



TABLES

MENTAL DISORDERS AND CARE

HEALTH INTERVIEW SURVEY
2023-2024

Lydia Gisle, October 2025

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BELGIUM

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Table 1 • Percentage of the population aged 15 years and over with a generalised anxiety disorder (GAD score 10+), Belgium

AD_1		Crude %	95% CI cru	Adj* %	95% CI adj	N
SEX	Male	9,6	(8,1-11,1)	9,1	(7,8-10,6)	2261
	Female	15,9	(14,0-17,7)	15,5	(13,8-17,4)	2506
AGE GROUP	15 - 24	16,0	(11,8-20,3)	15,9	(12,1-20,5)	371
	25 - 34	14,1	(10,8-17,5)	13,8	(10,8-17,3)	622
	35 - 44	16,1	(12,9-19,3)	15,8	(12,8-19,3)	731
	45 - 54	14,4	(11,0-17,9)	14,1	(11,0-17,9)	720
	55 - 64	11,8	(9,2-14,4)	11,4	(9,1-14,2)	886
	65 - 74	8,4	(6,2-10,6)	8,0	(6,2-10,4)	796
	75 +	6,7	(4,5-8,9)	6,3	(4,5-8,7)	641
HIGHEST DIPLOMA	No secondary	16,3	(12,4-20,2)	18,9	(14,6-24,1)	662
	Secondary	14,3	(11,9-16,7)	13,2	(11,1-15,6)	1443
	Higher education	11,0	(9,5-12,5)	9,4	(8,1-10,9)	2662
REGION	Flemish Region	11,2	(9,8-12,6)	10,6	(9,3-12,1)	2745
	Brussels Region	13,4	(10,0-16,8)	11,9	(9,2-15,4)	646
	Walloon Region	16,1	(13,3-18,9)	15,0	(12,6-17,8)	1376
YEAR	2001	6,3	(5,6-7,0)	5,9	(5,3-6,6)	9148
	2004	6,1	(5,4-6,8)	5,7	(5,1-6,4)	9237
	2008	6,5	(5,7-7,3)	6,1	(5,3-6,9)	7461
	2013	10,1	(9,0-11,1)	9,4	(8,4-10,6)	6038
	2018	11,2	(10,2-12,2)	10,6	(9,7-11,6)	7786
	2023-2024	12,8	(11,6-14,0)	12,3	(11,1-13,5)	4767

Source: Health Interview Survey, 2023-2024, Belgium

*Adjusted for age and/or sex based on a logistic regression model (Belgian population of 2024 as reference)

Table 2 • Distribution (%) of the population aged 15 years and over according to the severity of anxiety disorder (GAD-7 criteria), Belgium

AD_2		Minimal	Mild	Moderate	Severe	N
SEX	Male	67,5	22,9	7,0	2,6	2261
	Female	56,9	27,2	10,3	5,6	2506
AGE GROUP	15 - 24	52,8	31,2	11,5	4,5	371
	25 - 34	55,7	30,1	8,8	5,3	622
	35 - 44	54,7	29,2	11,0	5,1	731
	45 - 54	60,4	25,2	8,8	5,6	720
	55 - 64	65,9	22,3	7,8	4,0	886
	65 - 74	73,1	18,5	6,4	2,0	796
	75 +	76,1	17,2	5,5	1,2	641
HIGHEST DIPLOMA	No secondary	65,2	18,5	10,6	5,7	662
	Secondary	61,7	24,1	9,3	5,0	1443
	Higher education	61,4	27,7	7,7	3,3	2662
REGION	Flemish Region	64,0	24,8	7,6	3,6	2745
	Brussels Region	62,2	24,4	9,7	3,7	646
	Walloon Region	57,9	26,0	10,6	5,5	1376
YEAR	2018	67,0	21,9	7,7	3,4	7786
	2023-2024	62,0	25,1	8,7	4,2	4767

Source: Health Interview Survey, 2023-2024, Belgium

Table 3 • Percentage of the population aged 15 years and over with a major depressive disorder (PHQ-9 criteria), Belgium

AD_3		Crude %	95% CI cru	Adj* %	95% CI adj	N
SEX	Male	5,7	(4,5-6,8)	5,4	(4,4-6,6)	2259
	Female	7,8	(6,4-9,2)	7,6	(6,3-9,2)	2508
AGE GROUP	15 - 24	8,7	(5,4-12,0)	8,6	(5,9-12,5)	371
	25 - 34	7,9	(5,2-10,6)	7,8	(5,5-11,0)	623
	35 - 44	7,0	(4,9-9,1)	6,9	(5,1-9,3)	725
	45 - 54	8,6	(6,0-11,2)	8,5	(6,3-11,5)	723
	55 - 64	6,1	(4,3-8,0)	6,1	(4,5-8,2)	885
	65 - 74	4,4	(2,7-6,1)	4,3	(2,9-6,4)	796
	75 +	3,7	(1,2-6,2)	3,6	(1,8-6,9)	644
HIGHEST DIPLOMA	No secondary	9,4	(6,3-12,5)	11,0	(7,8-15,3)	661
	Secondary	8,8	(6,9-10,8)	8,2	(6,5-10,2)	1442
	Higher education	4,8	(3,8-5,8)	4,2	(3,3-5,2)	2664
REGION	Flemish Region	5,6	(4,6-6,5)	5,4	(4,5-6,4)	2752
	Brussels Region	8,0	(5,0-10,9)	7,3	(5,0-10,5)	644
	Walloon Region	9,1	(6,7-11,4)	8,6	(6,5-11,1)	1371
YEAR	2018	4,8	(4,1-5,5)	4,6	(3,9-5,3)	7797
	2023-2024	6,8	(5,8-7,7)	6,5	(5,6-7,5)	4767

Source: Health Interview Survey, 2023-2024, Belgium

*Adjusted for age and/or sex based on a logistic regression model (Belgian population of 2024 as reference)

Table 4 • Percentage of the population aged 15 years and over with other depressive disorders (PHQ-9 criteria), Belgium

AD_4		Crude %	95% CI cru	Adj* %	95% CI adj	N
SEX	Male	5,4	(4,2-6,5)	5,2	(4,2-6,5)	2259
	Female	6,4	(5,1-7,7)	6,3	(5,1-7,7)	2508
AGE GROUP	15 - 24	6,4	(3,3-9,5)	6,4	(3,9-10,3)	371
	25 - 34	5,3	(3,4-7,2)	5,3	(3,7-7,6)	623
	35 - 44	7,2	(4,3-10,2)	7,2	(4,8-10,7)	725
	45 - 54	6,3	(3,6-8,9)	6,3	(4,1-9,4)	723
	55 - 64	6,1	(4,1-8,1)	6,1	(4,4-8,3)	885
	65 - 74	3,5	(2,1-4,9)	3,5	(2,3-5,1)	796
	75 +	6,1	(4,0-8,1)	6,0	(4,3-8,3)	644
HIGHEST DIPLOMA	No secondary	9,1	(6,1-12,1)	10,0	(7,0-14,0)	661
	Secondary	6,4	(4,8-8,0)	6,1	(4,8-7,9)	1442
	Higher education	4,7	(3,6-5,8)	4,4	(3,5-5,5)	2664
REGION	Flemish Region	5,2	(4,2-6,2)	5,1	(4,2-6,2)	2752
	Brussels Region	6,7	(4,7-8,8)	6,5	(4,7-8,7)	644
	Walloon Region	7,1	(4,9-9,2)	6,9	(5,1-9,2)	1371
YEAR	2018	4,5	(3,9-5,2)	4,4	(3,9-5,1)	7797
	2023-2024	5,9	(5,0-6,8)	5,8	(5,0-6,7)	4767

Source: Health Interview Survey, 2023-2024, Belgium

*Adjusted for age and/or sex based on a logistic regression model (Belgian population of 2024 as reference)

Table 5 • Distribution (%) of the population aged 15 years and over according to the severity of depression (PHQ-9 criteria), Belgium

AD_5		Minimal	Mild	Moderate	Moderately severe	Severe	N
SEX	Male	69,0	20,5	7,0	2,4	1,1	2259
	Female	61,9	23,2	8,6	4,2	2,2	2508
AGE GROUP	15 - 24	50,4	32,0	11,2	4,3	2,2	371
	25 - 34	60,1	26,6	6,9	4,9	1,6	623
	35 - 44	59,4	27,0	8,4	3,9	1,3	725
	45 - 54	65,2	18,8	9,6	3,3	3,2	723
	55 - 64	70,2	17,8	8,4	2,8	0,8	885
	65 - 74	79,0	13,3	4,7	1,2	1,8	796
	75 +	74,7	17,7	4,7	2,6	0,3	644
HIGHEST DIPLOMA	No secondary	63,8	18,8	9,9	4,7	2,8	661
	Secondary	62,9	22,6	8,1	4,5	1,9	1442
	Higher education	67,2	22,4	7,0	2,3	1,2	2664
REGION	Flemish Region	68,6	20,5	6,8	3,0	1,1	2752
	Brussels Region	60,9	24,8	8,3	3,5	2,5	644
	Walloon Region	59,5	24,2	9,7	4,1	2,5	1371
YEAR	2018	73,0	17,7	5,9	2,1	1,3	7797
	2023-2024	65,3	21,9	7,8	3,3	1,6	4767

Source: Health Interview Survey, 2023-2024, Belgium

Table 6 • Percentage of the population aged 15 years and over with any type of depressive disorder (PHQ-9 criteria), Belgium

AD_6		Crude %	95% CI cru	Adj* %	95% CI adj	N
SEX	Male	11,0	(9,4-12,6)	10,7	(9,3-12,4)	2259
	Female	14,2	(12,4-16,1)	14,1	(12,3-16,0)	2508
AGE GROUP	15 - 24	15,1	(10,7-19,4)	15,1	(11,3-19,9)	371
	25 - 34	13,2	(9,9-16,5)	13,1	(10,2-16,8)	623
	35 - 44	14,3	(10,8-17,8)	14,2	(11,1-18,0)	725
	45 - 54	14,9	(11,4-18,4)	14,8	(11,7-18,7)	723
	55 - 64	12,2	(9,6-14,8)	12,1	(9,8-15,0)	885
	65 - 74	7,9	(5,8-10,1)	7,8	(5,9-10,2)	796
	75 +	9,8	(6,6-13,0)	9,5	(6,9-13,0)	644
HIGHEST DIPLOMA	No secondary	18,5	(14,4-22,6)	21,2	(16,7-26,6)	661
	Secondary	15,2	(12,7-17,7)	14,5	(12,3-17,1)	1442
	Higher education	9,5	(8,0-11,0)	8,6	(7,3-10,1)	2664
REGION	Flemish Region	10,8	(9,4-12,2)	10,6	(9,3-12,0)	2752
	Brussels Region	14,7	(11,2-18,2)	13,9	(10,8-17,6)	644
	Walloon Region	16,1	(13,0-19,3)	15,7	(12,9-18,9)	1371
YEAR	2001	8,6	(7,8-9,5)	8,4	(7,6-9,3)	9159
	2004	8,0	(7,2-8,7)	7,7	(7,0-8,5)	9241
	2008	9,5	(8,6-10,4)	9,2	(8,3-10,1)	7483
	2013	14,8	(13,5-16,0)	14,2	(13,1-15,5)	6082
	2018	9,4	(8,4-10,3)	9,0	(8,1-10,0)	7797
	2023-2024	12,7	(11,4-13,9)	12,3	(11,0-13,6)	4767

Source: Health Interview Survey, 2023-2024, Belgium

*Adjusted for age and/or sex based on a logistic regression model (Belgian population of 2024 as reference)

Table 7 • Percentage of the population aged 15 years and over with anxiety or depressive disorder (GAD-7 or PHQ-9), Belgium

AD_7		Crude %	95% CI cru	Adj* %	95% CI adj	N
SEX	Male	15,0	(13,1-16,9)	14,5	(12,8-16,3)	2258
	Female	20,6	(18,5-22,7)	20,3	(18,3-22,5)	2497
AGE GROUP	15 - 24	23,1	(18,1-28,2)	23,1	(18,5-28,6)	371
	25 - 34	19,6	(15,8-23,5)	19,4	(15,9-23,6)	623
	35 - 44	22,0	(18,1-25,9)	21,9	(18,3-26,0)	726
	45 - 54	19,2	(15,5-22,9)	19,0	(15,6-23,0)	722
	55 - 64	16,6	(13,6-19,6)	16,4	(13,6-19,6)	883
	65 - 74	10,4	(8,0-12,8)	10,2	(8,1-12,8)	793
	75 +	12,1	(8,7-15,4)	11,7	(8,9-15,3)	637
HIGHEST DIPLOMA	No secondary	23,0	(18,6-27,4)	26,8	(21,7-32,6)	659
	Secondary	20,3	(17,4-23,2)	19,2	(16,6-22,2)	1437
	Higher education	15,1	(13,3-16,8)	13,4	(11,8-15,2)	2659
REGION	Flemish Region	15,5	(13,8-17,1)	15,1	(13,5-16,8)	2742
	Brussels Region	18,7	(14,9-22,5)	17,2	(14,0-21,0)	642
	Walloon Region	22,8	(19,4-26,2)	21,9	(18,8-25,5)	1371
YEAR	2004	9,7	(8,8-10,6)	9,3	(8,5-10,2)	8803
	2008	11,2	(10,1-12,2)	10,7	(9,7-11,7)	7238
	2013	16,2	(14,9-17,6)	15,6	(14,4-17,0)	6048
	2018	14,4	(13,2-15,5)	13,9	(12,8-15,1)	7778
	2023-2024	17,9	(16,4-19,3)	17,4	(16,0-18,9)	4755

Source: Health Interview Survey, 2023-2024, Belgium

*Adjusted for age and/or sex based on a logistic regression model (Belgian population of 2024 as reference)

Table 8 • Distribution (%) of the population aged 15 years and over according to presence or not of anxiety and/or depression, Belgium

AD_8		No disorder	Anxiety alone	Depression alone	Anx/dep comorbidity	N
SEX	Male	85,0	4,0	5,4	5,6	2256
	Female	79,6	6,2	4,6	9,6	2493
AGE GROUP	15 - 24	76,9	8,0	7,1	8,0	371
	25 - 34	80,6	6,4	5,3	7,7	622
	35 - 44	78,1	7,6	5,8	8,4	725
	45 - 54	81,0	4,3	4,5	10,1	720
	55 - 64	83,5	4,3	4,8	7,5	882
	65 - 74	89,7	2,3	2,0	6,0	792
	75 +	87,9	2,2	5,3	4,5	637
HIGHEST DIPLOMA	No secondary	77,3	4,2	6,6	12,0	656
	Secondary	80,0	5,0	5,8	9,3	1434
	Higher education	84,9	5,5	4,1	5,5	2659
REGION	Flemish Region	84,6	4,7	4,1	6,5	2739
	Brussels Region	81,4	3,9	5,3	9,5	641
	Walloon Region	77,4	6,5	6,6	9,5	1369
YEAR	2004	90,4	1,7	3,5	4,4	8790
	2008	89,0	1,5	4,5	5,0	7220
	2013	83,9	1,4	6,0	8,7	6025
	2018	85,8	4,9	3,1	6,2	7767
	2023-2024	82,2	5,1	5,0	7,6	4749

Source: Health Interview Survey, 2023-2024, Belgium

Table 9 • Percentage of the population aged 15 years and over who report an impact of anxiety and/or depressive symptoms on their daily life, Belgium

AD02_1		Crude %	95% CI cru	Adj* %	95% CI adj	N
SEX	Male	7,7	(6,4-9,1)	7,1	(5,9-8,4)	2214
	Female	9,9	(8,4-11,3)	9,2	(7,9-10,7)	2457
AGE GROUP	15 - 24	8,5	(5,4-11,6)	8,5	(5,9-12,1)	367
	25 - 34	10,6	(7,8-13,5)	10,6	(8,0-13,8)	618
	35 - 44	11,5	(8,7-14,4)	11,4	(8,9-14,6)	721
	45 - 54	11,6	(8,6-14,6)	11,5	(8,9-14,7)	705
	55 - 64	8,4	(6,2-10,6)	8,4	(6,4-10,9)	871
	65 - 74	4,7	(2,9-6,5)	4,6	(3,1-6,8)	767
	75 +	3,6	(2,2-5,0)	3,5	(2,4-5,2)	622
HIGHEST DIPLOMA	No secondary	8,8	(6,0-11,5)	10,3	(7,4-14,1)	647
	Secondary	9,6	(7,7-11,5)	8,7	(7,1-10,7)	1404
	Higher education	8,4	(7,0-9,8)	7,1	(6,0-8,5)	2620
REGION	Flemish Region	8,4	(7,2-9,6)	7,8	(6,7-9,0)	2689
	Brussels Region	9,8	(7,2-12,4)	8,5	(6,4-11,1)	632
	Walloon Region	9,5	(7,2-11,8)	8,7	(6,8-11,0)	1350
YEAR	2023-2024	8,8	(7,8-9,9)	-	-	4671

Source: Health Interview Survey, 2023-2024, Belgium

*Adjusted for age and/or sex based on a logistic regression model (Belgian population of 2024 as reference)

Table 10 • Percentage of the population aged 15 years and over with a possible eating disorder (anorexia-bulimia SCOFF score 2+), Belgium

EB_1		Crude %	95% CI cru	Adj* %	95% CI adj	N
SEX	Male	5,7	(4,5-6,9)	4,9	(3,9-6,1)	2292
	Female	9,9	(8,2-11,6)	9,0	(7,6-10,7)	2532
AGE GROUP	15 - 24	13,2	(9,3-17,1)	12,9	(9,5-17,3)	372
	25 - 34	10,6	(7,0-14,1)	10,2	(7,2-14,3)	627
	35 - 44	10,0	(7,4-12,6)	9,7	(7,4-12,6)	737
	45 - 54	8,9	(6,3-11,6)	8,6	(6,4-11,5)	731
	55 - 64	5,0	(3,3-6,7)	4,8	(3,3-6,8)	893
	65 - 74	3,0	(1,8-4,2)	2,8	(1,9-4,2)	809
	75 +	3,2	(1,7-4,7)	2,9	(1,9-4,6)	655
HIGHEST DIPLOMA	No secondary	6,9	(4,7-9,2)	8,0	(5,8-11,0)	681
	Secondary	9,9	(7,6-12,2)	8,5	(6,7-10,7)	1461
	Higher education	6,9	(5,6-8,1)	5,3	(4,4-6,5)	2682
REGION	Flemish Region	6,0	(4,9-7,0)	5,2	(4,3-6,3)	2777
	Brussels Region	9,3	(6,8-11,8)	7,4	(5,5-9,9)	663
	Walloon Region	11,4	(8,8-14,1)	9,8	(7,8-12,2)	1384
YEAR	2013	8,3	(7,4-9,3)	7,3	(6,5-8,3)	6239
	2018	7,2	(6,4-8,0)	6,4	(5,7-7,2)	7942
	2023-2024	7,8	(6,8-8,9)	7,0	(6,1-7,9)	4824

Source: Health Interview Survey, 2023-2024, Belgium

*Adjusted for age and/or sex based on a logistic regression model (Belgian population of 2024 as reference)

Table 11 • Percentage of the population aged 15 years and over with a possible binge eating disorder (BED), Belgium

EB06_1		Crude %	95% CI cru	Adj* %	95% CI adj	N
SEX	Male	9,4	(8,0-10,9)	8,2	(7,0-9,7)	2279
	Female	10,0	(8,6-11,4)	9,1	(7,8-10,6)	2512
AGE GROUP	15 - 24	15,8	(11,1-20,4)	15,8	(11,7-21,0)	369
	25 - 34	13,5	(10,4-16,6)	13,5	(10,7-16,9)	626
	35 - 44	12,1	(9,2-14,9)	12,1	(9,5-15,2)	731
	45 - 54	10,6	(8,1-13,2)	10,6	(8,3-13,5)	726
	55 - 64	7,1	(5,2-9,0)	7,1	(5,4-9,3)	888
	65 - 74	5,2	(3,0-7,3)	5,2	(3,4-7,7)	802
	75 +	2,2	(0,9-3,5)	2,2	(1,2-3,9)	649
HIGHEST DIPLOMA	No secondary	8,8	(6,2-11,3)	10,5	(7,7-14,2)	675
	Secondary	11,3	(9,1-13,5)	9,9	(8,1-12,2)	1444
	Higher education	9,1	(7,8-10,4)	7,4	(6,3-8,7)	2672
REGION	Flemish Region	10,6	(9,2-12,0)	9,7	(8,5-11,1)	2761
	Brussels Region	9,3	(6,9-11,8)	7,5	(5,6-10,0)	654
	Walloon Region	7,9	(6,0-9,8)	6,8	(5,2-8,8)	1376
YEAR	2023-2024	9,7	(8,7-10,8)	.	.	4791

Source: Health Interview Survey, 2023-2024, Belgium

*Adjusted for age and/or sex based on a logistic regression model (Belgian population of 2024 as reference)

Table 12 • Percentage of the population aged 15 years and over with lifetime suicidal ideation, Belgium

SU01_1		Crude %	95% CI cru	Adj* %	95% CI adj	N
SEX	Male	12,9	(11,1-14,6)	11,9	(10,3-13,7)	2176
	Female	13,9	(12,0-15,9)	13,3	(11,5-15,3)	2399
AGE GROUP	15 - 24	19,0	(14,0-24,1)	19,1	(14,6-24,6)	362
	25 - 34	18,0	(13,7-22,2)	18,0	(14,1-22,6)	604
	35 - 44	15,3	(12,0-18,6)	15,3	(12,3-18,8)	714
	45 - 54	13,8	(10,8-16,9)	13,8	(10,9-17,4)	691
	55 - 64	12,0	(9,4-14,7)	12,0	(9,7-14,9)	847
	65 - 74	7,4	(5,3-9,4)	7,4	(5,6-9,6)	763
	75 +	5,7	(2,7-8,6)	5,6	(3,3-9,4)	594
HIGHEST DIPLOMA	No secondary	13,5	(10,0-17,0)	15,8	(11,9-20,5)	627
	Secondary	15,1	(12,4-17,9)	14,0	(11,7-16,8)	1372
	Higher education	12,4	(10,8-14,1)	10,9	(9,5-12,5)	2576
REGION	Flemish Region	12,0	(10,5-13,6)	11,5	(10,1-13,0)	2588
	Brussels Region	12,5	(9,5-15,4)	10,9	(8,5-14,0)	659
	Walloon Region	16,5	(13,4-19,7)	15,4	(12,6-18,7)	1328
YEAR	2004	12,2	(11,2-13,2)	11,1	(10,2-12,1)	9307
	2008	11,7	(10,7-12,6)	10,7	(9,8-11,6)	7522
	2013	13,8	(12,6-15,1)	12,9	(11,8-14,1)	6252
	2018	13,9	(12,8-15,1)	13,1	(12,0-14,3)	7738
	2023-2024	13,4	(12,1-14,8)	12,7	(11,4-14,0)	4575

Source: Health Interview Survey, 2023-2024, Belgium

*Adjusted for age and/or sex based on a logistic regression model (Belgian population of 2024 as reference)

Table 13 • Percentage of the population aged 15 years and over with suicidal ideation in the past 12 months, Belgium

SU02_1		Crude %	95% CI cru	Adj* %	95% CI adj	N
SEX	Male	5,8	(4,6-7,0)	5,4	(4,4-6,7)	2175
	Female	5,3	(3,8-6,8)	5,1	(3,9-6,6)	2403
AGE GROUP	15 - 24	8,3	(5,2-11,4)	8,3	(5,7-11,9)	362
	25 - 34	6,8	(3,3-10,3)	6,8	(4,0-11,4)	606
	35 - 44	5,4	(3,2-7,6)	5,4	(3,6-8,1)	714
	45 - 54	6,9	(4,5-9,3)	6,9	(4,9-9,8)	690
	55 - 64	4,8	(3,1-6,5)	4,8	(3,3-6,8)	847
	65 - 74	3,0	(1,5-4,4)	3,0	(1,8-4,8)	762
	75 +	2,8	(1,3-4,4)	2,8	(1,7-4,8)	597
HIGHEST DIPLOMA	No secondary	7,0	(4,3-9,7)	8,1	(5,4-11,8)	627
	Secondary	7,8	(5,5-10,1)	7,2	(5,3-9,6)	1373
	Higher education	3,8	(3,0-4,7)	3,3	(2,6-4,2)	2578
REGION	Flemish Region	4,0	(3,1-4,8)	3,8	(3,1-4,7)	2585
	Brussels Region	6,3	(4,1-8,4)	5,6	(3,9-8,0)	661
	Walloon Region	8,6	(6,0-11,2)	8,1	(6,0-10,8)	1332
YEAR	2008	3,6	(3,1-4,1)	3,3	(2,8-3,9)	7515
	2013	5,0	(4,2-5,7)	4,7	(4,0-5,5)	6235
	2018	4,3	(3,6-4,9)	4,0	(3,5-4,7)	7836
	2023-2024	5,5	(4,6-6,5)	5,3	(4,4-6,3)	4578

Source: Health Interview Survey, 2023-2024, Belgium

*Adjusted for age and/or sex based on a logistic regression model (Belgian population of 2024 as reference)

Table 14 • Percentage of the population aged 15 years and over with lifetime experience of suicide attempt(s), Belgium

SU03_1		Crude %	95% CI cru	Adj* %	95% CI adj	N
SEX	Male	3,5	(2,6-4,5)	3,2	(2,5-4,2)	2174
	Female	5,3	(4,1-6,6)	5,0	(4,0-6,3)	2391
AGE GROUP	15 - 24	6,5	(3,5-9,5)	6,4	(4,0-10,1)	359
	25 - 34	5,0	(3,0-7,0)	4,9	(3,3-7,3)	603
	35 - 44	5,4	(3,2-7,6)	5,3	(3,6-7,8)	717
	45 - 54	6,1	(3,8-8,5)	6,0	(4,1-8,7)	689
	55 - 64	2,7	(1,6-3,8)	2,6	(1,7-4,0)	846
	65 - 74	3,0	(1,3-4,7)	2,9	(1,7-5,1)	759
	75 +	1,7	(0,6-2,9)	1,7	(0,9-3,2)	592
HIGHEST DIPLOMA	No secondary	6,4	(4,1-8,8)	7,2	(4,9-10,5)	621
	Secondary	5,2	(3,5-6,9)	4,6	(3,4-6,4)	1371
	Higher education	3,5	(2,6-4,3)	2,8	(2,1-3,6)	2573
REGION	Flemish Region	3,7	(2,9-4,6)	3,4	(2,7-4,3)	2581
	Brussels Region	3,0	(1,6-4,4)	2,5	(1,6-4,1)	653
	Walloon Region	6,4	(4,4-8,4)	5,7	(4,2-7,7)	1331
YEAR	2004	3,7	(3,2-4,3)	3,3	(2,8-3,8)	9264
	2008	4,9	(4,2-5,5)	4,3	(3,8-5,0)	7408
	2013	4,2	(3,5-4,9)	3,8	(3,2-4,5)	6141
	2018	4,3	(3,7-4,9)	3,9	(3,4-4,5)	7739
	2023-2024	4,5	(3,7-5,2)	4,1	(3,4-4,9)	4565

Source: Health Interview Survey, 2023-2024, Belgium

*Adjusted for age and/or sex based on a logistic regression model (Belgian population of 2024 as reference)

Table 15 • Percentage of the population aged 15 years and over who attempted suicide in the past 12 months, Belgium

SU04_1		Crude %	95% CI cru	Adj* %	95% CI adj	N
SEX	Male	0,6	(0,2-1,0)	0,6	(0,3-1,1)	2175
	Female	0,5	(0,2-0,8)	0,6	(0,4-1,0)	2399
AGE GROUP	15 - 24	1,8	(0,1-3,5)	2,5	(1,1-6,0)	360
	25 - 34	0,3	(0,0-0,6)	0,4	(0,1-1,0)	603
	35 - 44	0,5	(0,0-0,9)	0,5	(0,2-1,3)	717
	45 - 54	0,9	(0,1-1,7)	0,9	(0,4-2,3)	690
	55 - 64	0,3	(0,0-0,6)	0,3	(0,1-1,0)	848
	65 - 74	0,0	-	-	-	761
	75 +	0,4	(0,0-0,9)	0,6	(0,2-1,7)	595
HIGHEST DIPLOMA	No secondary	0,7	(0,0-1,3)	0,9	(0,3-2,1)	626
	Secondary	1,0	(0,3-1,7)	1,1	(0,6-1,8)	1372
	Higher education	0,3	(0,1-0,5)	0,2	(0,1-0,5)	2576
REGION	Flemish Region	0,7	(0,3-1,1)	0,1	(0,1-0,2)	2586
	Brussels Region	0,0	-	-	-	653
	Walloon Region	0,4	(0,0-0,8)	0,1	(0,0-0,2)	1335
YEAR	2004	0,4	(0,2-0,6)	0,4	(0,3-0,6)	9208
	2008	0,4	(0,3-0,6)	0,5	(0,3-0,7)	7379
	2013	0,5	(0,2-0,7)	0,6	(0,4-0,9)	6127
	2018	0,2	(0,1-0,4)	0,3	(0,2-0,5)	7856
	2023-2024	0,6	(0,3-0,8)	0,7	(0,5-1,1)	4574

Source: Health Interview Survey, 2023-2024, Belgium

*Adjusted for age and/or sex based on a logistic regression model (Belgian population of 2024 as reference)

Table 16 • Percentage of the population aged 15 years and over who sought professional help for mental health problems, Belgium

AD03_1		Never	More than 12 months ago	In the past 12 months	N
SEX	Male	73,8	15,1	11,1	2274
	Female	60,5	22,6	16,8	2513
AGE GROUP	15 - 24	65,2	19,4	15,4	368
	25 - 34	59,5	20,0	20,5	622
	35 - 44	56,0	24,8	19,2	739
	45 - 54	59,7	22,5	17,8	728
	55 - 64	69,4	19,9	10,7	890
	65 - 74	79,7	14,3	5,9	793
	75 +	89,2	6,5	4,3	647
HIGHEST DIPLOMA	No secondary	80,8	10,3	9,0	672
	Secondary	71,3	16,5	12,2	1446
	Higher education	60,5	22,8	16,6	2669
REGION	Flemish Region	66,1	19,7	14,2	2745
	Brussels Region	63,1	17,8	19,1	666
	Walloon Region	70,0	17,6	12,4	1376
YEAR	2023-2024	67,0	18,9	14,1	4787

Source: Health Interview Survey, 2023-2024, Belgium

Table 17 • Percentage of the population aged 15 years and over who used sedatives (tranquilizers or sleeping tablets) in the past 2 weeks, Belgium

MH_1		Crude %	95% CI cru	Adj* %	95% CI adj	N
SEX	Male	8,9	(7,4-10,3)	7,6	(6,3-9,2)	2307
	Female	15,7	(14,1-17,4)	13,5	(11,7-15,4)	2558
AGE GROUP	15 - 24	5,5	(2,2-8,7)	5,3	(3,0-9,4)	370
	25 - 34	3,8	(2,1-5,6)	3,7	(2,3-5,8)	629
	35 - 44	8,9	(6,2-11,5)	8,6	(6,3-11,6)	743
	45 - 54	13,5	(10,6-16,4)	13,1	(10,4-16,5)	729
	55 - 64	13,5	(10,9-16,1)	13,1	(10,8-15,9)	904
	65 - 74	20,7	(17,4-24,0)	20,0	(16,9-23,5)	820
	75 +	24,2	(20,3-28,1)	23,1	(19,5-27,2)	670
HIGHEST DIPLOMA	No secondary	20,9	(17,2-24,5)	14,0	(11,0-17,6)	698
	Secondary	14,8	(12,5-17,1)	13,0	(10,8-15,5)	1466
	Higher education	8,5	(7,2-9,7)	7,7	(6,5-9,0)	2701
REGION	Flemish Region	11,6	(10,2-12,9)	9,3	(8,0-10,7)	2791
	Brussels Region	10,9	(8,5-13,4)	10,3	(8,2-12,9)	682
	Walloon Region	14,6	(11,9-17,2)	12,4	(9,9-15,3)	1392
YEAR	2001	11,5	(10,5-12,4)	9,4	(8,6-10,3)	10126
	2004	13,2	(12,3-14,1)	11,0	(10,1-11,9)	11177
	2008	14,3	(13,3-15,2)	11,6	(10,7-12,5)	9622
	2013	13,2	(12,1-14,2)	10,4	(9,5-11,3)	9104
	2018	12,3	(11,4-13,3)	9,5	(8,7-10,3)	9742
	2023-2024	12,4	(11,2-13,5)	9,2	(8,2-10,3)	4865

Source: Health Interview Survey, 2023-2024, Belgium

*Adjusted for age and/or sex based on a logistic regression model (Belgian population of 2024 as reference)

Table 18 • Percentage of the population aged 15 years and over who used antidepressants in the past 2 weeks, Belgium

MH_2		Crude %	95% CI cru	Adj* %	95% CI adj	N
SEX	Male	6,1	(4,9-7,4)	5,7	(4,6-7,0)	2308
	Female	11,9	(10,4-13,5)	11,0	(9,5-12,7)	2559
AGE GROUP	15 - 24	3,6	(1,5-5,8)	3,5	(1,9-6,3)	369
	25 - 34	5,8	(3,6-8,0)	5,5	(3,8-8,0)	630
	35 - 44	9,2	(6,5-11,9)	8,8	(6,5-11,9)	743
	45 - 54	12,5	(9,6-15,3)	12,0	(9,5-15,1)	730
	55 - 64	11,0	(8,3-13,7)	10,5	(8,1-13,5)	905
	65 - 74	9,6	(7,3-12,0)	9,1	(7,1-11,6)	819
	75 +	11,2	(7,1-15,2)	10,3	(7,2-14,5)	671
HIGHEST DIPLOMA	No secondary	14,5	(10,5-18,5)	12,5	(9,2-16,7)	698
	Secondary	9,6	(7,8-11,4)	8,6	(6,9-10,5)	1466
	Higher education	7,2	(6,1-8,4)	6,4	(5,3-7,6)	2703
REGION	Flemish Region	8,5	(7,3-9,6)	7,3	(6,2-8,6)	2793
	Brussels Region	8,5	(6,4-10,6)	7,8	(6,0-10,0)	681
	Walloon Region	10,7	(8,2-13,2)	9,4	(7,3-12,1)	1393
YEAR	2001	4,9	(4,3-5,5)	4,1	(3,7-4,7)	10115
	2004	6,0	(5,4-6,7)	5,1	(4,5-5,7)	11164
	2008	5,7	(5,0-6,3)	4,7	(4,1-5,3)	9600
	2013	7,6	(6,8-8,4)	6,3	(5,6-7,0)	9104
	2018	7,6	(6,9-8,3)	6,3	(5,7-6,9)	9743
	2023-2024	9,1	(8,1-10,2)	7,4	(6,5-8,4)	4867

Source: Health Interview Survey, 2023-2024, Belgium

*Adjusted for age and/or sex based on a logistic regression model (Belgian population of 2024 as reference)

Table 19 • Percentage of the population aged 15 years and over who used sedatives or antidepressants in the past 2 weeks, Belgium

MH_3		Crude %	95% CI cru	Adj* %	95% CI adj	N
SEX	Male	11,4	(9,8-13,0)	10,3	(8,8-11,9)	2306
	Female	21,1	(19,1-23,0)	18,9	(16,9-21,1)	2557
AGE GROUP	15 - 24	7,1	(3,6-10,5)	6,8	(4,2-10,9)	369
	25 - 34	7,0	(4,7-9,3)	6,6	(4,8-9,2)	629
	35 - 44	13,3	(10,2-16,4)	12,8	(10,0-16,2)	742
	45 - 54	18,7	(15,4-22,0)	18,2	(15,0-21,9)	729
	55 - 64	18,3	(15,1-21,5)	17,7	(14,8-21,1)	904
	65 - 74	24,1	(20,6-27,7)	23,3	(19,9-26,9)	819
	75 +	28,7	(24,0-33,3)	27,2	(23,0-31,8)	671
HIGHEST DIPLOMA	No secondary	25,7	(21,2-30,2)	18,7	(15,1-23,0)	699
	Secondary	17,9	(15,5-20,4)	16,1	(13,8-18,8)	1463
	Higher education	12,7	(11,2-14,2)	11,7	(10,2-13,3)	2701
REGION	Flemish Region	15,3	(13,8-16,8)	12,9	(11,4-14,5)	2789
	Brussels Region	14,9	(12,2-17,7)	14,3	(11,9-17,1)	681
	Walloon Region	19,1	(16,0-22,2)	16,8	(14,1-20,1)	1393
YEAR	2001	13,3	(12,3-14,3)	11,3	(10,5-12,2)	10115
	2004	15,2	(14,2-16,3)	13,1	(12,1-14,1)	11164
	2008	15,9	(14,8-16,9)	13,3	(12,4-14,3)	9601
	2013	16,2	(15,1-17,4)	13,4	(12,4-14,5)	9104
	2018	15,5	(14,5-16,5)	12,5	(11,6-13,5)	9742
	2023-2024	16,4	(15,0-17,7)	13,0	(11,8-14,2)	4863

Source: Health Interview Survey, 2023-2024, Belgium

*Adjusted for age and/or sex based on a logistic regression model (Belgian population of 2024 as reference)

Table 20 • Percentage of the population aged 15 years and over who used sedatives and antidepressants in the past 2 weeks, Belgium

MH_4		Crude %	95% CI cru	Adj* %	95% CI adj	N
SEX	Male	3,6	(2,6-4,7)	3,4	(2,5-4,6)	2309
	Female	6,6	(5,6-7,6)	6,2	(5,2-7,5)	2560
AGE GROUP	15 - 24	2,0	(0,3-3,8)	2,7	(1,2-6,0)	370
	25 - 34	2,6	(1,1-4,2)	2,5	(1,4-4,5)	630
	35 - 44	4,8	(2,7-6,8)	4,6	(2,9-7,1)	744
	45 - 54	7,2	(4,9-9,5)	7,0	(5,0-9,6)	730
	55 - 64	6,3	(4,5-8,1)	6,0	(4,4-8,1)	905
	65 - 74	6,2	(4,4-8,1)	5,9	(4,3-7,9)	820
	75 +	6,6	(4,1-9,0)	6,1	(4,1-8,8)	670
HIGHEST DIPLOMA	No secondary	9,6	(6,8-12,3)	8,4	(5,9-11,9)	697
	Secondary	6,5	(5,1-7,9)	6,1	(4,8-7,9)	1469
	Higher education	3,0	(2,2-3,8)	2,7	(2,0-3,6)	2703
REGION	Flemish Region	4,8	(3,9-5,6)	4,1	(3,3-5,1)	2795
	Brussels Region	4,5	(2,9-6,1)	4,1	(2,9-5,9)	682
	Walloon Region	6,1	(4,4-7,8)	5,3	(3,8-7,4)	1392
YEAR	2001	3,1	(2,6-3,6)	2,5	(2,2-3,0)	10126
	2004	4,0	(3,5-4,5)	3,3	(2,8-3,8)	11177
	2008	4,1	(3,5-4,6)	3,2	(2,8-3,8)	9621
	2013	4,6	(4,0-5,2)	3,6	(3,1-4,2)	9104
	2018	4,5	(4,0-5,0)	3,5	(3,1-4,0)	9743
	2023-2024	5,1	(4,4-5,9)	4,0	(3,4-4,8)	4869

Source: Health Interview Survey, 2023-2024, Belgium

*Adjusted for age and/or sex based on a logistic regression model (Belgian population of 2024 as reference)

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Table 21 • Percentage of the population aged 15 years and over with a generalised anxiety disorder (GAD score 10+), Flemish Region

AD_1		Crude %	95% CI cru	Adj* %	95% CI adj	N
SEX	Male	8,7	(6,9-10,4)	8,3	(6,8-10,2)	1296
	Female	13,7	(11,6-15,7)	13,5	(11,6-15,7)	1449
AGE GROUP	15 - 24	15,1	(9,7-20,5)	15,0	(10,5-21,0)	197
	25 - 34	12,6	(8,9-16,4)	12,4	(9,1-16,6)	336
	35 - 44	15,2	(11,6-18,9)	15,0	(11,7-19,1)	399
	45 - 54	9,5	(6,2-12,7)	9,2	(6,5-13,0)	393
	55 - 64	11,4	(8,2-14,5)	11,1	(8,4-14,6)	521
	65 - 74	7,0	(4,7-9,4)	6,8	(4,8-9,5)	474
	75 +	6,8	(4,2-9,5)	6,5	(4,4-9,5)	425
HIGHEST DIPLOMA	No secondary	14,5	(10,4-18,5)	18,4	(13,5-24,6)	372
	Secondary	12,7	(9,9-15,5)	12,0	(9,5-14,9)	888
	Higher education	9,5	(7,8-11,3)	8,2	(6,7-10,0)	1485
YEAR	2001	5,3	(4,4-6,3)	5,1	(4,3-6,1)	3249
	2004	5,3	(4,4-6,2)	5,1	(4,3-6,0)	3556
	2008	5,8	(4,6-6,9)	5,5	(4,4-6,7)	2953
	2013	9,2	(7,8-10,6)	8,7	(7,4-10,2)	2376
	2018	8,6	(7,4-9,9)	8,2	(7,1-9,5)	3167
	2023-2024	11,2	(9,8-12,6)	10,8	(9,4-12,2)	2745

Source: Health Interview Survey, 2023-2024, Belgium

*Adjusted for age and/or sex based on a logistic regression model (Belgian population of 2024 as reference)

Table 22 • Distribution (%) of the population aged 15 years and over according to the severity of anxiety disorder (GAD-7 criteria), Flemish Region

AD_2		Minimal	Mild	Moderate	Severe	N
SEX	Male	69,1	22,3	6,4	2,2	1296
	Female	59,1	27,3	8,8	4,9	1449
AGE GROUP	15 - 24	50,2	34,7	9,6	5,5	197
	25 - 34	58,6	28,8	7,3	5,3	336
	35 - 44	55,7	29,0	10,5	4,8	399
	45 - 54	65,6	25,0	6,6	2,9	393
	55 - 64	67,5	21,1	7,9	3,4	521
	65 - 74	76,3	16,7	5,8	1,2	474
	75 +	73,9	19,3	5,1	1,8	425
HIGHEST DIPLOMA	No secondary	64,4	21,1	11,0	3,5	372
	Secondary	65,3	22,0	8,4	4,3	888
	Higher education	63,1	27,3	6,4	3,2	1485
YEAR	2018	69,9	21,4	6,2	2,4	3167
	2023-2024	64,0	24,8	7,6	3,6	2745

Source: Health Interview Survey, 2023-2024, Belgium

Table 23 • Percentage of the population aged 15 years and over with a major depressive disorder (PHQ-9 criteria), Flemish Region

AD_3		Crude %	95% CI cru	Adj* %	95% CI adj	N
SEX	Male	4,7	(3,5-5,9)	4,5	(3,5-5,8)	1297
	Female	6,4	(4,9-7,9)	6,2	(4,9-7,9)	1455
AGE GROUP	15 - 24	7,4	(3,8-11,0)	7,4	(4,6-11,8)	197
	25 - 34	6,4	(3,7-9,0)	6,3	(4,1-9,5)	337
	35 - 44	7,0	(4,4-9,7)	7,0	(4,8-10,2)	399
	45 - 54	5,8	(3,3-8,3)	5,7	(3,7-8,8)	395
	55 - 64	5,8	(3,7-7,8)	5,7	(4,0-8,1)	521
	65 - 74	2,8	(1,2-4,4)	2,8	(1,6-4,9)	476
	75 +	3,2	(1,4-4,9)	3,1	(1,8-5,3)	427
HIGHEST DIPLOMA	No secondary	6,1	(3,7-8,4)	7,9	(5,2-11,9)	375
	Secondary	7,0	(5,0-8,9)	6,5	(4,9-8,7)	889
	Higher education	4,6	(3,4-5,9)	4,0	(3,0-5,3)	1488
YEAR	2018	3,2	(2,5-4,0)	3,1	(2,4-3,8)	3166
	2023-2024	5,6	(4,6-6,5)	5,3	(4,5-6,3)	2752

Source: Health Interview Survey, 2023-2024, Belgium

*Adjusted for age and/or sex based on a logistic regression model (Belgian population of 2024 as reference)

Table 24 • Percentage of the population aged 15 years and over with other depressive disorders (PHQ-9 criteria), Flemish Region

AD_4		Crude %	95% CI cru	Adj* %	95% CI adj	N
SEX	Male	5,2	(3,7-6,7)	5,1	(3,9-6,8)	1297
	Female	5,2	(3,9-6,6)	5,2	(4,0-6,7)	1455
AGE GROUP	15 - 24	6,9	(2,6-11,3)	7,0	(3,7-12,8)	197
	25 - 34	4,9	(2,5-7,3)	4,9	(3,0-7,9)	337
	35 - 44	6,1	(3,1-9,1)	6,1	(3,7-9,9)	399
	45 - 54	5,0	(2,7-7,3)	5,0	(3,2-7,8)	395
	55 - 64	5,3	(3,0-7,6)	5,3	(3,4-8,1)	521
	65 - 74	2,8	(1,2-4,4)	2,8	(1,6-4,9)	476
	75 +	5,9	(3,3-8,4)	5,9	(3,8-8,9)	427
HIGHEST DIPLOMA	No secondary	9,0	(5,7-12,4)	10,7	(7,1-15,8)	375
	Secondary	5,7	(3,8-7,5)	5,4	(3,9-7,5)	889
	Higher education	4,1	(2,9-5,3)	3,8	(2,8-5,1)	1488
YEAR	2018	3,2	(2,5-3,9)	3,2	(2,5-4,0)	3166
	2023-2024	5,2	(4,2-6,2)	5,2	(4,3-6,3)	2752

Source: Health Interview Survey, 2023-2024, Belgium

*Adjusted for age and/or sex based on a logistic regression model (Belgian population of 2024 as reference)

Table 25 • Distribution (%) of the population aged 15 years and over according to the severity of depression (PHQ-9 criteria), Flemish Region

AD_5		Minimal	Mild	Moderate	Moderately severe	Severe	N
SEX	Male	71,3	19,9	6,1	2,1	0,6	1297
	Female	66,1	21,0	7,5	3,8	1,6	1455
AGE GROUP	15 - 24	51,6	31,6	9,5	4,8	2,5	197
	25 - 34	65,4	23,6	5,3	4,4	1,3	337
	35 - 44	61,4	25,8	8,3	3,3	1,2	399
	45 - 54	70,1	17,8	8,2	2,5	1,2	395
	55 - 64	73,0	16,2	7,1	3,2	0,4	521
	65 - 74	82,7	11,6	3,8	0,8	1,0	476
	75 +	73,5	18,9	5,2	1,9	0,4	427
HIGHEST DIPLOMA	No secondary	66,9	19,6	8,8	3,9	0,9	375
	Secondary	67,2	20,6	7,1	4,2	1,0	889
	Higher education	69,9	20,6	6,2	2,1	1,3	1488
YEAR	2018	77,8	15,7	4,3	1,5	0,7	3166
	2023-2024	68,6	20,5	6,8	3,0	1,1	2752

Source: Health Interview Survey, 2023-2024, Belgium

Table 26 • Percentage of the population aged 15 years and over with any type of depressive disorder (PHQ-9 criteria), Flemish Region

AD_6		Crude %	95% CI cru	Adj* %	95% CI adj	N
SEX	Male	9,9	(8,1-11,8)	9,7	(8,0-11,6)	1297
	Female	11,6	(9,7-13,5)	11,5	(9,7-13,6)	1455
AGE GROUP	15 - 24	14,4	(9,0-19,8)	14,4	(9,9-20,5)	197
	25 - 34	11,2	(7,7-14,8)	11,2	(8,1-15,3)	337
	35 - 44	13,1	(9,2-17,1)	13,1	(9,7-17,6)	399
	45 - 54	10,8	(7,5-14,2)	10,8	(7,9-14,6)	395
	55 - 64	11,1	(8,1-14,0)	11,1	(8,4-14,4)	521
	65 - 74	5,7	(3,5-7,9)	5,6	(3,8-8,3)	476
	75 +	9,0	(6,0-12,1)	8,9	(6,3-12,4)	427
HIGHEST DIPLOMA	No secondary	15,1	(11,0-19,1)	18,9	(14,1-24,9)	375
	Secondary	12,6	(10,0-15,3)	12,1	(9,8-14,9)	889
	Higher education	8,7	(7,0-10,4)	7,9	(6,4-9,7)	1488
YEAR	2001	7,7	(6,4-8,9)	7,6	(6,4-8,9)	3251
	2004	6,8	(5,8-7,8)	6,7	(5,8-7,7)	3559
	2008	8,2	(7,0-9,5)	8,0	(6,9-9,3)	2960
	2013	13,3	(11,6-15,0)	13,0	(11,4-14,7)	2392
	2018	6,4	(5,4-7,5)	6,2	(5,3-7,3)	3166
	2023-2024	10,8	(9,4-12,2)	10,5	(9,2-12,0)	2752

Source: Health Interview Survey, 2023-2024, Belgium

*Adjusted for age and/or sex based on a logistic regression model (Belgian population of 2024 as reference)

Table 27 • Percentage of the population aged 15 years and over with anxiety or depressive disorder (GAD-7 or PHQ-9), Flemish Region

AD_7		Crude %	95% CI cru	Adj* %	95% CI adj	N
SEX	Male	13,9	(11,7-16,1)	13,4	(11,4-15,6)	1295
	Female	17,0	(14,8-19,3)	16,8	(14,6-19,3)	1447
AGE GROUP	15 - 24	21,8	(15,5-28,2)	21,9	(16,3-28,8)	197
	25 - 34	16,4	(12,3-20,6)	16,3	(12,6-20,9)	337
	35 - 44	21,2	(16,7-25,8)	21,2	(17,0-26,1)	399
	45 - 54	14,3	(10,5-18,1)	14,2	(10,8-18,5)	395
	55 - 64	15,2	(11,7-18,7)	15,2	(12,0-19,0)	519
	65 - 74	8,0	(5,4-10,5)	7,9	(5,7-10,8)	473
	75 +	10,9	(7,7-14,1)	10,7	(7,9-14,3)	422
HIGHEST DIPLOMA	No secondary	19,7	(15,1-24,3)	25,4	(19,8-32,0)	372
	Secondary	17,5	(14,2-20,7)	16,7	(13,8-20,0)	886
	Higher education	13,3	(11,2-15,4)	11,8	(9,9-13,9)	1484
YEAR	2004	8,4	(7,2-9,6)	8,2	(7,1-9,4)	3382
	2008	9,6	(8,2-11,1)	9,3	(8,0-10,8)	2853
	2013	14,8	(13,0-16,6)	14,4	(12,7-16,3)	2378
	2018	11,0	(9,6-12,3)	10,7	(9,5-12,1)	3159
	2023-2024	15,5	(13,8-17,1)	15,2	(13,6-16,9)	2742

Source: Health Interview Survey, 2023-2024, Belgium

*Adjusted for age and/or sex based on a logistic regression model (Belgian population of 2024 as reference)

Table 28 • Distribution (%) of the population aged 15 years and over according to presence or not of anxiety and/or depression, Flemish Region

AD_8		No disorder	Anxiety alone	Depression alone	Anx/dep comorbidity	N
SEX	Male	86,2	3,9	5,1	4,7	1294
	Female	83,1	5,4	3,2	8,3	1445
AGE GROUP	15 - 24	78,2	7,4	6,7	7,6	197
	25 - 34	83,9	5,2	3,4	7,5	336
	35 - 44	78,8	8,1	6,0	7,1	399
	45 - 54	86,2	3,5	4,4	5,9	393
	55 - 64	84,8	4,1	3,8	7,3	519
	65 - 74	92,0	2,3	0,9	4,8	473
	75 +	89,1	1,8	4,0	5,1	422
HIGHEST DIPLOMA	No secondary	80,5	4,5	5,0	10,0	371
	Secondary	82,8	4,8	4,5	7,9	884
	Higher education	86,7	4,6	3,8	4,9	1484
YEAR	2004	91,7	1,6	3,0	3,7	3378
	2008	90,5	1,4	3,7	4,4	2847
	2013	85,3	1,4	5,5	7,8	2374
	2018	89,2	4,4	2,3	4,1	3156
	2023-2024	84,6	4,7	4,1	6,5	2739

Source: Health Interview Survey, 2023-2024, Belgium

Table 29 • Percentage of the population aged 15 years and over who report an impact of anxiety and/or depressive symptoms on their daily life, Flemish Region

AD02_1		Crude %	95% CI cru	Adj* %	95% CI adj	N
SEX	Male	7,4	(5,7-9,0)	6,8	(5,4-8,5)	1262
	Female	9,4	(7,6-11,1)	8,8	(7,3-10,7)	1427
AGE GROUP	15 - 24	8,6	(4,7-12,6)	8,6	(5,5-13,4)	195
	25 - 34	10,8	(7,3-14,3)	10,7	(7,7-14,8)	335
	35 - 44	9,7	(6,7-12,7)	9,7	(7,1-13,1)	393
	45 - 54	10,4	(6,9-13,8)	10,3	(7,3-14,2)	382
	55 - 64	9,6	(6,6-12,7)	9,6	(6,9-13,1)	514
	65 - 74	3,4	(1,7-5,2)	3,4	(2,0-5,6)	457
	75 +	4,1	(2,3-6,0)	4,0	(2,5-6,3)	413
HIGHEST DIPLOMA	No secondary	8,5	(5,2-11,7)	11,1	(7,5-16,3)	370
	Secondary	9,1	(6,8-11,4)	8,3	(6,4-10,7)	860
	Higher education	8,0	(6,4-9,5)	6,7	(5,3-8,4)	1459
YEAR	2023-2024	8,4	(7,2-9,6)	-	-	2689

Source: Health Interview Survey, 2023-2024, Belgium*Adjusted for age and/or sex based on a logistic regression model (Belgian population of 2024 as reference)

Table 30 • Percentage of the population aged 15 years and over with a possible eating disorder (anorexia-bulimia SCOFF score 2+), Flemish Region

EB_1		Crude %	95% CI cru	Adj* %	95% CI adj	N
SEX	Male	4,6	(3,2-5,9)	4,1	(3,0-5,5)	1312
	Female	7,3	(5,7-8,8)	6,8	(5,4-8,4)	1465
AGE GROUP	15 - 24	10,1	(5,5-14,8)	10,0	(6,3-15,7)	196
	25 - 34	7,1	(4,2-9,9)	6,9	(4,6-10,2)	339
	35 - 44	7,8	(5,0-10,7)	7,7	(5,2-11,1)	402
	45 - 54	7,9	(5,1-10,6)	7,7	(5,4-10,9)	400
	55 - 64	4,0	(2,1-5,9)	3,9	(2,4-6,3)	524
	65 - 74	2,0	(0,8-3,2)	1,9	(1,0-3,6)	484
	75 +	3,0	(1,2-4,8)	2,8	(1,5-5,1)	432
HIGHEST DIPLOMA	No secondary	6,3	(3,6-9,0)	8,6	(5,5-13,3)	381
	Secondary	6,9	(4,8-9,0)	6,1	(4,5-8,2)	897
	Higher education	5,3	(4,1-6,6)	4,1	(3,2-5,3)	1499
YEAR	2013	6,4	(5,1-7,6)	5,8	(4,7-7,0)	2433
	2018	5,7	(4,7-6,8)	5,3	(4,3-6,4)	3209
	2023-2024	6,0	(4,9-7,0)	5,5	(4,6-6,5)	2777

Source: Health Interview Survey, 2023-2024, Belgium

*Adjusted for age and/or sex based on a logistic regression model (Belgian population of 2024 as reference)

Table 31 • Percentage of the population aged 15 years and over with a possible binge eating disorder (BED), Flemish Region

EB06_1		Crude %	95% CI cru	Adj* %	95% CI adj	N
SEX	Male	10,5	(8,5-12,4)	9,0	(7,4-10,9)	1305
	Female	10,8	(8,9-12,6)	9,6	(8,0-11,6)	1456
AGE GROUP	15 - 24	18,7	(11,9-25,5)	18,7	(12,9-26,4)	194
	25 - 34	16,3	(12,0-20,5)	16,2	(12,4-21,0)	339
	35 - 44	13,8	(9,7-17,8)	13,8	(10,2-18,3)	397
	45 - 54	11,6	(8,2-15,0)	11,6	(8,7-15,4)	397
	55 - 64	7,5	(5,0-10,0)	7,5	(5,4-10,4)	524
	65 - 74	4,7	(2,6-6,7)	4,7	(3,0-7,1)	483
	75 +	1,9	(0,7-3,2)	1,9	(1,0-3,7)	427
HIGHEST DIPLOMA	No secondary	10,6	(7,2-14,0)	15,9	(11,6-21,4)	380
	Secondary	12,7	(9,8-15,7)	10,9	(8,5-13,8)	887
	Higher education	9,5	(7,8-11,1)	7,0	(5,7-8,5)	1494
YEAR	2023-2024	10,6	(9,2-12,0)	.	.	2761

Source: Health Interview Survey, 2023-2024, Belgium

*Adjusted for age and/or sex based on a logistic regression model (Belgian population of 2024 as reference)

Table 32 • Percentage of the population aged 15 years and over with lifetime suicidal ideation, Flemish Region

SU01_1		Crude %	95% CI cru	Adj* %	95% CI adj	N
SEX	Male	12,5	(10,2-14,7)	11,2	(9,3-13,4)	1215
	Female	11,6	(9,7-13,5)	10,8	(9,1-12,8)	1373
AGE GROUP	15 - 24	19,6	(12,8-26,3)	19,6	(13,8-27,0)	191
	25 - 34	17,6	(12,9-22,4)	17,6	(13,3-23,0)	323
	35 - 44	14,8	(10,8-18,8)	14,8	(11,3-19,2)	382
	45 - 54	11,2	(7,6-14,7)	11,2	(8,1-15,2)	372
	55 - 64	10,9	(7,8-13,9)	10,9	(8,2-14,3)	487
	65 - 74	6,0	(3,9-8,1)	6,0	(4,2-8,5)	450
	75 +	3,1	(1,3-4,9)	3,1	(1,7-5,6)	383
HIGHEST DIPLOMA	No secondary	11,6	(7,8-15,4)	16,1	(11,6-22,0)	334
	Secondary	12,2	(9,4-15,1)	11,0	(8,7-13,9)	830
	Higher education	12,0	(10,0-14,1)	9,8	(8,2-11,7)	1424
YEAR	2004	9,8	(8,5-11,2)	8,9	(7,7-10,2)	3577
	2008	9,8	(8,5-11,1)	8,9	(7,7-10,2)	2976
	2013	12,6	(10,9-14,3)	11,8	(10,2-13,5)	2439
	2018	12,9	(11,4-14,3)	12,1	(10,8-13,6)	3100
	2023-2024	12,0	(10,5-13,6)	11,4	(10,1-13,0)	2588

Source: Health Interview Survey, 2023-2024, Belgium

*Adjusted for age and/or sex based on a logistic regression model (Belgian population of 2024 as reference)

Table 33 • Percentage of the population aged 15 years and over with suicidal ideation in the past 12 months, Flemish Region

SU02_1		Crude %	95% CI cru	Adj* %	95% CI adj	N
SEX	Male	4,5	(3,2-5,8)	4,1	(3,1-5,5)	1211
	Female	3,5	(2,4-4,5)	3,3	(2,4-4,4)	1374
AGE GROUP	15 - 24	7,2	(3,5-11,0)	7,1	(4,2-11,8)	191
	25 - 34	4,2	(2,0-6,5)	4,2	(2,5-7,0)	324
	35 - 44	4,3	(1,9-6,6)	4,3	(2,5-7,2)	382
	45 - 54	4,7	(2,4-6,9)	4,6	(2,8-7,5)	371
	55 - 64	3,9	(2,0-5,8)	3,9	(2,4-6,3)	486
	65 - 74	1,4	(0,3-2,4)	1,4	(0,6-2,9)	448
	75 +	2,2	(0,6-3,8)	2,2	(1,0-4,5)	383
HIGHEST DIPLOMA	No secondary	5,6	(2,5-8,6)	7,4	(4,2-12,8)	331
	Secondary	4,8	(3,1-6,4)	4,2	(2,9-6,0)	831
	Higher education	3,2	(2,2-4,1)	2,6	(1,8-3,6)	1423
YEAR	2008	2,9	(2,2-3,6)	2,6	(2,0-3,4)	2971
	2013	4,9	(3,8-5,9)	4,5	(3,6-5,7)	2437
	2018	3,3	(2,6-3,9)	3,1	(2,5-3,8)	3156
	2023-2024	4,0	(3,1-4,8)	3,8	(3,0-4,7)	2585

Source: Health Interview Survey, 2023-2024, Belgium

*Adjusted for age and/or sex based on a logistic regression model (Belgian population of 2024 as reference)

Table 34 • Percentage of the population aged 15 years and over with lifetime experience of suicide attempt(s), Flemish Region

SU03_1		Crude %	95% CI cru	Adj* %	95% CI adj	N
SEX	Male	3,7	(2,4-5,0)	3,1	(2,2-4,4)	1214
	Female	3,7	(2,7-4,8)	3,3	(2,4-4,4)	1367
AGE GROUP	15 - 24	5,8	(2,4-9,3)	5,8	(3,3-10,2)	191
	25 - 34	5,6	(2,8-8,4)	5,6	(3,4-9,1)	323
	35 - 44	5,4	(2,7-8,0)	5,4	(3,3-8,7)	384
	45 - 54	4,6	(2,4-6,8)	4,6	(2,9-7,4)	372
	55 - 64	1,3	(0,4-2,2)	1,3	(0,7-2,5)	486
	65 - 74	1,9	(0,6-3,1)	1,9	(1,0-3,6)	446
	75 +	1,3	(0,1-2,4)	1,3	(0,5-3,0)	379
HIGHEST DIPLOMA	No secondary	4,3	(2,1-6,5)	5,9	(3,4-10,0)	334
	Secondary	4,4	(2,7-6,2)	3,7	(2,5-5,5)	828
	Higher education	3,2	(2,2-4,2)	2,3	(1,6-3,3)	1419
YEAR	2004	2,3	(1,6-3,0)	2,1	(1,6-2,8)	3563
	2008	4,0	(3,1-4,8)	3,6	(2,9-4,5)	2928
	2013	3,4	(2,5-4,2)	3,1	(2,4-4,0)	2391
	2018	3,4	(2,7-4,1)	3,1	(2,5-3,9)	3102
	2023-2024	3,7	(2,9-4,6)	3,5	(2,8-4,4)	2581

Source: Health Interview Survey, 2023-2024, Belgium

*Adjusted for age and/or sex based on a logistic regression model (Belgian population of 2024 as reference)

Table 35 • Percentage of the population aged 15 years and over who attempted suicide in the past 12 months, Flemish Region

SU04_1		Crude %	95% CI cru	Adj* %	95% CI adj	N
SEX	Male	0,9	(0,3-1,5)	0,8	(0,4-1,6)	1214
	Female	0,5	(0,1-0,9)	0,4	(0,2-1,0)	1372
AGE GROUP	15 - 24	2,4	(0,0-4,9)	2,2	(0,8-6,3)	191
	25 - 34	0,4	(0,0-0,9)	0,4	(0,1-1,5)	323
	35 - 44	0,6	(0,0-1,2)	0,5	(0,2-1,7)	384
	45 - 54	1,1	(0,0-2,3)	1,0	(0,3-3,2)	372
	55 - 64	0,4	(0,0-0,9)	0,4	(0,1-1,4)	487
	65 - 74	0,0	.	-	-	448
	75 +	0,6	(0,0-1,4)	0,6	(0,1-2,3)	381
HIGHEST DIPLOMA	No secondary	1,2	(0,0-2,4)	1,7	(0,6-4,7)	336
	Secondary	1,2	(0,2-2,2)	0,9	(0,4-1,8)	829
	Higher education	0,3	(0,0-0,6)	0,2	(0,1-0,6)	1421
YEAR	2004	0,3	(0,1-0,5)	0,3	(0,1-0,6)	3549
	2008	0,4	(0,2-0,6)	0,4	(0,2-0,7)	2917
	2013	0,5	(0,2-0,8)	0,6	(0,3-1,2)	2390
	2018	0,1	(0,0-0,2)	0,2	(0,1-0,5)	3164
	2023-2024	0,7	(0,3-1,1)	0,7	(0,4-1,2)	2586

Source: Health Interview Survey, 2023-2024, Belgium

*Adjusted for age and/or sex based on a logistic regression model (Belgian population of 2024 as reference)

Table 36 • Percentage of the population aged 15 years and over who sought professional help for mental health problems, Flemish Region

AD03_1		Never	More than 12 months ago	In the past 12 months	N
SEX	Male	72,6	16,2	11,3	1295
	Female	59,8	23,2	17,0	1450
AGE GROUP	15 - 24	58,9	22,1	19,0	194
	25 - 34	56,6	22,1	21,3	336
	35 - 44	52,7	27,2	20,1	400
	45 - 54	61,4	22,9	15,7	396
	55 - 64	68,4	20,4	11,2	521
	65 - 74	80,9	13,9	5,2	470
	75 +	89,5	5,6	4,9	428
HIGHEST DIPLOMA	No secondary	78,5	10,6	10,9	376
	Secondary	70,5	17,9	11,5	885
	Higher education	60,5	23,0	16,5	1484
YEAR	2023-2024	66,1	19,7	14,2	2745

Source: Health Interview Survey, 2023-2024, Belgium

Table 37 • Percentage of the population aged 15 years and over who used sedatives (tranquilizers or sleeping tablets) in the past 2 weeks, Flemish Region

MH_1		Crude %	95% CI cru	Adj* %	95% CI adj	N
SEX	Male	7,8	(6,3-9,3)	6,1	(4,8-7,8)	1313
	Female	15,2	(13,2-17,1)	11,9	(10,0-14,1)	1478
AGE GROUP	15 - 24	5,2	(2,0-8,3)	5,0	(2,7-9,0)	196
	25 - 34	2,3	(0,7-3,9)	2,2	(1,1-4,4)	338
	35 - 44	7,3	(4,7-9,9)	7,0	(4,9-10,0)	401
	45 - 54	10,6	(7,3-14,0)	10,2	(7,4-14,0)	396
	55 - 64	12,2	(9,2-15,2)	11,7	(9,1-15,0)	529
	65 - 74	20,1	(16,2-23,9)	19,3	(15,8-23,5)	490
	75 +	25,5	(20,6-30,3)	24,0	(19,6-29,0)	441
HIGHEST DIPLOMA	No secondary	25,3	(20,1-30,4)	14,6	(10,8-19,5)	388
	Secondary	13,2	(10,8-15,6)	10,4	(8,3-13,0)	896
	Higher education	7,2	(5,8-8,7)	6,4	(5,1-8,0)	1507
YEAR	2001	9,8	(8,4-11,1)	7,9	(6,9-9,1)	3492
	2004	11,5	(10,2-12,8)	9,3	(8,1-10,6)	3947
	2008	12,0	(10,6-13,3)	9,2	(8,1-10,5)	3409
	2013	13,0	(11,5-14,6)	9,8	(8,5-11,3)	2989
	2018	12,4	(11,1-13,7)	9,0	(8,0-10,2)	3636
	2023-2024	11,6	(10,2-12,9)	8,2	(7,1-9,3)	2791

Source: Health Interview Survey, 2023-2024, Belgium

*Adjusted for age and/or sex based on a logistic regression model (Belgian population of 2024 as reference)

Table 38 • Percentage of the population aged 15 years and over who used antidepressants in the past 2 weeks, Flemish Region

MH_2		Crude %	95% CI cru	Adj* %	95% CI adj	N
SEX	Male	5,5	(4,1-6,9)	5,2	(4,0-6,7)	1314
	Female	11,3	(9,5-13,1)	10,7	(9,0-12,7)	1479
AGE GROUP	15 - 24	4,4	(1,7-7,2)	4,2	(2,3-7,7)	195
	25 - 34	6,0	(3,2-8,7)	5,6	(3,5-8,9)	339
	35 - 44	8,6	(5,7-11,6)	8,2	(5,8-11,7)	402
	45 - 54	10,5	(7,3-13,7)	10,0	(7,3-13,6)	397
	55 - 64	9,8	(7,0-12,7)	9,4	(6,9-12,6)	530
	65 - 74	8,6	(6,0-11,2)	8,1	(5,9-10,9)	489
	75 +	10,2	(6,4-13,9)	9,2	(6,3-13,3)	441
HIGHEST DIPLOMA	No secondary	13,7	(9,5-17,9)	12,2	(8,5-17,3)	387
	Secondary	9,2	(7,1-11,3)	8,3	(6,5-10,5)	897
	Higher education	6,8	(5,4-8,2)	6,1	(4,9-7,6)	1509
YEAR	2001	3,8	(3,0-4,6)	3,2	(2,6-4,0)	3487
	2004	4,6	(3,7-5,5)	3,9	(3,2-4,8)	3943
	2008	4,9	(4,0-5,9)	4,1	(3,3-5,0)	3402
	2013	6,7	(5,6-7,8)	5,5	(4,6-6,6)	2989
	2018	6,6	(5,7-7,5)	5,4	(4,7-6,2)	3637
	2023-2024	8,5	(7,3-9,6)	6,9	(5,9-8,1)	2793

Source: Health Interview Survey, 2023-2024, Belgium

*Adjusted for age and/or sex based on a logistic regression model (Belgian population of 2024 as reference)

Table 39 • Percentage of the population aged 15 years and over who used sedatives or antidepressants in the past 2 weeks, Flemish Region

MH_3		Crude %	95% CI cru	Adj* %	95% CI adj	N
SEX	Male	10,5	(8,7-12,2)	9,3	(7,7-11,1)	1312
	Female	19,9	(17,7-22,1)	17,6	(15,4-20,1)	1477
AGE GROUP	15 - 24	7,3	(3,7-10,9)	7,1	(4,3-11,4)	195
	25 - 34	6,5	(3,7-9,4)	6,2	(4,0-9,5)	338
	35 - 44	11,6	(8,2-14,9)	11,1	(8,3-14,8)	401
	45 - 54	15,3	(11,5-19,2)	14,8	(11,4-19,0)	396
	55 - 64	16,3	(12,9-19,7)	15,7	(12,6-19,4)	529
	65 - 74	22,9	(18,9-27,0)	22,2	(18,4-26,5)	489
	75 +	28,2	(23,2-33,2)	26,7	(22,2-31,8)	441
HIGHEST DIPLOMA	No secondary	28,7	(23,3-34,0)	19,9	(15,5-25,2)	388
	Secondary	16,1	(13,4-18,8)	14,1	(11,7-16,9)	894
	Higher education	11,5	(9,7-13,2)	10,8	(9,1-12,8)	1507
YEAR	2001	11,3	(9,9-12,7)	9,6	(8,5-11,0)	3487
	2004	13,3	(11,8-14,7)	11,3	(10,0-12,8)	3943
	2008	13,9	(12,4-15,3)	11,3	(10,1-12,7)	3402
	2013	15,5	(13,8-17,1)	12,4	(11,0-14,0)	2989
	2018	15,3	(13,9-16,7)	12,1	(10,8-13,4)	3636
	2023-2024	15,3	(13,8-16,8)	11,8	(10,5-13,3)	2789

Source: Health Interview Survey, 2023-2024, Belgium

*Adjusted for age and/or sex based on a logistic regression model (Belgian population of 2024 as reference)

Table 40 • Percentage of the population aged 15 years and over who used sedatives and antidepressants in the past 2 weeks, Flemish Region

MH_4		Crude %	95% CI cru	Adj* %	95% CI adj	N
SEX	Male	2,9	(1,8-3,9)	2,5	(1,7-3,7)	1315
	Female	6,6	(5,3-8,0)	5,8	(4,6-7,3)	1480
AGE GROUP	15 - 24	2,3	(0,3-4,3)	2,2	(0,9-5,0)	196
	25 - 34	1,8	(0,3-3,3)	1,6	(0,7-3,8)	339
	35 - 44	4,4	(2,3-6,5)	4,1	(2,5-6,7)	402
	45 - 54	5,8	(3,4-8,3)	5,4	(3,5-8,3)	397
	55 - 64	5,7	(3,4-8,0)	5,3	(3,5-8,1)	530
	65 - 74	5,8	(3,6-7,9)	5,3	(3,6-7,7)	490
	75 +	7,4	(4,0-10,8)	6,6	(4,1-10,4)	441
HIGHEST DIPLOMA	No secondary	10,2	(6,5-14,0)	8,1	(5,0-12,8)	387
	Secondary	6,2	(4,5-8,0)	5,3	(3,9-7,2)	899
	Higher education	2,6	(1,8-3,4)	2,2	(1,6-3,1)	1509
YEAR	2001	2,3	(1,6-2,9)	1,8	(1,3-2,4)	3492
	2004	2,8	(2,1-3,5)	2,2	(1,7-2,9)	3947
	2008	3,1	(2,3-3,9)	2,3	(1,7-3,1)	3409
	2013	4,3	(3,3-5,2)	3,2	(2,5-4,0)	2989
	2018	3,7	(3,0-4,3)	2,7	(2,2-3,3)	3637
	2023-2024	4,8	(3,9-5,6)	3,4	(2,8-4,3)	2795

Source: Health Interview Survey, 2023-2024, Belgium

*Adjusted for age and/or sex based on a logistic regression model (Belgian population of 2024 as reference)

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Table 41 • Percentage of the population aged 15 years and over with a generalised anxiety disorder (GAD score 10+), Brussels Region

AD_1		Crude %	95% CI cru	Adj* %	95% CI adj	N
SEX	Male	9,5	(5,9-13,1)	8,2	(5,5-12,1)	301
	Female	17,0	(11,4-22,5)	15,4	(11,3-20,8)	345
AGE GROUP	15 - 24	26,7	(9,9-43,5)	26,2	(13,7-44,2)	45
	25 - 34	8,4	(3,4-13,4)	8,2	(4,5-14,6)	119
	35 - 44	11,8	(5,9-17,8)	11,1	(6,6-18,3)	126
	45 - 54	16,3	(8,9-23,7)	16,0	(10,0-24,7)	99
	55 - 64	15,5	(7,6-23,4)	14,6	(8,7-23,5)	108
	65 - 74	7,5	(1,8-13,3)	6,9	(3,2-14,4)	78
	75 +	4,7	(0,0-10,2)	4,2	(1,3-12,7)	71
HIGHEST DIPLOMA	No secondary	13,5	(5,3-21,8)	12,1	(6,4-21,7)	96
	Secondary	23,5	(13,0-33,9)	19,9	(12,9-29,4)	119
	Higher education	8,9	(6,1-11,8)	7,7	(5,3-11,1)	431
YEAR	2001	7,2	(5,9-8,4)	6,8	(5,7-8,1)	2171
	2004	7,0	(5,7-8,3)	6,5	(5,4-7,9)	2108
	2008	9,1	(7,6-10,7)	8,6	(7,2-10,3)	1887
	2013	11,7	(9,4-14,0)	11,2	(9,2-13,7)	1256
	2018	12,4	(10,7-14,1)	11,8	(10,3-13,6)	1779
	2023-2024	13,4	(10,0-16,8)	12,8	(9,9-16,3)	646

Source: Health Interview Survey, 2023-2024, Belgium

*Adjusted for age and/or sex based on a logistic regression model (Belgian population of 2024 as reference)

Table 42 • Distribution (%) of the population aged 15 years and over according to the severity of anxiety disorder (GAD-7 criteria), Brussels Region

AD_2		Minimal	Mild	Moderate	Severe	N
SEX	Male	66,8	23,7	8,0	1,6	301
	Female	57,9	25,2	11,3	5,7	345
AGE GROUP	15 - 24	57,6	15,7	21,0	5,7	45
	25 - 34	60,3	31,3	4,4	4,0	119
	35 - 44	57,1	31,1	9,7	2,1	126
	45 - 54	58,5	25,2	12,2	4,1	99
	55 - 64	61,0	23,5	9,6	5,9	108
	65 - 74	78,2	14,3	5,5	2,1	78
	75 +	81,3	14,0	4,7	0,0	71
HIGHEST DIPLOMA	No secondary	64,8	21,6	7,5	6,1	96
	Secondary	56,4	20,1	19,6	3,9	119
	Higher education	64,0	27,1	5,9	3,0	431
YEAR	2018	65,1	22,6	8,2	4,2	1779
	2023-2024	62,2	24,4	9,7	3,7	646

Source: Health Interview Survey, 2023-2024, Belgium

Table 43 • Percentage of the population aged 15 years and over with a major depressive disorder (PHQ-9 criteria), Brussels Region

AD_3		Crude %	95% CI cru	Adj* %	95% CI adj	N
SEX	Male	4,9	(2,2-7,5)	3,6	(1,9-6,7)	299
	Female	10,9	(5,7-16,1)	8,7	(5,6-13,4)	345
AGE GROUP	15 - 24	20,5	(4,1-37,0)	19,6	(8,8-38,0)	45
	25 - 34	4,4	(1,0-7,9)	4,2	(1,8-9,2)	119
	35 - 44	6,3	(1,7-10,9)	5,6	(2,6-11,8)	124
	45 - 54	7,9	(2,1-13,7)	7,5	(3,6-14,8)	100
	55 - 64	10,3	(3,1-17,6)	9,3	(4,6-17,9)	107
	65 - 74	2,1	(0,0-5,1)	1,8	(0,4-7,4)	78
	75 +	2,5	(0,0-6,1)	2,1	(0,5-8,7)	71
HIGHEST DIPLOMA	No secondary	9,1	(1,1-17,1)	7,2	(3,0-16,3)	95
	Secondary	15,6	(6,4-24,8)	10,7	(6,0-18,5)	118
	Higher education	4,4	(2,4-6,3)	3,3	(1,9-5,7)	431
YEAR	2018	6,2	(5,0-7,4)	5,5	(4,3-7,0)	1786
	2023-2024	8,0	(5,0-10,9)	7,0	(5,1-9,4)	644

Source: Health Interview Survey, 2023-2024, Belgium

*Adjusted for age and/or sex based on a logistic regression model (Belgian population of 2024 as reference)

Table 44 • Percentage of the population aged 15 years and over with other depressive disorders (PHQ-9 criteria), Brussels Region

AD_4		Crude %	95% CI cru	Adj* %	95% CI adj	N
SEX	Male	6,7	(3,7-9,7)	6,0	(3,6-10,0)	299
	Female	6,7	(3,9-9,5)	6,0	(3,9-9,1)	345
AGE GROUP	15 - 24	3,8	(0,0-9,3)	3,8	(0,9-14,4)	45
	25 - 34	6,7	(2,1-11,3)	6,7	(3,3-13,0)	119
	35 - 44	10,4	(4,6-16,1)	10,4	(5,9-17,6)	124
	45 - 54	6,3	(1,4-11,1)	6,2	(2,9-13,2)	100
	55 - 64	7,0	(1,7-12,4)	7,0	(3,2-14,6)	107
	65 - 74	2,5	(0,0-6,2)	2,5	(0,6-9,9)	78
	75 +	8,1	(0,0-16,3)	8,1	(2,9-20,6)	71
HIGHEST DIPLOMA	No secondary	9,1	(3,3-14,9)	8,2	(4,3-15,2)	95
	Secondary	10,7	(4,6-16,7)	9,9	(5,4-17,7)	118
	Higher education	4,3	(2,4-6,2)	3,8	(2,3-6,2)	431
YEAR	2018	6,6	(5,2-7,9)	6,2	(5,0-7,7)	1786
	2023-2024	6,7	(4,7-8,8)	6,4	(4,6-8,7)	644

Source: Health Interview Survey, 2023-2024, Belgium

*Adjusted for age and/or sex based on a logistic regression model (Belgian population of 2024 as reference)

Table 45 • Distribution (%) of the population aged 15 years and over according to the severity of depression (PHQ-9 criteria), Brussels Region

AD_5		Minimal	Mild	Moderate	Moderately severe	Severe	N
SEX	Male	64,9	23,5	6,7	2,7	2,1	299
	Female	57,1	26,1	9,8	4,2	2,8	345
AGE GROUP	15 - 24	41,3	33,5	12,8	4,6	7,9	45
	25 - 34	55,5	33,4	7,7	1,1	2,3	119
	35 - 44	59,2	25,4	8,3	6,1	1,1	124
	45 - 54	62,5	21,0	10,7	3,3	2,6	100
	55 - 64	67,5	19,3	6,4	4,8	2,0	107
	65 - 74	79,2	11,7	5,9	3,2	0,0	78
	75 +	80,4	15,0	3,5	1,1	0,0	71
HIGHEST DIPLOMA	No secondary	58,6	24,9	10,2	2,4	3,9	95
	Secondary	52,4	25,6	11,3	6,4	4,3	118
	Higher education	65,2	24,5	6,5	2,5	1,3	431
YEAR	2018	66,7	20,9	7,7	3,0	1,7	1786
	2023-2024	60,9	24,8	8,3	3,5	2,5	644

Source: Health Interview Survey, 2023-2024, Belgium

Table 46 • Percentage of the population aged 15 years and over with any type of depressive disorder (PHQ-9 criteria), Brussels Region

AD_6		Crude %	95% CI cru	Adj* %	95% CI adj	N
SEX	Male	11,6	(7,6-15,6)	10,3	(7,1-14,7)	299
	Female	17,6	(12,0-23,2)	16,0	(11,7-21,5)	345
AGE GROUP	15 - 24	24,3	(7,1-41,5)	24,1	(11,7-43,2)	45
	25 - 34	11,1	(5,3-17,0)	11,1	(6,5-18,3)	119
	35 - 44	16,6	(9,4-23,9)	16,1	(10,3-24,5)	124
	45 - 54	14,2	(6,9-21,4)	14,1	(8,4-22,6)	100
	55 - 64	17,4	(8,9-25,9)	16,8	(10,1-26,7)	107
	65 - 74	4,6	(0,0-9,3)	4,4	(1,6-11,6)	78
	75 +	10,6	(1,8-19,4)	10,0	(4,3-21,6)	71
HIGHEST DIPLOMA	No secondary	18,2	(8,5-27,9)	17,0	(9,8-28,0)	95
	Secondary	26,3	(15,6-36,9)	22,9	(15,1-33,3)	118
	Higher education	8,7	(5,8-11,6)	7,7	(5,4-10,9)	431
YEAR	2001	10,0	(8,5-11,4)	9,7	(8,4-11,2)	2173
	2004	9,5	(8,1-11,0)	9,3	(8,0-10,8)	2107
	2008	13,8	(11,9-15,6)	13,5	(11,7-15,5)	1891
	2013	18,2	(15,5-20,9)	18,0	(15,5-20,8)	1258
	2018	12,8	(11,0-14,5)	12,5	(10,8-14,4)	1786
	2023-2024	14,7	(11,2-18,2)	14,5	(11,3-18,3)	644

Source: Health Interview Survey, 2023-2024, Belgium

*Adjusted for age and/or sex based on a logistic regression model (Belgian population of 2024 as reference)

Table 47 • Percentage of the population aged 15 years and over with anxiety or depressive disorder (GAD-7 or PHQ-9), Brussels Region

AD_7		Crude %	95% CI cru	Adj* %	95% CI adj	N
SEX	Male	14,4	(10,0-18,7)	13,3	(9,7-18,1)	300
	Female	22,8	(17,0-28,6)	21,7	(16,9-27,6)	342
AGE GROUP	15 - 24	29,8	(12,4-47,1)	29,5	(16,0-47,7)	45
	25 - 34	13,3	(6,9-19,7)	13,2	(8,1-20,9)	119
	35 - 44	20,7	(13,0-28,4)	20,0	(13,5-28,5)	124
	45 - 54	20,0	(12,0-28,0)	19,9	(13,2-28,9)	99
	55 - 64	21,4	(12,5-30,2)	20,7	(13,4-30,6)	107
	65 - 74	10,1	(3,4-16,7)	9,5	(4,8-17,9)	78
	75 +	12,2	(2,9-21,5)	11,3	(5,2-23,0)	70
HIGHEST DIPLOMA	No secondary	22,7	(12,8-32,5)	21,8	(13,8-32,7)	95
	Secondary	30,2	(18,9-41,4)	27,7	(19,1-38,3)	117
	Higher education	12,7	(9,2-16,1)	11,7	(8,7-15,5)	430
YEAR	2004	11,5	(9,9-13,2)	11,1	(9,5-12,8)	1987
	2008	15,8	(13,8-17,8)	15,2	(13,3-17,4)	1812
	2013	19,8	(17,0-22,6)	19,4	(16,8-22,3)	1257
	2018	17,3	(15,3-19,3)	16,8	(14,9-19,0)	1780
	2023-2024	18,7	(14,9-22,5)	18,3	(14,9-22,2)	642

Source: Health Interview Survey, 2023-2024, Belgium

*Adjusted for age and/or sex based on a logistic regression model (Belgian population of 2024 as reference)

Table 48 • Distribution (%) of the population aged 15 years and over according to presence or not of anxiety and/or depression, Brussels Region

AD_8		No disorder	Anxiety alone	Depression alone	Anx/dep comorbidity	N
SEX	Male	85,9	2,6	4,8	6,8	299
	Female	77,2	5,1	5,7	12,0	342
AGE GROUP	15 - 24	70,2	5,4	3,1	21,2	45
	25 - 34	86,7	2,2	4,9	6,2	119
	35 - 44	79,3	4,0	8,6	8,0	124
	45 - 54	80,0	5,7	3,7	10,6	99
	55 - 64	79,3	3,2	5,7	11,7	106
	65 - 74	89,9	5,5	2,5	2,1	78
	75 +	87,8	1,5	7,4	3,3	70
HIGHEST DIPLOMA	No secondary	77,9	3,7	9,0	9,3	94
	Secondary	69,8	3,8	6,5	19,9	117
	Higher education	87,3	3,9	3,7	5,0	430
YEAR	2004	88,6	2,0	4,4	5,0	1983
	2008	84,3	1,7	6,6	7,5	1810
	2013	80,8	1,3	7,7	10,2	1248
	2018	82,8	4,4	4,9	7,9	1776
	2023-2024	81,4	3,9	5,3	9,5	641

Source: Health Interview Survey, 2023-2024, Belgium

Table 49 • Percentage of the population aged 15 years and over who report an impact of anxiety and/or depressive symptoms on their daily life, Brussels Region

AD02_1		Crude %	95% CI cru	Adj* %	95% CI adj	N
SEX	Male	8,4	(4,9-12,0)	6,6	(4,0-10,5)	295
	Female	11,0	(7,5-14,5)	8,9	(5,9-13,3)	337
AGE GROUP	15 - 24	10,7	(2,0-19,3)	10,6	(4,6-22,4)	43
	25 - 34	11,5	(5,5-17,4)	11,4	(6,7-18,9)	116
	35 - 44	11,3	(5,7-17,0)	11,1	(6,7-18,0)	122
	45 - 54	12,7	(5,6-19,8)	12,7	(7,1-21,5)	100
	55 - 64	7,5	(2,0-13,1)	7,4	(3,6-14,7)	109
	65 - 74	1,4	(0,0-4,2)	1,4	(0,2-9,2)	74
	75 +	6,5	(0,0-14,6)	6,2	(1,7-20,1)	68
HIGHEST DIPLOMA	No secondary	8,3	(1,9-14,8)	7,1	(2,9-16,1)	86
	Secondary	12,5	(5,4-19,7)	9,6	(5,0-17,6)	117
	Higher education	9,0	(6,2-11,8)	7,1	(4,8-10,2)	429
YEAR	2023-2024	9,8	(7,2-12,4)	-	-	632

Source: Health Interview Survey, 2023-2024, Belgium

*Adjusted for age and/or sex based on a logistic regression model (Belgian population of 2024 as reference)

Table 50 • Percentage of the population aged 15 years and over with a possible eating disorder (anorexia-bulimia SCOFF score 2+), Brussels Region

EB_1		Crude %	95% CI cru	Adj* %	95% CI adj	N
SEX	Male	7,7	(4,4-11,1)	6,7	(4,2-10,6)	310
	Female	10,8	(7,2-14,4)	9,6	(6,7-13,4)	353
AGE GROUP	15 - 24	8,4	(0,2-16,6)	8,2	(3,0-20,4)	46
	25 - 34	9,3	(3,3-15,4)	9,4	(4,9-17,2)	118
	35 - 44	14,0	(7,7-20,3)	13,8	(8,7-21,2)	130
	45 - 54	9,2	(3,2-15,1)	9,1	(4,7-17,0)	102
	55 - 64	8,5	(2,5-14,5)	8,3	(4,0-16,5)	114
	65 - 74	2,9	(0,0-6,4)	2,8	(0,9-8,8)	78
	75 +	7,9	(0,8-15,0)	7,6	(3,1-17,5)	75
HIGHEST DIPLOMA	No secondary	10,1	(3,8-16,3)	9,0	(4,6-16,9)	97
	Secondary	14,8	(7,5-22,1)	13,2	(7,9-21,1)	124
	Higher education	6,7	(4,2-9,1)	5,7	(3,8-8,4)	442
YEAR	2013	12,6	(10,1-15,1)	11,2	(9,1-13,7)	1295
	2018	10,1	(8,4-11,8)	8,9	(7,4-10,6)	1820
	2023-2024	9,3	(6,8-11,8)	8,1	(6,1-10,7)	663

Source: Health Interview Survey, 2023-2024, Belgium

*Adjusted for age and/or sex based on a logistic regression model (Belgian population of 2024 as reference)

Table 51 • Percentage of the population aged 15 years and over with a possible binge eating disorder (BED), Brussels Region

EB06_1		Crude %	95% CI cru	Adj* %	95% CI adj	N
SEX	Male	10,1	(6,2-13,9)	8,2	(5,4-12,4)	307
	Female	8,7	(5,5-11,8)	7,3	(4,8-10,7)	347
AGE GROUP	15 - 24	14,0	(4,0-23,9)	13,9	(6,9-26,3)	45
	25 - 34	11,5	(5,3-17,8)	11,4	(6,5-19,3)	118
	35 - 44	14,0	(8,1-20,0)	14,1	(9,1-21,0)	130
	45 - 54	5,1	(0,4-9,7)	5,1	(2,0-12,1)	101
	55 - 64	5,2	(0,9-9,5)	5,2	(2,3-11,5)	110
	65 - 74	5,3	(0,0-10,8)	5,3	(1,9-14,2)	76
	75 +	3,9	(0,0-8,5)	3,9	(1,2-12,1)	74
HIGHEST DIPLOMA	No secondary	4,7	(0,0-9,7)	4,2	(1,4-11,7)	94
	Secondary	10,0	(4,1-15,8)	8,0	(4,1-15,1)	120
	Higher education	10,3	(7,2-13,4)	8,6	(6,2-11,8)	440
YEAR	2023-2024	9,3	(6,9-11,8)	.	.	654

Source: Health Interview Survey, 2023-2024, Belgium

*Adjusted for age and/or sex based on a logistic regression model (Belgian population of 2024 as reference)

Table 52 • Percentage of the population aged 15 years and over with lifetime suicidal ideation, Brussels Region

SU01_1		Crude %	95% CI cru	Adj* %	95% CI adj	N
SEX	Male	12,5	(8,2-16,7)	11,8	(8,4-16,5)	313
	Female	12,4	(8,8-16,1)	11,8	(8,6-15,9)	346
AGE GROUP	15 - 24	15,3	(3,6-27,0)	15,3	(7,0-30,1)	46
	25 - 34	15,6	(8,6-22,5)	15,6	(9,9-23,7)	116
	35 - 44	13,3	(7,4-19,3)	13,3	(8,4-20,4)	131
	45 - 54	8,1	(2,7-13,4)	8,1	(4,1-15,4)	101
	55 - 64	11,7	(5,4-18,0)	11,7	(6,7-19,5)	115
	65 - 74	10,2	(3,7-16,8)	10,2	(5,4-18,7)	78
	75 +	9,7	(2,5-16,9)	9,7	(4,6-19,4)	72
HIGHEST DIPLOMA	No secondary	11,0	(4,7-17,3)	11,0	(6,1-19,1)	102
	Secondary	14,6	(7,8-21,3)	13,4	(8,1-21,5)	123
	Higher education	11,9	(8,2-15,7)	11,4	(8,1-15,7)	434
YEAR	2004	16,6	(14,6-18,6)	15,7	(13,9-17,7)	2121
	2008	16,1	(14,1-18,1)	15,2	(13,3-17,2)	1919
	2013	17,5	(14,8-20,2)	16,7	(14,3-19,5)	1311
	2018	14,3	(12,5-16,2)	13,6	(11,9-15,5)	1796
	2023-2024	12,5	(9,5-15,4)	11,8	(9,2-14,9)	659

Source: Health Interview Survey, 2023-2024, Belgium

*Adjusted for age and/or sex based on a logistic regression model (Belgian population of 2024 as reference)

Table 53 • Percentage of the population aged 15 years and over with suicidal ideation in the past 12 months, Brussels Region

SU02_1		Crude %	95% CI cru	Adj* %	95% CI adj	N
SEX	Male	6,5	(3,4-9,6)	6,5	(4,1-10,1)	314
	Female	6,0	(3,3-8,7)	5,8	(3,6-9,2)	347
AGE GROUP	15 - 24	12,2	(2,0-22,4)	12,2	(5,3-25,8)	46
	25 - 34	4,4	(0,8-8,1)	4,4	(1,9-9,8)	117
	35 - 44	5,7	(1,5-9,8)	5,7	(2,7-11,5)	131
	45 - 54	4,5	(0,5-8,6)	4,5	(1,8-10,9)	101
	55 - 64	5,5	(0,9-10,0)	5,5	(2,4-12,1)	116
	65 - 74	6,2	(0,8-11,5)	6,2	(2,6-14,1)	78
	75 +	7,8	(1,5-14,1)	7,9	(3,5-16,8)	72
HIGHEST DIPLOMA	No secondary	7,2	(1,9-12,5)	7,1	(3,4-14,4)	103
	Secondary	8,6	(3,5-13,7)	8,3	(4,2-15,8)	123
	Higher education	4,9	(2,3-7,6)	4,9	(2,9-8,2)	435
YEAR	2008	5,5	(4,3-6,7)	5,5	(4,4-6,8)	1915
	2013	5,5	(3,8-7,1)	5,5	(4,1-7,4)	1303
	2018	4,9	(3,8-6,1)	5,0	(3,9-6,3)	1790
	2023-2024	6,3	(4,1-8,4)	6,2	(4,4-8,7)	661

Source: Health Interview Survey, 2023-2024, Belgium

*Adjusted for age and/or sex based on a logistic regression model (Belgian population of 2024 as reference)

Table 54 • Percentage of the population aged 15 years and over with lifetime experience of suicide attempt(s), Brussels Region

SU03_1		Crude %	95% CI cru	Adj* %	95% CI adj	N
SEX	Male	2,7	(0,7-4,6)	2,4	(1,1-5,2)	309
	Female	3,3	(1,3-5,3)	3,2	(1,8-5,7)	344
AGE GROUP	15 - 24	3,8	(0,0-9,5)	3,8	(0,8-15,3)	45
	25 - 34	3,5	(0,3-6,7)	3,5	(1,4-8,4)	115
	35 - 44	2,5	(0,0-5,2)	2,4	(0,8-7,2)	131
	45 - 54	2,0	(0,0-5,0)	2,0	(0,5-8,2)	99
	55 - 64	4,2	(0,2-8,2)	4,2	(1,6-10,3)	115
	65 - 74	3,7	(0,0-8,0)	3,7	(1,2-11,0)	77
	75 +	0,0	.	1,1	(0,1-7,4)	71
HIGHEST DIPLOMA	No secondary	4,2	(0,4-8,0)	4,0	(1,6-9,5)	97
	Secondary	2,9	(0,0-6,2)	2,7	(0,9-7,7)	122
	Higher education	2,7	(1,1-4,3)	2,5	(1,3-4,7)	434
YEAR	2004	5,6	(4,4-6,8)	5,2	(4,1-6,4)	2114
	2008	6,2	(4,9-7,5)	5,7	(4,6-7,0)	1893
	2013	5,8	(4,0-7,7)	5,4	(3,9-7,4)	1279
	2018	4,2	(3,2-5,2)	3,9	(3,0-5,0)	1789
	2023-2024	3,0	(1,6-4,4)	2,8	(1,8-4,4)	653

Source: Health Interview Survey, 2023-2024, Belgium

*Adjusted for age and/or sex based on a logistic regression model (Belgian population of 2024 as reference)

Table 55 • Percentage of the population aged 15 years and over who attempted suicide in the past 12 months, Brussels Region

SU04_1		Crude %	95% CI cru	Adj* %	95% CI adj	N
YEAR	2004	0,6	(0,2-1,0)	0,5	(0,2-1,2)	2099
	2008	0,5	(0,1-0,8)	0,4	(0,2-1,0)	1883
	2013	0,6	(0,1-1,2)	0,8	(0,3-1,9)	1273
	2018	0,3	(0,1-0,6)	0,4	(0,2-0,9)	1795
	2023-2024	0,0	-	-	-	653

Source: Health Interview Survey, 2023-2024, Belgium

*Adjusted for age and/or sex based on a logistic regression model (Belgian population of 2024 as reference)

Table 56 • Percentage of the population aged 15 years and over who sought professional help for mental health problems, Brussels Region

AD03_1		Never	More than 12 months ago	In the past 12 months	N
SEX	Male	68,5	13,4	18,1	315
	Female	57,9	22,1	20,0	351
AGE GROUP	15 - 24	65,5	17,6	16,8	46
	25 - 34	61,9	12,7	25,5	120
	35 - 44	60,8	14,3	25,0	130
	45 - 54	58,5	19,6	21,9	105
	55 - 64	65,7	22,2	12,0	113
	65 - 74	60,5	30,0	9,5	78
	75 +	77,0	15,7	7,4	74
HIGHEST DIPLOMA	No secondary	76,2	9,6	14,2	102
	Secondary	69,0	16,0	15,1	123
	Higher education	57,0	20,9	22,2	441
YEAR	2023-2024	63,1	17,8	19,1	666

Source: Health Interview Survey, 2023-2024, Belgium

Table 57 • Percentage of the population aged 15 years and over who used sedatives (tranquilizers or sleeping tablets) in the past 2 weeks, Brussels Region

MH_1		Crude %	95% CI cru	Adj* %	95% CI adj	N
SEX	Male	9,4	(6,1-12,8)	9,0	(6,1-12,9)	321
	Female	12,4	(8,9-15,8)	11,4	(8,0-16,0)	361
AGE GROUP	15 - 24	3,7	(0,0-8,9)	3,6	(0,9-13,6)	46
	25 - 34	3,6	(0,0-7,1)	3,6	(1,3-9,3)	122
	35 - 44	10,0	(4,2-15,8)	9,9	(5,5-17,4)	134
	45 - 54	14,0	(7,4-20,6)	14,1	(8,7-22,0)	105
	55 - 64	13,9	(7,4-20,3)	13,7	(8,4-21,5)	117
	65 - 74	18,5	(9,5-27,5)	18,2	(11,1-28,6)	81
	75 +	27,1	(16,2-38,0)	26,7	(17,4-38,5)	77
HIGHEST DIPLOMA	No secondary	14,8	(8,4-21,2)	11,7	(7,1-18,5)	104
	Secondary	13,3	(7,0-19,7)	14,7	(8,9-23,2)	128
	Higher education	8,8	(6,1-11,4)	7,8	(5,6-11,0)	450
YEAR	2001	13,8	(12,2-15,4)	11,9	(10,5-13,4)	2485
	2004	14,5	(13,0-16,0)	13,0	(11,6-14,6)	2970
	2008	15,1	(13,5-16,7)	13,8	(12,2-15,5)	2813
	2013	10,5	(8,9-12,1)	9,6	(8,1-11,3)	2528
	2018	9,7	(8,4-11,1)	8,7	(7,5-10,1)	2510
	2023-2024	10,9	(8,5-13,4)	9,8	(7,8-12,2)	682

Source: Health Interview Survey, 2023-2024, Belgium

*Adjusted for age and/or sex based on a logistic regression model (Belgian population of 2024 as reference)

Table 58 • Percentage of the population aged 15 years and over who used antidepressants in the past 2 weeks, Brussels Region

MH_2		Crude %	95% CI cru	Adj* %	95% CI adj	N
SEX	Male	6,4	(3,8-9,0)	6,2	(4,1-9,3)	321
	Female	10,5	(7,1-13,8)	10,0	(6,9-14,3)	360
AGE GROUP	15 - 24	3,8	(0,0-9,4)	3,7	(0,9-13,9)	46
	25 - 34	3,6	(0,2-7,1)	3,6	(1,4-8,9)	122
	35 - 44	10,3	(4,8-15,8)	10,0	(5,8-16,8)	133
	45 - 54	10,5	(4,4-16,6)	10,5	(5,8-18,2)	105
	55 - 64	12,1	(6,1-18,1)	11,7	(6,9-19,2)	117
	65 - 74	11,7	(4,6-18,9)	11,2	(6,0-20,0)	81
	75 +	11,0	(2,7-19,3)	10,4	(4,8-20,9)	77
HIGHEST DIPLOMA	No secondary	9,1	(3,8-14,4)	7,7	(4,1-14,1)	104
	Secondary	7,7	(3,1-12,2)	7,7	(4,4-13,2)	127
	Higher education	8,7	(6,0-11,3)	8,1	(5,5-11,7)	450
YEAR	2001	6,4	(5,3-7,4)	5,5	(4,6-6,6)	2483
	2004	7,0	(5,9-8,1)	6,2	(5,2-7,3)	2964
	2008	7,0	(5,8-8,1)	6,2	(5,2-7,4)	2807
	2013	6,9	(5,7-8,1)	6,2	(5,1-7,5)	2528
	2018	8,1	(6,9-9,2)	7,2	(6,2-8,5)	2510
	2023-2024	8,5	(6,4-10,6)	7,5	(5,7-9,7)	681

Source: Health Interview Survey, 2023-2024, Belgium

*Adjusted for age and/or sex based on a logistic regression model (Belgian population of 2024 as reference)

Table 59 • Percentage of the population aged 15 years and over who used sedatives or antidepressants in the past 2 weeks, Brussels Region

MH_3		Crude %	95% CI cru	Adj* %	95% CI adj	N
SEX	Male	11,3	(7,7-14,8)	11,3	(8,2-15,3)	321
	Female	18,4	(14,3-22,5)	18,2	(14,1-23,3)	360
AGE GROUP	15 - 24	7,5	(0,1-14,9)	7,3	(2,7-17,9)	46
	25 - 34	6,5	(1,8-11,2)	6,3	(3,0-12,7)	122
	35 - 44	14,9	(8,3-21,5)	14,6	(9,2-22,4)	133
	45 - 54	18,4	(11,1-25,7)	18,4	(12,2-26,8)	105
	55 - 64	17,8	(10,7-24,8)	17,2	(11,2-25,5)	117
	65 - 74	24,0	(14,6-33,4)	23,2	(15,5-33,3)	81
	75 +	29,8	(18,8-40,9)	28,7	(19,2-40,6)	77
HIGHEST DIPLOMA	No secondary	15,4	(8,9-21,9)	12,9	(8,1-19,8)	104
	Secondary	15,3	(8,6-22,0)	16,6	(10,8-24,6)	127
	Higher education	14,6	(11,4-17,9)	14,1	(10,9-18,0)	450
YEAR	2001	15,7	(14,1-17,3)	13,8	(12,3-15,4)	2483
	2004	16,7	(15,2-18,3)	15,3	(13,8-17,0)	2964
	2008	16,5	(14,9-18,2)	15,3	(13,7-17,1)	2807
	2013	13,4	(11,6-15,2)	12,5	(10,9-14,4)	2528
	2018	13,3	(11,8-14,8)	12,3	(10,9-13,8)	2510
	2023-2024	14,9	(12,2-17,7)	13,7	(11,3-16,6)	681

Source: Health Interview Survey, 2023-2024, Belgium

*Adjusted for age and/or sex based on a logistic regression model (Belgian population of 2024 as reference)

Table 60 • Percentage of the population aged 15 years and over who used sedatives and antidepressants in the past 2 weeks, Brussels Region

MH_4		Crude %	95% CI cru	Adj* %	95% CI adj	N
SEX	Male	4,5	(2,2-6,8)	4,2	(2,3-7,5)	321
	Female	4,4	(2,3-6,6)	5,8	(3,0-10,7)	361
AGE GROUP	15 - 24	0,0	.	7,8	(1,2-36,9)	46
	25 - 34	0,8	(0,0-2,3)	0,7	(0,1-5,3)	122
	35 - 44	5,4	(1,1-9,8)	5,3	(2,3-11,8)	134
	45 - 54	6,1	(1,4-10,7)	6,1	(2,8-12,7)	105
	55 - 64	8,2	(3,0-13,4)	8,1	(4,2-15,0)	117
	65 - 74	6,2	(0,3-12,1)	6,1	(2,3-15,0)	81
	75 +	8,3	(0,7-15,8)	8,0	(3,2-18,6)	77
HIGHEST DIPLOMA	No secondary	8,5	(3,3-13,7)	7,0	(3,3-14,3)	104
	Secondary	5,8	(1,9-9,6)	9,3	(4,6-17,8)	128
	Higher education	2,8	(1,2-4,4)	2,5	(1,4-4,6)	450
YEAR	2001	4,5	(3,6-5,4)	4,0	(3,2-4,9)	2485
	2004	4,8	(3,9-5,7)	4,3	(3,5-5,3)	2970
	2008	5,5	(4,5-6,6)	5,1	(4,1-6,2)	2813
	2013	3,9	(3,0-4,9)	3,6	(2,8-4,7)	2528
	2018	4,5	(3,6-5,4)	4,1	(3,3-5,1)	2510
	2023-2024	4,5	(2,9-6,1)	5,0	(2,9-8,3)	682

Source: Health Interview Survey, 2023-2024, Belgium

*Adjusted for age and/or sex based on a logistic regression model (Belgian population of 2024 as reference)

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Table 61 • Percentage of the population aged 15 years and over with a generalised anxiety disorder (GAD score 10+), Walloon Region

AD_1		Crude %	95% CI cru	Adj* %	95% CI adj	N
SEX	Male	11,7	(8,4-15,0)	10,7	(8,0-14,1)	664
	Female	20,1	(16,0-24,3)	19,0	(15,3-23,4)	712
AGE GROUP	15 - 24	14,8	(7,3-22,3)	14,5	(8,5-23,6)	129
	25 - 34	19,4	(10,7-28,1)	18,8	(11,9-28,3)	167
	35 - 44	19,3	(11,6-26,9)	18,8	(12,2-27,7)	206
	45 - 54	24,4	(15,5-33,4)	23,7	(16,2-33,4)	228
	55 - 64	11,8	(6,4-17,3)	11,3	(6,9-17,8)	257
	65 - 74	11,5	(6,4-16,6)	10,7	(6,8-16,5)	244
	75 +	6,8	(2,1-11,6)	6,3	(3,1-12,4)	145
HIGHEST DIPLOMA	No secondary	19,5	(11,0-27,9)	20,4	(13,1-30,4)	194
	Secondary	15,7	(11,0-20,5)	13,8	(9,8-19,0)	436
	Higher education	15,0	(11,5-18,6)	12,4	(9,4-16,2)	746
YEAR	2001	7,9	(6,7-9,1)	7,1	(6,0-8,3)	3728
	2004	7,3	(6,2-8,5)	6,6	(5,5-7,8)	3573
	2008	7,2	(6,0-8,5)	6,4	(5,4-7,7)	2621
	2013	11,4	(9,4-13,4)	10,4	(8,6-12,4)	2406
	2018	15,5	(13,4-17,5)	14,4	(12,6-16,5)	2840
	2023-2024	16,1	(13,3-18,9)	15,1	(12,7-17,9)	1376

Source: Health Interview Survey, 2023-2024, Belgium

*Adjusted for age and/or sex based on a logistic regression model (Belgian population of 2024 as reference)

Table 62 • Distribution (%) of the population aged 15 years and over according to the severity of anxiety disorder (GAD-7 criteria), Walloon Region

AD_2		Minimal	Mild	Moderate	Severe	N
SEX	Male	64,2	24,1	7,9	3,8	664
	Female	52,1	27,7	13,1	7,0	712
AGE GROUP	15 - 24	55,8	29,4	12,2	2,6	129
	25 - 34	48,1	32,5	13,6	5,8	167
	35 - 44	51,9	28,8	12,5	6,7	206
	45 - 54	49,9	25,7	12,6	11,8	228
	55 - 64	63,5	24,6	7,0	4,8	257
	65 - 74	65,4	23,1	7,8	3,7	244
	75 +	81,1	12,1	6,8	0,0	145
HIGHEST DIPLOMA	No secondary	66,5	14,1	10,8	8,7	194
	Secondary	54,9	29,4	9,1	6,7	436
	Higher education	56,3	28,7	11,5	3,5	746
YEAR	2018	62,0	22,5	10,4	5,1	2840
	2023-2024	57,9	26,0	10,6	5,5	1376

Source: Health Interview Survey, 2023-2024, Belgium

Table 63 • Percentage of the population aged 15 years and over with a major depressive disorder (PHQ-9 criteria), Walloon Region

AD_3		Crude %	95% CI cru	Adj* %	95% CI adj	N
SEX	Male	8,0	(5,0-11,0)	7,4	(5,1-10,7)	663
	Female	10,0	(6,7-13,3)	9,4	(6,5-13,5)	708
AGE GROUP	15 - 24	7,6	(1,3-13,8)	7,6	(3,3-16,4)	129
	25 - 34	12,4	(4,6-20,2)	12,3	(6,5-22,2)	167
	35 - 44	7,2	(3,1-11,3)	7,1	(4,0-12,5)	202
	45 - 54	14,8	(7,9-21,7)	14,7	(9,1-22,8)	228
	55 - 64	6,0	(1,8-10,2)	5,9	(2,9-11,7)	257
	65 - 74	8,3	(3,6-12,9)	8,1	(4,6-13,9)	242
	75 +	5,5	(0,0-14,2)	5,4	(1,1-22,3)	146
HIGHEST DIPLOMA	No secondary	14,5	(6,9-22,0)	14,6	(8,4-24,2)	191
	Secondary	11,4	(6,8-16,1)	10,4	(6,8-15,6)	435
	Higher education	5,5	(3,3-7,6)	4,7	(3,0-7,3)	745
YEAR	2018	7,4	(5,8-9,0)	7,0	(5,5-8,8)	2845
	2023-2024	9,1	(6,7-11,4)	8,6	(6,6-11,2)	1371

Source: Health Interview Survey, 2023-2024, Belgium

*Adjusted for age and/or sex based on a logistic regression model (Belgian population of 2024 as reference)

Table 64 • Percentage of the population aged 15 years and over with other depressive disorders (PHQ-9 criteria), Walloon Region

AD_4		Crude %	95% CI cru	Adj* %	95% CI adj	N
SEX	Male	5,3	(2,9-7,6)	5,1	(3,3-7,9)	663
	Female	8,7	(5,5-11,9)	8,5	(6,0-12,0)	708
AGE GROUP	15 - 24	6,2	(1,1-11,3)	6,1	(2,5-14,0)	129
	25 - 34	5,7	(1,7-9,8)	5,6	(2,6-11,4)	167
	35 - 44	8,7	(1,1-16,4)	8,5	(3,6-18,9)	202
	45 - 54	9,0	(1,6-16,4)	8,7	(3,8-18,5)	228
	55 - 64	7,7	(3,2-12,1)	7,4	(4,1-12,9)	257
	65 - 74	5,1	(2,1-8,0)	4,8	(2,6-8,6)	242
	75 +	6,1	(2,3-10,0)	5,8	(3,0-10,9)	146
HIGHEST DIPLOMA	No secondary	9,2	(2,9-15,5)	9,4	(4,9-17,4)	191
	Secondary	6,9	(3,5-10,4)	6,6	(3,9-10,9)	435
	Higher education	6,3	(3,5-9,2)	5,6	(3,6-8,6)	745
YEAR	2018	6,4	(5,1-7,8)	6,1	(4,9-7,5)	2845
	2023-2024	7,1	(4,9-9,2)	6,7	(5,0-8,9)	1371

Source: Health Interview Survey, 2023-2024, Belgium

*Adjusted for age and/or sex based on a logistic regression model (Belgian population of 2024 as reference)

Table 65 • Distribution (%) of the population aged 15 years and over according to the severity of depression (PHQ-9 criteria), Walloon Region

AD_5		Minimal	Mild	Moderate	Moderately severe	Severe	N
SEX	Male	65,0	21,1	9,1	2,9	1,9	663
	Female	54,5	27,0	10,3	5,1	3,1	708
AGE GROUP	15 - 24	50,7	32,1	13,6	3,6	0,0	129
	25 - 34	50,7	30,0	9,8	7,4	2,0	167
	35 - 44	55,1	30,1	8,5	4,7	1,7	202
	45 - 54	55,4	20,1	12,2	4,8	7,5	228
	55 - 64	64,4	21,0	11,7	1,4	1,5	257
	65 - 74	71,0	17,0	6,3	1,8	3,9	242
	75 +	76,7	15,2	3,3	4,8	0,0	146
HIGHEST DIPLOMA	No secondary	60,4	16,3	11,4	6,5	5,4	191
	Secondary	55,9	26,2	9,7	4,7	3,4	435
	Higher education	61,4	26,0	9,1	2,7	0,8	745
YEAR	2018	65,7	20,6	8,3	2,9	2,5	2845
	2023-2024	59,5	24,2	9,7	4,1	2,5	1371

Source: Health Interview Survey, 2023-2024, Belgium

Table 66 • Percentage of the population aged 15 years and over with any type of depressive disorder (PHQ-9 criteria), Walloon Region

AD_6		Crude %	95% CI cru	Adj* %	95% CI adj	N
SEX	Male	13,3	(9,6-16,9)	12,8	(9,7-16,7)	663
	Female	18,7	(14,3-23,2)	18,3	(14,2-23,2)	708
AGE GROUP	15 - 24	13,8	(5,8-21,7)	13,7	(7,6-23,6)	129
	25 - 34	18,2	(9,5-26,8)	17,9	(10,8-28,3)	167
	35 - 44	15,9	(7,5-24,3)	15,8	(9,3-25,4)	202
	45 - 54	23,8	(14,6-33,0)	23,5	(15,9-33,3)	228
	55 - 64	13,7	(7,9-19,4)	13,4	(8,7-20,1)	257
	65 - 74	13,4	(7,9-18,8)	12,9	(8,5-19,1)	242
	75 +	11,6	(2,3-20,9)	11,3	(5,1-22,9)	146
HIGHEST DIPLOMA	No secondary	23,7	(14,3-33,0)	24,6	(16,3-35,3)	191
	Secondary	18,3	(12,6-24,1)	17,4	(12,5-23,7)	435
	Higher education	11,8	(8,1-15,5)	10,5	(7,6-14,2)	745
YEAR	2001	10,1	(8,8-11,4)	9,6	(8,4-11,0)	3735
	2004	9,7	(8,4-11,1)	9,2	(8,0-10,6)	3575
	2008	11,0	(9,5-12,5)	10,3	(9,0-11,8)	2632
	2013	16,8	(14,8-18,9)	16,0	(14,1-18,0)	2432
	2018	13,8	(11,7-15,9)	13,1	(11,1-15,4)	2845
	2023-2024	16,1	(13,0-19,3)	15,5	(12,7-18,7)	1371

Source: Health Interview Survey, 2023-2024, Belgium

*Adjusted for age and/or sex based on a logistic regression model (Belgian population of 2024 as reference)

Table 67 • Percentage of the population aged 15 years and over with anxiety or depressive disorder (GAD-7 or PHQ-9), Walloon Region

AD_7		Crude %	95% CI cru	Adj* %	95% CI adj	N
SEX	Male	17,8	(13,6-22,0)	17,0	(13,4-21,3)	663
	Female	27,4	(22,5-32,2)	26,8	(22,3-32,0)	708
AGE GROUP	15 - 24	23,6	(14,0-33,1)	23,5	(15,1-34,5)	129
	25 - 34	28,7	(18,2-39,2)	28,2	(19,0-39,7)	167
	35 - 44	24,1	(15,0-33,3)	23,8	(16,1-33,5)	203
	45 - 54	29,4	(20,3-38,6)	28,9	(21,1-38,3)	228
	55 - 64	18,6	(12,2-25,0)	18,0	(12,5-25,3)	257
	65 - 74	15,8	(10,1-21,6)	15,1	(10,3-21,5)	242
	75 +	15,3	(5,7-24,9)	14,6	(7,8-25,7)	145
HIGHEST DIPLOMA	No secondary	27,9	(18,1-37,6)	29,4	(20,1-40,9)	192
	Secondary	24,2	(17,6-30,8)	22,5	(16,7-29,7)	434
	Higher education	19,9	(15,8-24,0)	17,9	(14,3-22,0)	745
YEAR	2004	11,6	(10,1-13,1)	10,9	(9,5-12,4)	3434
	2008	13,0	(11,3-14,6)	12,0	(10,5-13,7)	2573
	2013	18,3	(16,0-20,5)	17,3	(15,2-19,6)	2413
	2018	19,8	(17,4-22,2)	18,9	(16,6-21,4)	2839
	2023-2024	22,8	(19,4-26,2)	22,0	(18,9-25,5)	1371

Source: Health Interview Survey, 2023-2024, Belgium

*Adjusted for age and/or sex based on a logistic regression model (Belgian population of 2024 as reference)

Table 68 • Distribution (%) of the population aged 15 years and over according to presence or not of anxiety and/or depression, Walloon Region

AD_8		No disorder	Anxiety alone	Depression alone	Anx/dep comorbidity	N
SEX	Male	82,2	4,5	6,1	7,2	663
	Female	72,9	8,3	7,2	11,6	706
AGE GROUP	15 - 24	76,4	9,8	8,8	5,0	129
	25 - 34	71,3	10,5	9,3	8,8	167
	35 - 44	76,4	7,7	4,6	11,3	202
	45 - 54	70,6	5,7	5,0	18,8	228
	55 - 64	81,4	4,9	6,8	6,9	257
	65 - 74	84,8	1,8	4,3	9,2	241
	75 +	84,7	3,5	8,5	3,3	145
HIGHEST DIPLOMA	No secondary	72,5	3,9	8,3	15,3	191
	Secondary	76,1	5,5	8,4	10,0	433
	Higher education	80,1	8,1	4,9	6,9	745
YEAR	2004	88,5	1,8	4,3	5,5	3429
	2008	87,2	1,8	5,5	5,5	2563
	2013	81,9	1,4	6,7	10,0	2403
	2018	80,4	5,8	4,3	9,6	2835
	2023-2024	77,4	6,5	6,6	9,5	1369

Source: Health Interview Survey, 2023-2024, Belgium

Table 69 • Percentage of the population aged 15 years and over who report an impact of anxiety and/or depressive symptoms on their daily life, Walloon Region

AD02_1		Crude %	95% CI cru	Adj* %	95% CI adj	N
SEX	Male	8,3	(5,4-11,2)	6,9	(4,9-9,8)	657
	Female	10,6	(7,4-13,8)	9,1	(6,7-12,3)	693
AGE GROUP	15 - 24	7,7	(1,6-13,8)	7,7	(3,5-16,2)	129
	25 - 34	10,0	(3,9-16,2)	10,0	(5,3-17,9)	167
	35 - 44	15,3	(8,1-22,5)	15,2	(9,4-23,6)	206
	45 - 54	13,9	(7,1-20,6)	13,7	(8,4-21,6)	223
	55 - 64	5,9	(2,6-9,1)	5,8	(3,2-10,2)	248
	65 - 74	7,9	(3,1-12,7)	7,7	(4,2-13,7)	236
	75 +	1,7	(0,0-3,5)	1,7	(0,6-4,6)	141
HIGHEST DIPLOMA	No secondary	9,2	(3,7-14,8)	9,3	(4,9-16,8)	191
	Secondary	10,0	(6,0-14,0)	8,6	(5,7-12,9)	427
	Higher education	9,3	(6,0-12,6)	7,1	(4,9-10,1)	732
YEAR	2023-2024	9,5	(7,2-11,8)	-	-	1350

Source: Health Interview Survey, 2023-2024, Belgium

*Adjusted for age and/or sex based on a logistic regression model (Belgian population of 2024 as reference)

Table 70 • Percentage of the population aged 15 years and over with a possible eating disorder (anorexia-bulimia SCOFF score 2+), Walloon Region

EB_1		Crude %	95% CI cru	Adj* %	95% CI adj	N
SEX	Male	7,5	(4,7-10,3)	6,0	(3,9-9,1)	670
	Female	15,1	(10,6-19,6)	13,2	(9,9-17,3)	714
AGE GROUP	15 - 24	19,7	(11,1-28,4)	19,2	(12,3-28,8)	130
	25 - 34	18,2	(8,4-28,0)	17,3	(9,9-28,5)	170
	35 - 44	13,4	(7,0-19,7)	12,6	(7,7-20,0)	205
	45 - 54	11,1	(4,6-17,7)	10,4	(5,8-17,9)	229
	55 - 64	6,4	(2,2-10,5)	5,8	(2,9-11,5)	255
	65 - 74	5,2	(2,1-8,2)	4,6	(2,5-8,3)	247
	75 +	2,8	(0,1-5,4)	2,4	(0,9-6,4)	148
HIGHEST DIPLOMA	No secondary	7,2	(2,9-11,5)	6,9	(3,9-12,1)	203
	Secondary	15,2	(9,2-21,3)	12,0	(8,1-17,4)	440
	Higher education	10,8	(7,5-14,0)	8,0	(5,7-11,1)	741
YEAR	2013	11,2	(9,4-12,9)	9,4	(7,9-11,2)	2511
	2018	9,1	(7,5-10,7)	7,7	(6,4-9,3)	2913
	2023-2024	11,4	(8,8-14,1)	9,7	(7,7-12,0)	1384

Source: Health Interview Survey, 2023-2024, Belgium

Table 71 • Percentage of the population aged 15 years and over with a possible binge eating disorder (BED), Walloon Region

EB06_1		Crude %	95% CI cru	Adj* %	95% CI adj	N
SEX	Male	7,0	(4,5-9,5)	6,4	(4,3-9,3)	667
	Female	8,7	(6,0-11,5)	8,2	(5,9-11,4)	709
AGE GROUP	15 - 24	11,3	(4,5-18,1)	11,3	(6,2-19,8)	130
	25 - 34	8,6	(3,4-13,8)	8,5	(4,6-15,2)	169
	35 - 44	7,9	(3,6-12,2)	7,8	(4,4-13,4)	204
	45 - 54	10,1	(5,1-15,0)	10,0	(6,0-16,2)	228
	55 - 64	6,6	(3,1-10,1)	6,5	(3,8-11,1)	254
	65 - 74	6,3	(0,7-11,9)	6,2	(2,6-13,9)	243
	75 +	2,7	(0,0-6,3)	2,6	(0,7-9,5)	148
HIGHEST DIPLOMA	No secondary	7,0	(2,5-11,5)	7,2	(3,6-13,8)	201
	Secondary	8,5	(5,1-11,9)	7,8	(5,1-11,8)	437
	Higher education	7,9	(5,3-10,5)	6,9	(4,8-9,9)	738
YEAR	2023-2024	7,9	(6,0-9,8)	.	.	1376

Source: Health Interview Survey, 2023-2024, Belgium

*Adjusted for age and/or sex based on a logistic regression model (Belgian population of 2024 as reference)

Table 72 • Percentage of the population aged 15 years and over with lifetime suicidal ideation, Walloon Region

SU01_1		Crude %	95% CI cru	Adj* %	95% CI adj	N
SEX	Male	13,8	(10,2-17,3)	13,1	(10,1-16,9)	648
	Female	19,1	(14,2-24,1)	18,6	(14,2-24,0)	680
AGE GROUP	15 - 24	19,1	(9,8-28,4)	19,1	(11,5-30,1)	125
	25 - 34	19,5	(9,0-30,0)	19,4	(11,2-31,4)	165
	35 - 44	16,9	(9,4-24,3)	16,7	(10,6-25,2)	201
	45 - 54	20,9	(14,0-27,7)	20,6	(14,0-29,2)	218
	55 - 64	14,8	(8,9-20,8)	14,5	(9,5-21,6)	245
	65 - 74	9,9	(4,9-14,9)	9,6	(5,8-15,6)	235
	75 +	11,4	(1,5-21,3)	11,2	(4,6-24,7)	139
HIGHEST DIPLOMA	No secondary	16,7	(9,1-24,3)	17,2	(10,6-26,7)	191
	Secondary	21,2	(14,6-27,8)	20,2	(14,8-27,0)	419
	Higher education	13,5	(9,9-17,0)	12,2	(9,3-15,9)	718
YEAR	2004	15,5	(13,6-17,5)	14,1	(12,3-16,0)	3609
	2008	14,4	(12,6-16,1)	13,1	(11,5-14,9)	2627
	2013	15,5	(13,6-17,4)	14,4	(12,6-16,2)	2502
	2018	15,8	(13,5-18,1)	14,8	(12,7-17,2)	2842
	2023-2024	16,5	(13,4-19,7)	15,6	(12,8-18,8)	1328

Source: Health Interview Survey, 2023-2024, Belgium

*Adjusted for age and/or sex based on a logistic regression model (Belgian population of 2024 as reference)

Table 73 • Percentage of the population aged 15 years and over with suicidal ideation in the past 12 months, Walloon Region

SU02_1		Crude %	95% CI cru	Adj* %	95% CI adj	N
SEX	Male	8,3	(5,5-11,2)	7,5	(5,2-10,9)	650
	Female	8,8	(4,6-13,1)	8,1	(5,1-12,6)	682
AGE GROUP	15 - 24	9,0	(2,7-15,3)	9,0	(4,4-17,3)	125
	25 - 34	12,9	(2,5-23,2)	12,9	(5,5-27,1)	165
	35 - 44	7,7	(2,0-13,3)	7,6	(3,7-15,2)	201
	45 - 54	12,1	(5,7-18,6)	12,1	(7,1-19,9)	218
	55 - 64	6,6	(2,4-10,7)	6,5	(3,4-12,1)	245
	65 - 74	5,7	(1,5-10,0)	5,7	(2,7-11,6)	236
	75 +	3,4	(0,0-7,3)	3,4	(1,1-10,1)	142
HIGHEST DIPLOMA	No secondary	9,0	(3,4-14,6)	9,0	(4,7-16,3)	193
	Secondary	13,8	(7,4-20,2)	12,5	(8,1-19,0)	419
	Higher education	5,1	(3,1-7,1)	4,4	(2,9-6,7)	720
YEAR	2008	4,5	(3,5-5,5)	4,1	(3,2-5,1)	2629
	2013	5,1	(4,1-6,2)	4,7	(3,8-5,9)	2495
	2018	5,9	(4,4-7,4)	5,5	(4,2-7,1)	2890
	2023-2024	8,6	(6,0-11,2)	8,0	(6,0-10,7)	1332

Source: Health Interview Survey, 2023-2024, Belgium

*Adjusted for age and/or sex based on a logistic regression model (Belgian population of 2024 as reference)

Table 74 • Percentage of the population aged 15 years and over with lifetime experience of suicide attempt(s), Walloon Region

SU03_1		Crude %	95% CI cru	Adj* %	95% CI adj	N
SEX	Male	3,4	(1,8-5,1)	3,2	(2,0-5,1)	651
	Female	9,2	(5,7-12,6)	8,7	(6,0-12,4)	680
AGE GROUP	15 - 24	8,3	(1,7-15,0)	7,8	(3,4-16,8)	123
	25 - 34	4,4	(0,9-7,8)	3,9	(1,7-8,7)	165
	35 - 44	6,5	(1,5-11,5)	5,8	(2,8-11,6)	202
	45 - 54	10,3	(3,9-16,7)	9,2	(5,1-16,3)	218
	55 - 64	5,5	(2,2-8,9)	4,8	(2,5-9,1)	245
	65 - 74	5,3	(0,3-10,3)	4,5	(1,7-11,1)	236
	75 +	3,3	(0,1-6,5)	2,9	(1,1-7,5)	142
HIGHEST DIPLOMA	No secondary	9,9	(4,6-15,1)	9,2	(4,9-16,5)	190
	Secondary	7,4	(3,2-11,7)	6,2	(3,6-10,4)	421
	Higher education	4,4	(2,3-6,5)	3,2	(1,9-5,3)	720
YEAR	2004	5,9	(4,7-7,1)	4,9	(3,9-6,1)	3587
	2008	6,4	(5,2-7,5)	5,4	(4,4-6,5)	2587
	2013	5,5	(4,3-6,7)	4,7	(3,7-5,9)	2471
	2018	6,0	(4,5-7,5)	5,2	(4,0-6,7)	2848
	2023-2024	6,4	(4,4-8,4)	5,6	(4,1-7,6)	1331

Source: Health Interview Survey, 2023-2024, Belgium

*Adjusted for age and/or sex based on a logistic regression model (Belgian population of 2024 as reference)

Table 75 • Percentage of the population aged 15 years and over who attempted suicide in the past 12 months, Walloon Region

SU04_1		Crude %	95% CI cru	Adj* %	95% CI adj	N
SEX	Male	0,2	(0,0-0,5)	0,2	(0,1-0,9)	651
	Female	0,6	(0,0-1,3)	0,4	(0,1-0,9)	684
AGE GROUP	15 - 24	1,3	(0,0-3,8)	1,3	(0,2-7,8)	124
	25 - 34	0,1	(0,0-0,3)	0,1	(0,0-0,8)	166
	35 - 44	0,4	(0,0-1,2)	0,4	(0,1-3,2)	202
	45 - 54	0,7	(0,0-1,8)	0,7	(0,2-2,8)	218
	55 - 64	0,1	(0,0-0,2)	0,1	(0,0-0,4)	246
	65 - 74	0,0	-	0,0	-	236
	75 +	0,0	-	0,0	-	143
HIGHEST DIPLOMA	No secondary	0,1	(0,0-0,3)	0,2	(0,0-1,1)	192
	Secondary	0,8	(0,0-1,9)	0,5	(0,2-1,3)	421
	Higher education	0,2	(0,0-0,6)	0,2	(0,0-0,7)	722
YEAR	2004	0,6	(0,2-0,9)	0,5	(0,3-1,0)	3560
	2008	0,5	(0,1-0,8)	0,6	(0,3-1,1)	2579
	2013	0,3	(0,1-0,5)	0,3	(0,2-0,6)	2464
	2018	0,4	(0,1-0,7)	0,4	(0,2-0,8)	2897
	2023-2024	0,4	(0,0-0,8)	0,4	(0,2-1,0)	1335

Source: Health Interview Survey, 2023-2024, Belgium

*Adjusted for age and/or sex based on a logistic regression model (Belgian population of 2024 as reference)

Table 76 • Percentage of the population aged 15 years and over who sought professional help for mental health problems, Walloon Region

AD03_1		Never	More than 12 months ago	In the past 12 months	N
SEX	Male	77,9	13,3	8,8	664
	Female	62,8	21,6	15,7	712
AGE GROUP	15 - 24	75,9	15,3	8,9	128
	25 - 34	64,5	18,4	17,1	166
	35 - 44	61,3	23,1	15,5	209
	45 - 54	56,4	22,4	21,1	227
	55 - 64	72,4	18,2	9,4	256
	65 - 74	80,5	12,6	6,9	245
	75 +	91,0	7,0	1,9	145
HIGHEST DIPLOMA	No secondary	85,2	9,9	4,9	194
	Secondary	73,6	13,6	12,8	438
	Higher education	61,8	23,1	15,1	744
YEAR	2023-2024	70,0	17,6	12,4	1376

Source: Health Interview Survey, 2023-2024, Belgium

Table 77 • Percentage of the population aged 15 years and over who used sedatives (tranquilizers or sleeping tablets) in the past 2 weeks, Walloon Region

MH_1		Crude %	95% CI cru	Adj* %	95% CI adj	N
SEX	Male	11,0	(7,5-14,5)	10,2	(7,1-14,4)	673
	Female	17,8	(14,0-21,7)	16,4	(12,5-21,1)	719
AGE GROUP	15 - 24	6,5	(0,0-14,5)	6,4	(1,9-19,7)	128
	25 - 34	7,0	(2,1-11,9)	6,8	(3,4-13,2)	169
	35 - 44	11,8	(4,9-18,8)	11,6	(6,2-20,5)	208
	45 - 54	19,4	(12,6-26,2)	18,9	(12,6-27,5)	228
	55 - 64	16,5	(10,7-22,4)	16,1	(11,1-22,7)	258
	65 - 74	22,5	(15,5-29,5)	21,7	(15,4-29,6)	249
	75 +	20,3	(12,6-27,9)	19,6	(13,0-28,3)	152
HIGHEST DIPLOMA	No secondary	15,9	(10,0-21,8)	12,3	(7,7-19,1)	206
	Secondary	18,7	(13,1-24,4)	18,0	(12,7-24,8)	442
	Higher education	11,3	(8,2-14,4)	10,2	(7,5-13,7)	744
YEAR	2001	13,9	(12,4-15,3)	11,2	(9,9-12,7)	4149
	2004	15,9	(14,4-17,5)	13,2	(11,7-14,8)	4260
	2008	18,3	(16,5-20,0)	15,1	(13,5-16,9)	3400
	2013	14,4	(12,7-16,0)	11,3	(9,9-12,8)	3587
	2018	13,1	(11,5-14,7)	10,1	(8,7-11,5)	3596
	2023-2024	14,6	(11,9-17,2)	11,1	(8,8-13,9)	1392

Source: Health Interview Survey, 2023-2024, Belgium

*Adjusted for age and/or sex based on a logistic regression model (Belgian population of 2024 as reference)

Table 78 • Percentage of the population aged 15 years and over who used antidepressants in the past 2 weeks, Walloon Region

MH_2		Crude %	95% CI cru	Adj* %	95% CI adj	N
SEX	Male	7,5	(4,4-10,7)	6,5	(3,8-10,9)	673
	Female	13,5	(9,9-17,2)	11,6	(8,4-16,0)	720
AGE GROUP	15 - 24	2,1	(0,0-6,3)	2,1	(0,3-13,8)	128
	25 - 34	6,3	(1,6-11,0)	6,0	(2,8-12,3)	169
	35 - 44	10,0	(3,3-16,6)	9,6	(4,8-18,5)	208
	45 - 54	17,1	(10,4-23,9)	16,6	(10,9-24,5)	228
	55 - 64	13,4	(6,5-20,3)	12,9	(7,5-21,3)	258
	65 - 74	11,5	(5,9-17,2)	10,9	(6,7-17,2)	249
	75 +	13,8	(2,0-25,6)	12,9	(5,6-27,1)	153
HIGHEST DIPLOMA	No secondary	16,8	(8,1-25,4)	13,7	(7,6-23,4)	207
	Secondary	11,0	(7,1-14,9)	9,5	(5,8-15,2)	442
	Higher education	7,9	(5,1-10,6)	6,3	(4,1-9,6)	744
YEAR	2001	6,6	(5,5-7,6)	5,3	(4,4-6,3)	4145
	2004	8,3	(7,0-9,7)	6,7	(5,6-8,0)	4257
	2008	6,6	(5,5-7,6)	5,2	(4,3-6,3)	3391
	2013	9,5	(8,2-10,9)	7,6	(6,5-9,0)	3587
	2018	9,2	(7,8-10,5)	7,3	(6,2-8,7)	3596
	2023-2024	10,7	(8,2-13,2)	8,5	(6,5-10,9)	1393

Source: Health Interview Survey, 2023-2024, Belgium

*Adjusted for age and/or sex based on a logistic regression model (Belgian population of 2024 as reference)

Table 79 • Percentage of the population aged 15 years and over who used sedatives or antidepressants in the past 2 weeks, Walloon Region

MH_3		Crude %	95% CI cru	Adj* %	95% CI adj	N
SEX	Male	13,5	(9,7-17,2)	12,1	(8,7-16,5)	673
	Female	24,2	(19,6-28,8)	21,8	(17,1-27,4)	720
AGE GROUP	15 - 24	6,5	(0,0-14,5)	6,3	(1,8-19,4)	128
	25 - 34	8,1	(2,9-13,3)	7,7	(4,0-14,1)	169
	35 - 44	16,4	(8,5-24,3)	15,9	(9,5-25,3)	208
	45 - 54	26,0	(18,5-33,5)	25,3	(18,0-34,3)	228
	55 - 64	23,0	(15,3-30,6)	22,2	(15,5-30,7)	258
	65 - 74	26,8	(18,8-34,8)	25,6	(18,7-34,1)	249
	75 +	29,5	(17,6-41,4)	28,1	(18,6-40,1)	153
HIGHEST DIPLOMA	No secondary	23,6	(14,6-32,7)	17,9	(11,4-27,2)	207
	Secondary	22,5	(16,5-28,4)	21,1	(15,3-28,3)	442
	Higher education	14,9	(11,5-18,4)	13,0	(9,9-16,8)	744
YEAR	2001	16,2	(14,7-17,8)	13,4	(12,0-15,0)	4145
	2004	18,4	(16,6-20,1)	15,5	(13,8-17,2)	4257
	2008	19,4	(17,6-21,2)	16,3	(14,6-18,1)	3392
	2013	18,6	(16,7-20,5)	15,2	(13,6-17,0)	3587
	2018	16,5	(14,7-18,3)	13,1	(11,5-14,9)	3596
	2023-2024	19,1	(16,0-22,2)	15,1	(12,5-18,2)	1393

Source: Health Interview Survey, 2023-2024, Belgium

*Adjusted for age and/or sex based on a logistic regression model (Belgian population of 2024 as reference)

Table 80 • Percentage of the population aged 15 years and over who used sedatives and antidepressants in the past 2 weeks, Walloon Region

MH_4		Crude %	95% CI cru	Adj* %	95% CI adj	N
SEX	Male	5,0	(2,2-7,9)	4,5	(2,4-8,5)	673
	Female	7,1	(5,1-9,1)	6,3	(4,5-8,8)	719
AGE GROUP	15 - 24	2,1	(0,0-6,3)	2,1	(0,3-13,9)	128
	25 - 34	5,2	(0,7-9,7)	5,1	(2,2-11,6)	169
	35 - 44	5,4	(0,0-10,8)	5,4	(1,9-14,0)	208
	45 - 54	10,5	(4,8-16,2)	10,4	(6,0-17,4)	228
	55 - 64	7,0	(3,6-10,3)	6,8	(4,1-11,2)	258
	65 - 74	7,2	(3,3-11,1)	7,0	(4,0-12,0)	249
	75 +	3,9	(1,1-6,7)	3,8	(1,8-7,8)	152
HIGHEST DIPLOMA	No secondary	8,9	(4,1-13,7)	8,1	(4,4-14,5)	206
	Secondary	7,2	(4,3-10,1)	6,5	(3,7-11,0)	442
	Higher education	4,2	(2,0-6,5)	3,6	(2,0-6,3)	744
YEAR	2001	4,2	(3,3-5,1)	3,4	(2,7-4,3)	4149
	2004	5,9	(4,9-7,0)	4,8	(3,9-5,8)	4260
	2008	5,4	(4,5-6,4)	4,3	(3,5-5,3)	3399
	2013	5,3	(4,4-6,2)	4,2	(3,4-5,1)	3587
	2018	5,8	(4,8-6,8)	4,5	(3,7-5,6)	3596
	2023-2024	6,1	(4,4-7,8)	4,7	(3,4-6,6)	1392

Source: Health Interview Survey, 2023-2024, Belgium

*Adjusted for age and/or sex based on a logistic regression model (Belgian population of 2024 as reference)

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