

SPOTLIGHT*KSA

VIEWS ON MENTAL HEALTH

May - 2024

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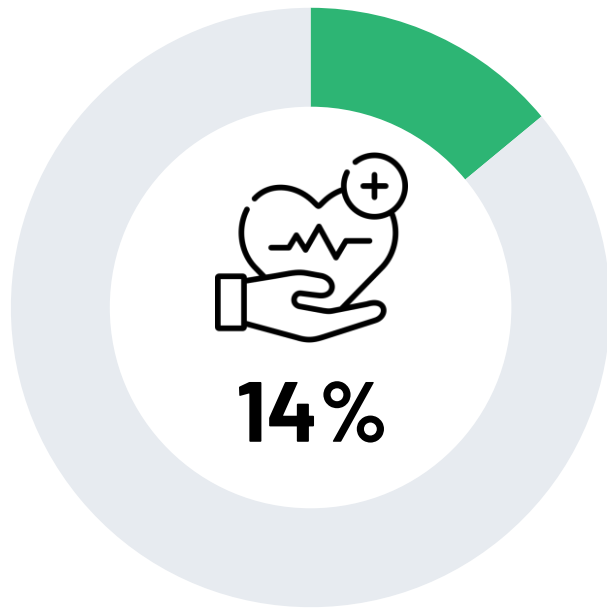
**Mental health conversations
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HEALTH AS A LIFE PRIORITY

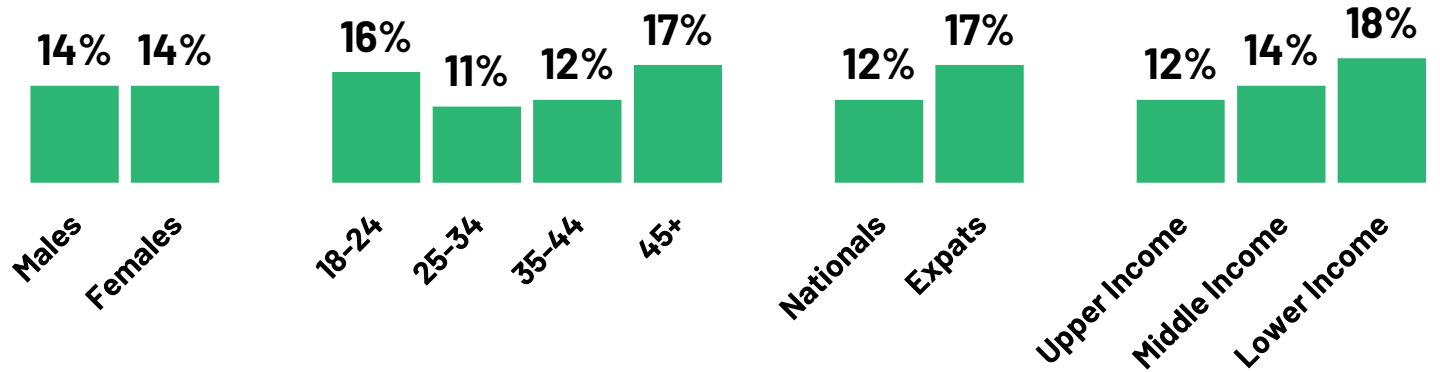


Health as a life priority

% - by demographics



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

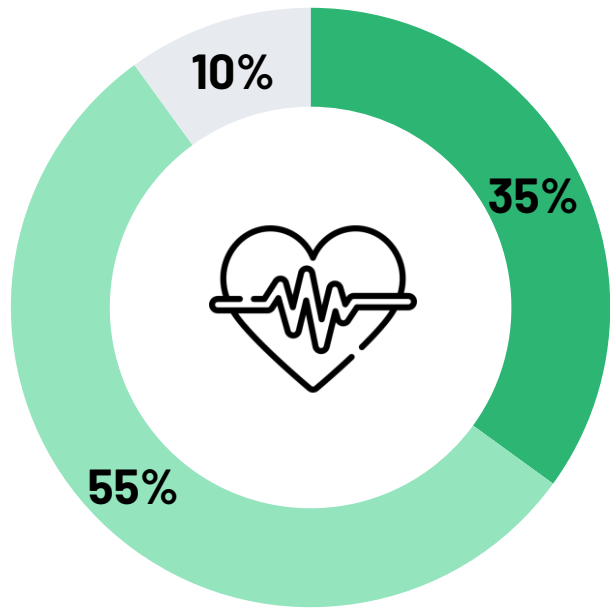


FREQUENCY OF THINKING ABOUT HEALTH

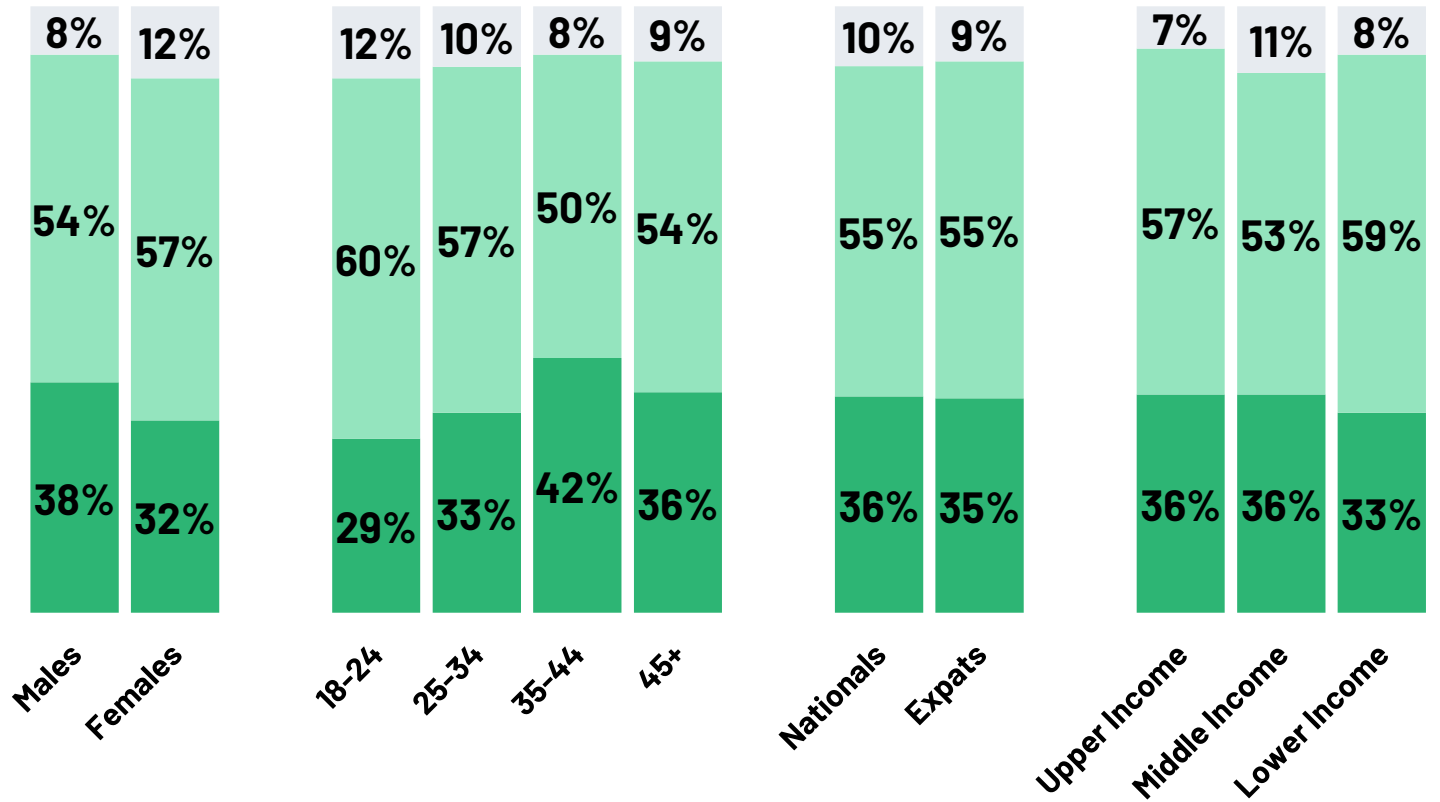


Frequency of thinking about physical health

% - by demographics

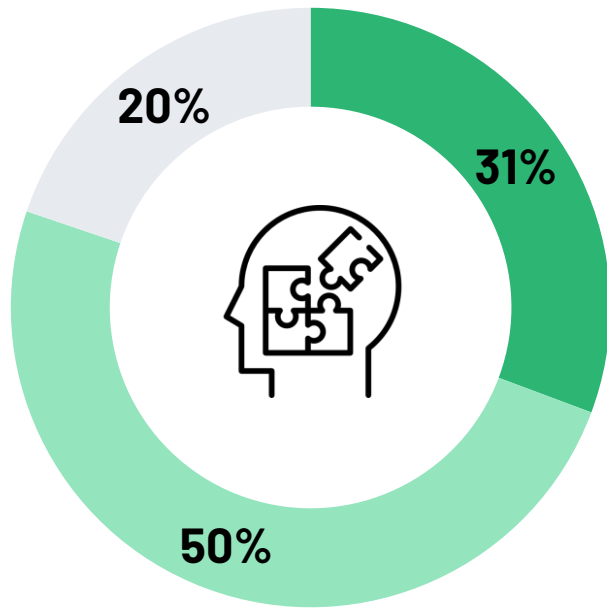


Very often Fairly often Rarely/Never

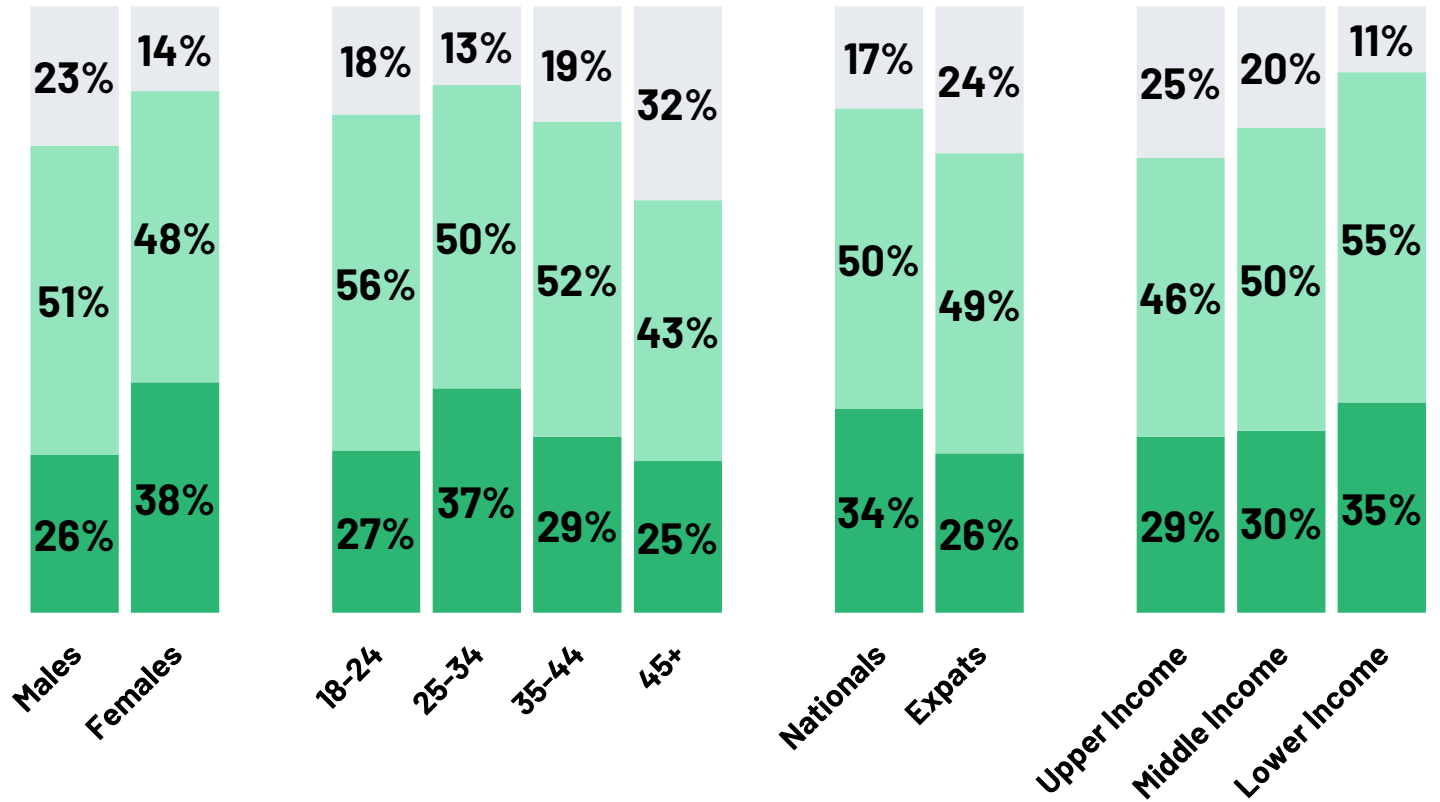


Frequency of thinking about mental health

% - by demographics



Very often Fairly often Rarely/Never





PERCEPTIONS ON THE IMPORTANCE OF PHYSICAL AND MENTAL HEALTH

Perceptions on the importance of physical and mental health

64%

Think that physical and mental health are equally important



24%

Think mental health is more important than physical health



12%

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

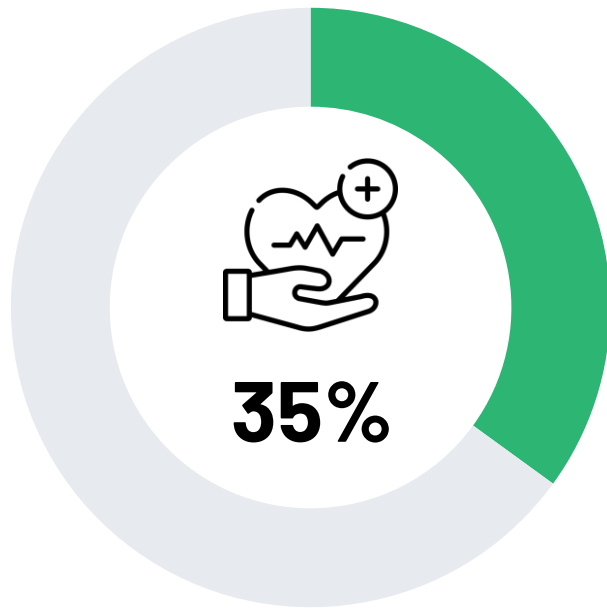


Think physical health is more important than mental health

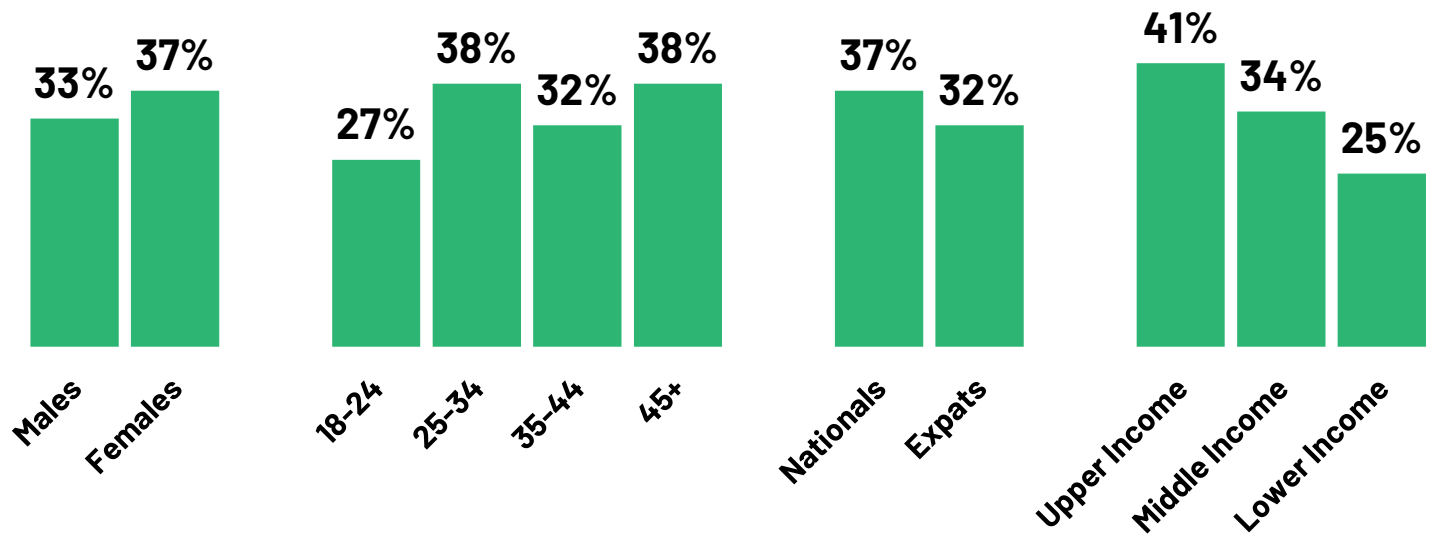
	64%	24%	12%
Total			
Male	62%	23%	15%
Female	66%	25%	8%
18-24	63%	23%	13%
25-34	57%	27%	16%
35-44	68%	20%	11%
45+	68%	24%	8%
Nationals	59%	25%	16%
Expats	71%	21%	8%
Upper Income	62%	25%	13%
Middle Income	66%	22%	12%
Lower Income	58%	28%	13%

Perceptions on prioritizing physical health over mental health in KSA

% - by demographics



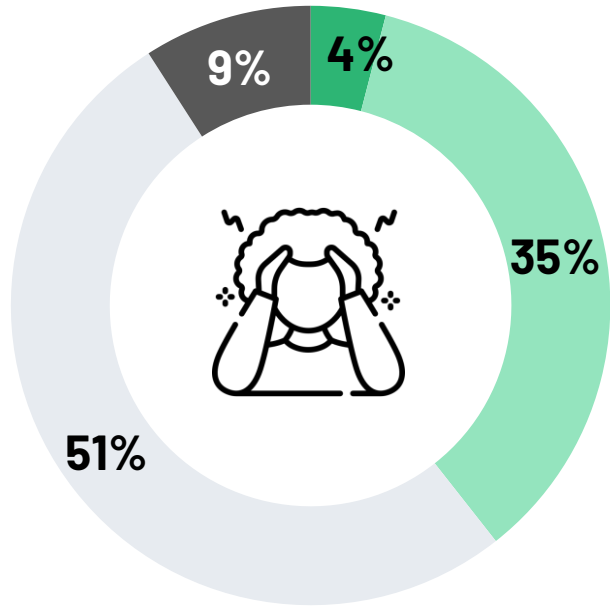
Think that physical health is treated more importantly than mental health in KSA



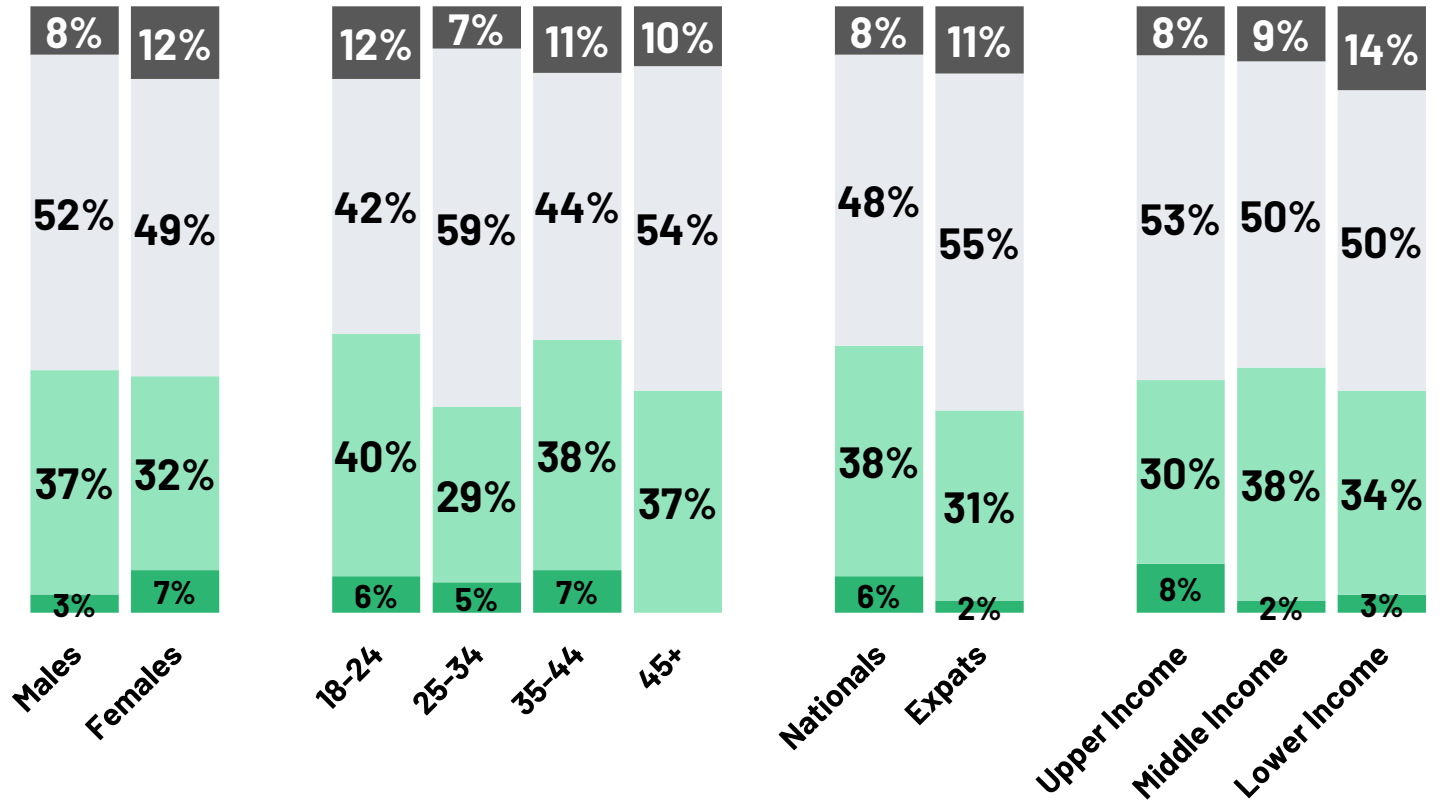
SELF PERCEPTION OF MENTAL HEALTH AND STRESS LEVELS

Frequency of feeling stressed

% - by demographics

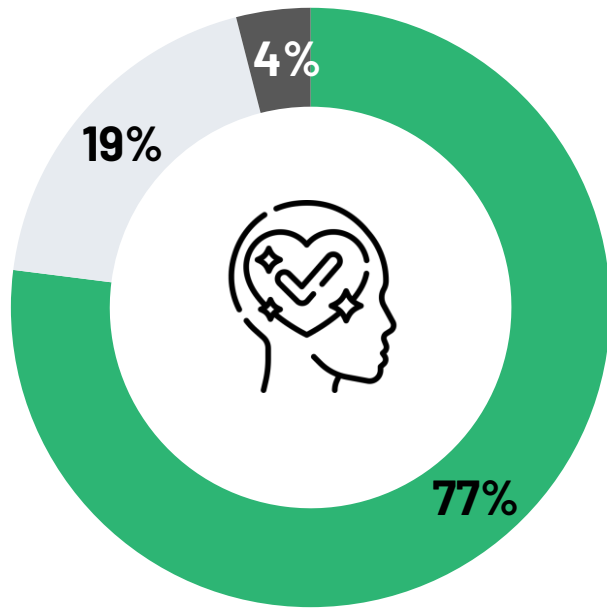


■ Never feel stressed ■ Rarely feel stressed
■ Often feel stressed ■ Constantly feel stressed

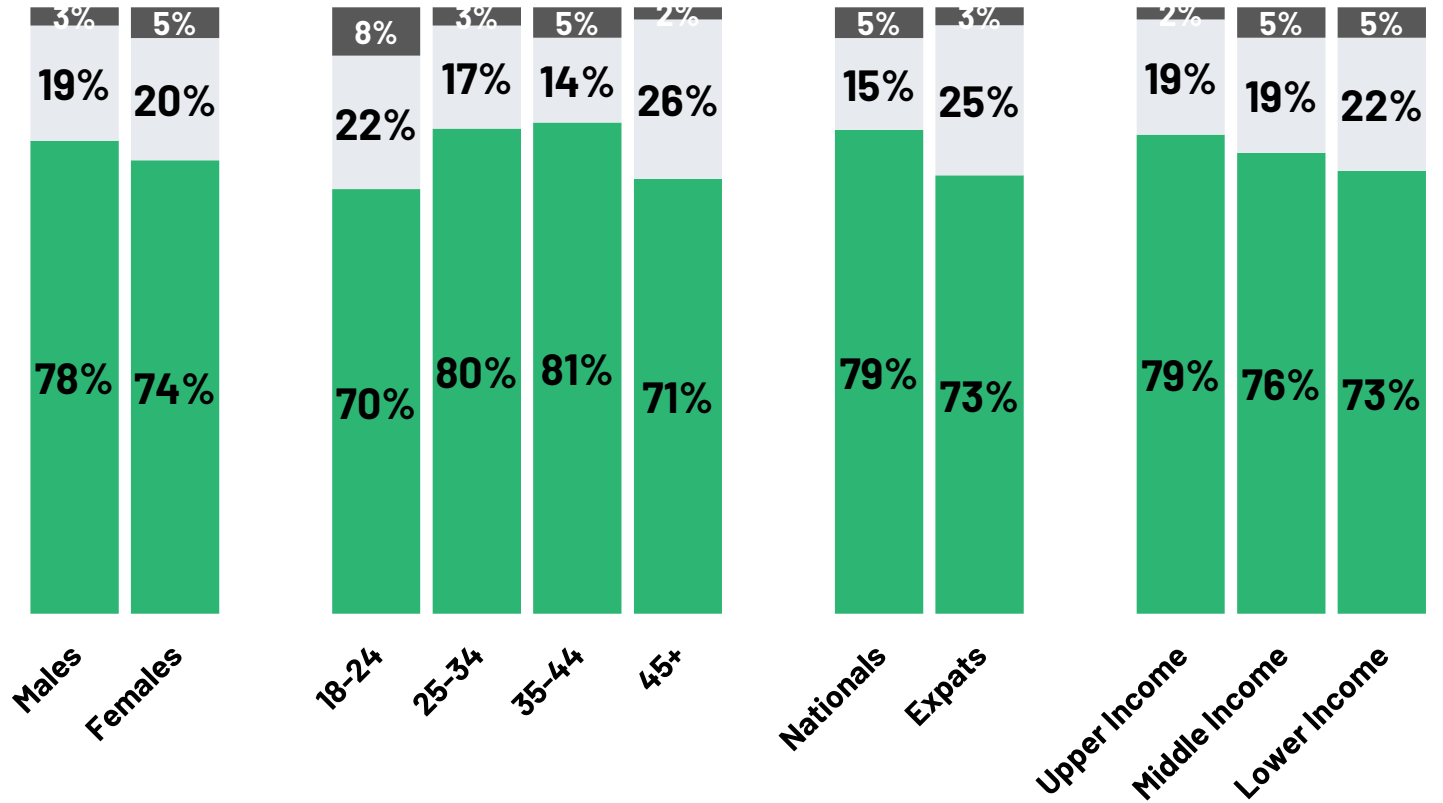


Self perception of mental health

% Self-rated mental health status – by demographics



■ Good ■ Neither ■ Poor

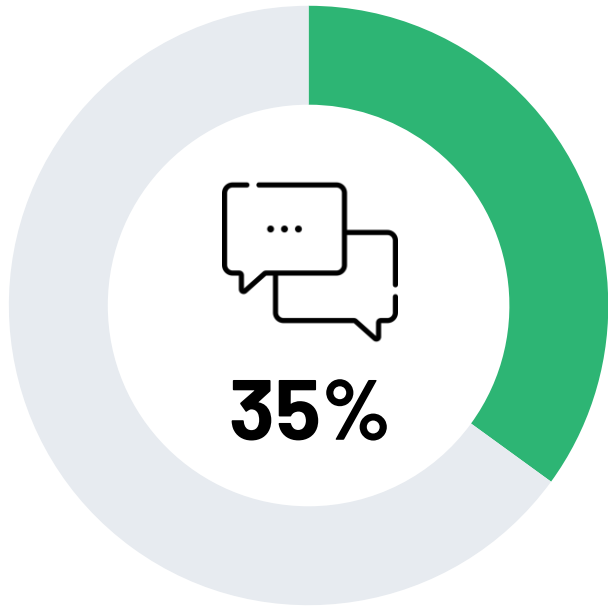


MENTAL HEALTH CONVERSATIONS IN SAUDI ARABIA

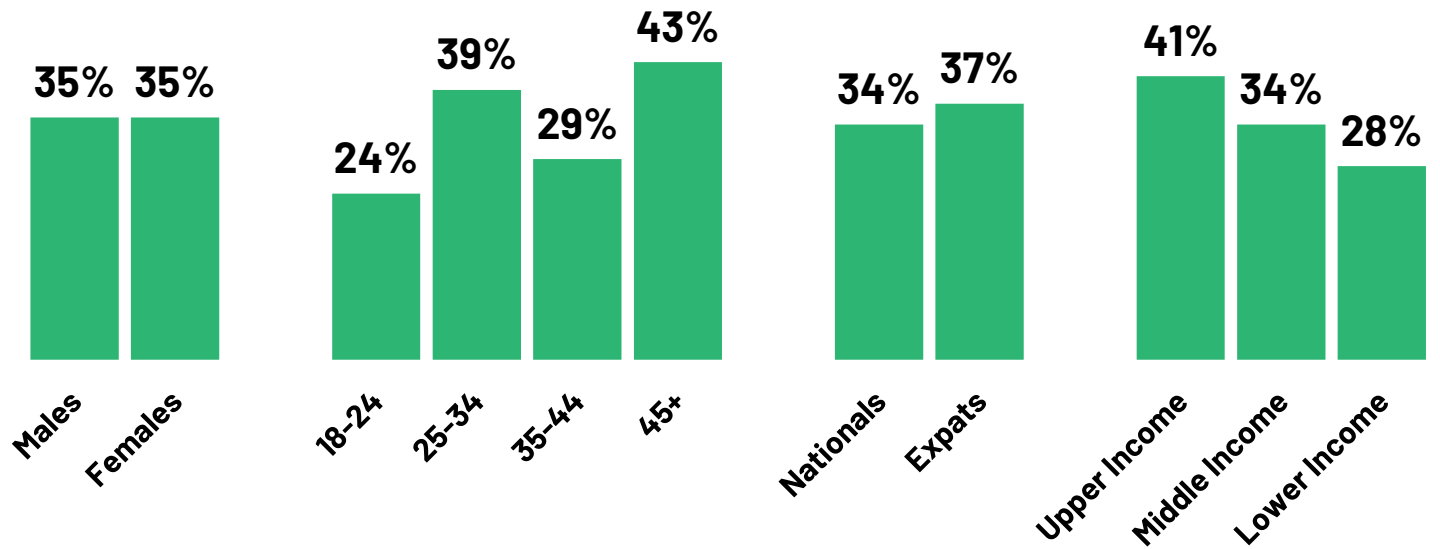


Mental health conversations in Saudi Arabia

% - by demographics



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



Sample and methodology

Sample size

500 respondents

Sample criteria

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

Methodology

The survey was conducted via Ipsos online panel

Geographical coverage

Conducted in KSA
with a nationwide coverage

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