

AXA publishes the third edition of its Mind Health Report

2 years ago



AXA released the third edition of its Mind Health Report, a study aimed at identifying mental health and wellness issues in society in order to build solutions to mitigate them. The study was conducted in collaboration with IPSOS involving surveys of 30,000 people aged 18 to 74 from sixteen European, Asian and American countries and territories.

Over the past year, the rate of participants with poor mental health has decreased by 3 points (13% compared to 16%), despite the difficult geopolitical and economic context.

One in two respondents felt happy and confident about the future. The happiest people are in Mexico (64%), the Philippines (62%) and Thailand (61%). On the contrary, this feeling is lowest in Italy (36%), Hong Kong (38%) and Turkey (42%). In France, the feeling of happiness has increased by 5% compared to last year (44% against 39%).

This year's survey shows three main trends:

- 24% fewer women than men feel fulfilled. 40% feel that their skills have been questioned simply because of their gender.
- More than one in three 18-24 year olds believe that addiction to technology and social networking has a negative impact on well-being.
- Employees are three times more likely to thrive if they work in a company that offers mental health support.

[Antimo Perretta](#), Chief Executive Officer Europe and Latin America, said: "Thanks to the Mind Health Index, AXA can analyse the evolution of mental health and the well-being of populations in an environment where

crises are accumulating. Despite Covid-19, geopolitical tensions and inflation, the mental health of the people surveyed is gradually improving, particularly as a result of preventive measures taken by companies. AXA is fully fulfilling its role as a responsible company by supporting its employees and accompanying its business clients.”