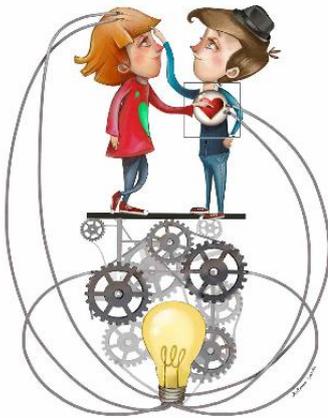


## 10 October: World Mental Health Day

**13.7% of youths in the Autonomous Community of the Basque Country have suffered from anxiety or depression**

**Ponte en mi lugar,  
CONECTA CONMIGO**  
**Jakizu nolakoq naizen,  
UKI NAZAZU**



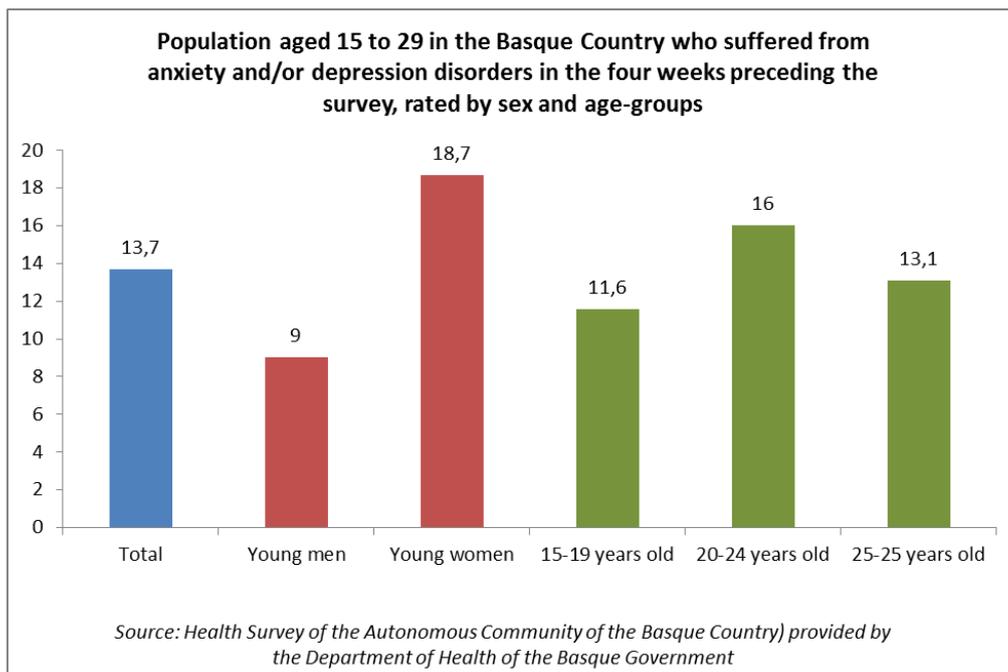
URRIAK 10 OCTUBRE 2015  
DÍA MUNDIAL DE LA SALUD MENTAL  
OSASUN MENTALAREN MUNDUKO EGUNA

On the occasion of the celebration of the World Mental Health Day, the Basque Youth Observatory is providing data relating to the incidence of anxiety and depression disorders among people aged 15 to 29.

The **World Mental Health Day** is commemorated by means of a campaign that aims to focus world attention on the identification, treatment and prevention of an emotional or behavioural disorder that is highlighted each year.

According to data from the ESCAV (Health Survey of the Autonomous Community of the Basque Country) provided by the Department of Health of the Basque Government, 13.7% of the population aged 15 to 29 in the Basque country suffered from anxiety and/or depression disorders in the four weeks preceding the survey, the latest edition of which corresponds to 2013.

**These problems are more common among young women (18.7%) than among young men (9%) and in the 20 to 24 age group (16%).**



Anxiety and depression disorders have greater incidence in the population of the Autonomous Community of the Basque Country as a whole than among young people. 20% of the total population suffered from an anxiety and/or depression issues in 2013 in the four weeks prior to the completion of the survey, compared to 13.7% in the case of young people.

This indicator on anxiety and depression disorders among young people in the Autonomous Community of the Basque Country can be found in the study titled '*Youth Indicators 2013*', more specifically in the Tableau dashboard dedicated to Health (available in Basque and Spanish).

This is one of the 111 indicators on the situation of young people collected in this comprehensive study prepared by the Basque Youth Observatory. The data are taken, in some cases, from research conducted by the Observatory and, in other cases, from official statistics.

In all, this offers a general view of the situation of young people and compares it with the Basque population as a whole and with young people from other areas, such as Spain or the European Union.

The information is available in four formats to facilitate access:

- Interactive database. This makes it possible to prepare interactive charts and maps to analyse the evolution, comparison and disaggregation of the 11 indicators by selecting variables.
- Youth Indicator Panel, a summary chart that synthesizes the information of the 111 indicators used in the research project.
- Indicator files, information on a selection of 64 basic indicators.
- Executive Summary, a brief text that summarises the main conclusions taken from the analysis of all the indicators.

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