

SPOTLIGHT*JORDAN

VIEWS ON MENTAL HEALTH

May - 2024



Contents

1

Health as a life priority

2

**Frequency of thinking
about health**

3

**Perceptions on the Importance
of physical and mental health**

4

**Self perception of mental health
and stress levels**

5

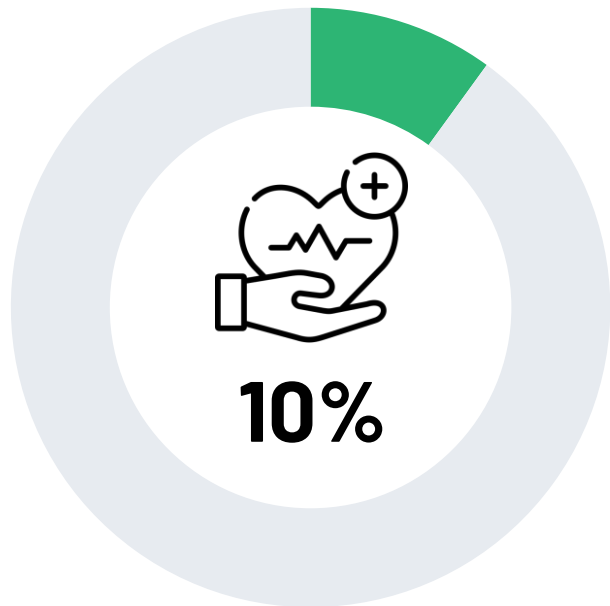
**Mental health conversations
in Jordan**

HEALTH AS A LIFE PRIORITY

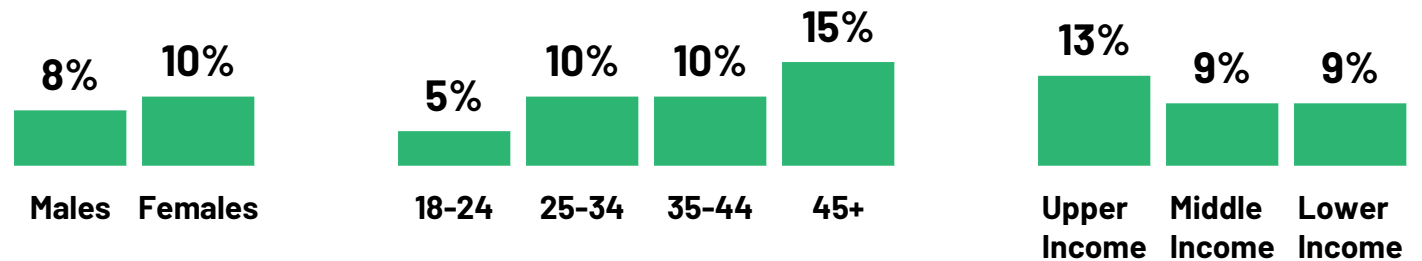


Health as a life priority

% - by demographics



Consider maintaining physical health and mental well-being as an ultimate life priority

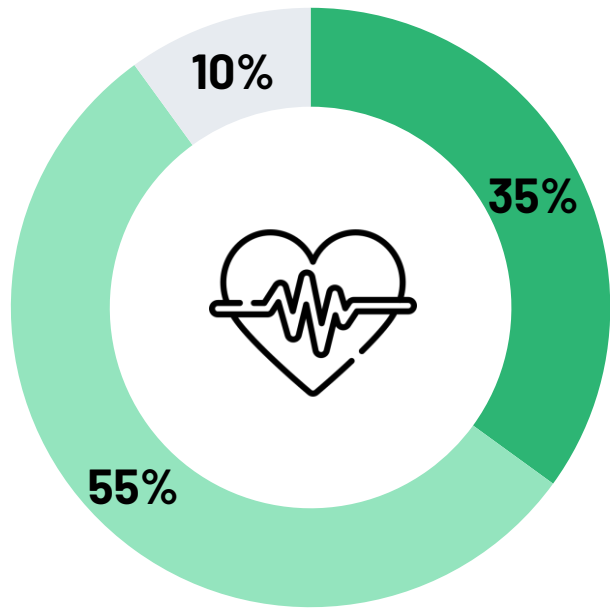


FREQUENCY OF THINKING ABOUT HEALTH

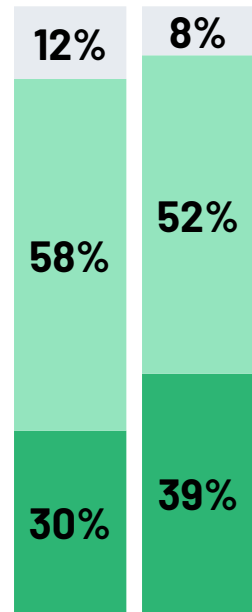


Frequency of thinking about physical health

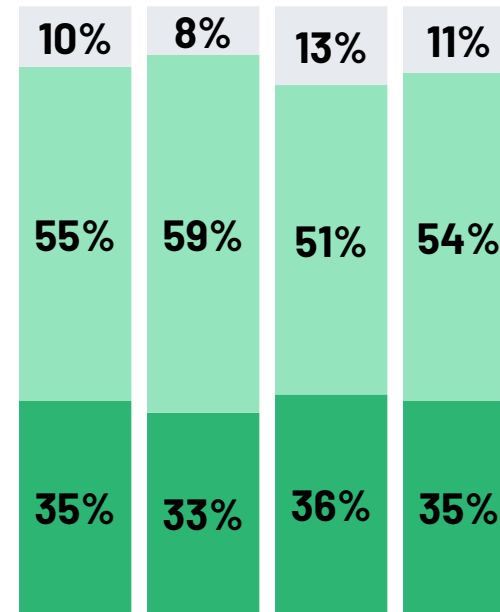
% - by demographics



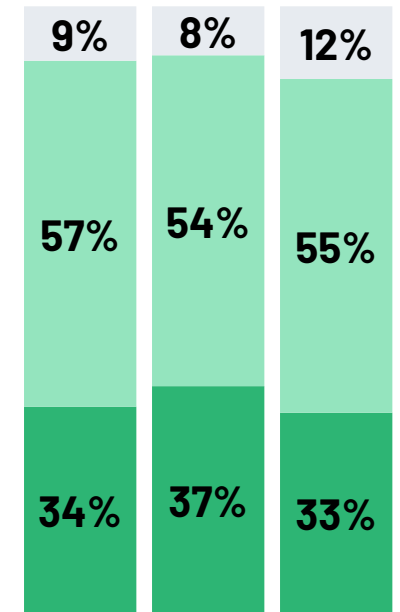
Very often Fairly often Rarely/Never



Males Females



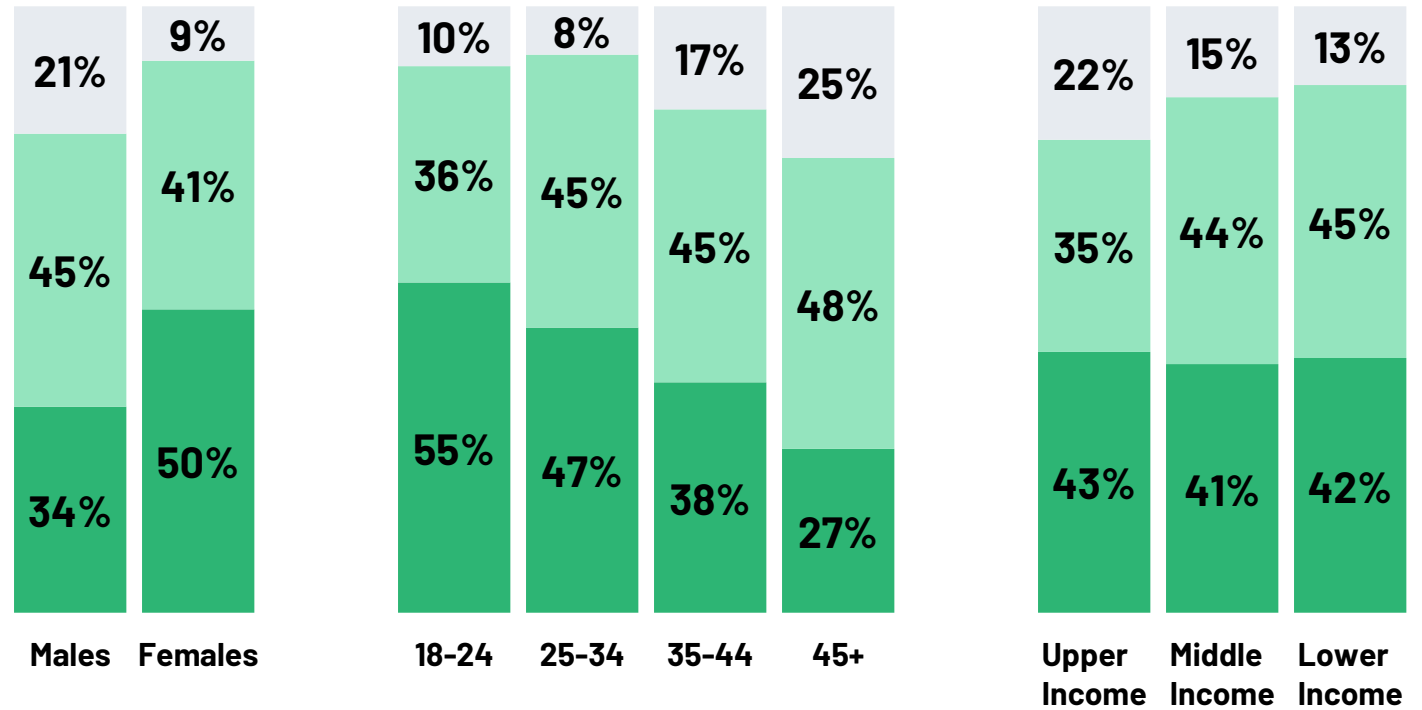
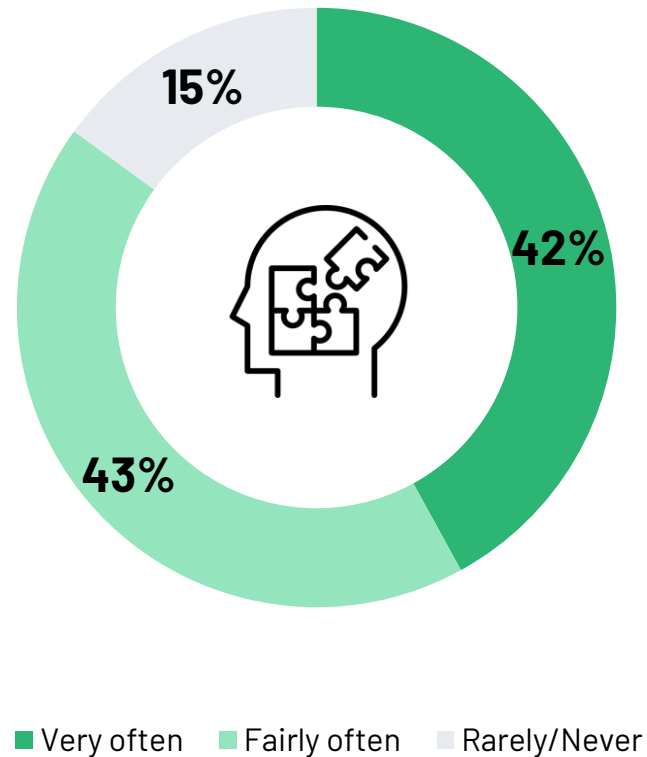
18-24 25-34 35-44 45+



Upper Income Middle Income Lower Income

Frequency of thinking about mental health

% - by demographics





PERCEPTIONS ON THE IMPORTANCE OF PHYSICAL AND MENTAL HEALTH

Perceptions on the importance of physical and mental health

69%

Think that physical and mental health are equally important



22%

Think mental health is more important than physical health



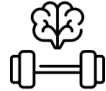
7%

Think physical health is more important than mental health



Perceptions on the importance of physical and mental health

% - by demographics



Think that physical and mental health are equally important



Think mental health is more important than physical health

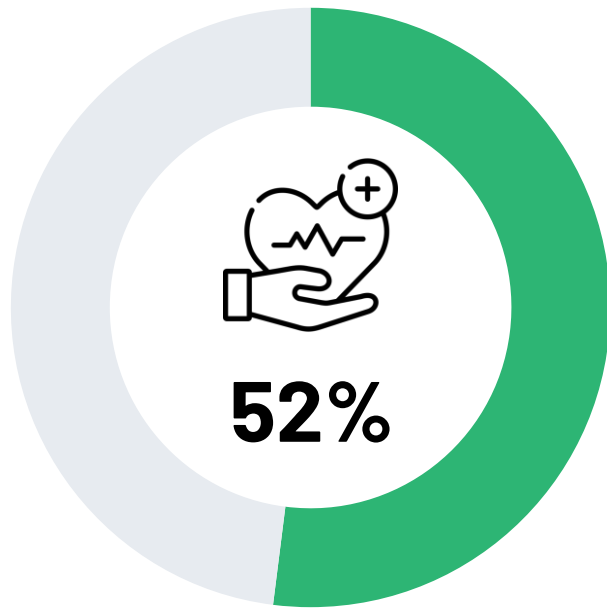


Think physical health is more important than mental health

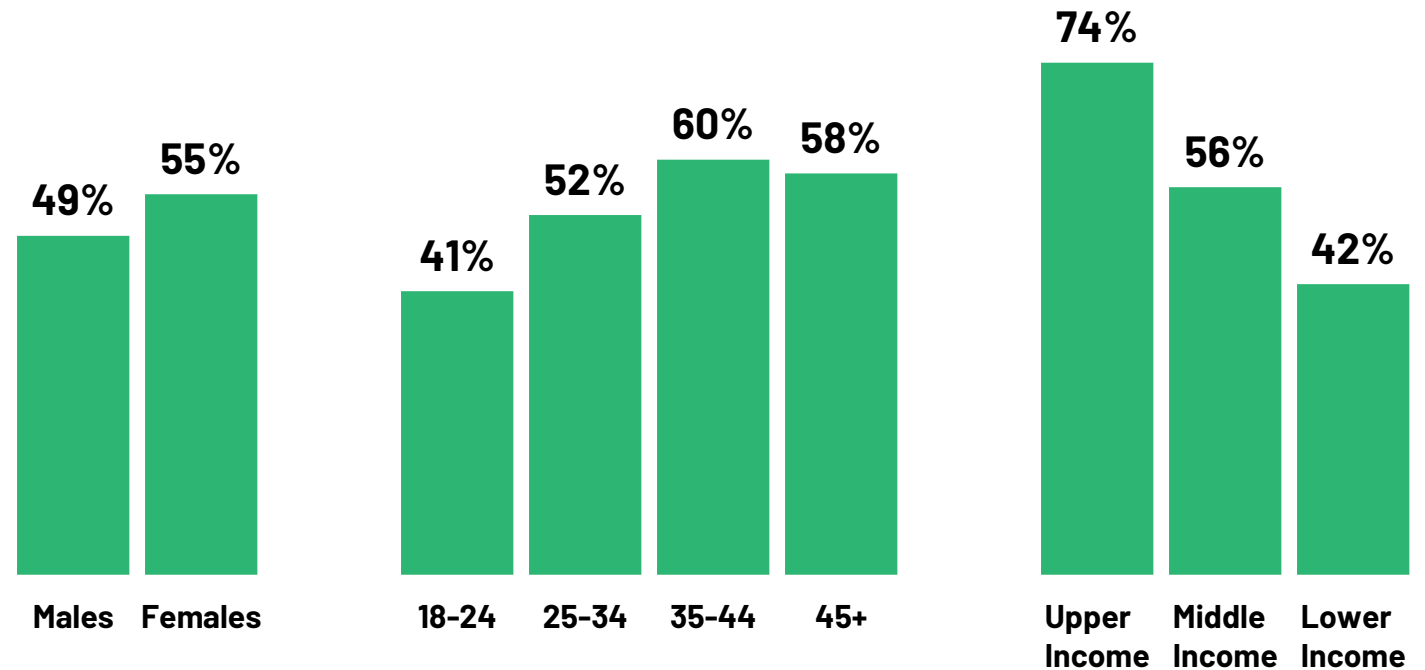
	69%	22%	7%
Total			
Male	66%	23%	9%
Female	73%	20%	5%
18-24	62%	25%	10%
25-34	66%	25%	7%
35-44	81%	13%	4%
45+	72%	20%	7%
Upper Income	67%	20%	10%
Middle Income	72%	18%	9%
Lower Income	68%	26%	5%

Perceptions on prioritizing physical health over mental health in Jordan

% - by demographics



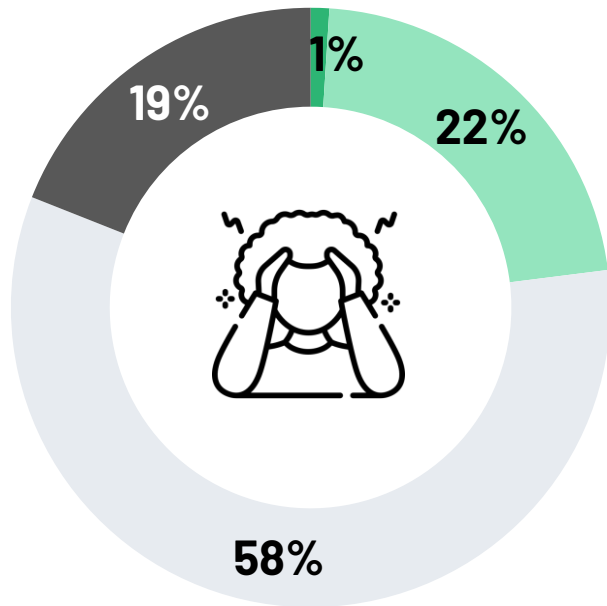
Think that physical health is treated more importantly than mental health in Jordan



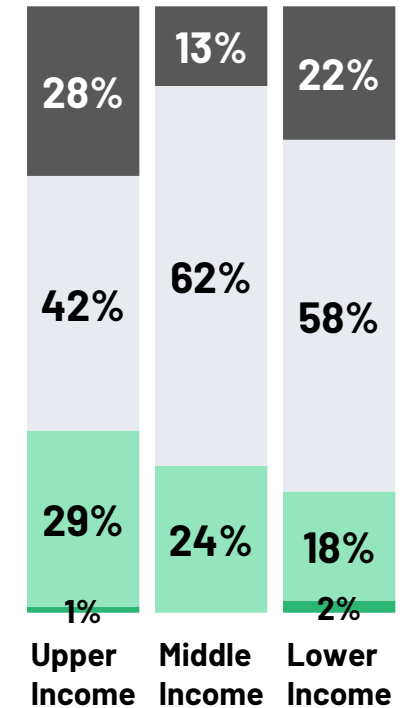
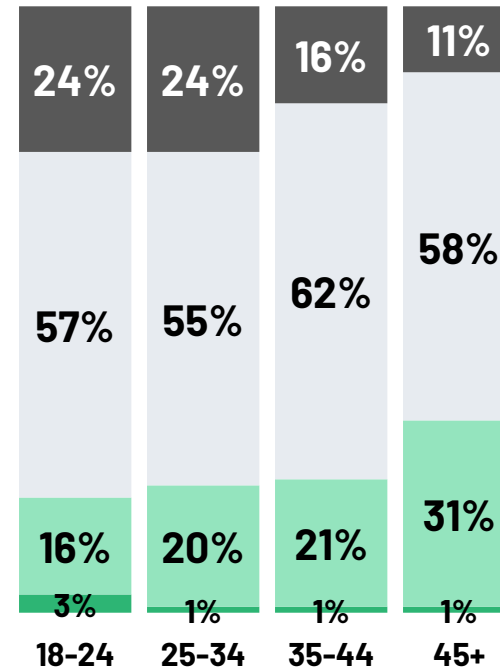
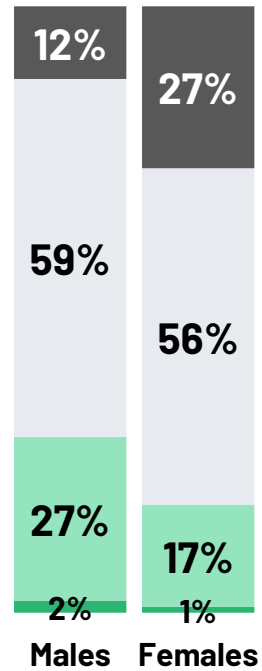
SELF PERCEPTION OF MENTAL HEALTH AND STRESS LEVELS

Frequency of feeling stressed

% - by demographics

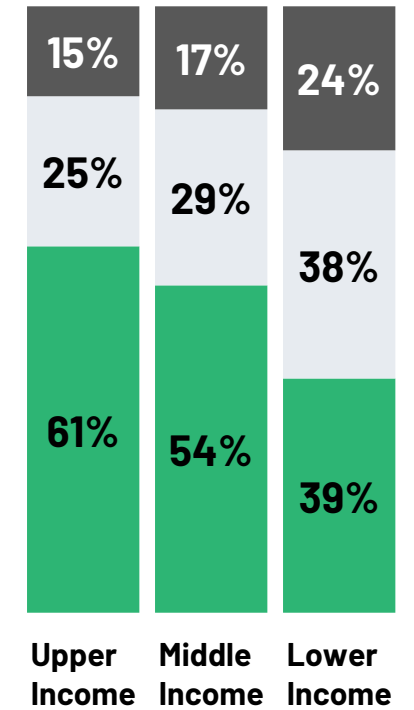
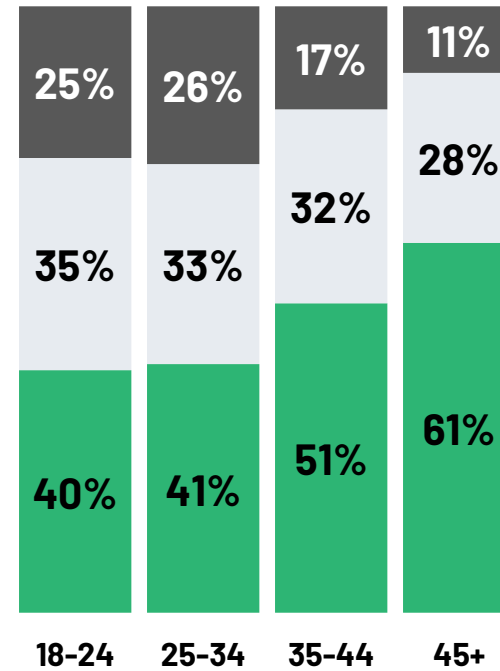
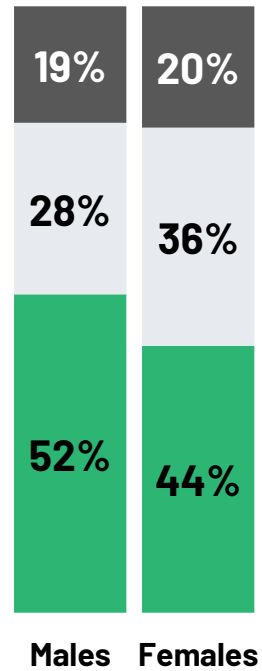
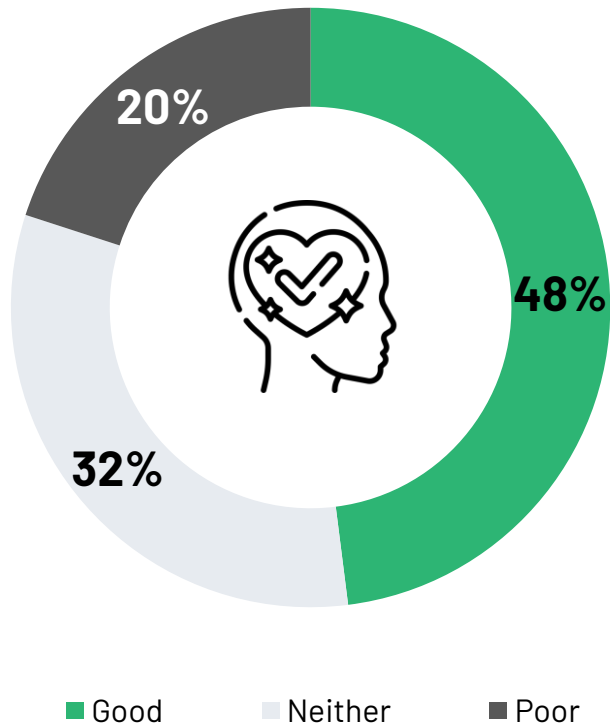


■ Never feel stressed ■ Rarely feel stressed
■ Often feel stressed ■ Constantly feel stressed



Self perception of mental health

% Self-rated mental health status – by demographics

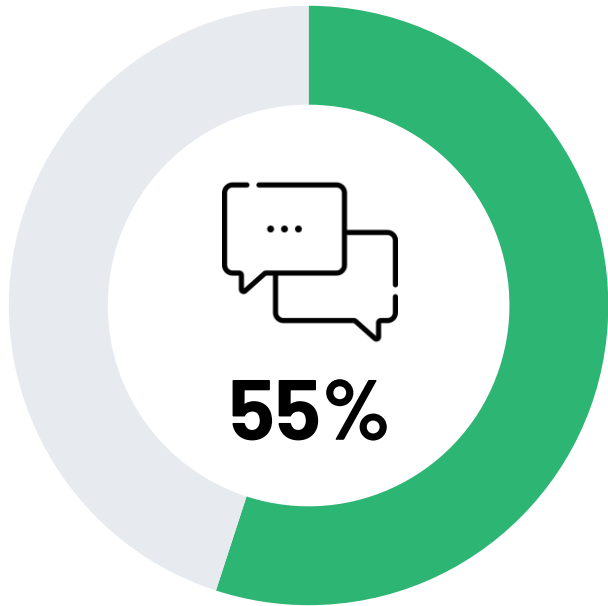


MENTAL HEALTH CONVERSATIONS IN JORDAN

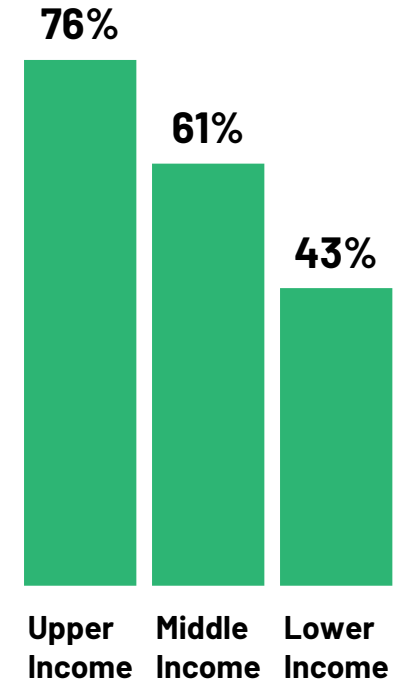
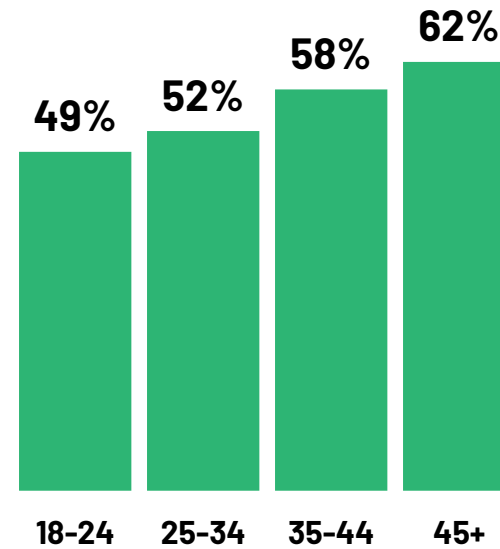
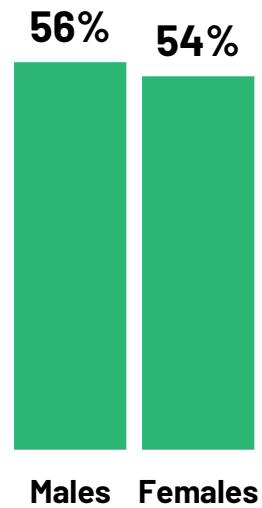


Mental health conversations in Jordan

% - by demographics



Think that people don't talk enough about mental health in Jordan



Sample and methodology

Sample size

500 respondents

Sample criteria

General public
representative of the population across gender, age (18+)
and SEC

Methodology

The survey was conducted via Ipsos online panel

Geographical coverage

Conducted in Jordan
with a nationwide coverage

FOR MORE INFORMATION

Hala Elfar
Managing Director
Ipsos in Jordan and Iraq
hala.elfar@ipsos.com

