



BELHEALTH
BELGIAN HEALTH AND WELLBEING COHORT

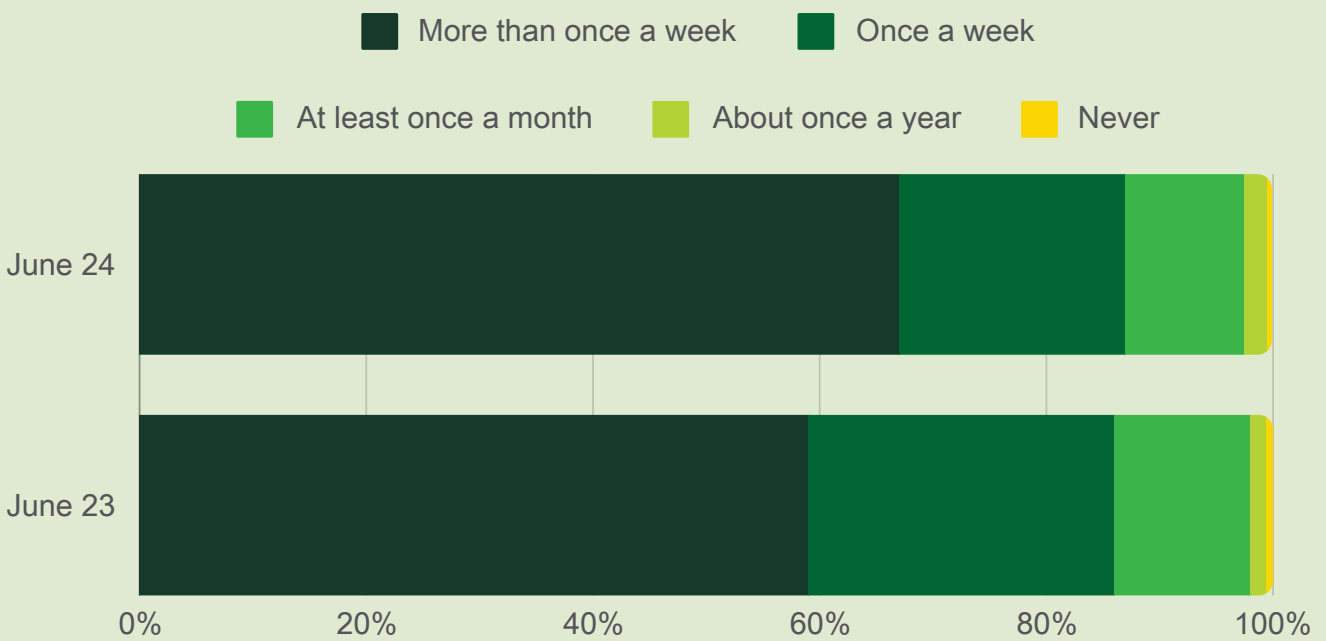
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Results from the 6th wave – June 2024

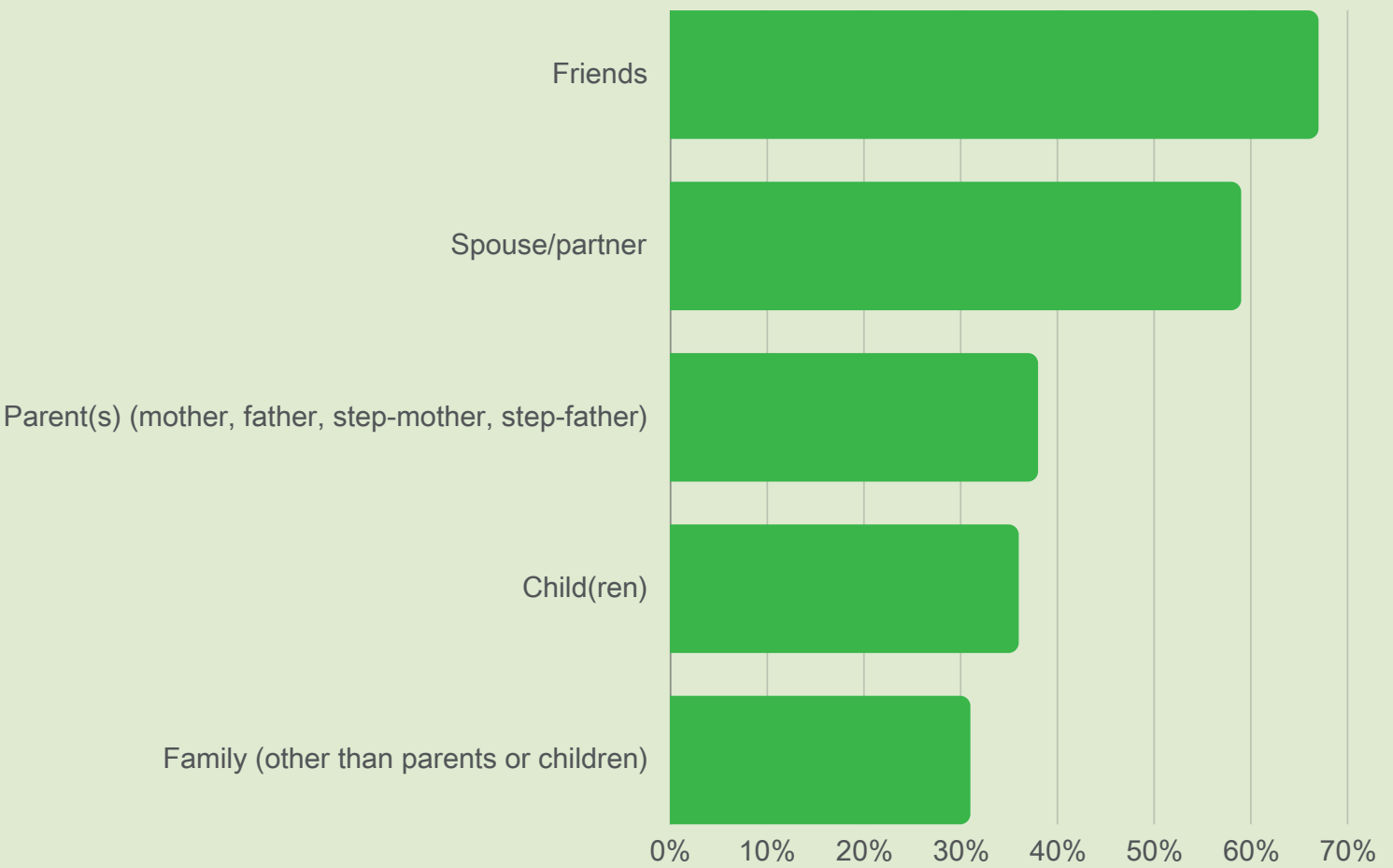
Key factors influencing mental health: social relationships and loneliness



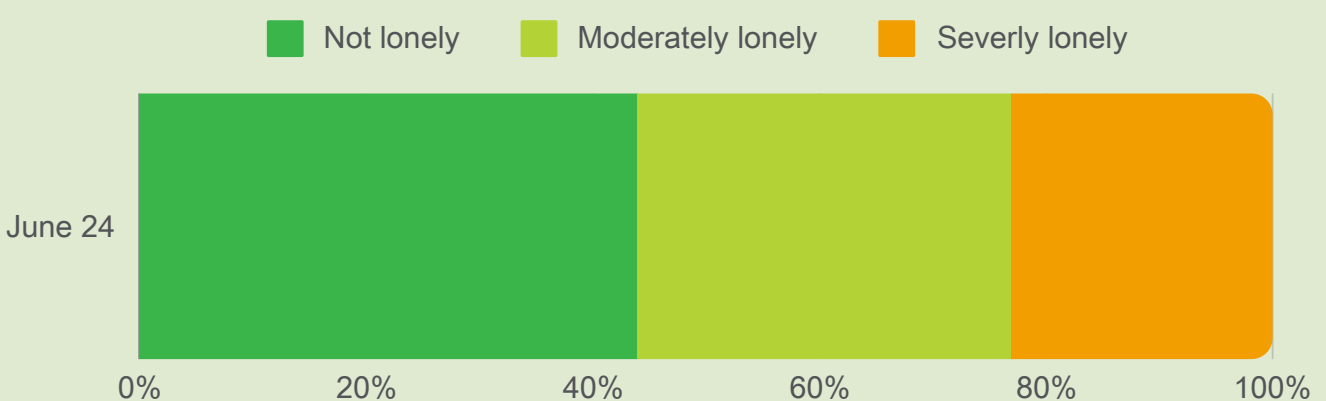
More than eight out of ten people have weekly contacts with parents, children, friends, acquaintances, etc.



The five main sources people received social support from are



Even with this high level of social contact, more than half of people feel lonely



People who reported being most lonely

- are middle-aged (30-64 years)
- have lower education
- live alone (with or without children)

Mental health stigma in society: a heavy burden



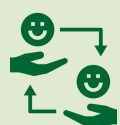
People with mental health problems are perceived to face negative beliefs and attitudes in our society



85% believe that people in our society hesitate to leave their child with someone who has mental health problems

76% believe that people in our society hesitate to do business with someone with mental health problems

74% believe that people in our society take less seriously the opinion of someone with mental health problems



Participants were considered as moderately optimistic

On a scale from 0 to 24, the average score for optimism is 13,3.



Optimism is higher among those:

- aged 65+
- with higher education
- living with partner, family, friends ...

Anxiety and depression are linked with loneliness, mental health stigma and optimism

18%
EXPERIENCED
ANXIETY



15%
EXPERIENCED
DEPRESSION



The likelihood of experiencing **anxiety**:

- increases when people have less than one social contact per week
- is 6 times higher for people who experience moderate or severe **loneliness**
- increases with level of **perceived mental health stigma**
- decreases with higher levels of **optimism**

The likelihood of experiencing **depression**:

- increases when people have less than one social contact per week
- is 9 times higher for people who experience **loneliness**
- increases with the level of **perceived mental health stigma**
- decreases with higher levels of **optimism**

Discover the research methodology in [this technical document](#).

Interactive data on anxiety, depression, low life satisfaction and dissatisfaction with social contacts by region, sex and age can be found on our [dashboard](#).

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Source: BELHEALTH sixth survey

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