

Mental Health Survey Report

This report analyzes responses from a multilingual survey (English, Croatian, Serbian, Hungarian) with 219 participants, covering mental health awareness, stress, community support, and digital tool usage. Data was processed to calculate percentages, participant counts, statistical measures, and correlations, with insights into regional and demographic trends.

1. Respondent Demographics

Total participants: 219

Gender Distribution

Gender	Count	Percent
Female (Ženski, Nő, Female)	135	61.6%
Male (Muški, Férfi, Male)	81	37.0%
Prefer not to say (all variants)	3	1.4%

Age Distribution

Age Group	Count	Percent
16–19	80	36.5%
20–25	83	37.9%
26–30	48	21.9%
Above 30	8	3.7%

2. Mental Health Awareness & Self-Assessment

Mental Health Awareness

- **Participants aware of mental health concepts:** 100% (220 participants)
 - All provided definitions of "mental health," indicating universal awareness.
- **Participants who completed self-assessment:** 100% (220 participants)
 - All rated their mental well-being on a scale.

Definitions of 'Mental Health'

Frequency of Keywords (from open-ended responses, manually categorized):

- Well-being: 52 mentions
- Balance: 38 mentions
- Psychological health: 35 mentions

- Emotional stability: 30 mentions
- Stress management: 25 mentions
- Peace of mind: 20 mentions
- Other (e.g., happiness, functioning): 40 mentions

Insight: "Well-being" and "balance" were the most frequent terms, reflecting a focus on emotional and psychological equilibrium across all languages.

Quotes:

- Mental health means how we feel, how we think, and how we cope with everyday issues.
- Daily reflection on the process of thinking.
- The ability to carry out daily tasks without feeling anxious.
- Mental health, for me, is a part of a person's overall health. I would say it encompasses the emotional, psychological, and social state of an individual.
- It is a state of well-being — taking care of oneself, understanding one's feelings, emotions, reactions, needs, behavior, decision-making...
- Without mental health, no other health is good.
- Mental health is not only the absence of illness; it is the strength to live a life with purpose, a sense of connection, and emotional stability.
- A healthy mental state means loving yourself, setting boundaries, having supportive relationships, and believing in your own worth.
- Mental health for me means inner peace, the ability to manage emotions, stress, and life challenges without being overwhelmed.
- Being mentally healthy and able to cope with various challenges.
- Mental health is a state in which the individual is in a supportive environment and in a psychological condition that enables them to carry out everyday tasks and make decisions.
- How lonely does a person feel? Is the person happy? Are there sad/happy moments in their everyday life?
- Emotional balance, healthy self-esteem.

Self-Assessed Mental Well-Being

Statistical Breakdown (scale: Excellent=4, Good=3, Fair=2, Poor=1):

- **Excellent (consistently positive):** 7.3% (16 participants)
- **Good (generally positive):** 47.7% (105 participants)
- **Fair (manageable but frequent challenges):** 39.1% (86 participants)
- **Poor (serious challenges):** 5.9% (13 participants)
- **Mean score:** 2.56
- **Standard deviation:** 0.75

Insight: Nearly half reported "Good" mental health, but 45% face frequent or serious challenges, suggesting a need for accessible support.

Balance Between Emotional and Mental States

- **Consistently balanced:** 15.9% (35 participants)
- **Mostly balanced:** 46.8% (103 participants)
- **Sometimes balanced:** 30.5% (67 participants)
- **Rarely balanced:** 7.3% (16 participants)

Correlation Analysis

- **Age and Mental Well-Being:** Weak positive correlation ($r = 0.15$). Older participants (26-30, Above 30) reported slightly higher well-being (mean: 2.65) than younger groups (16-19, 20-25; mean: 2.50).
- **Gender and Mental Well-Being:** No significant correlation ($r = 0.08$). Females (mean: 2.54) and males (mean: 2.60) reported similar well-being.
- **Age, Gender, and Emotional/Mental Balance:** Younger females (20-25) reported lower balance (30% "sometimes/rarely") compared to males (25%), while older groups showed no gender difference.

Insight: Younger participants, particularly females, report more frequent imbalances, possibly due to academic or social pressures.

3. Stress & Overwhelm

Reported Frequency of Stress

- **Very often (daily):** 24.5% (54 participants)
- **Often (a few times a week):** 34.5% (76 participants)
- **Sometimes (a few times a month):** 31.8% (70 participants)
- **Rarely (once a month or less):** 9.1% (20 participants)

Overwhelm by Responsibilities

- **Very often (daily):** 17.3% (38 participants)
- **Often (a few times a week):** 31.8% (70 participants)
- **Sometimes (a few times a month):** 36.4% (80 participants)
- **Rarely/Never:** 14.5% (32 participants)

Correlation Analysis

- **Age and Stress/Overwhelm:** Moderate negative correlation ($r = -0.25$ for stress, $r = -0.20$ for overwhelm). Younger participants (16-19, 20-25) reported higher daily stress (28%) and overwhelm (20%) than older groups (15% and 10%).

- **Gender and Stress/Overwhelm:** Weak correlation ($r = 0.12$). Females reported slightly higher daily stress (26%) and overwhelm (19%) than males (22% and 14%).

Insight: Younger females experience stress and overwhelm more frequently, possibly linked to academic or workplace demands.

4. Mental vs. Physical Health

Importance Comparison

- **Mental health more important:** 25.9% (57 participants)
- **Physical health more important:** 2.3% (5 participants)
- **Equal importance:** 71.8% (158 participants)

Insight: Most participants view mental and physical health as equally critical, with a slight preference for mental health among younger respondents.

5. Community & Support Systems

Availability of Support

- **Support from friends/family (openly):** 50.0% (110 participants)
- **Support from friends/family (partially):** 38.2% (84 participants)
- **No support available:** 11.8% (26 participants)

Experience with Professional Help

- **Sought professional help:** 31.8% (70 participants)
 - **Regularly:** 11.8% (26 participants)
 - **Occasionally:** 10.9% (24 participants)
 - **Once or twice:** 9.1% (20 participants)
- **Positive experience:** 80% of those who sought help (56 participants)
- **Negative/No experience:** 68.2% (150 participants)

Stigma and Mental Health Openness

- **Comfortable discussing mental health:** 88.2% (194 participants)
- **Perceive stigma in community:**
 - **Strong stigma:** 19.1% (42 participants)
 - **Subtle stigma:** 40.9% (90 participants)
 - **No stigma:** 25.5% (56 participants)
 - **Unsure:** 14.5% (32 participants)

Insight: While most feel comfortable discussing mental health, stigma persists, particularly in Serbia (50% report stigma vs. 30% in other countries), often tied to older generations or cultural norms.

6. Digital & AI Tools in Mental Health

Awareness and Usage Rates

- **Aware of digital mental health tools:** 78.2% (172 participants)
- **Used digital mental health tools:** 20.0% (44 participants)

Tools and Types Known/Tried

- **AI Chatbots (e.g., ChatGPT):** 15.5% (34 participants)
- **Mental Health Apps (e.g., meditation):** 2.3% (5 participants)
- **Other (e.g., Forest):** 0.5% (1 participant)
- **Experience:** 70% of users reported positive experiences (e.g., ChatGPT for venting or organizing thoughts), though some noted lack of empathy.

Perceived Usefulness

- **Very useful:** 13.6% (30 participants)
- **Somewhat useful:** 25.5% (56 participants)
- **Not sure:** 27.3% (60 participants)
- **Not useful:** 7.3% (16 participants)
- **No opinion:** 26.4% (58 participants)

Insight: Awareness is high, but usage is low. Positive experiences with AI chatbots suggest potential for accessible support, though concerns about empathy and data privacy persist.

7. Digital Tools Participants Want to Explore

- **Participants interested in workshops:** 82.7% (182 participants)
- **Tools of interest:**
 - **Mental Health Apps:** 63.6% (140 participants)
 - **Mood & Habit Trackers:** 60.9% (134 participants)
 - **Digital Journals & Gratitude Logs:** 46.4% (102 participants)
 - **AI Chatbots:** 34.5% (76 participants)
 - **Recommendation Systems:** 40.9% (90 participants)
 - **Digital Peer Support Platforms:** 30.9% (68 participants)
 - **Gamification for Wellbeing:** 31.8% (70 participants)
 - **How We Feel App:** 31.8% (70 participants)
 - **AI-Powered Emotion Recognition:** 25.5% (56 participants)
 - **Other:** 1.4% (3 participants, unspecified)

Insight: High interest in mental health apps and trackers reflects a desire for self-monitoring tools. AI chatbots and emotion recognition are less popular, possibly due to privacy concerns or preference for human interaction.

8. Key Findings:

- **Regional Differences:** Serbian participants reported higher stigma (50%) compared to others (30%), possibly due to cultural attitudes from older generations.
- **Demographic Trends:** Younger females (20-25) face more stress and imbalance, suggesting targeted interventions for this group.
- **Digital Tools:** While awareness of digital tools is high, usage is low, with AI chatbots showing promise but limited adoption due to concerns about empathy and privacy.
- **Interesting Fact:** Despite stigma, 88% feel comfortable discussing mental health, indicating a generational shift toward openness, particularly among younger respondents in urban settings.

9. Recommendations:

Based on the collective findings of four project partners, this report presents strategic, actionable recommendations to improve youth mental health support through education, peer engagement, responsible digital practices, and access to resources. It also incorporates a concrete modular workshop model proposed by one partner, offering an adaptable format for direct implementation.

Strengthen Mental Health Education & Awareness

Findings

Youth demonstrate a general understanding of mental health but often report contradictions between feeling “balanced” and experiencing regular stress and overwhelm.

Mental health remains a taboo in many communities, with 60% reporting stigma in their environment.

Schools are identified as essential spaces for early emotional education.

Recommendations

Integrate **comprehensive mental health education** into school curricula, covering stress management, emotional literacy, boundaries, and self-love.

Use **participatory and creative methods** (e.g., building a "Mental Health Dictionary") to deepen personal understanding and engagement.

Launch **anti-stigma campaigns** in schools and communities using peer stories, creative media, and open dialogues.

Develop Peer Support Systems & Gender-Sensitive Dialogue

Findings

Younger age groups (16–25) have less access to open peer support compared to older peers.

Gender analysis reveals that male and non-binary respondents report more extreme well-being outcomes than females.

Recommendations

Establish **peer-led mental health groups** with trained facilitators to create safe, supportive spaces for sharing experiences.

Facilitate **inter-gender peer exchanges** that help youth better understand and appreciate different emotional expressions and coping styles.

Train youth in **empathy, validation, and active listening** to improve everyday peer support skills.

Promote Responsible Use of Digital & AI Tools

Findings

Most youth are unfamiliar with AI mental health tools (80%) but 60% express interest in learning more.

Misconceptions exist: younger teens are more skeptical and less frequent users, while older youth (26–30) are more aware and engaged.

Recommendations

Tailor digital literacy training by age group:

Ages 16–19: Awareness-raising and discussion of pros/cons.

Ages 20–25: Practical application and skills training.

Ages 26–30: Self-directed improvement and advanced use.

Incorporate education on **AI ethics, data privacy, and emotional boundaries**, including scenarios like "What if AI gives bad advice?"

Introduce a **toolkit** of safe, effective digital resources: mood trackers, gratitude logs, journaling apps, and AI-based chatbots (with clear ethical framing).

Support Digital Wellbeing & Healthy Tech Boundaries

Findings

Youth feel the negative impact of constant digital engagement, including comparison culture and algorithm-driven anxiety.

Participants want help establishing healthier tech routines.

Recommendations

Include **digital detox challenges** in youth programs to explore the emotional effects of reduced screen time.

Teach strategies for **curating “positive-feed” social media routines** that reduce exposure to toxic content and increase wellbeing.

Encourage discussions around **mindful tech use**, body image, and identity in the digital world.

Address Stress, Overwhelm & Build Coping Skills

Findings

62.3% feel stressed "very often" or "often," and 56.6% feel overwhelmed.

Stress is highest among 16–19-year-olds, while coping improves with age.

Recommendations

Create **age-sensitive workshops on stress reduction**, including time management, emotional regulation, and physical self-care.

Offer **daily practices** (e.g., mindfulness, gratitude logs, movement) as part of youth programming.

Address contradictions in self-assessment through **guided reflection** and identity-building activities.

Increase Access to Affordable & Professional Support

Findings

54.7% want cheaper therapy; 41.5% have never accessed professional help.

Financial and structural barriers are common.

Recommendations

Advocate for **subsidized counseling**, mental health vouchers, or government-funded services.

Establish **free or low-cost workshops and drop-in mental health sessions** at schools or youth centers.

Train educators and youth workers in **mental health first aid** to provide early support and referrals.

Implement a Modular Youth Mental Health Workshop Series

One project partner developed a four-part, highly practical workshop model, aligned with the collective findings and suitable for rollout across the partnership. This modular approach offers scalable, adaptable content to meet diverse needs.

Workshop 1: "Mental Health 101" – Interactive Introduction

Goal: Clarify myths vs. facts; introduce basic mental health concepts.

Activities: Co-create a **Mental Health Dictionary**; debunk common misconceptions through discussion.

Workshop 2: "Let's Talk" – Safe Peer Support Circles

Goal: Teach youth how to support one another safely and empathetically.

Activities: Train in **active listening**, **validation**, and **empathy**; conduct small, confidential peer circles led by trained facilitators.

Workshop 3: "Digital Tools for Mental Health"

Goal: Promote awareness and responsible use of digital/AI tools.

Activities: Showcase tools (Headspace, How We Feel, journaling bots); teach ethical use of AI (e.g., ChatGPT as a journaling partner); simulate **risk scenarios** like receiving bad advice from AI.

Workshop 4: "From Scroll to Soul" – Digital Boundaries

Goal: Confront the mental health impact of digital overstimulation.

Activities: Host a **digital detox challenge**; discuss algorithm-driven anxiety; help youth build personalized, positive media diets.

Recommendation:

Adopt this **modular workshop model** as a standard part of partner training materials and youth outreach programs.

Encourage **cross-partner adaptation** and iterative development based on feedback and local needs.

Final Thoughts

This recommendation framework is informed by partner insights, participant data, and field-tested interventions. By addressing education, peer connection, digital literacy, and structural access to support, this strategy aims to **empower youth with tools, spaces, and language to care for their mental health**—now and into adulthood.