**Wellcome Global Monitor (WGM) 2020 Mental Health Module: User Guide & Data Dictionary**

The datasets and crosstabs cover the mental health sections of the WGM Survey 2020 conducted in 113 countries and territories around the world on views and experiences of mental health. In subsequent data releases the rest of the survey data will be published.

Please note some variables covered in the mental health report are from Gallup’s World Poll of which the WGM was a module but are not published in this dataset.

The crosstabs cover all the mental health questions broken down into different tabs by region, country, country income, country and socio-economic and demographic. All questions are laid out in column B and the answer options in column C. Percentages should be read as vertical for each answer and the 100% total is not included. Unweighted counts are listed next to each percentage and those under 100 are highlighted.

**List of all dataset variables**

|  |
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|  |
| *ID* | *Name* | *Label* | *Values* | *Value Labels* |
| 1 | COUNTRYNEW | Country Name |  | \*\*String labels\*\* |
| 2 | WPID\_RANDOM | Random Unique Case ID | range: 111112499-211110808 |
| 3 | WGT | National weight, for analysis at the country level | range: 0.1-8.7 |
| 4 | PROJWT | Weight for cross-national analysis: Multiples respondent weight by a factor to project to15+ population in each country) for analysis ofpooled multi-country data | range: 62.6-1729254.9 |
| 5 | FIELD\_DATE | Study Completion Date |  |  |
| 6 | YEAR\_WAVE | Wave Year | range: 2020-2020 |
| 7 | MH1 | Importance of Mental Health For Well-Being | 12399 | More importantAs importantLess importantDK/Refused |
| 8 | MH2A | How Much Science Can Explain How the Human Body Works | 123499 | A lotSomeNot muchNot at allDK/Refused |
| 9 | MH2B | How Much Science Can Explain How Feelings and Emotions Work | 123499 | A lotSomeNot muchNot at allDK/Refused |
| 10 | MH3A | How Much Science Helps to Treat Cancer | 123499 | A lotSomeNot muchNot at allDK/Refused |
| 11 | MH3B | How Much Science Helps to Treat Anxiety orDepression | 123499 | A lotSomeNot muchNot at allDK/Refused |
| 12 | MH3C | How Much Science Helps to Treat InfectiousDiseases | 123499 | A lotSomeNot muchNot at allDK/Refused |
| 13 | MH3D | How Much Science Helps to Treat Obesity | 123499 | A lotSomeNot muchNot at allDK/Refused |
| 14 | MH4A | Important for National Govt to Fund Research onCancer | 123499 | Extremely importantSomewhat importantNot too importantNot important at allDK/Refused |
| 15 | MH4B | Important for National Govt to Fund Research onAnxiety/Depression | 123499 | Extremely importantSomewhat importantNot too importantNot important at allDK/Refused |
| 16 | MH5 | Someone Local Comfortable Speaking AboutAnxiety/Depression | 12399 | Very comfortableSomewhat comfortableNot at all comfortableDK/Refused |
| 17 | MH6 | Friends/Family Have Been Anxious/Depressed | 1299 | YesNoDK/Refused |
| 18 | MH7A | Have Been Anxious/Depressed | 1299 | YesNoDK/Refused |
| 19 | MH7B | Age When First Felt Anxious/Depressed [NOTE: Please refer to variable age\_mh (see below) in order to recreate the data which appears in the report with respect to the age a person first felt anxious or depressed. This variable was collected as open-end, meaning respondents simply provided the specific age. However, respondents who were unable to provide a specific age were asked MH7B\_2 below. The variable age\_mh combines the information between these two variables] | 0-969799 | Numerical age97+DK/Refused |
| 20 | MH7B\_2 | Age Range When First Felt Anxious/Depressed[NOTE: Please refer to variable age\_mh (see below) in order to recreate the data which appears in the report with respect to the age a person first felt anxious or depressed. This variable was only asked of respondents who did not provide a specific age in MH7B. The variable age\_mh combines the information between these two variables] | 1234599 | Less than 13 years oldAges 13 - 19Ages 20 - 29Ages 30 - 39Age 40 or olderDK/Refused |
| 21 | MH7C | Have Felt Anxious/Depressed More Than Once | 1299 | YesNoDK/Refused |
| 22 | MH8A | Talked to Mental Health Professional WhenAnxious/Depressed | 1299 | YesNoDK/Refused |
| 23 | MH8B | Engaged in Religious/Spiritual Activities WhenAnxious/Depressed | 1299 | YesNoDK/Refused |
| 24 | MH8C | Talked to Friends or Family When Anxious/Depressed | 1299 | YesNoDK/Refused |
| 25 | MH8D | Took Prescribed Medication When Anxious/Depressed | 1299 | YesNoDK/Refused |
| 26 | MH8E | Improved Healthy Lifestyle Behaviours WhenAnxious/Depressed | 1299 | YesNoDK/Refused |
| 27 | MH8G | Made a Change to Work Situation WhenAnxious/Depressed | 1299 | YesNoDK/Refused |
| 28 | MH8F | Made a Change to Personal Relationships WhenAnxious/Depressed | 1299 | YesNoDK/Refused |
| 29 | MH8H | Spent Time in Nature/The Outdoors WhenAnxious/Depressed | 1299 | YesNoDK/Refused |
| 30 | MH9A | How Helpful Was Talking to Mental HealthProfessional When Anxious/Depressed | 12399 | Very helpfulSomewhat helpfulNot helpfulDK/Refused |
| 31 | MH9B | How Helpful Was Engaging in Religious or SpiritualActivities When Anxious/Depressed | 12399 | Very helpfulSomewhat helpfulNot helpfulDK/Refused |
| 32 | MH9C | How Helpful Was Talking to Friends or Family WhenAnxious/Depressed | 12399 | Very helpfulSomewhat helpfulNot helpfulDK/Refused |
| 33 | MH9D | How Helpful Was Taking Prescribed Medication WhenAnxious/Depressed | 12399 | Very helpfulSomewhat helpfulNot helpfulDK/Refused |
| 34 | MH9E | How Helpful Was Improving Healthy LifestyleBehaviours When Anxious/Depressed | 12399 | Very helpfulSomewhat helpfulNot helpfulDK/Refused |
| 35 | MH9F | How Helpful Was Making a Change to Work SituationWhen Anxious/Depressed | 12399 | Very helpfulSomewhat helpfulNot helpfulDK/Refused |
| 36 | MH9G | How Helpful Was Making a Change to PersonalRelationships When Anxious/Depressed | 12399 | Very helpfulSomewhat helpfulNot helpfulDK/Refused |
| 37 | MH9H | How Helpful Was Spending Time in Nature/TheOutdoors When Anxious/Depressed | 12399 | Very helpfulSomewhat helpfulNot helpfulDK/Refused |
| 38 | age\_mh | Age first experienced anxiety/depression (combinedMH7B & MH7B\_2 responses)[NOTE: Please refer to this variable in order to recreate the data which appears in the report with respect to the age a person first felt anxious or depressed. This variable combines the information captured from MH7A and MH7B (see above) to place all respondents into 5 age groups, as well as an overall DK/Refused category. The DK/Refused category in this variable only applies to respondents who provided no information in both MH7A and MH7B, and consequently the number of cases is smaller than which appear in the “DK/Refused” category of either MH7A or MH7B].  | 1234599 | Less than 13 years oldAges 13-19Ages 20-29Ages 30-39Age 40 or olderDK/Refused |
| 39 | clusters\_global | Clusters of approaches to alleviating anxiety ordepression -- Global results[NOTE: “Outlier cluster” refers to cases which do not match the distance threshold for any cluster group and are kept as a separate group. Analysts may consider excluding this group when comparing survey results across cluster groups] | 12399 | Holistic combinationLifestyle changesPrimary support from friends or familyOutlier Cluster |
| 40 | clusters\_East\_Asia\_Pacific | Clusters of approaches to alleviating anxiety ordepression -- East Asia & Pacific results[NOTE: Regional clusters were created using a smaller number of regions in order to enhance sample size. To see which countries belong to which regions, please see section ADDITIONAL NOTES below. These clusters were also not described in the report and are only represented by a value. “Outlier cluster” refers to cases which do not match the distance threshold for any cluster group and are kept as a separate group. Analysts may consider excluding this group when comparing survey results across cluster groups] | 99 | Outlier Cluster |
| 41 | clusters\_Europe | Clusters of approaches to alleviating anxiety ordepression -- Europe results[NOTE: Regional clusters were created using a smaller number of regions in order to enhance sample size. To see which countries belong to which regions, please see section ADDITIONAL NOTES below. These clusters were also not described in the report and are only represented by a value. “Outlier cluster” refers to cases which do not match the distance threshold for any cluster group and are kept as a separate group. Analysts may consider excluding this group when comparing survey results across cluster groups] | 99 | Outlier Cluster |
| 42 | clusters\_LatAm | Clusters of approaches to alleviating anxiety ordepression -- Latin America results[NOTE: Regional clusters were created using a smaller number of regions in order to enhance sample size. To see which countries belong to which regions, please see section ADDITIONAL NOTES below. These clusters were also not described in the report and are only represented by a value. “Outlier cluster” refers to cases which do not match the distance threshold for any cluster group and are kept as a separate group. Analysts may consider excluding this group when comparing survey results across cluster groups] | 99 | Outlier Cluster |
| 43 | clusters\_MENA | Clusters of approaches to alleviating anxiety ordepression -- MENA results[NOTE: Regional clusters were created using a smaller number of regions in order to enhance sample size. To see which countries belong to which regions, please see section ADDITIONAL NOTES below. These clusters were also not described in the report and are only represented by a value. “Outlier cluster” refers to cases which do not match the distance threshold for any cluster group and are kept as a separate group. Analysts may consider excluding this group when comparing survey results across cluster groups] | 99 | Outlier Cluster |
| 44 | clusters\_NAm | Clusters of approaches to alleviating anxiety ordepression -- Northern America results[NOTE: Regional clusters were created using a smaller number of regions in order to enhance sample size. To see which countries belong to which regions, please see section ADDITIONAL NOTES below. These clusters were also not described in the report and are only represented by a value. “Outlier cluster” refers to cases which do not match the distance threshold for any cluster group and are kept as a separate group. Analysts may consider excluding this group when comparing survey results across cluster groups] | 99 | Outlier Cluster |
| 45 | clusters\_SAsia | Clusters of approaches to alleviating anxiety ordepression -- South Asia results[NOTE: Regional clusters were created using a smaller number of regions in order to enhance sample size. To see which countries belong to which regions, please see section ADDITIONAL NOTES below. These clusters were also not described in the report and are only represented by a value. “Outlier cluster” refers to cases which do not match the distance threshold for any cluster group and are kept as a separate group. Analysts may consider excluding this group when comparing survey results across cluster groups] | 99 | Outlier Cluster |
| 46 | clusters\_SSA | Clusters of approaches to alleviating anxiety ordepression -- Sub-Sarahan Africa results[NOTE: Regional clusters were created using a smaller number of regions in order to enhance sample size. To see which countries belong to which regions, please see section ADDITIONAL NOTES below. These clusters were also not described in the report and are only represented by a value. “Outlier cluster” refers to cases which do not match the distance threshold for any cluster group and are kept as a separate group. Analysts may consider excluding this group when comparing survey results across cluster groups] | 99 | Outlier Cluster |
| 47 | clusters\_CAsia | Clusters of approaches to alleviating anxiety ordepression -- Central Asia results[NOTE: Regional clusters were created using a smaller number of regions in order to enhance sample size. To see which countries belong to which regions, please see section ADDITIONAL NOTES below. These clusters were also not described in the report and are only represented by a value. “Outlier cluster” refers to cases which do not match the distance threshold for any cluster group and are kept as a separate group. Analysts may consider excluding this group when comparing survey results across cluster groups] | 99 | Outlier Cluster |
| 48 | Age | Age | 99100 | 99+DK/Refused |
| 49 | age\_var1 | Age cohort (3 categories) | 12399 | 15-2930-4950+DK/Refused |
| 50 | age\_var2 | Age cohort (4 categories, with older age group) | 123499 | 15-2930-4950-6465+DK/Refused |
| 51 | age\_var3 | Age cohort (4 categories, with youngest group being 15-24 year old group) | 123499 | 15-2425-3435-4950+DK/Refused |
| 52 | Gender | Gender | 12 | MaleFemale |
| 53 | Education | Highest level of educational attainment | 123 | Elementary or less (8 years or less)Secondary (8-15 years)Tertiary (16+ years) |
| 54 | Household\_Income | Per Capita Income Quintiles | 12345 | Poorest 20%Second 20%Middle 20%Fourth 20%Richest 20% |
| 55 | Global11Regions | Global regions used in report analysis | 1234567891011 | Western EuropeEastern EuropePost-Soviet EurasiaAustralia/New ZealandEast AsiaSE AsiaSouth AsiaLatin AmericaU.S./CanadaMiddle East/North AfricaSub-Saharan Africa |
| 56 | wbi | Country income level -- World Bank most recentdefinition | 1234 | Low incomeLower-middle incomeUpper-middle incomeHigh income |
| 57 | Subjective\_Income | Feelings About Household Income | 123456 | Living comfortably on present incomeGetting by on present incomeFinding it difficult on present incomeFinding it very difficult on present income(DK)(Refused) |
| 58 | EMP\_2010 | Employment Status | 123456 | Employed full time for an employerEmployed full time for selfEmployed part time do not want full timeUnemployedEmployed part time want full timeOut of workforce |

## ADDITIONAL NOTES: REGIONS USED FOR CLUSTER VARIABLES

As noted above, the regional groupings used for the cluster analysis differed from the main regional variable used in the analysis (Global11Regions). Information about this main variable appear in the report. The below table provides a mapping of which countries appear in each grouping for the purposes of the cluster analysis.

|  |  |
| --- | --- |
| Cluster Region | Country |
| East Asia & Pacific | Australia |
| Cambodia |
| China |
| Hong Kong |
| Indonesia |
| Japan |
| Laos |
| Malaysia |
| Mongolia |
| Myanmar |
| New Zealand |
| Philippines |
| South Korea |
| Taiwan |
| Thailand |
| Vietnam |
| Europe | Albania |
| Austria |
| Belgium |
| Bosnia Herzegovina |
| Bulgaria |
| Croatia |
| Cyprus |
| Czech Republic |
| Denmark |
| Estonia |
| Finland |
| France |
| Georgia |
| Germany |
| Greece |
| Hungary |
| Ireland |
| Italy |
| Kosovo |
| Latvia |
| Lithuania |
| Macedonia |
| Moldova |
| Montenegro |
| Netherlands |
| Norway |
| Poland |
| Portugal |
| Romania |
| Russia |
| Serbia |
| Slovakia |
| Slovenia |
| Spain |
| Sweden |
| Switzerland |
| Turkey |
| Ukraine |
| United Kingdom |
| Latin America & Caribbean | Argentina |
| Bolivia |
| Brazil |
| Chile |
| Colombia |
| Costa Rica |
| Dominican Republic |
| Ecuador |
| El Salvador |
| Mexico |
| Nicaragua |
| Paraguay |
| Peru |
| Uruguay |
| Venezuela |
| Middle East & North Africa | Algeria |
| Bahrain |
| Egypt |
| Iran |
| Iraq |
| Israel |
| Jordan |
| Lebanon |
| Malta |
| Morocco |
| Saudi Arabia |
| Tunisia |
| United Arab Emirates |
| North America | Canada |
| United States |
| South Asia | Bangladesh |
| India |
| Nepal |
| Sri Lanka |
| Sub-Saharan Africa | Benin |
| Burkina Faso |
| Cameroon |
| Congo Brazzaville |
| Ethiopia |
| Gabon |
| Ghana |
| Guinea |
| Ivory Coast |
| Kenya |
| Mali |
| Mauritius |
| Namibia |
| Nigeria |
| Senegal |
| South Africa |
| Tanzania |
| Uganda |
| Zambia |
| Zimbabwe |
| Central Asia | Kazakhstan |
| Kyrgyzstan |
| Tajikistan |
| Uzbekistan |