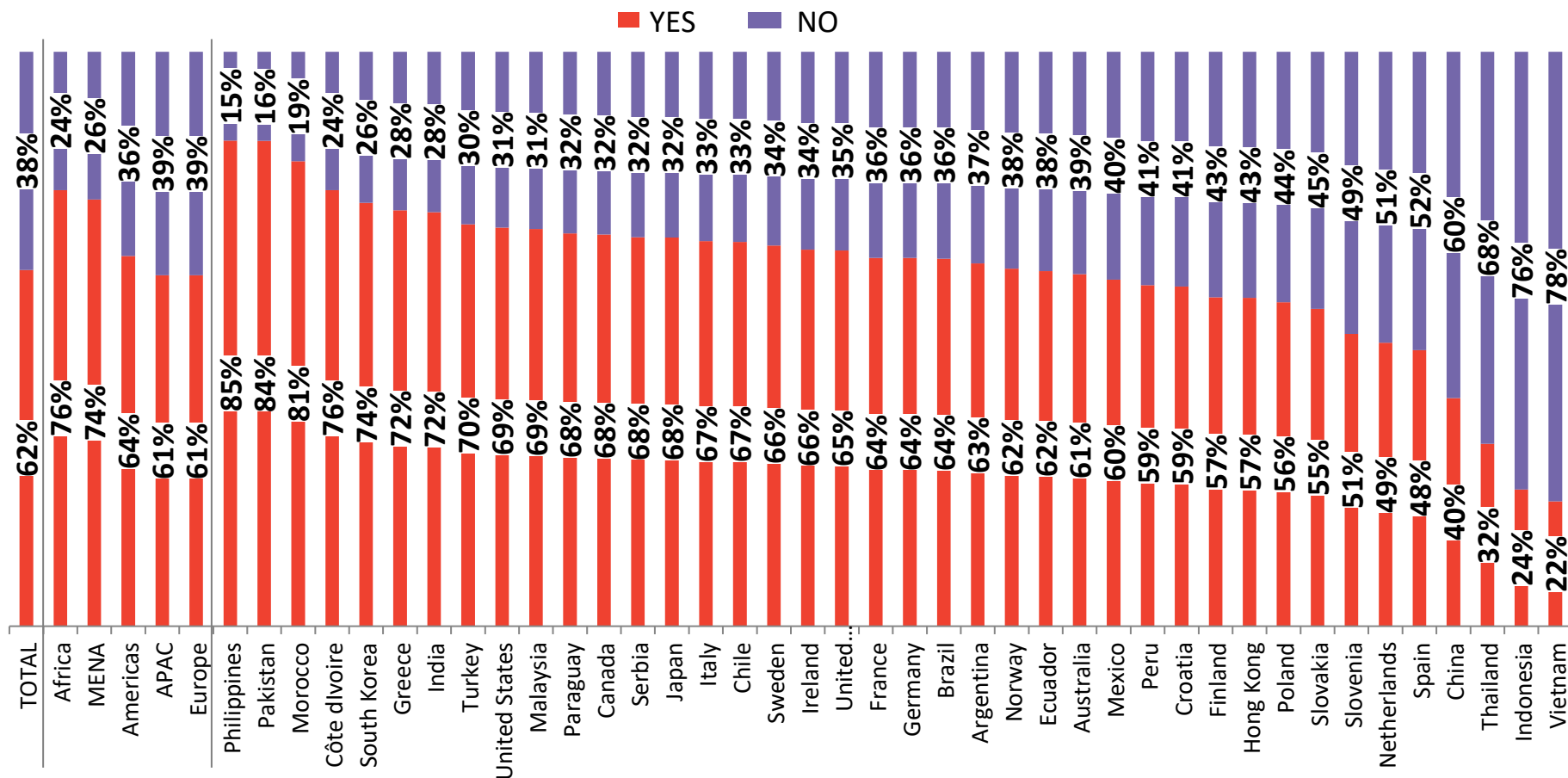


Source: WIN 2025. Base: 35515 cases.

## Frequent negative emotional states related to mental health

% within total population

DO YOU FEEL AT LEAST ONE OF THE FOLLOWING STATES OFTEN (A LOT/ VERY OFTEN + MODERATELY/ FAIRLY OFTEN)?  
WORRIED, TIRED/ LACKING ENERGY, HAD TROUBLE SLEEPING, OVERWHELMED, SAD, EMPTY, DEPRESSED, IRRITABLE, MOODY, LONELY,  
STRESS



Source: WIN 2025. Base: 35515 cases.

MENA has only 2 countries. Africa has only 1 country.

- *Suffer from stress* -



## Suffer from stress

% within total population

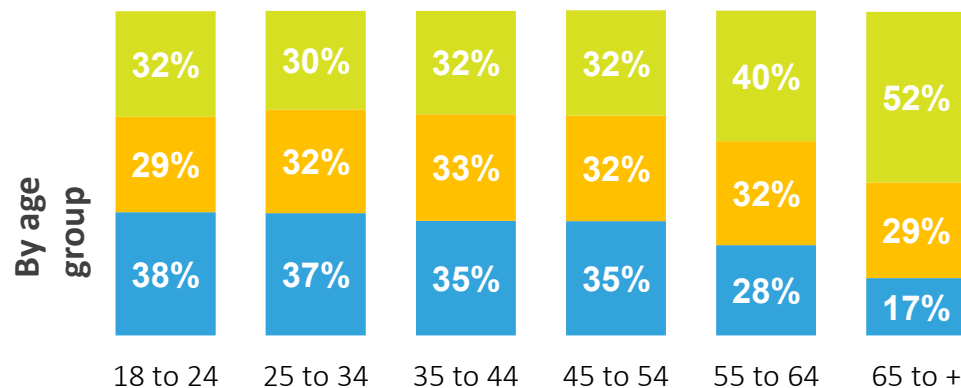
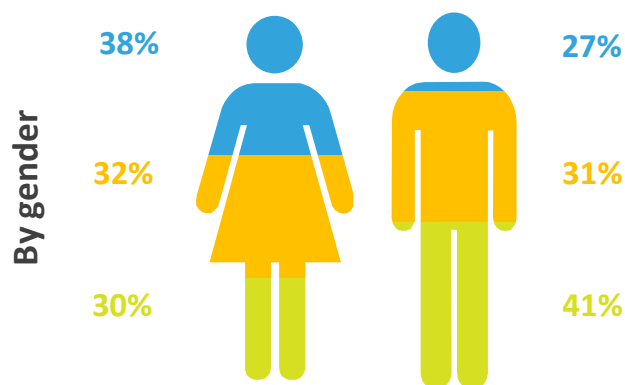
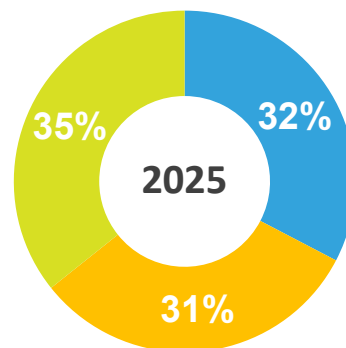
### HOW OFTEN DO PEOPLE SUFFER FROM STRESS?

■ A lot/ very often / Moderately/ fairly often

■ A little/ Sometimes

■ Very little/ occasionally/ Never

#### Global Average



Source: WIN 2025. Base: 35515 cases. The percentages of Dk / Nr have not been plotted.

Q2\_4. How often would you say that you suffer from stress?

# Suffer from stress

% within total population

■ A lot/ very often / Moderately/ fairly often

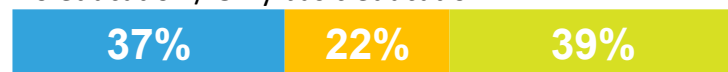
■ A little/ Sometimes

■ Very little/ occasionally/ Never



## By education level

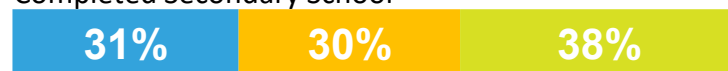
No education / Only basic education



Completed Primary



Completed Secondary School



Completed University



Completed Higher level of education (Masters, PHD, etc.)



## By employment

Working full (include self-employed)



Working Part-time



Unemployed



Student



Housewife



Retired/Disabled



Source: WIN 2025. Base: 35515 cases. The percentages of Dk / Nr have not been plotted.

## Suffer from stress

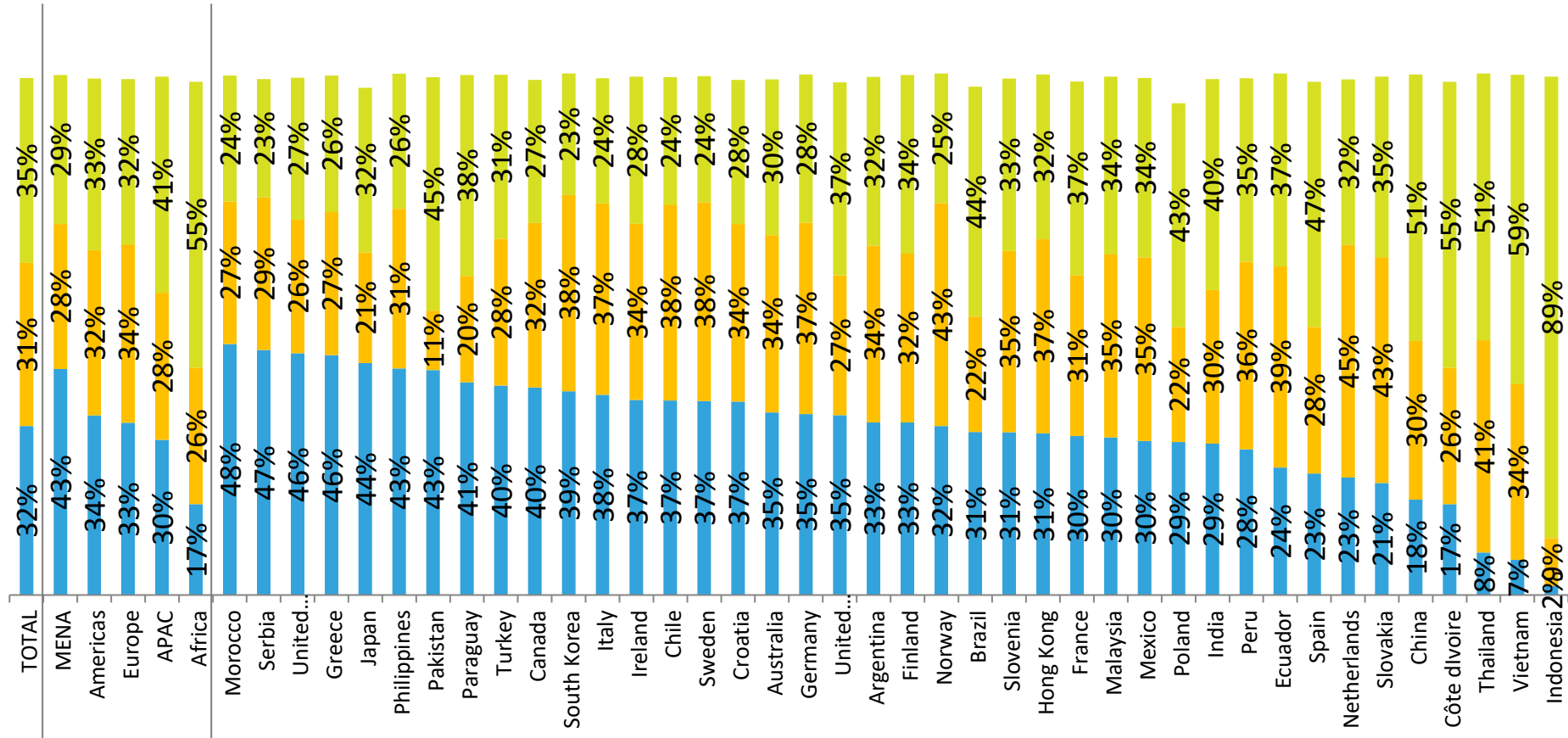
% within total population

### HOW OFTEN DO PEOPLE SUFFER FROM STRESS?

■ A lot/ very often / Moderately/ fairly often

■ A little/ Sometimes

■ Very little/ occasionally/ Never



Source: WIN 2025. Base: 35515 cases. The percentages of Dk / Nr have not been plotted.

# MENTAL HEALTH-RELATED STATES

*- Worried -*



## Worried

% within total population

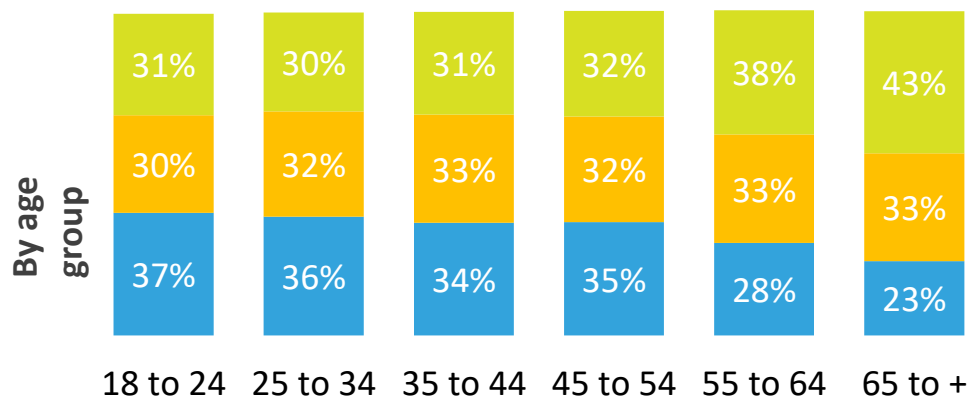
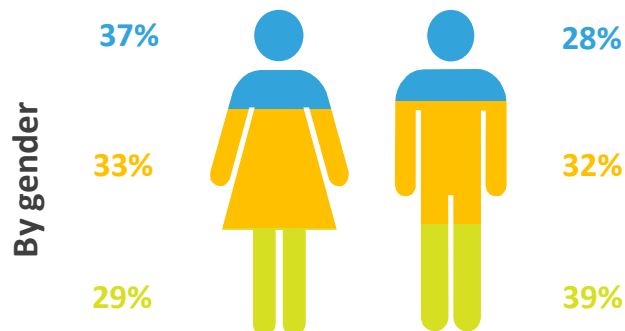
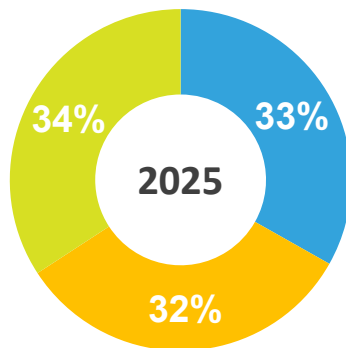
### HOW OFTEN DID PEOPLE FEEL WORRIED IN THE PAST 30 DAYS?

■ A lot/ very often / Moderately/ fairly often

■ A little/ Sometimes

■ Very little/ occasionally/ Never

#### Global Average



Source: WIN 2025. Base: 35515 cases. The percentages of Dk / Nr have not been plotted.

## Worried

% within total population

### HOW OFTEN DID PEOPLE FEEL WORRIED IN THE PAST 30 DAYS?

■ A lot/ very often / Moderately/ fairly often

■ A little/ Sometimes

■ Very little/ occasionally/ Never



#### By education level

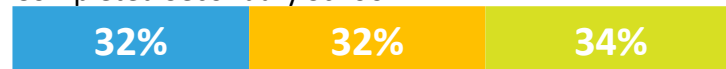
No education / Only basic education



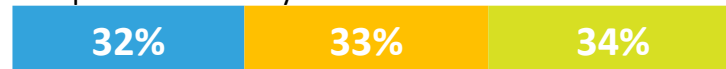
Completed Primary



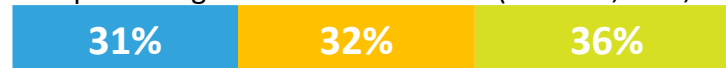
Completed Secondary School



Completed University



Completed Higher level of education (Masters, PHD, etc.)



#### By employment

Working full (include self-employed)



Working Part-time



Unemployed



Student



Housewife



Retired/Disabled

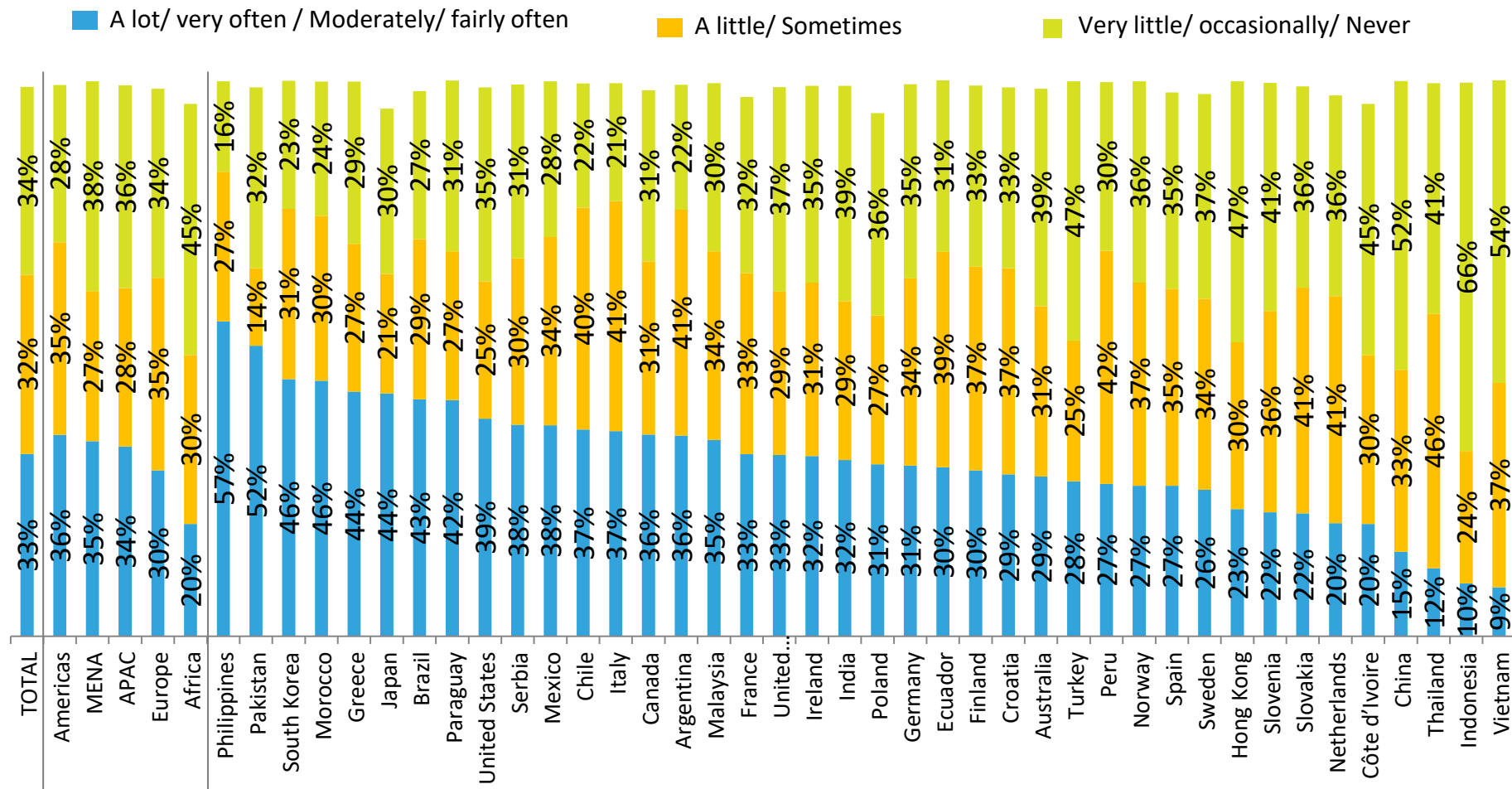


Source: WIN 2025. Base: 35515 cases. The percentages of Dk / Nr have not been plotted.

## Worried

% within total population

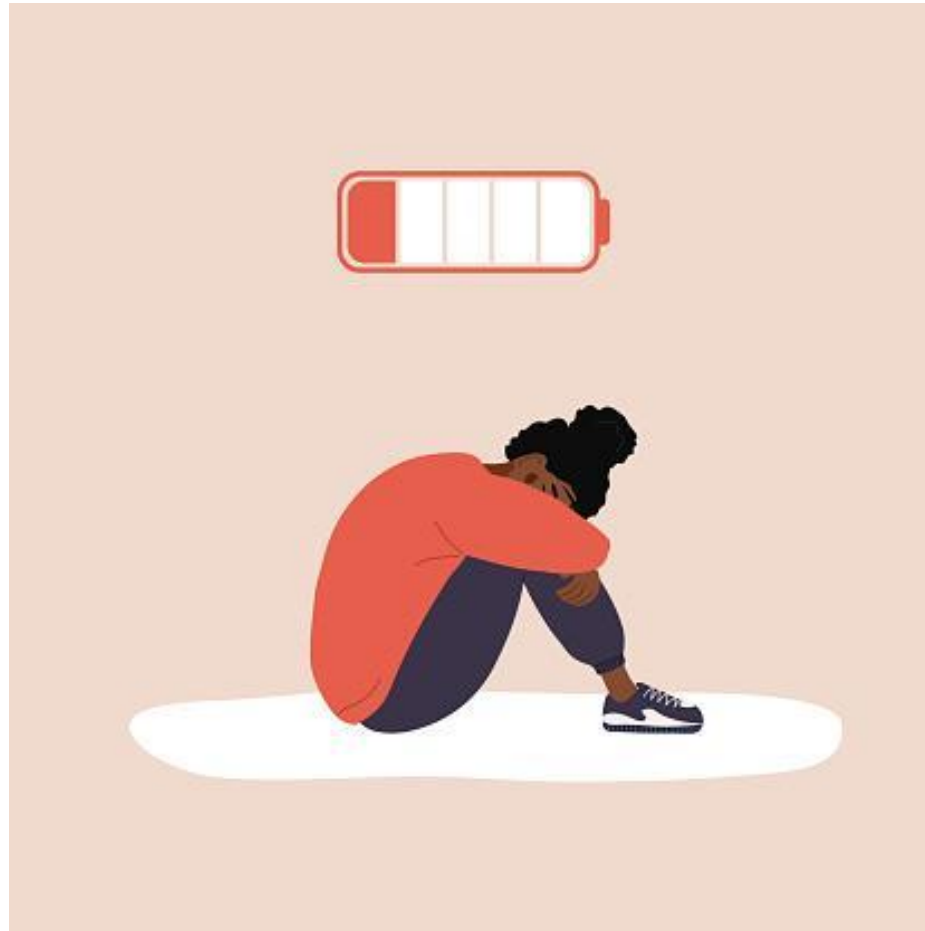
### HOW OFTEN DID PEOPLE FEEL WORRIED IN THE PAST 30 DAYS?



Source: WIN 2025. Base: 35515 cases. The percentages of Dk / Nr have not been plotted. MENA has only 2 countries. Africa has only 1 country.

# MENTAL HEALTH-RELATED STATES

- *Tired/ lacking energy* -



## Tired/ lacking energy

% within total population

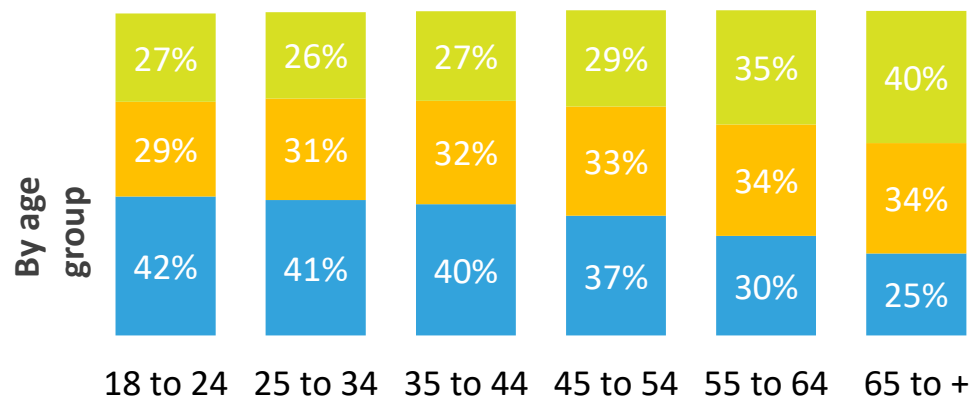
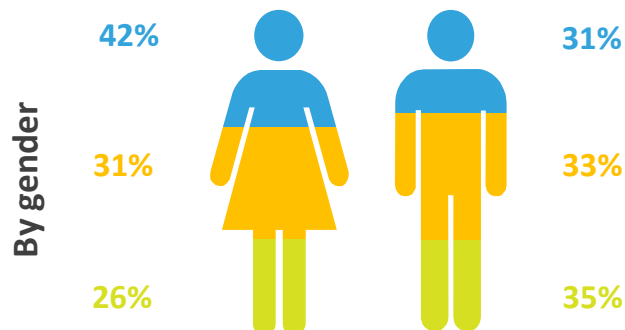
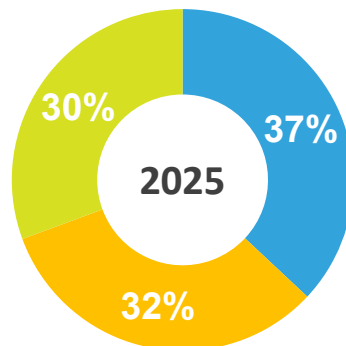
### HOW OFTEN DID PEOPLE FEEL TIRED/LACKING ENERGY IN THE PAST 30 DAYS?

■ A lot/ very often / Moderately/ fairly often

■ A little/ Sometimes

■ Very little/ occasionally/ Never

#### Global Average



Source: WIN 2025. Base: 35515 cases. The percentages of Dk / Nr have not been plotted.

## Tired/ lacking energy

% within total population

### HOW OFTEN DID PEOPLE FEEL TIRED/LACKING ENERGY IN THE PAST 30 DAYS?

■ A lot/ very often / Moderately/ fairly often

■ A little/ Sometimes

■ Very little/ occasionally/ Never



#### By education level

No education / Only basic education



Completed Primary



Completed Secondary School



Completed University



Completed Higher level of education (Masters, PHD, etc.)



#### By employment

Working full (include self-employed)



Working Part-time



Unemployed



Student



Housewife



Retired/Disabled

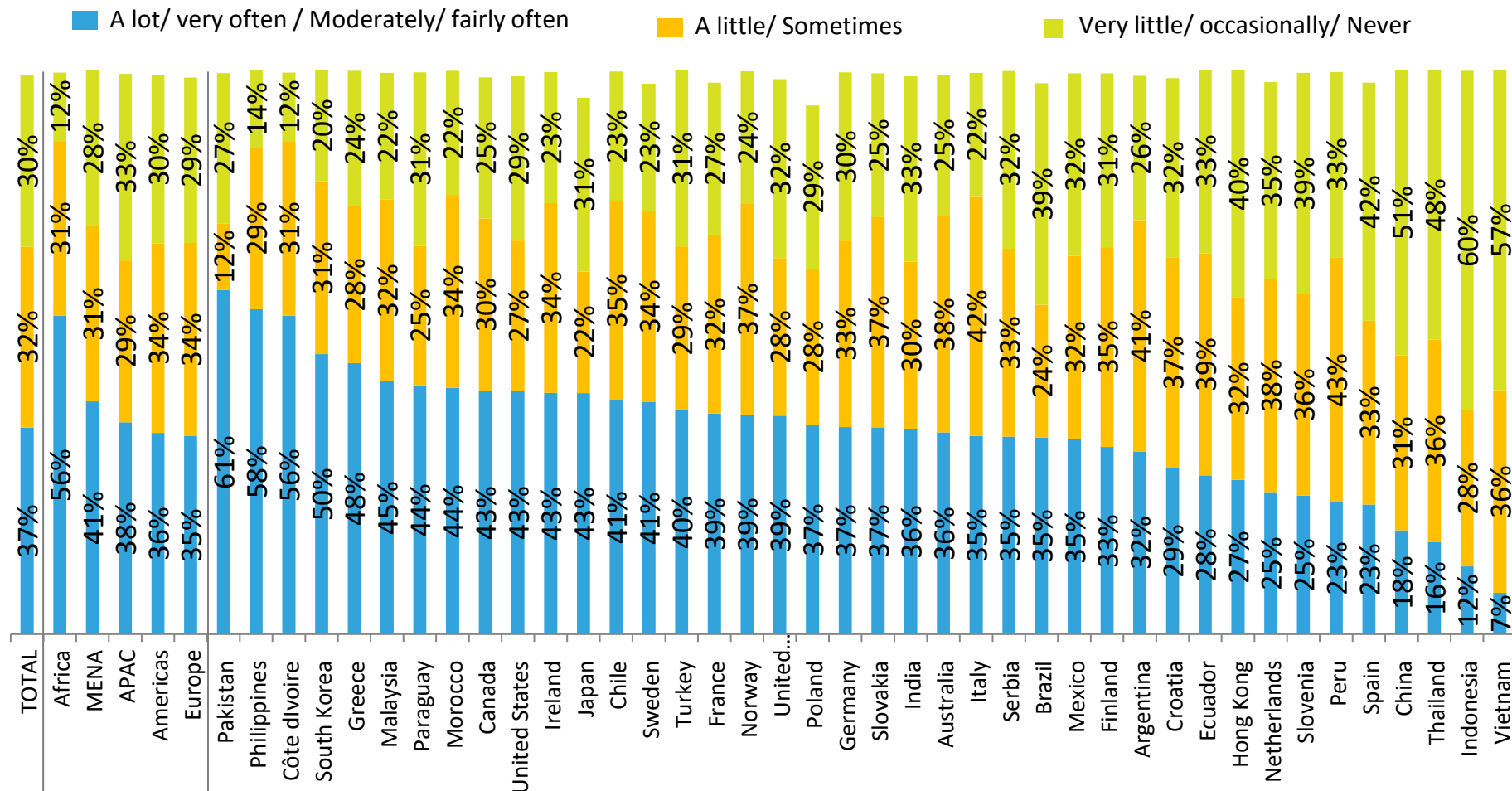


Source: WIN 2025. Base: 35515 cases. The percentages of Dk / Nr have not been plotted.

## Tired/ lacking energy

% within total population

### HOW OFTEN DID PEOPLE FEEL TIRED/LACKING ENERGY IN THE PAST 30 DAYS?



Source: WIN 2025. Base: 35515 cases. The percentages of Dk / Nr have not been plotted. MENA has only 2 countries. Africa has only 1 country.

# MENTAL HEALTH-RELATED STATES

*- Had trouble sleeping -*



## Had trouble sleeping

% within total population

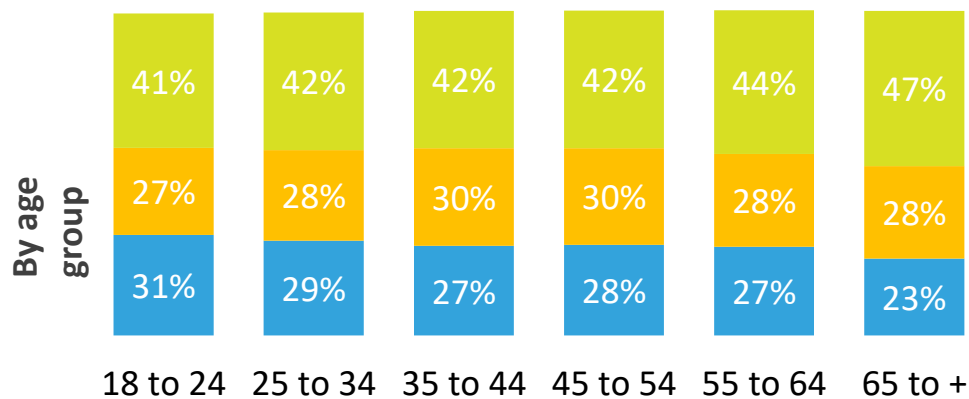
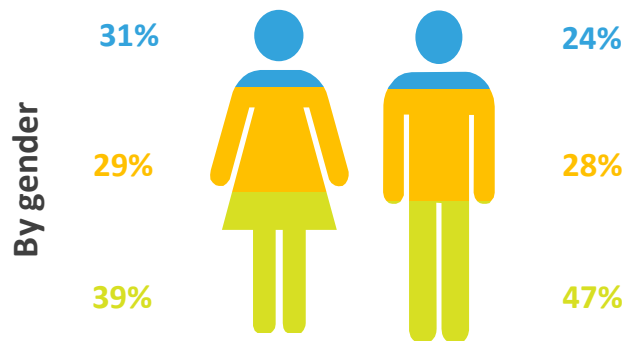
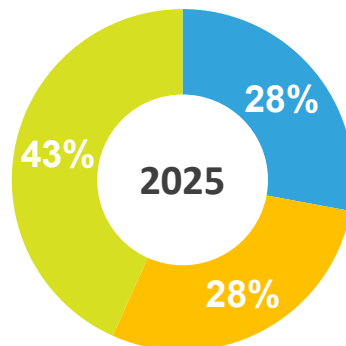
### HOW OFTEN DID PEOPLE HAVE TROUBLE SLEEPING IN THE PAST 30 DAYS?

■ A lot/ very often / Moderately/ fairly often

■ A little/ Sometimes

■ Very little/ occasionally/ Never

#### Global Average



Source: WIN 2025. Base: 35515 cases. The percentages of Dk / Nr have not been plotted.

## Had trouble sleeping

% within total population

### HOW OFTEN DID PEOPLE HAVE TROUBLE SLEEPING IN THE PAST 30 DAYS?

■ A lot/ very often / Moderately/ fairly often

■ A little/ Sometimes

■ Very little/ occasionally/ Never



#### By education level

No education / Only basic education



Completed Primary



Completed Secondary School



Completed University



Completed Higher level of education (Masters, PHD, etc.)



#### By employment

Working full (include self-employed)



Working Part-time



Unemployed



Student



Housewife



Retired/Disabled

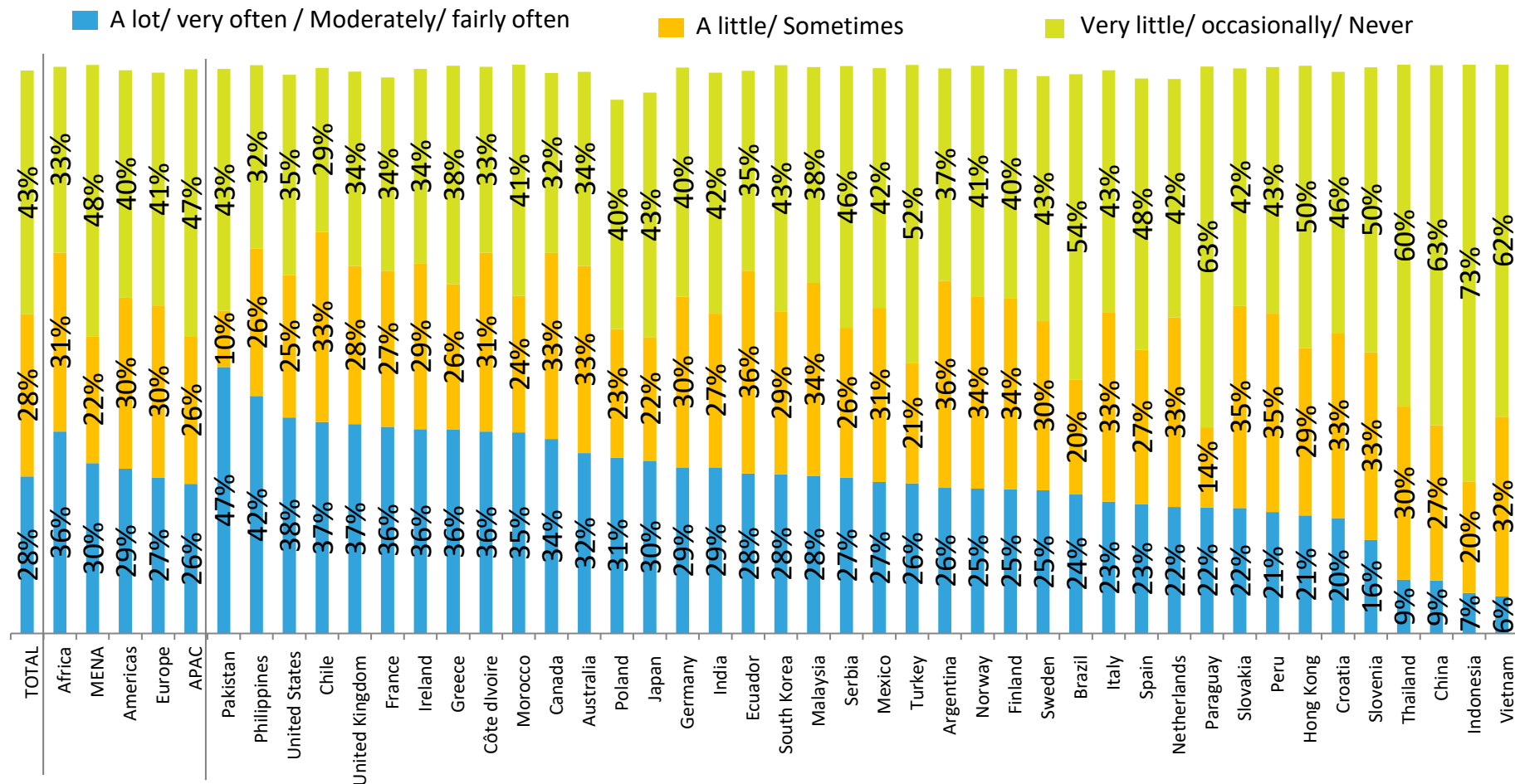


Source: WIN 2025. Base: 35515 cases. The percentages of Dk / Nr have not been plotted.

## Had trouble sleeping

% within total population

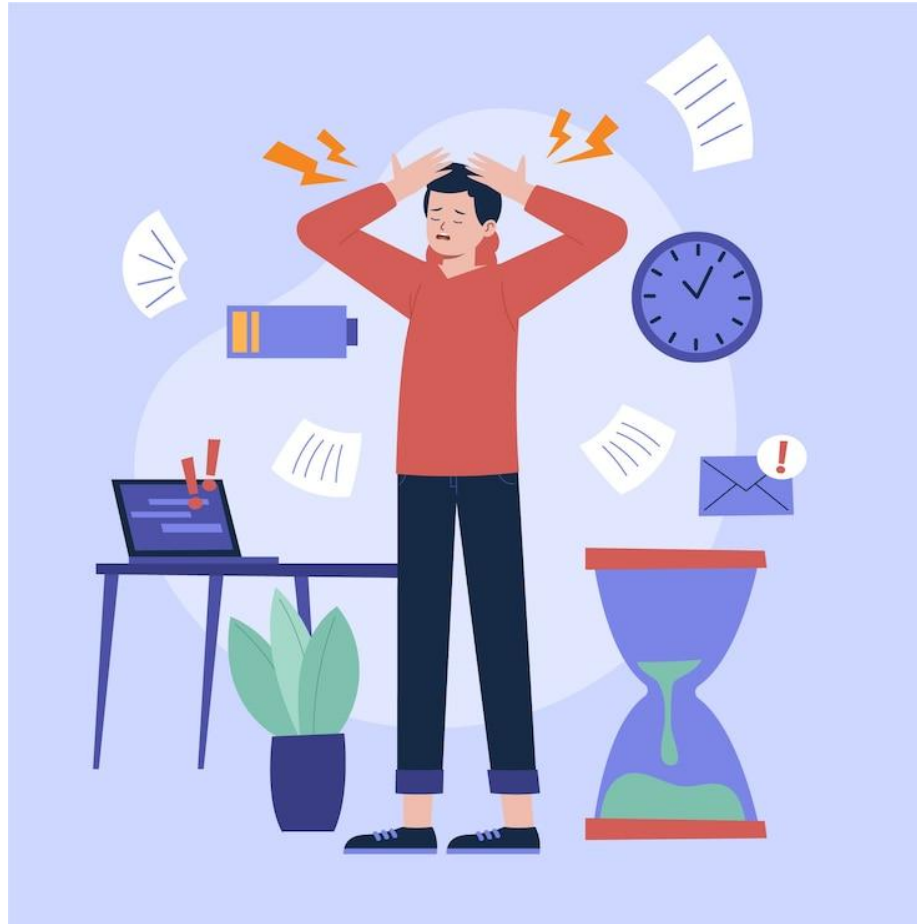
### HOW OFTEN DID PEOPLE HAVE TROUBLE SLEEPING IN THE PAST 30 DAYS?



Source: WIN 2025. Base: 35515 cases. The percentages of Dk / Nr have not been plotted. MENA has only 2 countries. Africa has only 1 country.

# MENTAL HEALTH-RELATED STATES

## - *Overwhelmed* -



# Overwhelmed

% within total population

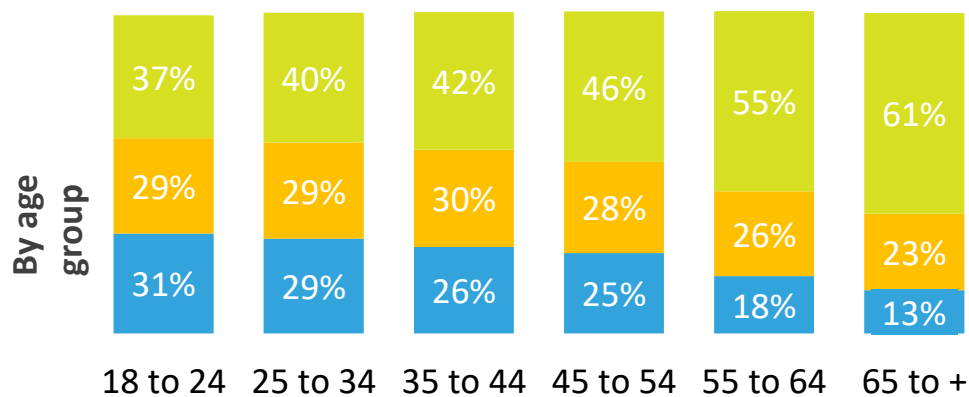
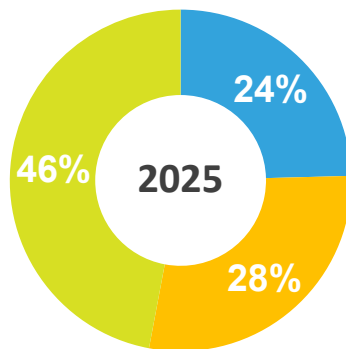
## HOW OFTEN DID PEOPLE FEEL OVERWHELMED IN THE PAST 30 DAYS?

■ A lot/ very often / Moderately/ fairly often

■ A little/ Sometimes

■ Very little/ occasionally/ Never

### Global Average



Source: WIN 2025. Base: 35515 cases. The percentages of Dk / Nr have not been plotted.

# Overwhelmed

% within total population

## HOW OFTEN DID PEOPLE FEEL OVERWHELMED IN THE PAST 30 DAYS?

■ A lot/ very often / Moderately/ fairly often

■ A little/ Sometimes

■ Very little/ occasionally/ Never



### By education level

No education / Only basic education



Completed Primary



Completed Secondary School



Completed University



Completed Higher level of education (Masters, PHD, etc.)



### By employment

Working full (include self-employed)



Working Part-time



Unemployed



Student



Housewife



Retired/Disabled

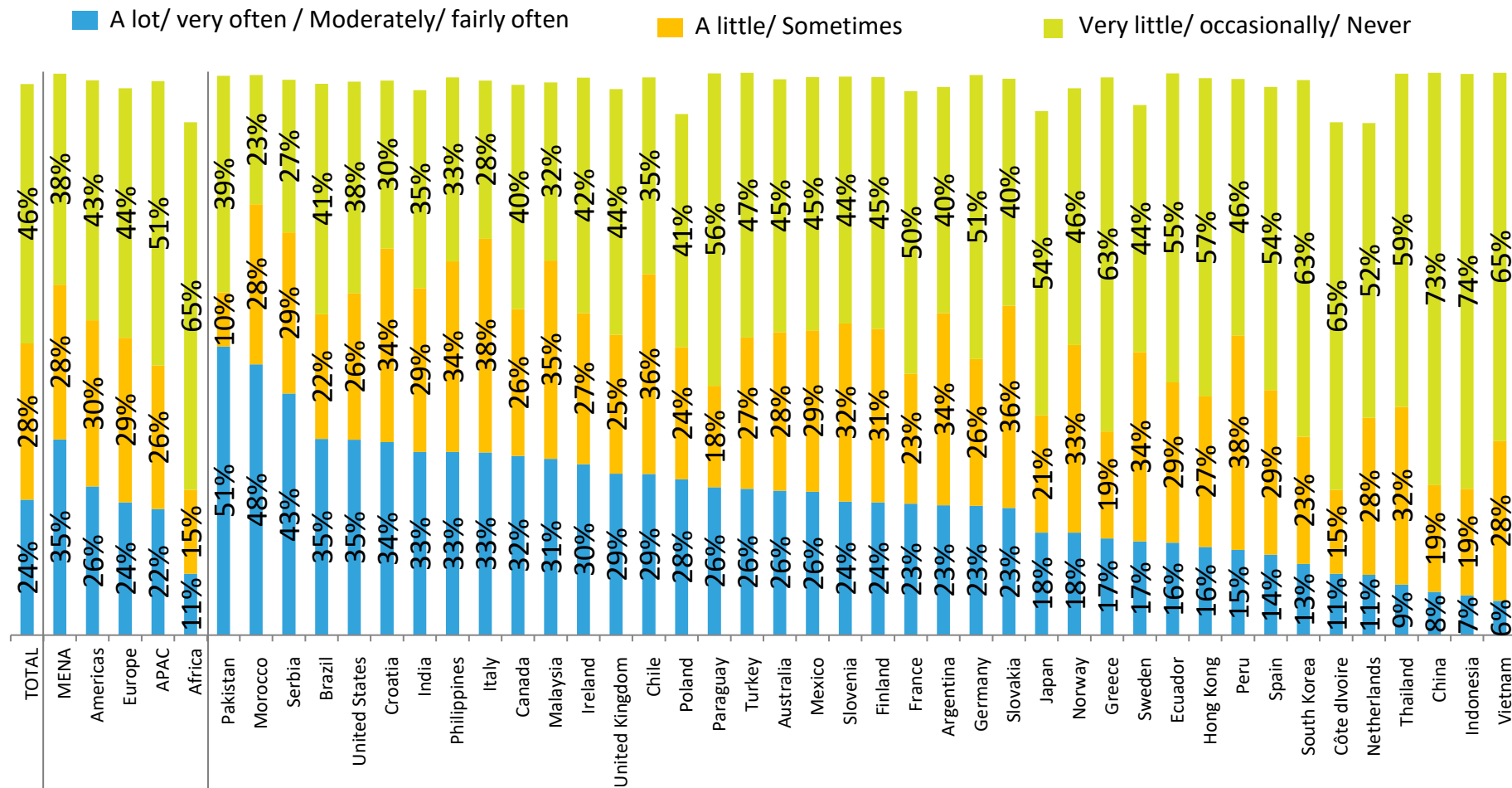


Source: WIN 2025. Base: 35515 cases. The percentages of Dk / Nr have not been plotted.

# Overwhelmed

% within total population

## HOW OFTEN DID PEOPLE FEEL OVERWHELMED IN THE PAST 30 DAYS?



Source: WIN 2025. Base: 35515 cases. The percentages of Dk / Nr have not been plotted. MENA has only 2 countries. Africa has only 1 country.

# MENTAL HEALTH-RELATED STATES

*- Sad, empty, depressed -*



## Sad, empty, depressed

% within total population

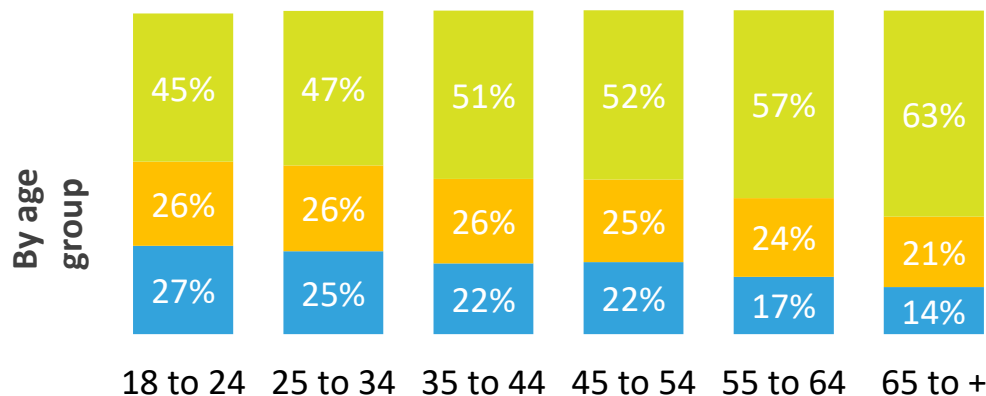
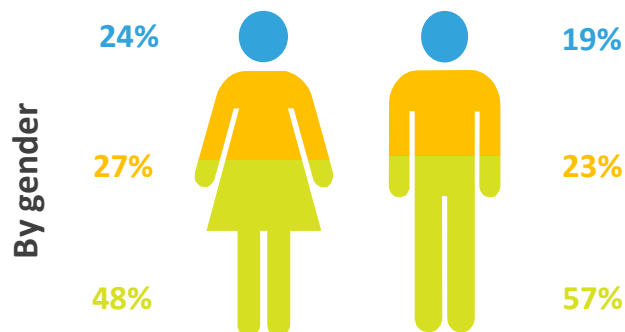
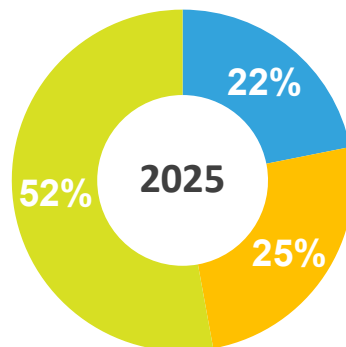
### HOW OFTEN DID PEOPLE FEEL SAD, EMPTY OR DEPRESSED IN THE PAST 30 DAYS?

■ A lot/ very often / Moderately/ fairly often

■ A little/ Sometimes

■ Very little/ occasionally/ Never

#### Global Average



Source: WIN 2025. Base: 35515 cases. The percentages of Dk / Nr have not been plotted.

# Sad, empty, depressed

% within total population

## HOW OFTEN DID PEOPLE FEEL SAD, EMPTY OR DEPRESSED IN THE PAST 30 DAYS?

■ A lot/ very often / Moderately/ fairly often

■ A little/ Sometimes

■ Very little/ occasionally/ Never



### By education level

No education / Only basic education



Completed Primary



Completed Secondary School



Completed University



Completed Higher level of education (Masters, PHD, etc.)



### By employment

Working full (include self-employed)



Working Part-time



Unemployed



Student



Housewife



Retired/Disabled

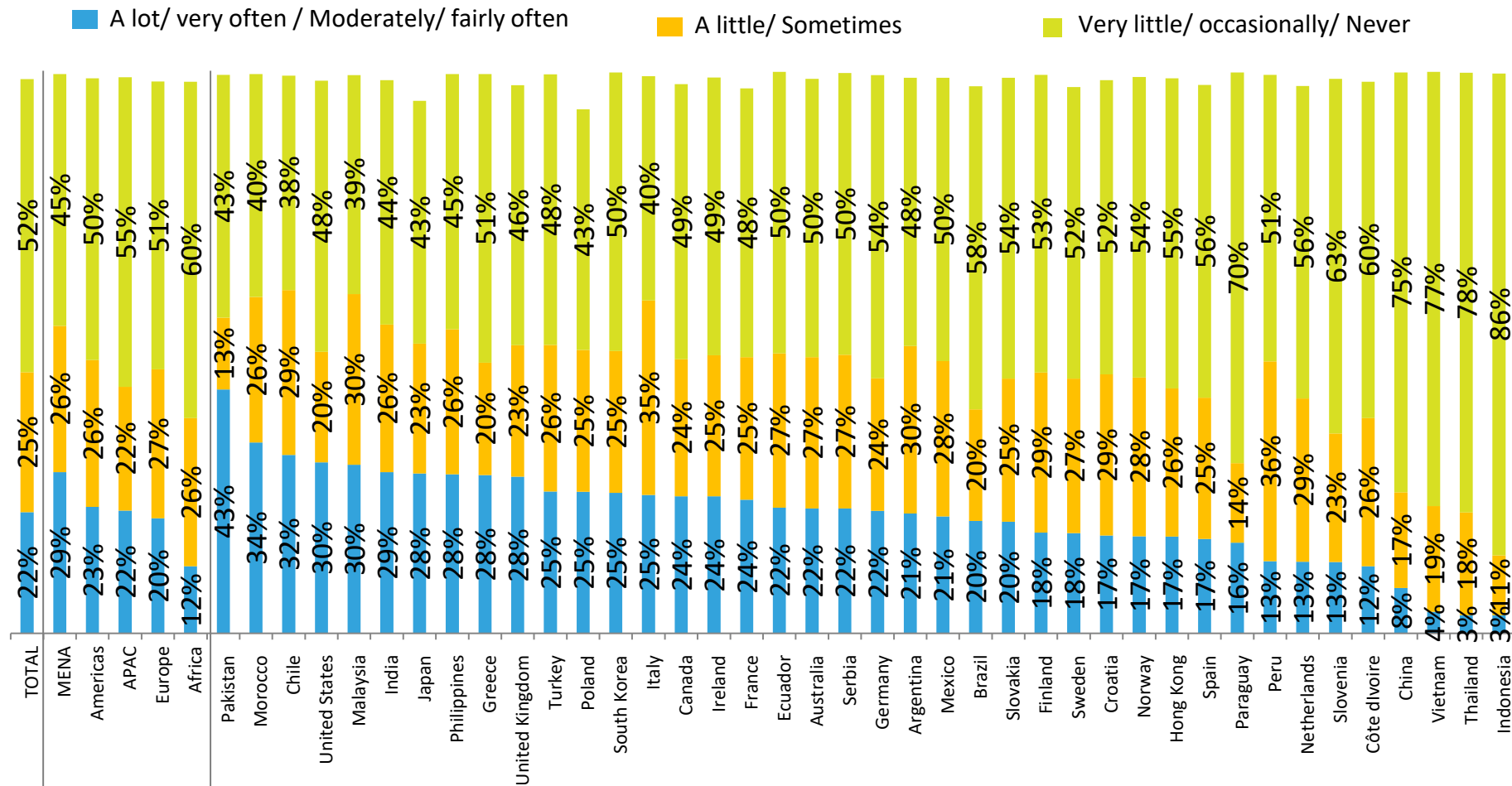


Source: WIN 2025. Base: 35515 cases. The percentages of Dk / Nr have not been plotted.

## Sad, empty, depressed

% within total population

### HOW OFTEN DID PEOPLE FEEL SAD, EMPTY OR DEPRESSED IN THE PAST 30 DAYS?



Source: WIN 2025. Base: 35515 cases. The percentages of Dk / Nr have not been plotted. MENA has only 2 countries. Africa has only 1 country.

# MENTAL HEALTH-RELATED STATES

*- Irritable, moody -*



## Irritable, moody

% within total population

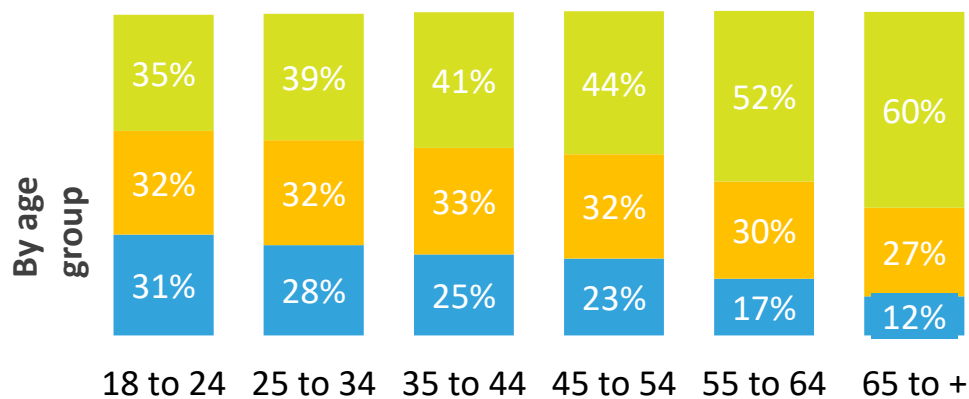
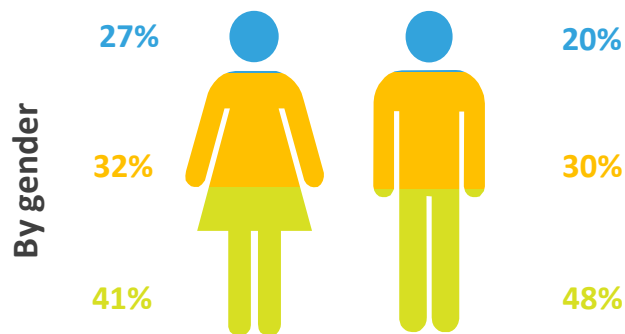
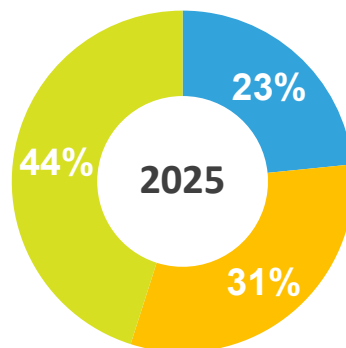
### HOW OFTEN DID PEOPLE FEEL IRRITABLE OR MOODY IN THE PAST 30 DAYS?

■ A lot/ very often / Moderately/ fairly often

■ A little/ Sometimes

■ Very little/ occasionally/ Never

#### Global Average



Source: WIN 2025. Base: 35515 cases. The percentages of Dk / Nr have not been plotted.

## Irritable, moody

% within total population

### HOW OFTEN DID PEOPLE FEEL IRRITABLE OR MOODY IN THE PAST 30 DAYS?

■ A lot/ very often / Moderately/ fairly often

■ A little/ Sometimes

■ Very little/ occasionally/ Never



#### By education level

No education / Only basic education



Completed Primary



Completed Secondary School



Completed University



Completed Higher level of education (Masters, PHD, etc.)



#### By employment

Working full (include self-employed)



Working Part-time



Unemployed



Student



Housewife



Retired/Disabled

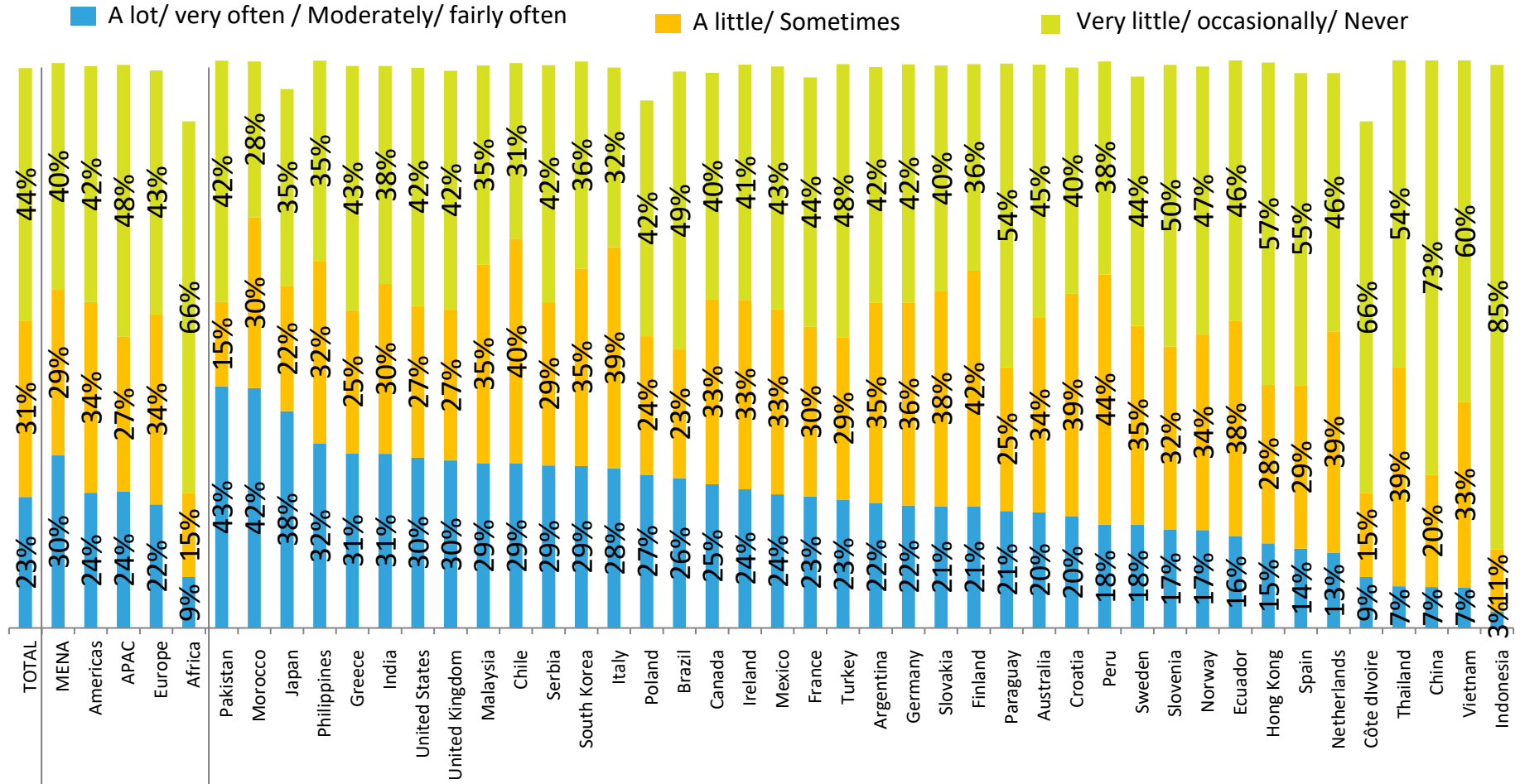


Source: WIN 2025. Base: 35515 cases. The percentages of Dk / Nr have not been plotted.

## Irritable, moody

% within total population

### HOW OFTEN DID PEOPLE FEEL IRRITABLE OR MOODY IN THE PAST 30 DAYS?



Source: WIN 2025. Base: 35515 cases. The percentages of Dk / Nr have not been plotted. MENA has only 2 countries. Africa has only 1 country.

# MENTAL HEALTH-RELATED STATES

- *Lonely* -



# Lonely

% within total population

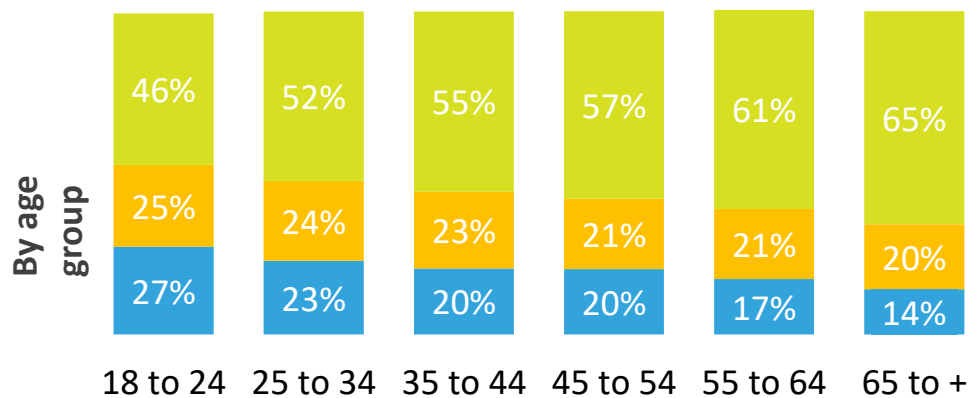
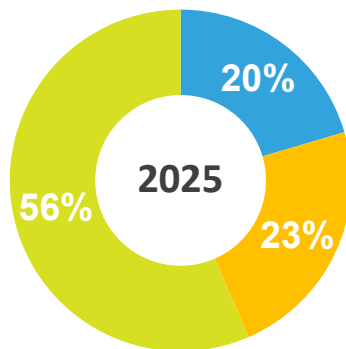
## HOW OFTEN DID PEOPLE FEEL LONELY IN THE PAST 30 DAYS?

■ A lot/ very often / Moderately/ fairly often

■ A little/ Sometimes

■ Very little/ occasionally/ Never

### Global Average



Source: WIN 2025. Base: 35515 cases. The percentages of Dk / Nr have not been plotted.

# Lonely

% within total population

## HOW OFTEN DID PEOPLE FEEL LONELY IN THE PAST 30 DAYS?

■ A lot/ very often / Moderately/ fairly often

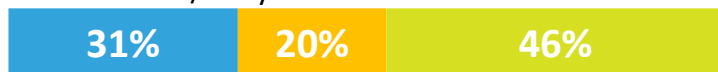
■ A little/ Sometimes

■ Very little/ occasionally/ Never



### By education level

No education / Only basic education



Completed Primary



Completed Secondary School



Completed University



Completed Higher level of education (Masters, PHD, etc.)



### By employment

Working full (include self-employed)



Working Part-time



Unemployed



Student



Housewife



Retired/Disabled

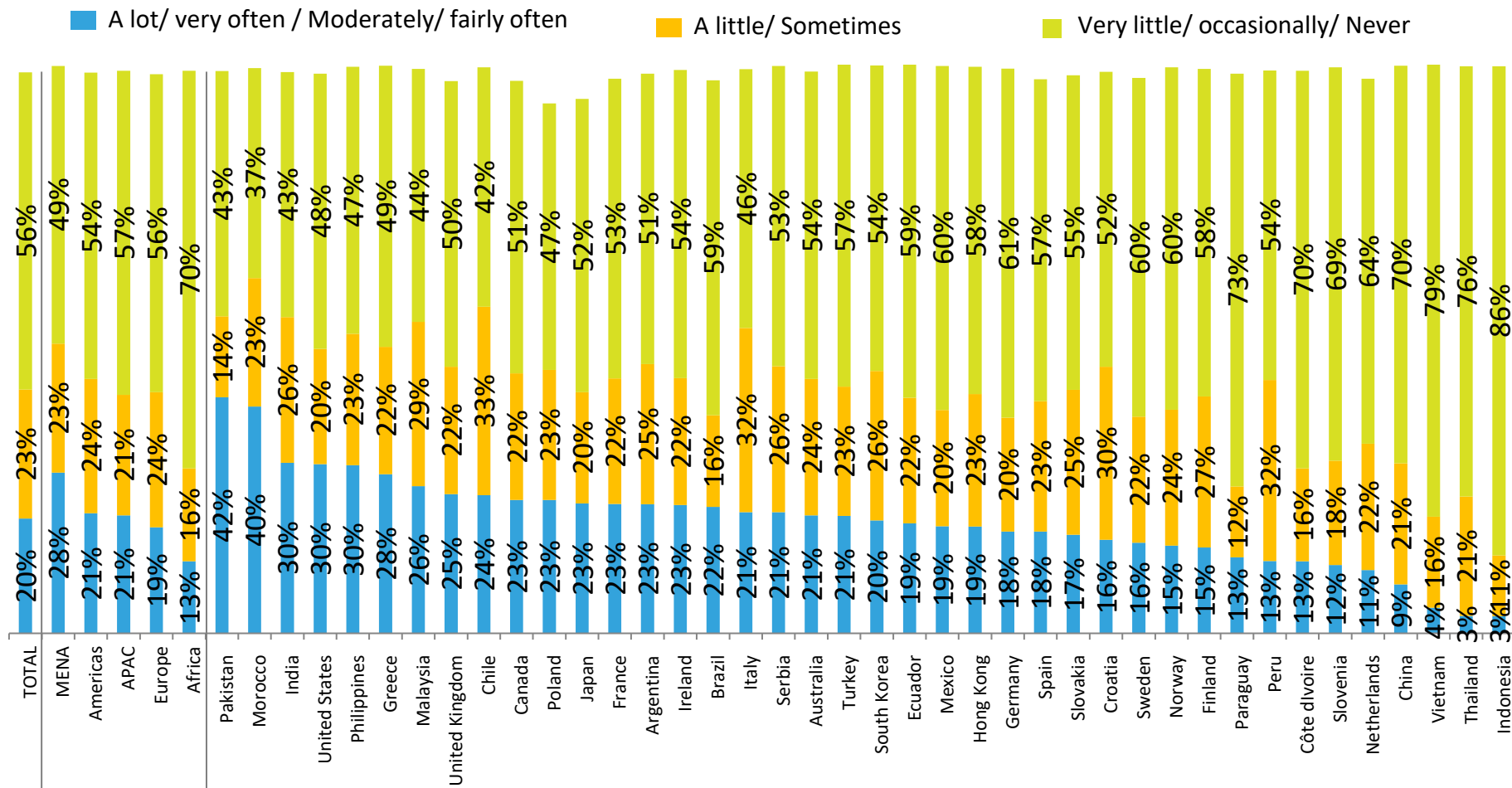


Source: WIN 2025. Base: 35515 cases. The percentages of Dk / Nr have not been plotted.

# Lonely

% within total population

## HOW OFTEN DID PEOPLE FEEL LONELY IN THE PAST 30 DAYS?



Source: WIN 2025. Base: 35515 cases. The percentages of Dk / Nr have not been plotted. MENA has only 2 countries. Africa has only 1 country.

# MENTAL HEALTH-RELATED STATES

*- Concern about your children's mental health -*



# Concern about your children's mental health

% within total population

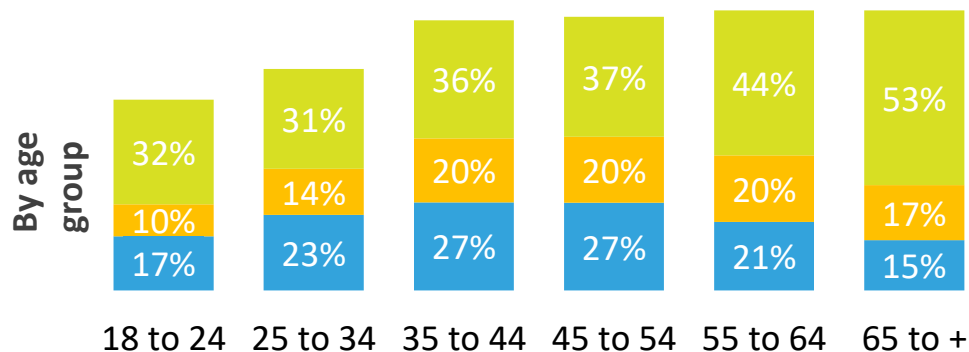
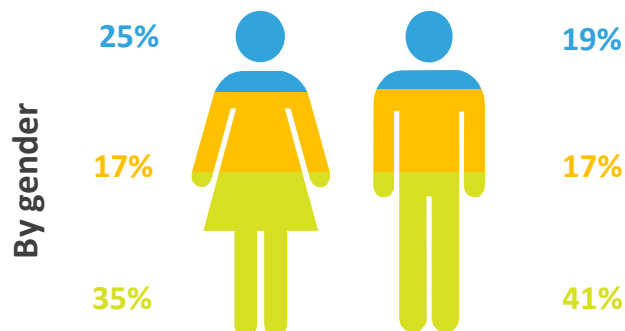
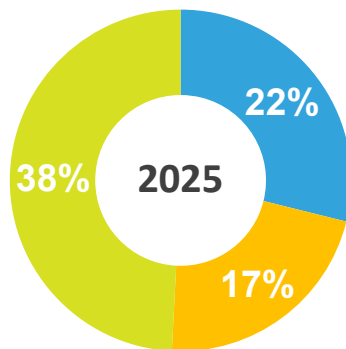
HOW OFTEN DID PEOPLE FEEL CONCERNED ABOUT THEIR CHILDREN'S MENTAL HEALTH IN THE PAST 30 DAYS?

■ A lot/ very often / Moderately/ fairly often

■ A little/ Sometimes

■ Very little/ occasionally/ Never

## Global Average



Source: WIN 2025. Base: 35515 cases. The percentages of Dk / Nr / no children have not been plotted.

# Concern about your children's mental health

% within total population

## HOW OFTEN DID PEOPLE FEEL CONCERNED ABOUT THEIR CHILDREN'S MENTAL HEALTH IN THE PAST 30 DAYS?

■ A lot/ very often / Moderately/ fairly often

■ A little/ Sometimes

■ Very little/ occasionally/ Never

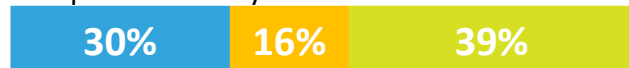


### By education level

No education / Only basic education



Completed Primary



Completed Secondary School



Completed University



Completed Higher level of education (Masters, PHD, etc.)



### By employment

Working full (include self-employed)



Working Part-time



Unemployed



Student



Housewife



Retired/Disabled



Source: WIN 2025. Base: 35515 cases. The percentages of Dk / Nr / no children have not been plotted.

# Concern about your children's mental health

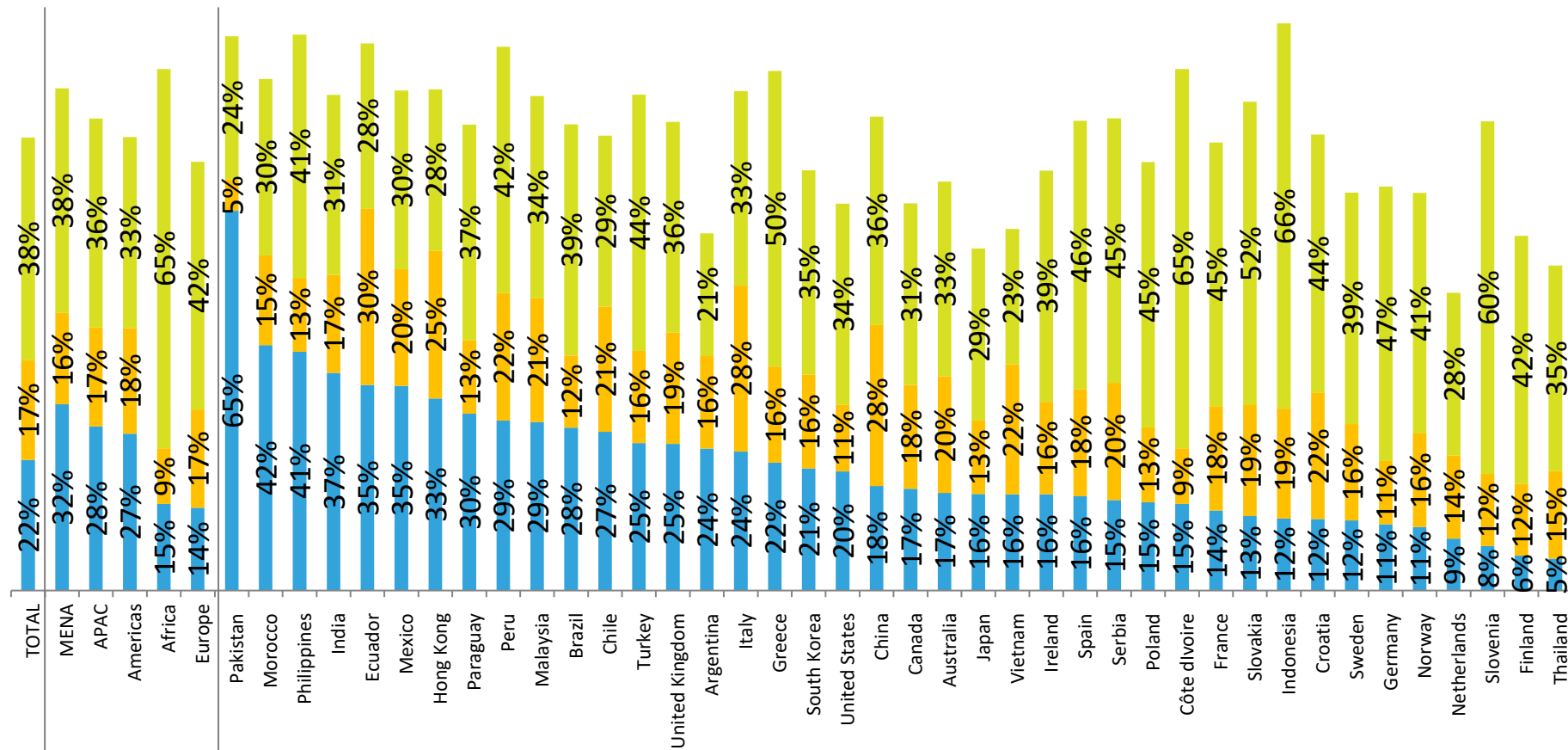
% within total population

## HOW OFTEN DID PEOPLE FEEL CONCERNED ABOUT THEIR CHILDREN'S MENTAL HEALTH IN THE PAST 30 DAYS?

■ A lot/ very often / Moderately/ fairly often

■ A little/ Sometimes

■ Very little/ occasionally/ Never



MENA has only 2 countries. Africa has only 1 country

Source: WIN 2025. Base: 35515 cases. The percentages of Dk / Nr / no children have not been plotted.

# Concern about your children's mental health

% within those who have children

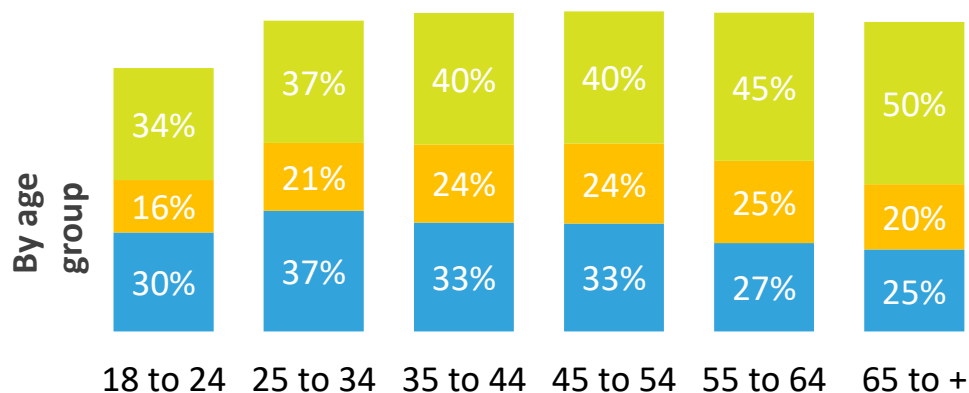
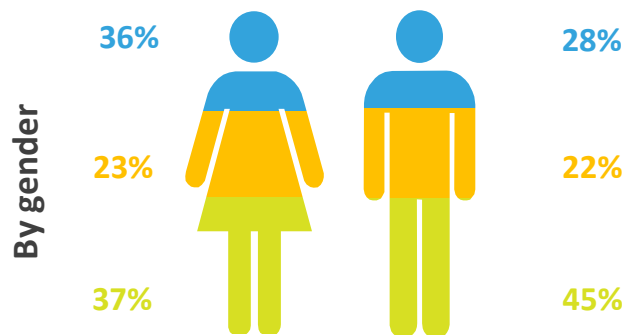
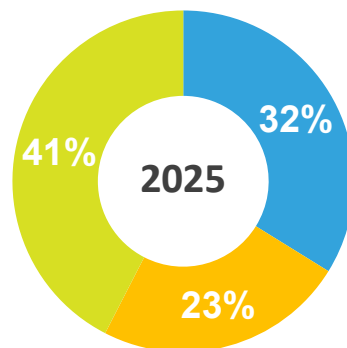
HOW OFTEN DID PEOPLE FEEL CONCERNED ABOUT THEIR CHILDREN'S MENTAL HEALTH IN THE PAST 30 DAYS?

■ A lot/ very often / Moderately/ fairly often

■ A little/ Sometimes

■ Very little/ occasionally/ Never

## Global Average



Source: WIN 2025. Base: 15679 cases, those who have children. The percentages of Dk / Nr have not been plotted.

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■ A little/ Sometimes

■ Very little/ occasionally/ Never



### By education level

No education / Only basic education



Completed Primary



Completed Secondary School



Completed University



Completed Higher level of education (Masters, PHD, etc.)



### By employment

Working full (include self-employed)



Working Part-time



Unemployed



Student



Housewife



Retired/Disabled

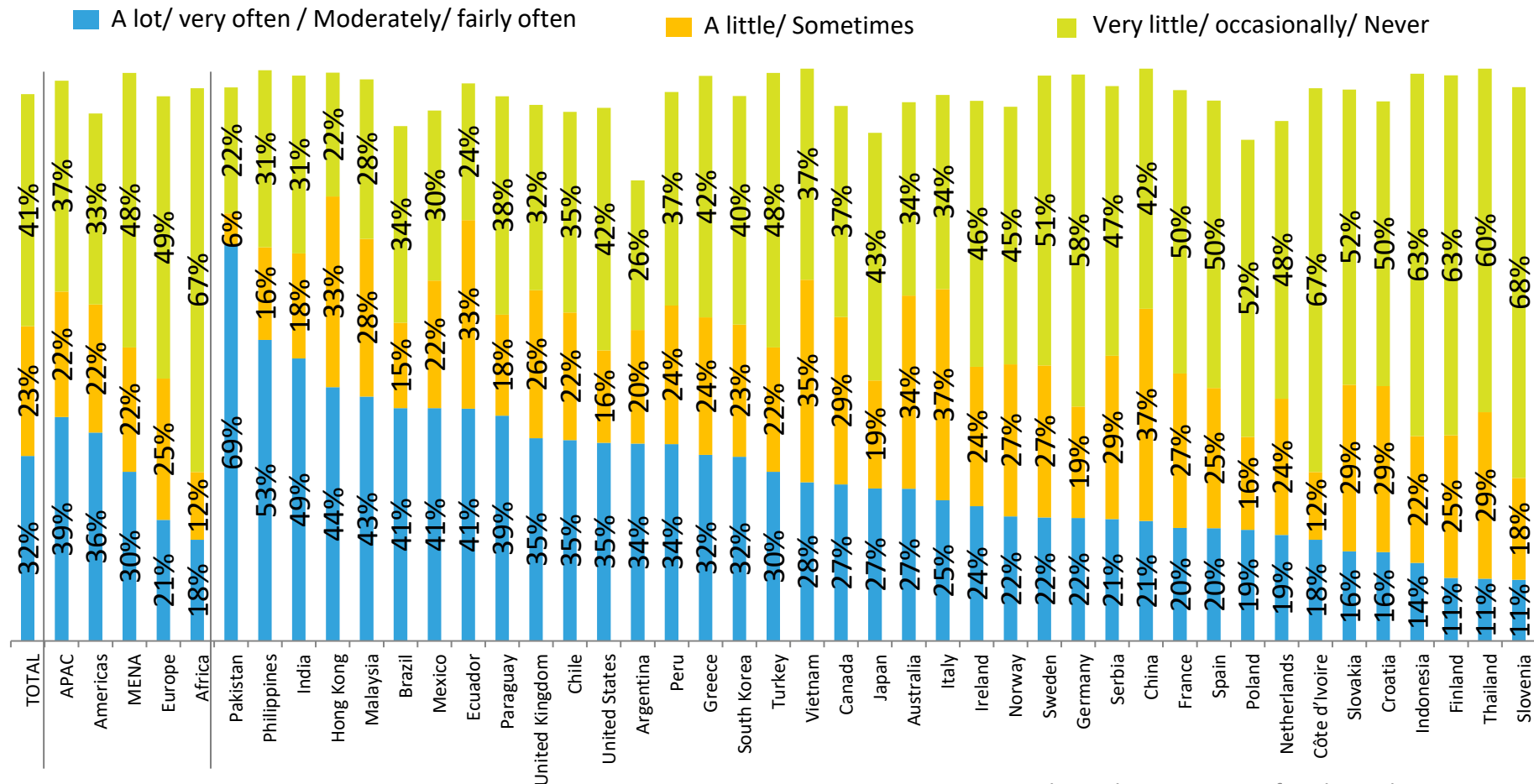


Source: WIN 2025. Base: 15679 cases, those who have children. The percentages of Dk / Nr have not been plotted.

# Concern about your children's mental health

% within those who have children

## HOW OFTEN DID PEOPLE FEEL CONCERNED ABOUT THEIR CHILDREN'S MENTAL HEALTH IN THE PAST 30 DAYS?



MENA has only 2 countries. Africa has only 1 country.

Source: WIN 2025. Base: 15679 cases, those who have children. The percentages of Dk / Nr have not been plotted.

# MENTAL HEALTH-RELATED STATES

- *Concern that your children are not able to talk to you about any major worries they may have -*



# Concern that your children are not able to talk to you about any major worries they may have

% within total population

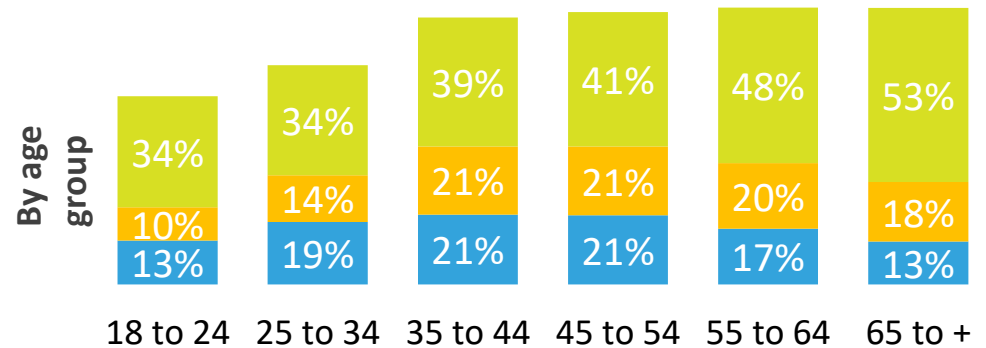
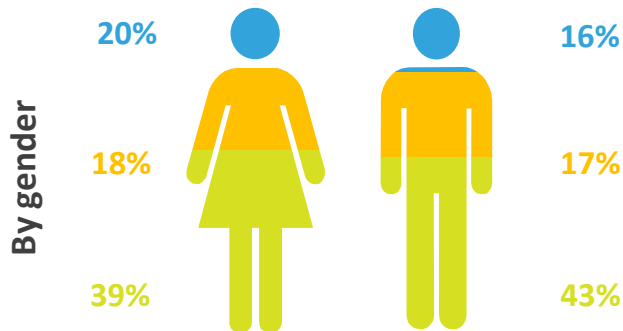
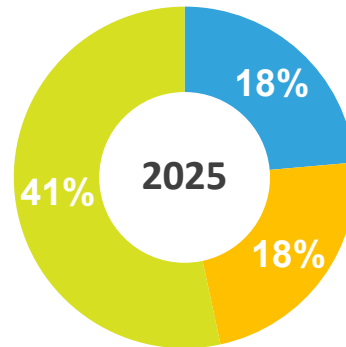
HOW OFTEN DID PEOPLE FEEL CONCERNED THAT THEIR CHILDREN WERE UNABLE TO TALK TO THEM ABOUT ANY MAJOR WORRIES THEY MIGHT HAVE HAD IN THE PAST 30 DAYS?

■ A lot/ very often / Moderately/ fairly often

■ A little/ Sometimes

■ Very little/ occasionally/ Never

## Global Average



Source: WIN 2025. Base: 35515 cases. The percentages of Dk / Nr / no children have not been plotted.

# Concern that your children are not able to talk to you about any major worries they may have

% within total population

HOW OFTEN DID PEOPLE FEEL CONCERNED THAT THEIR CHILDREN WERE UNABLE TO TALK TO THEM ABOUT ANY MAJOR WORRIES THEY MIGHT HAVE HAD IN THE PAST 30 DAYS?

■ A lot/ very often / Moderately/ fairly often

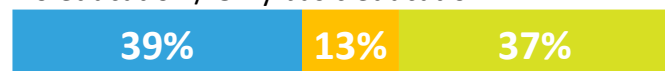
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Unemployed



Student



Housewife



Retired/Disabled



Source: WIN 2025. Base: 35515 cases. The percentages of Dk / Nr / no children have not been plotted.

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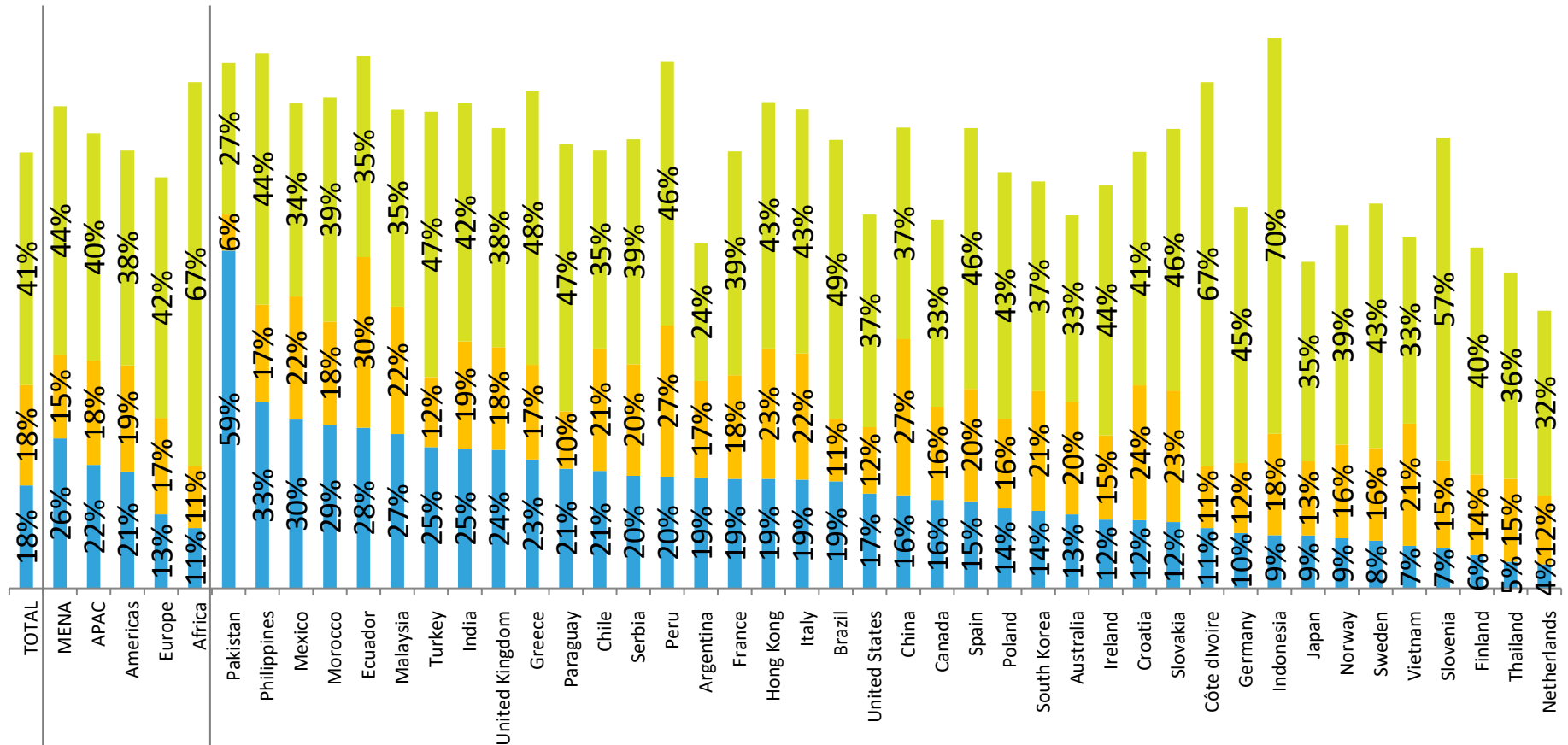
% within total population

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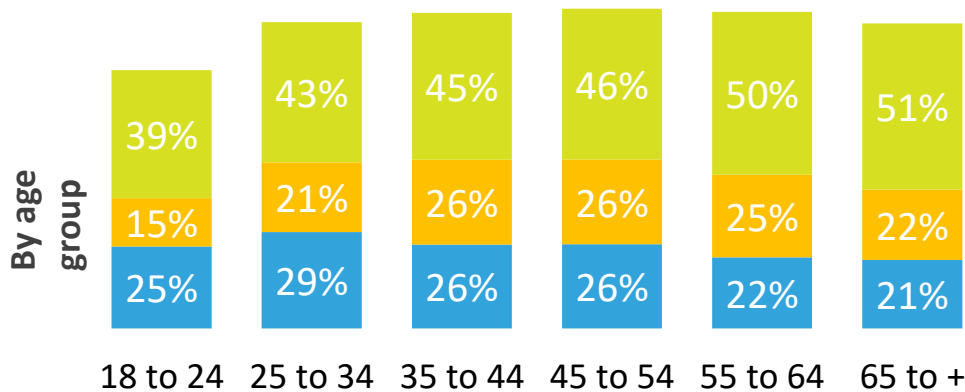
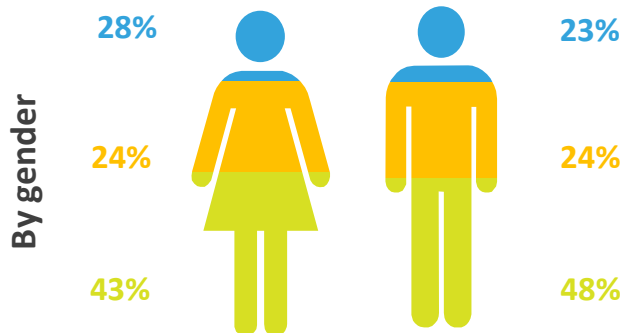
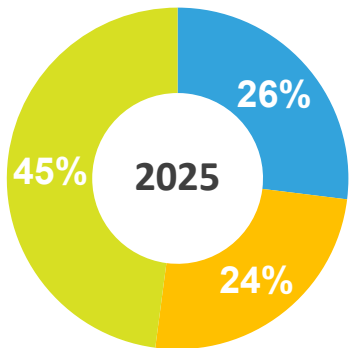
# Concern that your children are not able to talk to you about any major worries they may have

% within those who have children

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## Global Average



Source: WIN 2025. Base: 15679 cases, those who have children. The percentages of Dk / Nr have not been plotted.

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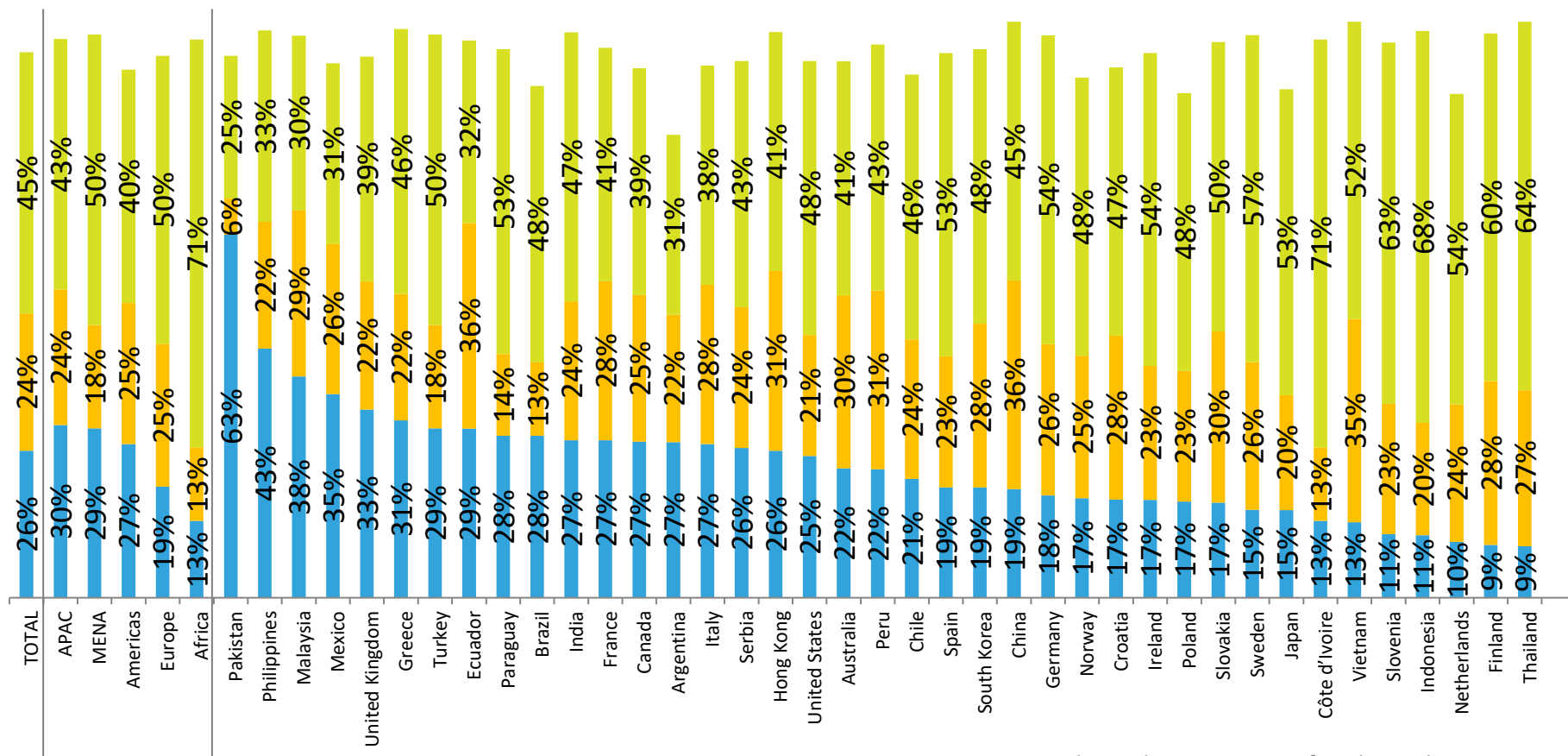
% within those who have children

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MENA has only 2 countries. Africa has only 1 country.

Source: WIN 2025. Base: 15679 cases, those who have children. The percentages of Dk / Nr have not been plotted.

# RELATION BETWEEN CONCERNS ABOUT CHILDREN'S MENTAL HEALTH AND SELF-PERCEPTION OF HEALTH

## WITHIN THOSE WHO HAVE CHILDREN

|                                                                                              |                                              | TOTAL | SELF-PERCEPTION OF HEALTH |                                  |
|----------------------------------------------------------------------------------------------|----------------------------------------------|-------|---------------------------|----------------------------------|
|                                                                                              |                                              |       | "Very healthy + healthy"  | "Somewhat unhealthy + unhealthy" |
| Concern about your children's mental health                                                  | A lot/ very often + Moderately/ fairly often | 32%   | 31%                       | 39%                              |
|                                                                                              | A little/sometimes                           | 23%   | 22%                       | 24%                              |
|                                                                                              | Very little/ occasionally + Never            | 41%   | 43%                       | 33%                              |
| Concern that your children are not able to talk to you about any major worries they may have | A lot/ very often + Moderately/ fairly often | 26%   | 23%                       | 33%                              |
|                                                                                              | A little/sometimes                           | 24%   | 24%                       | 25%                              |
|                                                                                              | Very little/ occasionally + Never            | 45%   | 48%                       | 37%                              |

# RELATION BETWEEN EXPERIENCING NEGATIVE EMOTIONAL STATES AND SELF-PERCEPTION OF HEALTH WITHIN TOTAL POPULATION

|                       |                                              | TOTAL      | SELF-PERCEPTION OF HEALTH |                                  |
|-----------------------|----------------------------------------------|------------|---------------------------|----------------------------------|
|                       |                                              |            | “Very healthy + healthy”  | “Somewhat unhealthy + unhealthy” |
| Worried               | A lot/ very often + Moderately/ fairly often | <b>33%</b> | 28%                       | 48%                              |
|                       | A little/sometimes                           | <b>32%</b> | 33%                       | 30%                              |
|                       | Very little/ occasionally + Never            | <b>34%</b> | 38%                       | 21%                              |
| Tired/ lacking energy | A lot/ very often + Moderately/ fairly often | <b>37%</b> | 31%                       | 56%                              |
|                       | A little/sometimes                           | <b>32%</b> | 34%                       | 28%                              |
|                       | Very little/ occasionally + Never            | <b>30%</b> | 35%                       | 15%                              |
| Had trouble sleeping  | A lot/ very often + Moderately/ fairly often | <b>28%</b> | 23%                       | 43%                              |
|                       | A little/sometimes                           | <b>28%</b> | 28%                       | 29%                              |
|                       | Very little/ occasionally + Never            | <b>43%</b> | 48%                       | 26%                              |
| Overwhelmed           | A lot/ very often + Moderately/ fairly often | <b>24%</b> | 21%                       | 35%                              |
|                       | A little/sometimes                           | <b>28%</b> | 28%                       | 29%                              |
|                       | Very little/ occasionally + Never            | <b>46%</b> | 50%                       | 34%                              |

## RELATION BETWEEN EXPERIENCING NEGATIVE EMOTIONAL STATES AND SELF-PERCEPTION OF HEALTH WITHIN TOTAL POPULATION

|                       |                                              | TOTAL      | SELF-PERCEPTION OF HEALTH |                                  |
|-----------------------|----------------------------------------------|------------|---------------------------|----------------------------------|
|                       |                                              |            | “Very healthy + healthy”  | “Somewhat unhealthy + unhealthy” |
| Sad, empty, depressed | A lot/ very often + Moderately/ fairly often | <b>22%</b> | 17%                       | 36%                              |
|                       | A little/sometimes                           | <b>25%</b> | 24%                       | 28%                              |
|                       | Very little/ occasionally + Never            | <b>52%</b> | 58%                       | 34%                              |
| Irritable, moody      | A lot/ very often + Moderately/ fairly often | <b>23%</b> | 20%                       | 34%                              |
|                       | A little/sometimes                           | <b>31%</b> | 31%                       | 33%                              |
|                       | Very little/ occasionally + Never            | <b>44%</b> | 49%                       | 32%                              |
| Lonely                | A lot/ very often + Moderately/ fairly often | <b>20%</b> | 17%                       | 31%                              |
|                       | A little/sometimes                           | <b>23%</b> | 22%                       | 26%                              |
|                       | Very little/ occasionally + Never            | <b>56%</b> | 60%                       | 42%                              |
| Suffer from stress    | A lot/ very often + Moderately/ fairly often | <b>32%</b> | 28%                       | 48%                              |
|                       | A little/sometimes                           | <b>31%</b> | 32%                       | 29%                              |
|                       | Very little/ occasionally + Never            | <b>35%</b> | 40%                       | 23%                              |



# STAYED UP LATE AT NIGHT USING THE PHONE OR COMPUTER

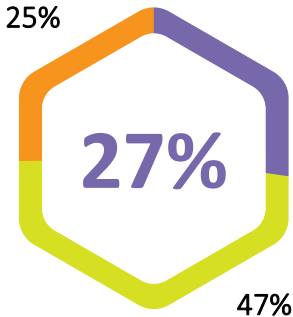
# Stayed up late at night using your phone or computer, resulting in less sleep than you need

% within total population

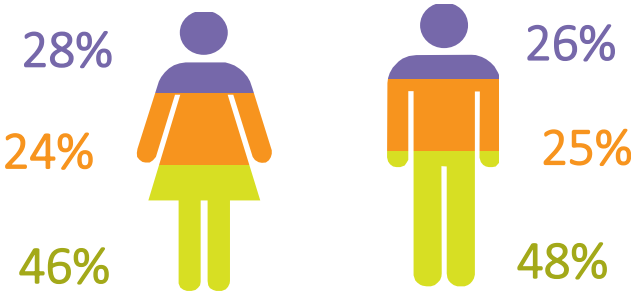
HOW OFTEN DO PEOPLE STAYED UP LATE AT NIGHT USING THE PHONE OR COMPUTER, RESULTING IN LESS SLEEP THAN THEY NEED?

- A lot/ very often/ moderately/ fairly often
- A Little/ Sometimes
- Very Little/ Occasionally/ Never

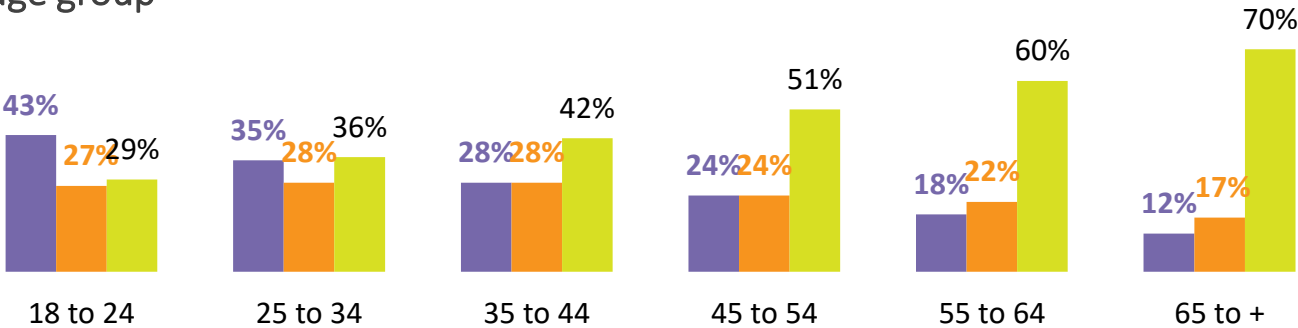
## Global Average 2025



## By gender



## By age group



Source: WIN 2025. Base: 35515 cases. The percentages of Dk / Nr have not been plotted.



WIN

Worldwide  
Independent Network  
Of Market Research

Q5\_02 - Have you ever experienced any of the following?: Stayed up late at night using your phone or computer, resulting in less sleep than you need

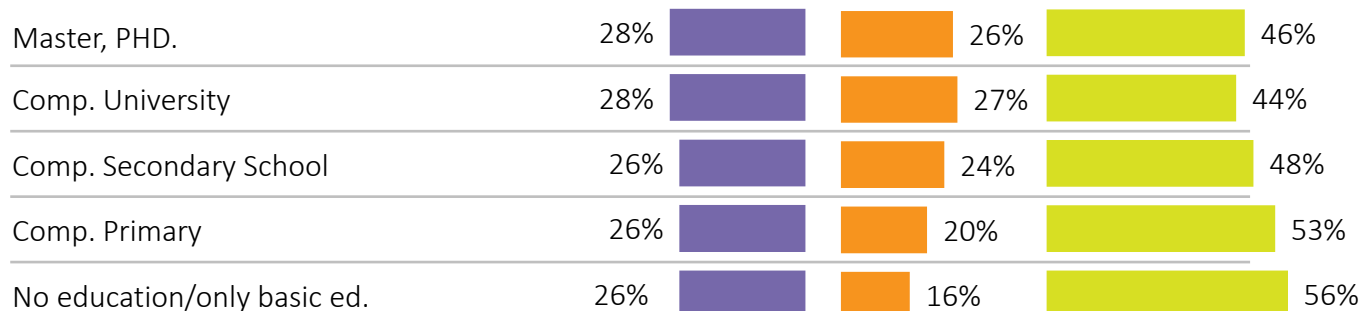
# Stayed up late at night using your phone or computer, resulting in less sleep than you need

% within total population

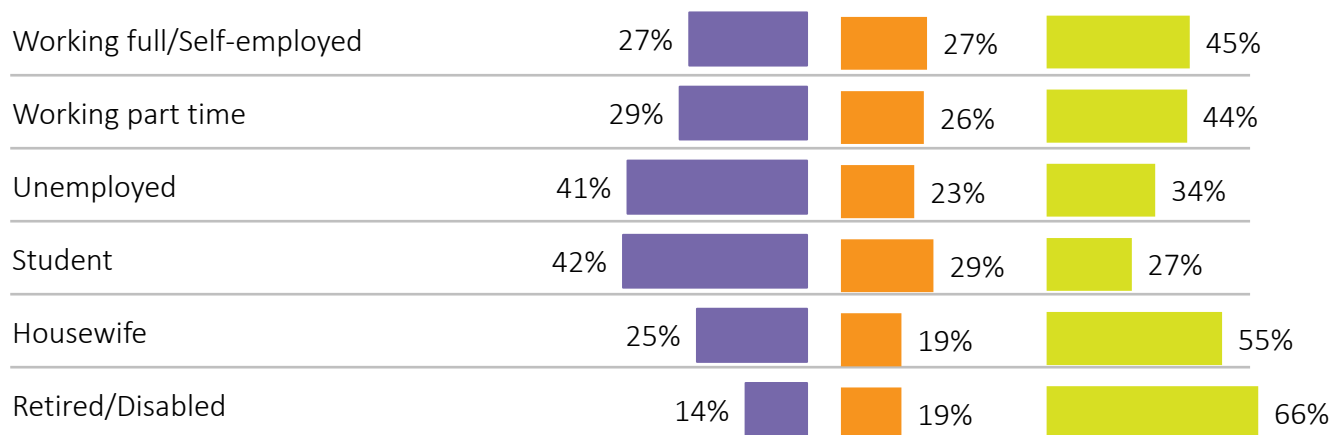
HOW OFTEN DO PEOPLE STAYED UP LATE AT NIGHT USING THE PHONE OR COMPUTER, RESULTING IN LESS SLEEP THAN THEY NEED?

■ A lot/ very often/ moderately/ fairly often
 ■ A Little/ Sometimes
 ■ Very Little/ Occasionally/ Never

## By education level



## By employment



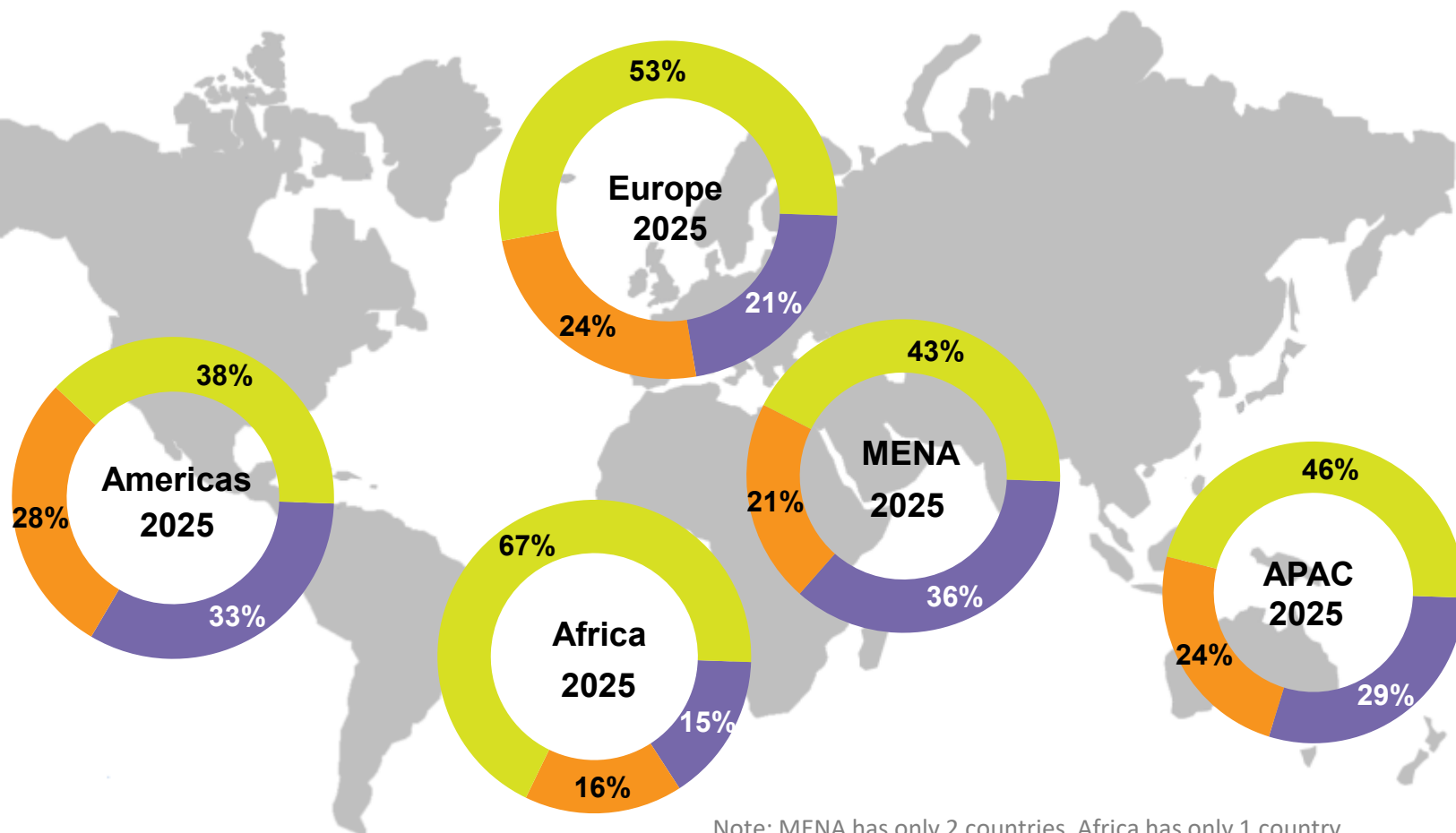
Source: WIN 2025. Base: 35515 cases. The percentages of Dk / Nr have not been plotted.

# Stayed up late at night using your phone or computer, resulting in less sleep than you need

% within total population

HOW OFTEN DO PEOPLE STAYED UP LATE AT NIGHT USING THE PHONE OR COMPUTER, RESULTING IN LESS SLEEP THAN THEY NEED?

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Note: MENA has only 2 countries. Africa has only 1 country.

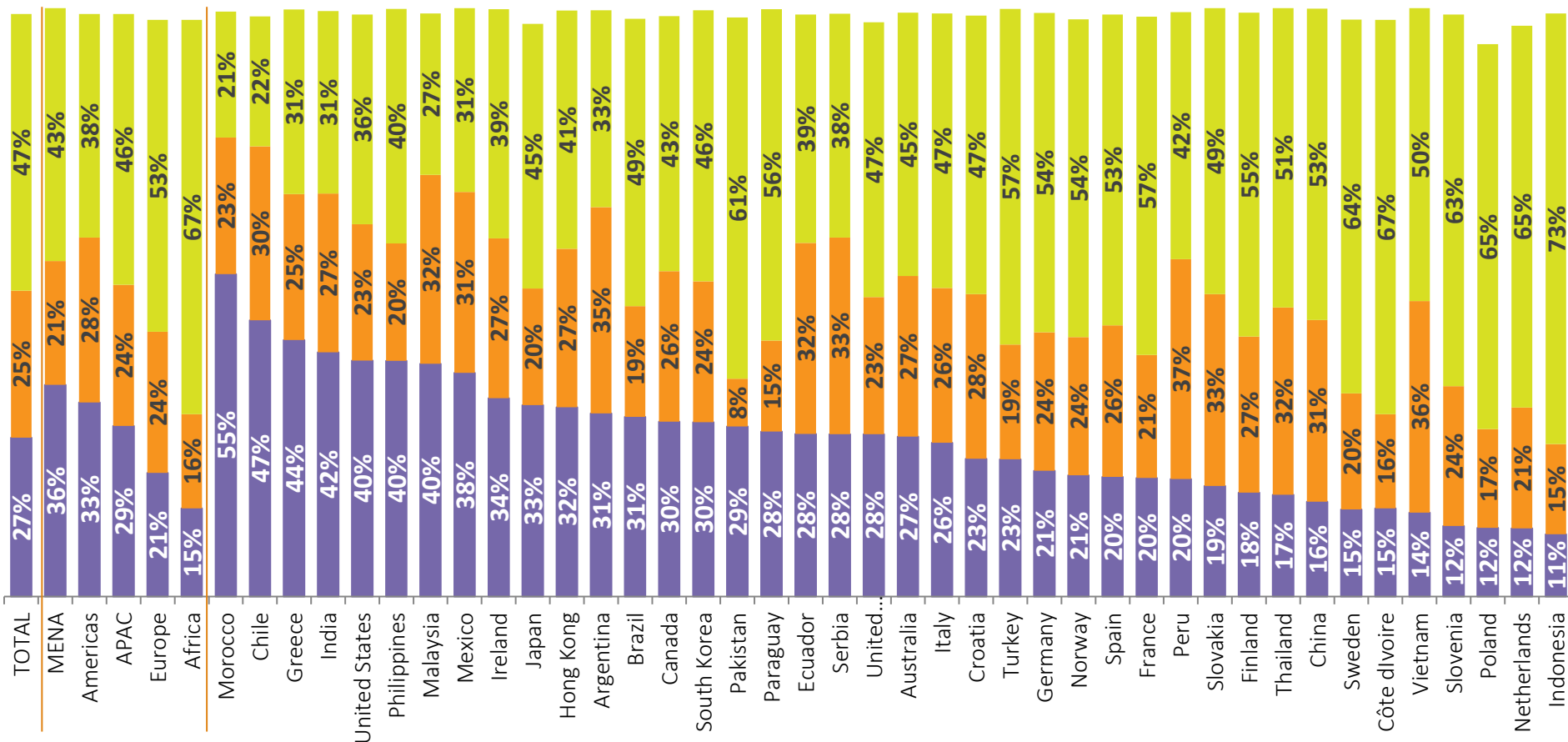
Source: WIN 2025. Base: 35515 cases. The percentages of Dk / Nr have not been plotted.

# Stayed up late at night using your phone or computer, resulting in less sleep than you need

% within total population

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 ■ Very Little/ Occasionally/ Never



Source: WIN 2025. Base: 35515 cases. The percentages of Dk / Nr have not been plotted.



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Q5\_02 - Have you ever experienced any of the following?: Stayed up late at night using your phone or computer, resulting in less sleep than you need



**EXPERIENCED ANXIETY, DEPRESSION  
OR ANY OTHER MENTAL HEALTH ISSUE  
DUE TO EXCESSIVE TECHNOLOGY**



**WiN**

Worldwide  
Independent Network  
Of Market Research

# Anxiety, depression or any other mental health issue due to excessive technology

% within total population

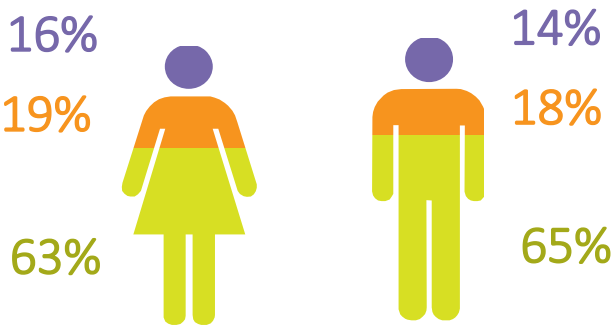
## HOW OFTEN DO PEOPLE EXPERIENCE ANXIETY, DEPRESSION OR ANY OTHER MENTAL HEALTH ISSUE DUE TO EXCESSIVE TECHNOLOGY?

A lot/ very often/ moderately/ fairly often      A Little/ Sometimes      Very Little/ Occasionally/ Never

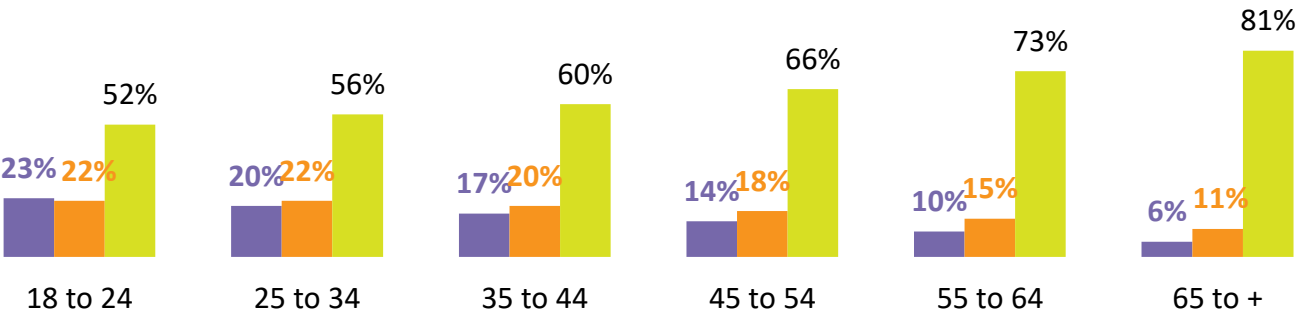
Global Average  
2025



By gender



By age group



Source: WIN 2025. Base: 35515 cases. The percentages of Dk / Nr have not been plotted.



WIN

Worldwide  
Independent Network  
Of Market Research

Q5\_03 - Have you ever experienced any of the following?: Anxiety, depression or any other mental health issue due to excessive technology

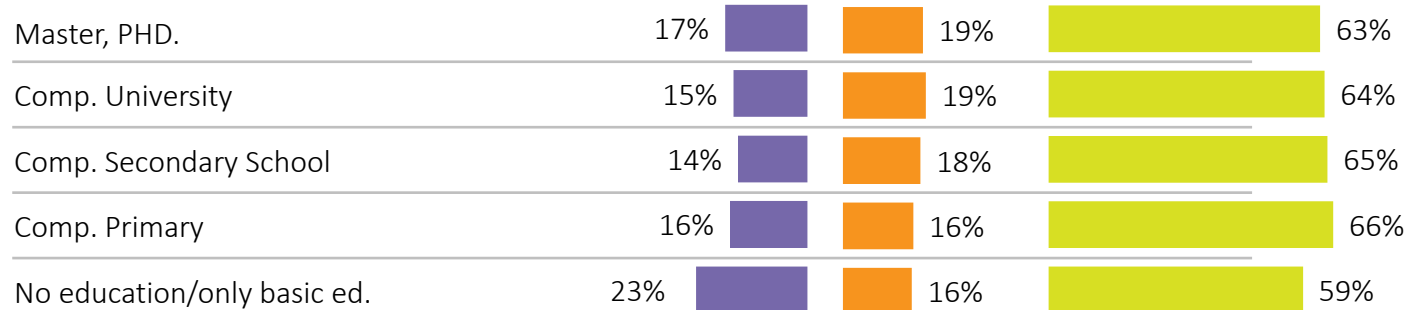
# Anxiety, depression or any other mental health issue due to excessive technology

% within total population

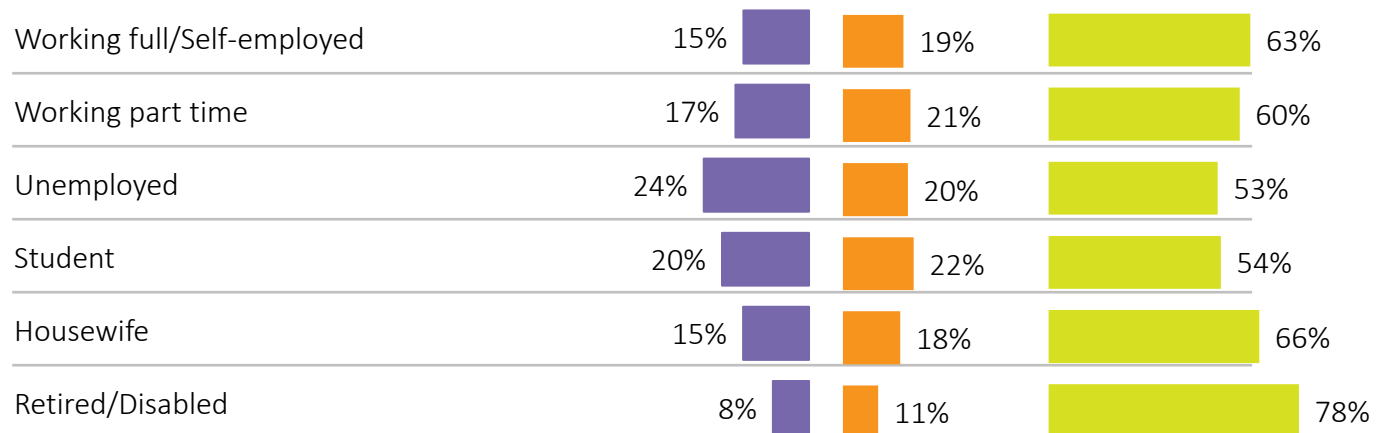
## HOW OFTEN DO PEOPLE EXPERIENCE ANXIETY, DEPRESSION OR ANY OTHER MENTAL HEALTH ISSUE DUE TO EXCESSIVE TECHNOLOGY?

■ A lot/ very often/ moderately/ fairly often ■ A Little/ Sometimes ■ Very Little/ Occasionally/ Never

### By education level



### By employment



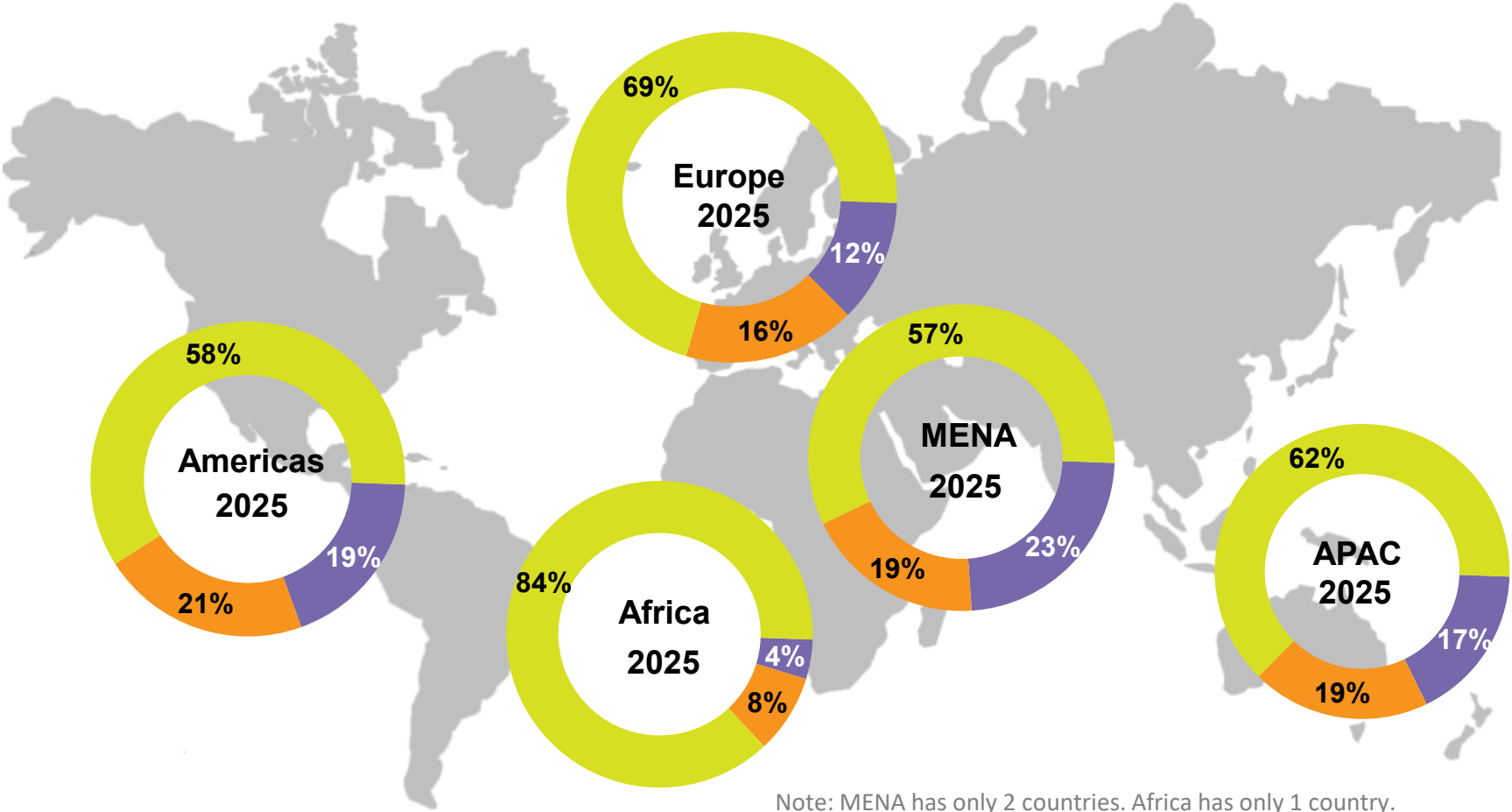
Source: WIN 2025. Base: 35515 cases. The percentages of Dk / Nr have not been plotted.

# Anxiety, depression or any other mental health issue due to excessive technology

% within total population

HOW OFTEN DO PEOPLE EXPERIENCE ANXIETY, DEPRESSION OR ANY OTHER MENTAL HEALTH ISSUE DUE TO EXCESSIVE TECHNOLOGY?

A lot/ very often/ moderately/ fairly often    A Little/ Sometimes    Very Little/ Occasionally/ Never



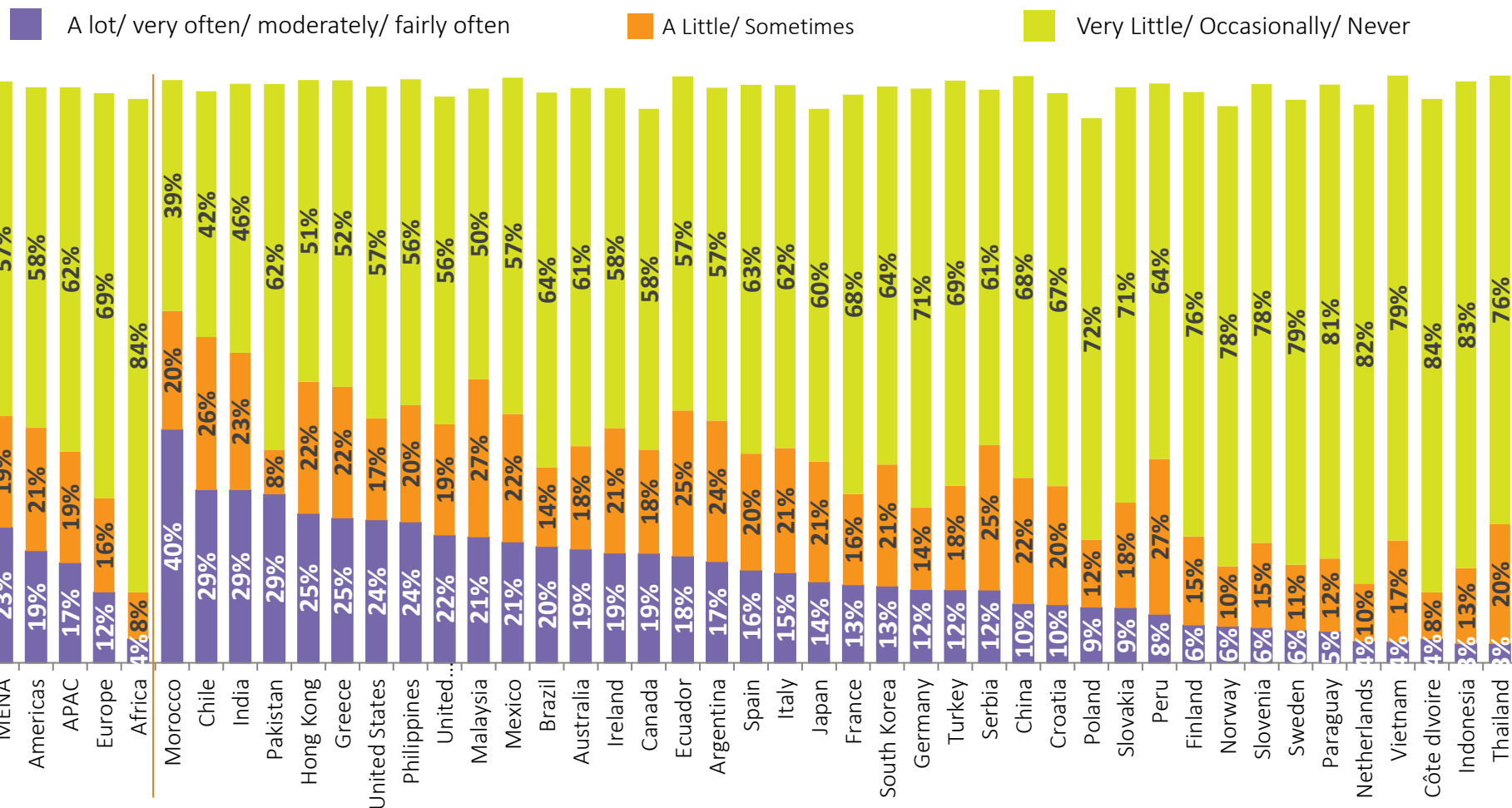
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# Anxiety, depression or any other mental health issue due to excessive technology

% within total population

HOW OFTEN DO PEOPLE EXPERIENCE ANXIETY, DEPRESSION OR ANY OTHER MENTAL HEALTH ISSUE DUE TO EXCESSIVE TECHNOLOGY?



Source: WIN 2025. Base: 35515 cases. The percentages of Dk / Nr have not been plotted.

# METHODOLOGY

|    | Country                | Company Name                                              | Methodology            | Sample | Coverage          | 2024-2025<br>Fieldwork Dates |
|----|------------------------|-----------------------------------------------------------|------------------------|--------|-------------------|------------------------------|
| 1  | Argentina              | Voices Research & Consultancy                             | CAWI                   | 1027   | NATIONAL          | 30 Dec<br>2024 – 9 Jan 2025  |
| 2  | Australia              | Luma Research                                             | Online Panel           | 500    | NATIONAL          | 20-24 January 2025           |
| 3  | Brazil                 | Market Analysis Brazil                                    | CAWI                   | 1032   | NATIONAL          | 16-23 January 2025           |
| 4  | Canada                 | LEGER                                                     | CAWI                   | 1000   | NATIONAL          | 9-19 January 2025            |
| 5  | Côte d'Ivoire          | EMC                                                       | CAPI                   | 569    | NATIONAL          | 13-25 February 2025          |
| 6  | Chile                  | Activa Research                                           | CAWI                   | 1095   | NATIONAL          | 10-27 January 2025           |
| 7  | China                  | WisdomAsia                                                | CAWI                   | 1000   | URBAN             | Week 1-2 January 2025        |
| 8  | Croatia                | Institute for market and media<br>research, Mediana Fides | CAWI                   | 531    | NATIONAL          | 17-23 January 2025           |
| 9  | Ecuador                | Centro de Estudios Y Datos -<br>CEDATOS                   | CAPI                   | 708    | NATIONAL          | 1-3 February 2025            |
| 10 | Finland                | Taloustutkimus Oy                                         | Online Panel           | 1112   | NATIONAL          | 16-24 January 2025           |
| 11 | France                 | BVA Xsight                                                | CAWI / Online<br>Panel | 1001   | NATIONAL          | 6-7 February 2025            |
| 12 | Germany                | Produkt+Markt                                             | CAWI                   | 1000   | NATIONAL          | 20 Dec 2024 – 6 Jan 2025     |
| 13 | Greece                 | Alternative Research Solutions                            | CAWI                   | 500    | NATIONAL          | 5-20 December 2024           |
| 14 | Hong Kong              | Consumer Search Group (CSG)                               | Online Panel           | 516    | TERRITORY<br>WIDE | 31 Dec 2024 -10 Jan 2025     |
| 15 | India                  | DataPrompt International Pvt. Ltd.                        | CAWI                   | 1000   | NATIONAL          | 19 Dec 2024 - 20 Jan 2025    |
| 16 | Indonesia              | DEKA                                                      | Face to Face           | 1000   | NATIONAL          | 12-25 December 2024          |
| 17 | Republic of<br>Ireland | RED C Research & Marketing Ltd                            | CAWI                   | 1013   | NATIONAL          | 9-15 January 2025            |
| 18 | Italy                  | BVA Doxa                                                  | CAWI                   | 995    | NATIONAL          | 13-16 December 2024          |
| 19 | Japan                  | Nippon Research Center, LTD.                              | CAWI                   | 1131   | NATIONAL          | 22-27 January 2025           |
| 20 | Malaysia               | Central Force International                               | Online Panel           | 1008   | NATIONAL          | 2-9 December 2024            |
| 21 | Mexico                 | Brand Investigation S.A.de C.V                            | Online                 | 800    | NATIONAL          | 9-18 January 2025            |

# METHODOLOGY

Total of 35.515 surveys worldwide

Dates: Dec. 2nd 2024 to Feb. 25<sup>th</sup> 2025

|    | Country         | Company Name                                           | Methodology | Sample | Coverage                                                     | 2024-2025<br>Fieldwork Dates |
|----|-----------------|--------------------------------------------------------|-------------|--------|--------------------------------------------------------------|------------------------------|
| 22 | Morocco         | Integrate Consulting SARL                              | Online      | 509    | NATIONAL                                                     | 21-24 January 2025           |
| 23 | Norway          | Opinion AS                                             | CAWI        | 1031   | NATIONAL                                                     | 13-21 January 2025           |
| 24 | Pakistan        | Gallup Pakistan                                        | CATI        | 1000   | NATIONAL                                                     | 3 Dec 2024 -2 Jan 2025       |
| 25 | Paraguay        | ICA Consultoría Estratégica                            | CATI        | 500    | NATIONAL                                                     | 8-31 January 2025            |
| 26 | Peru            | Datum Internacional                                    | F2F         | 1204   | NATIONAL                                                     | 31 Jan – 7 Feb 2025          |
| 27 | Philippines     | Philippine Survey and Research Center, Inc. (PSRC)     | CAPI        | 1000   | NATIONAL                                                     | 14-31 January 2025           |
| 28 | Poland          | Mareco Polska                                          | CAWI        | 1080   | NATIONAL                                                     | 18-22 December 2024          |
| 29 | Serbia          | Institute for market and media research, Mediana Adria | CAWI        | 536    | NATIONAL                                                     | 17-23 January 2025           |
| 30 | Slovakia        | Go4insight                                             | CAWI        | 500    | NATIONAL                                                     | 17-22 January 2025           |
| 31 | Slovenia        | Institute for market and media research, Mediana       | CAWI        | 700    | NATIONAL                                                     | 17-21 January 2025           |
| 32 | South Korea     | Gallup Korea                                           | CAWI        | 1085   | NATIONAL                                                     | 16-24 January 2025           |
| 33 | Spain           | Instituto DYM                                          | CAWI        | 1014   | NATIONAL                                                     | 16-20 January 2025           |
| 34 | Sweden          | DEMOSKOP AB                                            | CAWI        | 1004   | NATIONAL                                                     | 21 Dec 2024 – 23 Jan 2025    |
| 35 | Thailand        | INFOSEARCH LIMITED                                     | F2F         | 500    | NATIONAL                                                     | 22 Dec 2024 – 18 Jan 2025    |
| 36 | The Netherlands | Motivaction International B.V.                         | CAWI        | 1023   | NATIONAL                                                     | 6-18 December 2024           |
| 37 | Turkey          | Barem                                                  | CATI        | 775    | NATIONAL                                                     | 24-28 January 2025           |
| 38 | United Kingdom  | ORB International                                      | CAWI        | 1000   | NATIONAL                                                     | 19-23 Dec 2024               |
| 39 | USA             | LEGER                                                  | CAWI        | 1000   | NATIONAL                                                     | 9-19 January 2025            |
| 40 | Vietnam         | Indochina Research (Vietnam) Ltd                       | CAPI        | 900    | Hanoi, Ho Chi Minh city, Da Nang, Can Tho - Urban population | 18 Dec 2024 – 10 Jan 2025    |