

World Mental Health Day Global Advisor Survey

Ipsos reference: Global Advisor Survey
 Release Date: 6th October 2022

This disclosure statement complies with the Australian Polling Council Code of Conduct.*

Short Methodology Disclosure Statement		
F1a.	Research company conducting the research	Ipsos
F1b.	Client commissioning the research	This study did not have any external sponsors or partners. It was initiated and run by Ipsos, because we are curious about the world we live in and how citizens around the globe think and feel about their world.
F1c.	Name of end client	This study did not have any external sponsors or partners.
F1d.	Fieldwork dates	22 nd July – 5 August 2022
F1e.	Data collection methodology and (F1f.) split	Online
F1g.	Target population	Australian adults aged 16-73 years
F1h.	Sample size	n= 1000 Australians, n=23,507 globally
F1i.	Compliant with Australian Polling Council Code.	Yes
F1j.	URL for Long Methodology Disclosure Statement	https://www.ipsos.com/en-au/disclosure_statements
F1k.	Voting intention published	No

Long Methodology Disclosure Statement		
F2a.	Effective sample size after weighting	Effective sample size = 958
F2b.	Error margin associated with the effective sample size for the research.	Credibility Interval is +/-3.5 For information on the Ipsos use of credibility intervals, visit : https://www.ipsos.com/sites/default/files/ct/publication/documents/2021-03/credibility_intervals_for_online_polling_-_2021.pdf
F2c.	Variables used for weighting, population data source	For Australia: gender, age, and location. The source of population data weighted to is the 2016 Australian Census
F2d.	Weighting methodology used	rim weighting
F2e.	Full question text	See below
F2f.	**Prior questions which may have materially influenced results	Not Applicable
F2g.	**Proportion of completed phone interviews by type	Not applicable
F2h.	**Source of online sample used.	Respondents selected from existing panels of people agreeing to take part in surveys
**If voting intention is published		
G2b.	Ability to provide 'undecided' response	Not applicable
G2c.	Do voting intention figures exclude 'undecided'	Not applicable
G2e.	Method of calculating 2PP	Not applicable

*Relevant clauses of the Code of Conduct are noted for each item

**This item may not be applicable

The Australian Polling Council Code of Conduct can be found [here](#).

Questionnaire

Q1. Thinking generally, which of the following, if any, do you see as the biggest health problems facing people in your country today?

MULTICODE UP TO THREE

Coronavirus/COVID-19
Cancer
Obesity
Mental health
Diabetes
Dementia
Heart disease
Alcohol abuse
Drug abuse
Smoking
Stress
Sexually transmitted diseases (STD)
Hospital superbugs
Other (Please specify)

The following questions are about health and wellbeing. All the information we collect will be kept in the strictest confidence and used for research purposes only. All data will be reported as overall percentages and it will not be possible to identify any person in the results. If you do not wish to answer a question, please select 'don't know/refuse'.

Q2. How often, if at all, would you say you think about the following things..

[PROGRESSIVE GRID]

SINGLE CODE

- a) Your own mental wellbeing
- b) Your own physical wellbeing

- 1. Very often
- 2. Fairly often
- 3. Not very often
- 4. Never
- 5. (Don't know)
- 6. (Refusal)

Q3a. Thinking about your own health, do you think that mental health or physical health is more important, or are they equally important?

SINGLE CODE – ROTATE TOP 2

- 1. Mental health is more important than physical health
- 2. Physical health is more important than mental health
- 3. They are equally important
- 4. (Don't know)
- 5. (Refusal)

Sydney

Level 2
51 Berry Street
North Sydney NSW 2060
T: +61 2 9900 5100

Melbourne

Level 6
11 Wilson Street
South Yarra VIC 3141
T: +61 3 9946 0888

Perth

Ground Floor
338 Barker Road
Subiaco WA 6008
T: +61 8 9321 5415

Brisbane

Suite 3a
201 Leichhardt Street
Spring Hill QLD 4000
T: +61 7 3016 7600

Q3b. Which of the following best describes how you think the importance of mental health and physical health are treated in [COUNTRY's] current health care system?

SINGLE CODE – ROTATE TOP 2

1. Mental health is treated as more important than physical health
2. Physical health is treated as more important than mental health
3. Physical and mental health are treated as equally important
4. (Don't know)
5. (Refusal)

Q4_new. During the past year have you ever...?

[PROGRESSIVE GRID]

SINGLE CODE - RANDOMIZE

- a) Felt stressed to the point where it had an impact on how you live your daily life
 - b) Felt stressed to the point where you felt like you could not cope/deal with things
 - c) Felt depressed to the point that you felt sad or hopeless almost every day for a couple of weeks or more
 - d) Felt stressed to the point you could not go to work for a period of time
 - e) Seriously considered suicide or self-hurt
1. Yes, several times
 2. Yes, once
 3. No

Q5_new. Please indicate whether you have done any of the following in the past year?

[RANDOMIZE. MULTI-PUNCH]

Taken a medication to help with your mental health, for things like stress, depression
Taken time off work/school to deal with a personal mental health issue
Taken time off work/school to help a family member/close friend with a mental health issue
Talked with your primary healthcare provider, like a family doctor, about your mental health
Talked with a counsellor, psychologist, psychiatrist about your mental health
Talked with friends/family about mental health issues/concerns
Missed any social gathering/family events due to your mental health
Posted/written something online, in social media when you have been feeling stressed, depressed

[ANCHOR]

None of these **[ANCHOR. EXCLUSIVE]**