Dedication

This survey was conducted to provide a glimmer of hope to those suffering in darkness and solitude - even when surrounded by family and friends. You are not alone. We see you and feel for you. You are heroes.

Thank you

It is humbling for us to see the overwhelming response we received from the community on this project.

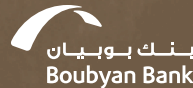In particular, private individuals who shared their most intimate thoughts.

The thanks is also extended to our partners, without you, we could not have collected such a rigorous sample in such a short time.

Thank you all for your trust in Service Hero.

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- **Methodology** - This bilingual nation-wide survey was run online from Oct 10th to Nov 14th, 2022. Responses were collected via emails, social media posts and WhatsApp sent by our community of partners as well as the Service Hero database. The index is based on the established Warwick-Edinburgh Mental Wellbeing Scale which classifies scores in terms of positive, moderate or low wellbeing.

- **Sample** - A total of 4601 responses were collected, however after authentication, a sample of 4372 is the basis of this report. This sample represents a 95% confidence level with a 1.5% error margin. Its composition is equally split by gender, 69% are Kuwaiti, 39% private sector, 20% government staff, 51% university graduates and 24% aged 18-29, 32% aged 30-39, and 23% 40-49.

- **Kuwait Mental Wellbeing** - Based on the WEMWBS benchmark, Kuwait scores 45.4 points out of 65 total. This is nearly two points higher than the 2021 Scottish benchmark of 43.6 (however that was still when covid-19 was prevalent).

- **Wellbeing across the entire sample** - While 20% of the population scores the highest scores (above 44) the group with the lowest scores is comprised of 16% (below 35 points). The majority scored in the 40-54 range.

Four **WEMWBS Wellbeing groups** - To classify mental wellbeing, the sample was divided into groups that reflect the WEMWBS breakoff points. The sample was broken into four groups of metal wellbeing as follows: probable Clinical Depression, Mild Depression, Borderline Positive, and High Positive Wellbeing.

- **Probable Clinical Depression** - (16% of sample with a score below 35 points) - One in 3 under 16-year-olds and one in 4 under 30 years are identified in this group. This number is highest among Non-Arabs below 16 (40%), Kuwaitis in particular students (26%), and those who are unemployed (24%). One out of three females aged 18-39 years also fall in this group.

- **Mild Depression** - (10% of sample, score between 36-39 points) - Predominance among girls aged 16-17 (18%), 15% of Kuwaiti students, 20% of Retired Non-Arabs, and 20% among Unemployed Arab females.

- **Borderline Positive Wellbeing** - (38% of sample, score between 40-49) - This group represents all segments of the population with no distinctive differences noted.

- **Positive Wellbeing** - (37% of sample, score between 50-65 points) - 81% of male Kuwaiti government employees, 64% of males in their 50's working in the private sector, 70% of females over 50. 57% of Arab students and university graduates.

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- **What the WEMWBS statements measure** - Five factors are measured in the statements with Autonomy and Satisfaction scoring highest overall at 3.7 points out of 5. Lowest is Affect (feeling, emotion or mood) at 3.3 points. Relatedness also was lower at 3.4 points. In the middle is Competence at 3.5.

- **What's pulling down the scores** - Not feeling relaxed (3.2), not having energy to spare (3.2), and not feeling cheerful (3.3). Highest scoring - all at 3.7 points - interest in new things, feeling useful, feeling loved, and feeling confident.

- **Kuwait's Community and Support** - In addition to the WEMWBS index, five questions were added to measure - community & familiarity, social stigma or support, and access to help. These questions scored 3.2 overall which translates into 64% out of 100%. Highest is sense of community (3.7) and lowest is finding access to help (2.7) and social stigma (2.8).

Demographic group and local community and support:

- **Belonging to a community** - the youth including students and unemployed feel less belonging.
- **Close to someone with mental health issues** - This is highest with the youth 18-29, females, and government employee.
- **Comfortable openly discussing mental health** - This is lowest among under 16 years, and students.
- **Progressive outlook in Kuwait** - This is lowest among those aged 18-39, and those with a Masters degrees or higher.
- **Finding mental health help in Kuwait easy** - This is lowest among nonprofit staff, 18-29 years, and university graduates.

Correlating responses for local community and support in terms of low, moderate and high scores to the WEMWBS groups, uncovers that people with Clinical Depression scored lowest for local community and support while those with High Positive wellbeing scored highest. Whether this relationship is a cause, or an effect of wellbeing needs to be investigated further.

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Open ended comments left by respondents:

- **Kuwait** specific 20% - Include weak infrastructure, uncertainty of the future, and legislation.
- **Resources** 17% - Refer to issues with accessibility, affordability, lack of good professionals, and medication.
- **Personal stress** 15% - Financial security, uncertainty, and job security.
- **Emotion** 13% - Unhappiness, recovery, need help, and no hope.
- **Societal attitudes** 12% - Lack of empathy, stigma, and poor work environment.
- **Solutions** 10% - Build awareness, focus on youth, and go back to religion.
- **Environmental stressors** 9% - Racism, inadequate recreational spaces, war, and education.

The group with Clinical Depression is concerned about resources and personal stress. Those with Mild Depression commented about personal stress, societal attitudes and resources. The Borderline Positive group commented about Kuwait and resources. The High Positive were concerned about the future of Kuwait and offered solutions.

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The context

Kuwait introduced legislation in 2019

Only four years ago, in 2019, Kuwait enacted the first mental health law of the country, before which, there was no law focusing on mental health.

The Kuwaiti Law No. 14 is the legislation for mental health. It defines mental health as a:

"State of well-being of an individual and realization of his potential to cope with routine stresses of life, work productively and contribute towards the community."

The law also defines the term mental illness as:

"Psychological or mental disorder due to impairing of mental function limiting individual's adaptation to their social environment but without use of alcohol or any psychotropic drugs or medications."

About this survey

Mental wellbeing has gained prominence since the pandemic. The World Health Organization set October 10th as World Mental Health Day. In this study we seek to shed light on the mental health of our community and assess how well it is coping. The hope is to provide credible insight to experts and policy makers to elevate dialogue and destigmatize mental health in Kuwait.

The survey is part our of our community social responsibility. For Service Hero, this is not the first nation-wide survey conducted. Other nation-wide surveys by Service Hero include:

- Kuwait's year-round annual Customer Satisfaction Index running since 2010.

- In 2020 (a CSI initiative) two waves of Kuwait's Responsiveness to Covid-19 to inform decision makers of the outcomes.

- In 2022 (a CSI initiative) a survey on the traffic situation in Kuwait.

Methodology

- The main instrument of for the Mental Health Survey, is the **Warwick-Edinburgh Mental Wellbeing Scale (WEMWBS)** with moderate adaptations to make the subject matter more applicable to local culture whilst also measuring unique local stressors.

- A total of 13 questions from the WEMWBS were used. If respondents did not answer any of the 13 questions, the survey was considered invalid.

- For the WEMWBS questions, a sum of their total was used to interpret an individual's mental health.

- Additionally, 5 unique local culture questions reflecting the Kuwait and community context where added. An average of all local culture questions was also used.

- All questions used a 5-point Likert scale.

- The survey was bilingual and was conducted online.

About the Warwick-Edinburgh Mental Wellbeing Scale

"The Warwick-Edinburgh Mental Wellbeing Scales were developed to enable the measuring of mental wellbeing in the general population and the evaluation of projects, programs and policies which aim to improve mental wellbeing. The items are all worded positively and cover both feeling and functioning aspects of mental wellbeing, thereby making the concept more accessible. The scale has been widely used nationally and internationally for monitoring, evaluating projects and programs and investigating the determinants of mental wellbeing."

Prof Sarah Stewart-Brown, Creator of the WEMWBS

Sample collection approach

- The survey was distributed digitally by collaborators from the private and civil society sectors. This includes banks, universities, non-governmental organizations, mental health clinics and some schools.

- The survey was shared via email shots, WhatsApp messages, social media, and unique QR codes were shared at events and workshops.

Distribution

■ Service Hero	■ EN.V	
■ Al Nowair	■ Trashtag	
■ Boubyan	■ AUK	
■ NBK	■ Fawzia Sultan	
■ Soroptimist	■ Gulf Bank	
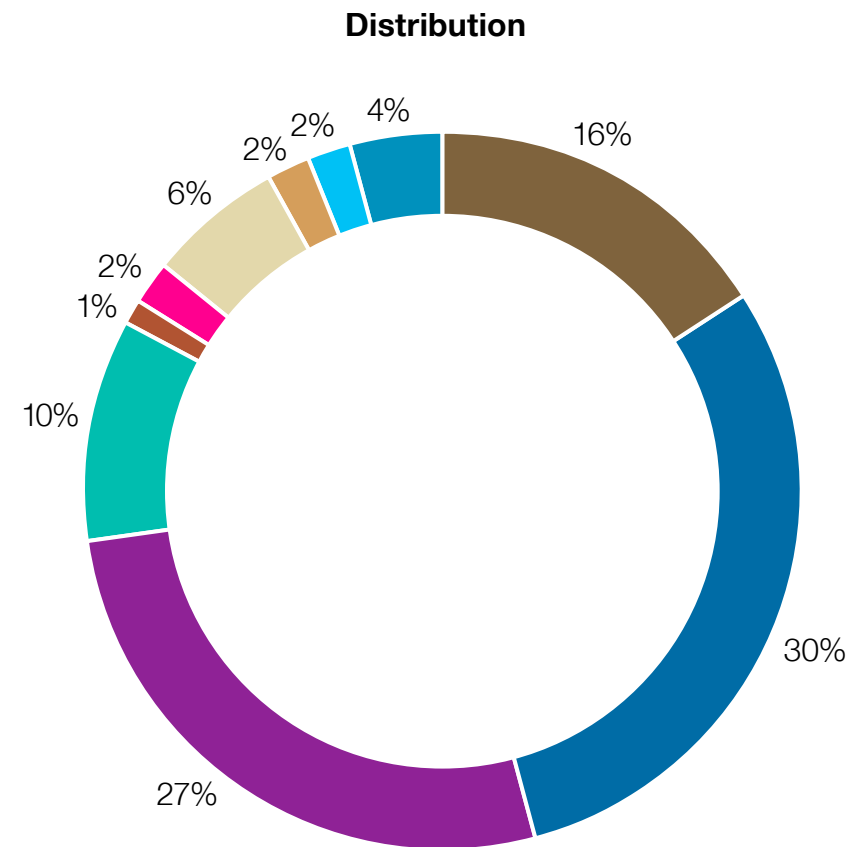
Some reservations

While the WEMWBS is considered an efficient tool to measure the wellness of general populations, some reservations include:

1. The Kuwait survey omitted a single question from the WEWMBS survey resulting in a total of 13 questions. The scale was therefore adjusted to reflect that. This is acceptable as professionals believe the WEWMBS can be adapted to adhere to specific population controls.

2. While the WEMWBS survey asks individuals to answer based on their feelings for the past 2 weeks, this survey did not mention a time period. It therefore may have reflected the respondent's mood at the time of survey completion.

3. There may be possible sample bias as the initiative may have attracted individuals open to the conversation of mental health as opposed to those who consider it a taboo.

4. The choice of wording in the last, open-ended question may have led people to think critically of their future in Kuwait.

5. No question asked if the individual was diagnosed with any mental illness.

6. No option for Stateless was provided under the nationality question.

7. Some demographic details were not provided by respondents as these fields were not mandatory.

8. No sociodemographic question on marital status was asked which could help shed light on the respondent's social situation and life stage.

Sample size and demographics

- A total of 4,601 submissions were collected however following a data authentication process, 229 were removed leaving 4372 for the final report.

- The sample of 4372 responses represent 6 demographic groups.

- Because demographic details were not a mandatory field (due to the sensitivity of the survey), data is missing at varying degrees across the six demographic questions from 10% to 43% (highest for age).

- Its composition is equally split by gender, 69% are Kuwaiti, 39% private sector, 20% government staff, 51% university graduates and 24% aged 18-29, 32% aged 30-39, and 23% 40-49.

Sample composition

age & gender

Age

- 3% Under 16
- 2% 16-17
- 14% 18-29
- 18% 30-39
- 13% 40-49
- 5% 50-59
- 2% 60+
- 43% N/A

Legend: Under 16, 16-17, 18-29, 30-39, 40-49, 50-59, 60+, N/A

Gender

- 44% Male
- 46% Female
- 10% N/A

Legend: Male, Female, N/A

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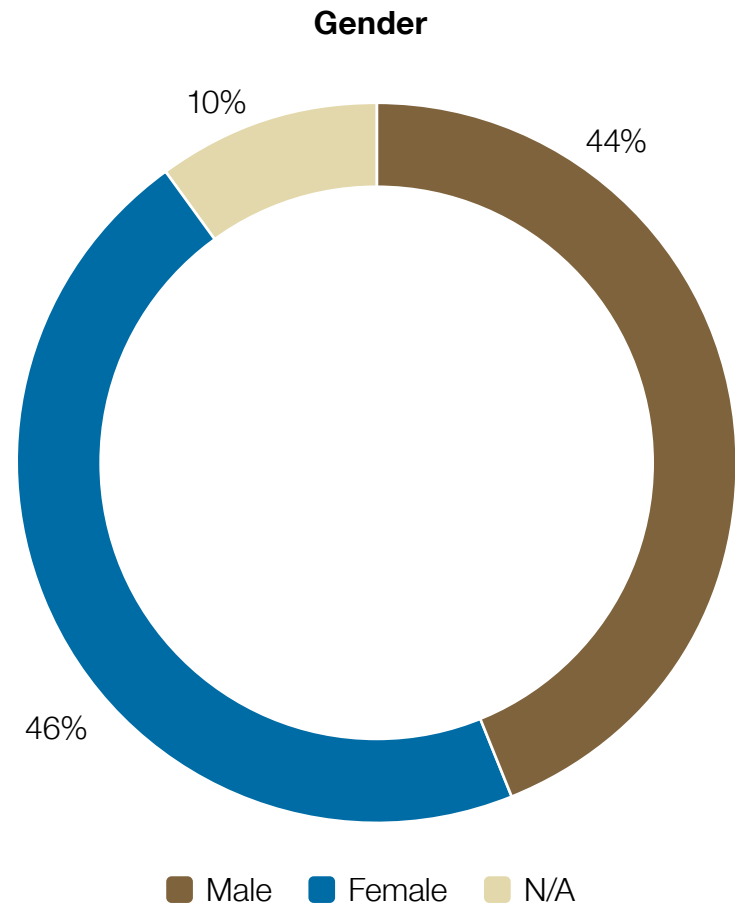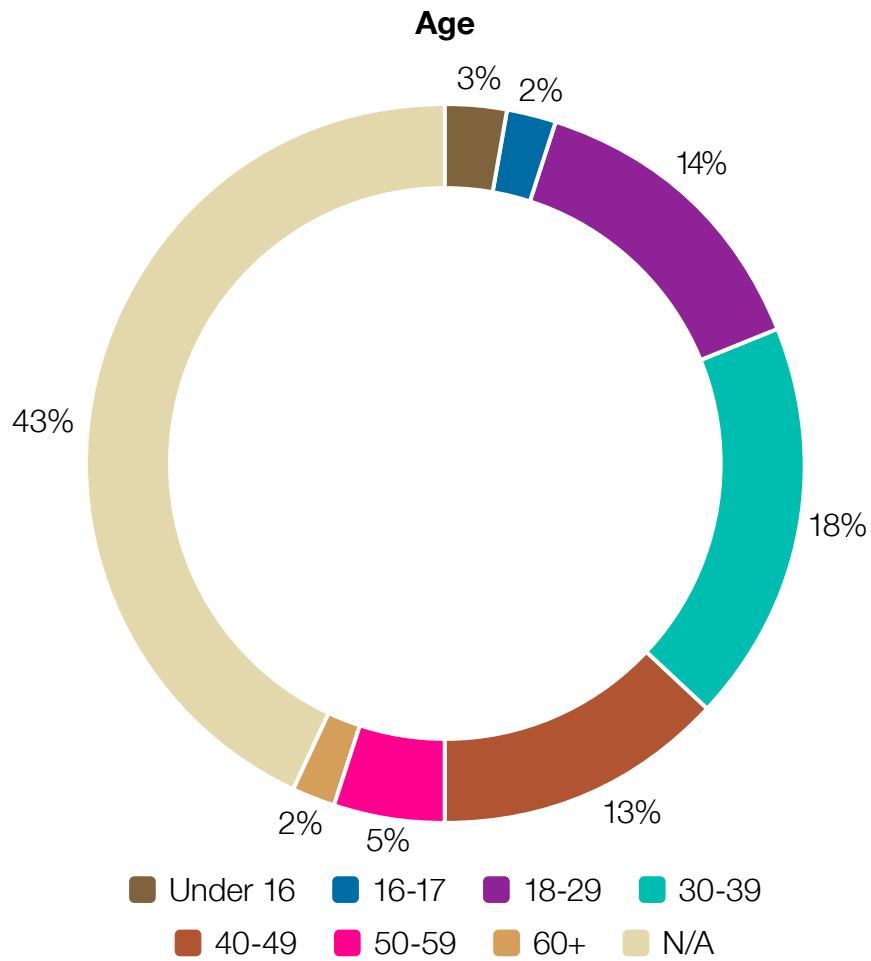
Sample composition

education & nationality

Education

3%
16%
13%
45%
12%
11%
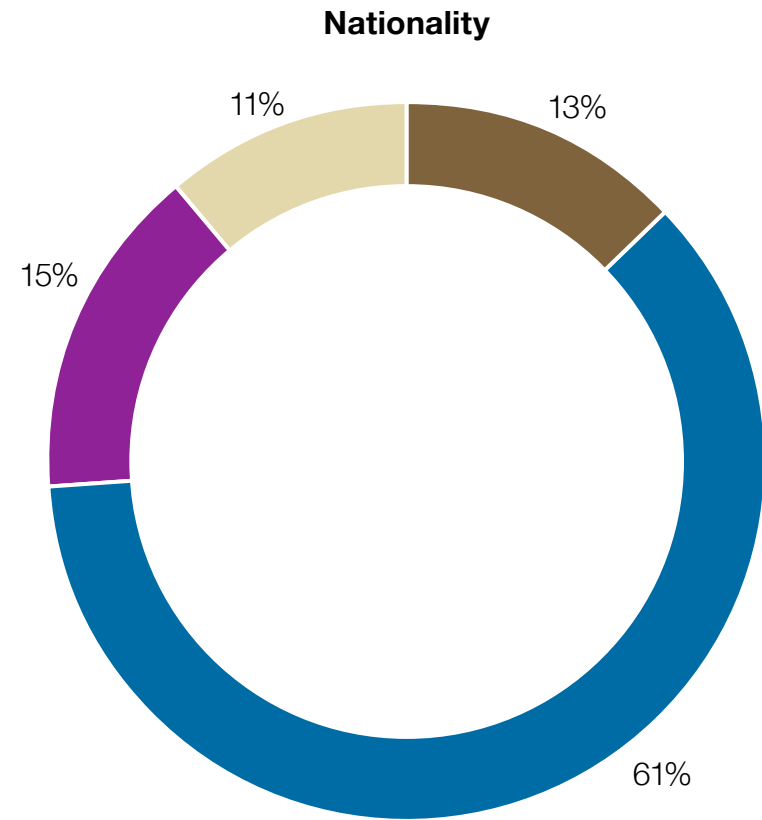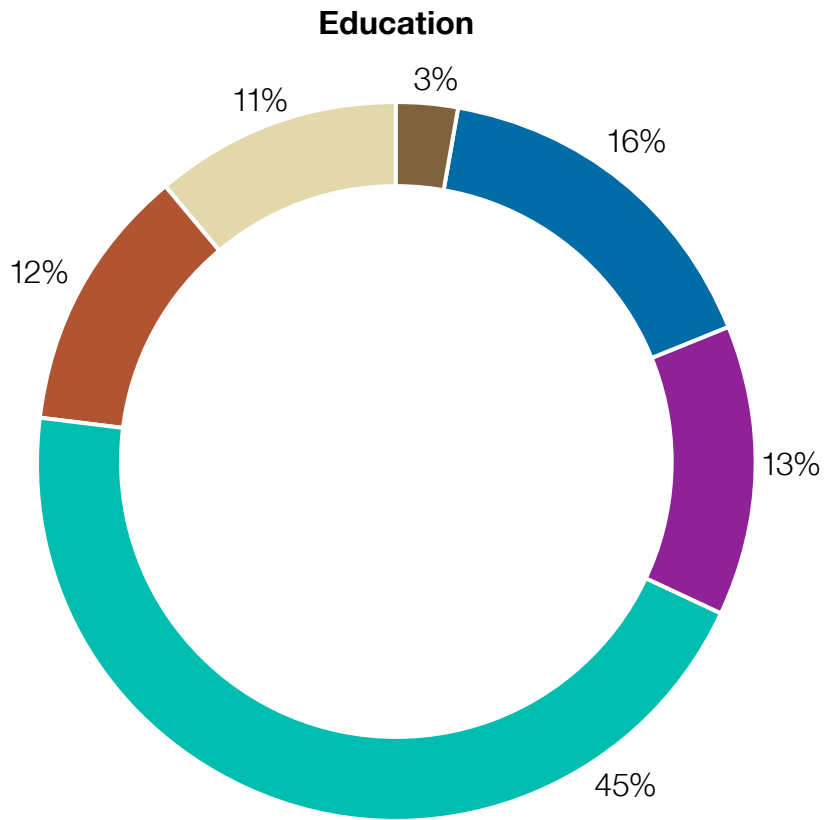
■ Elementary or Below ■ High school ■ Diploma
■ University graduate ■ Master or PHD ■ N/A

Nationality

13%
11%
61%
15%

■ Arab ■ Kuwaiti ■ Non Arab ■ N/A

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Sample composition

occupation & governorate

Occupation

- 39% Private sector
- 20% Government
- 2% Nonprofit
- 17% Student
- 11% Not specified
- 6% Not employed
- 5% Retired
- 0% N/A
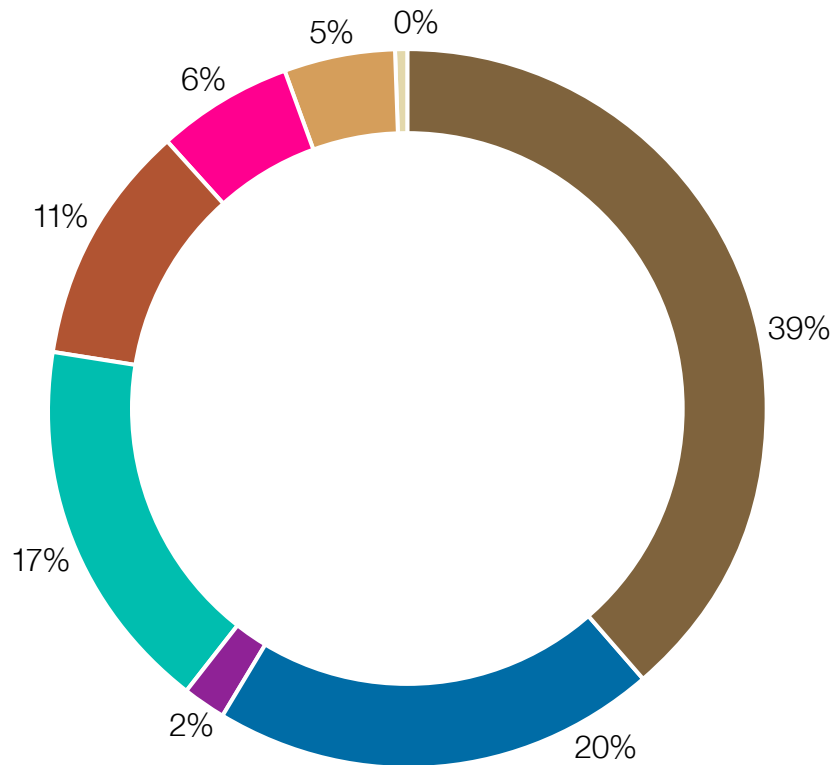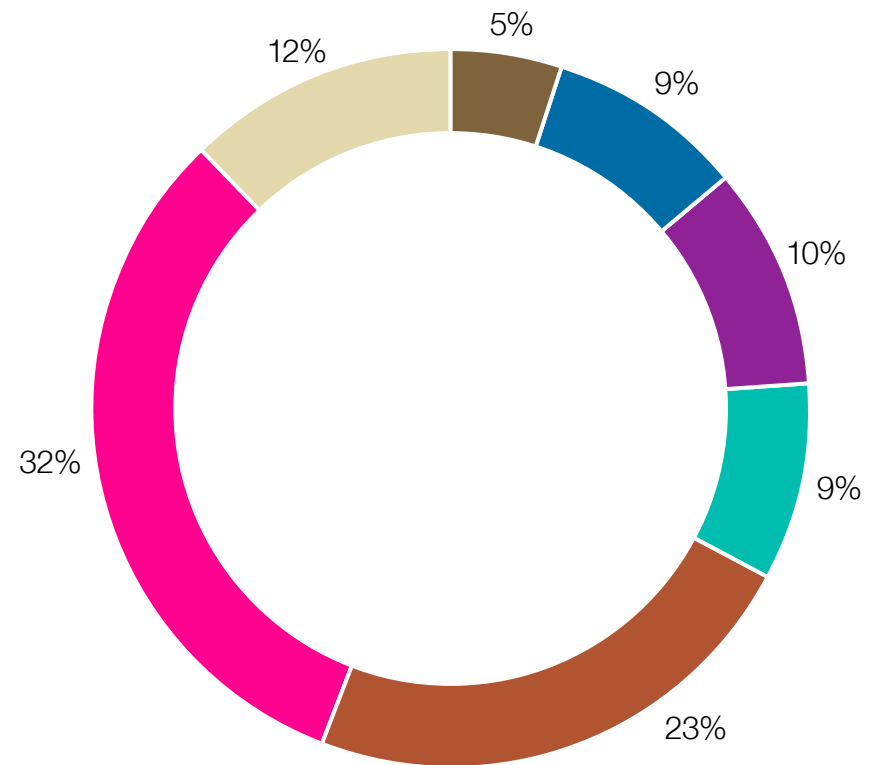
Legend: Private sector · Government · Nonprofit · Student · Not specified · Not employed · Retired · N/A

Governorate

- 5% Jahra
- 9% Farwaniya
- 10% Ahmadi
- 9% MAK
- 23% Kuwait City
- 32% Hawally
- 12% N/A

Legend: Jahra · Farwaniya · Ahmadi · MAK · Kuwait City · Hawally · N/A

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How the scores are interpreted

- The WEMWBS is scored by summing the responses to all questions on a 1 to 5 Likert scale (1 = None of the time to 5 + All of the time). All questions are equally weighted. Scores can range from a minimum of 13 to a maximum of 65 points.

- Higher scores are associated with higher levels of mental well-being. The scale is a self-administered. No cut-off score is associated with the scale because the scale is not designed to identify persons with exceptionally high or low positive mental health.

Below is the interpretation legend used to categorize the WEMWBS section of the survey:

13-35	36-39	40-49	50+
■	■	■	■
Probable Clinically Depressed	Mild Depression	Borderline Wellbeing	High Wellbeing

Kuwait's Mental Wellbeing Score

Based on the WEMWBS
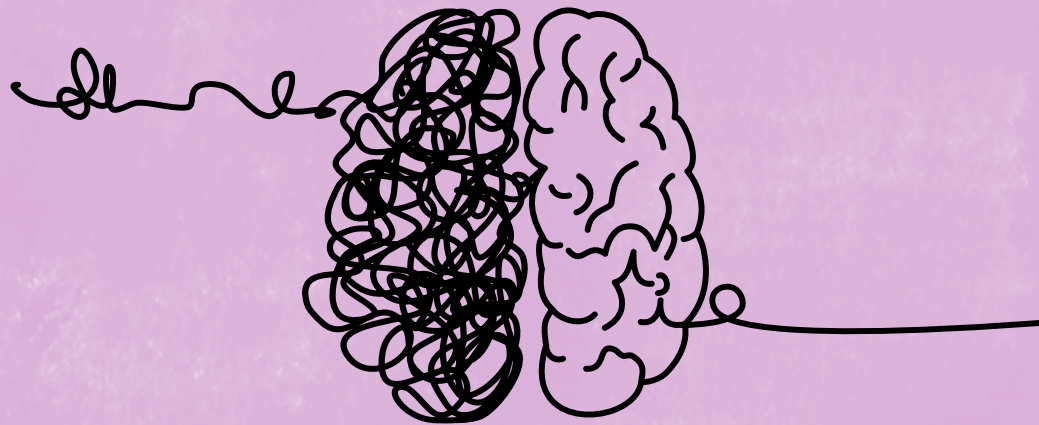
Score distribution - 45.4 points average

■ While 20% of the population scores the highest scores (above 44) the group with the lowest scores is comprised of 16% (below 35 points).

■ The majority scored in the 40-54 range.

Kuwait sample distribution based on WEMW scale

Percent of Sample N =4371

60-65 6%
55-59 12%
50-54 18%
45-49 21%
40-44 18%
36-39 10%
31-35 8%
26-30 4%
21-25 2%
13-20 1%

Mental Wellbeing score
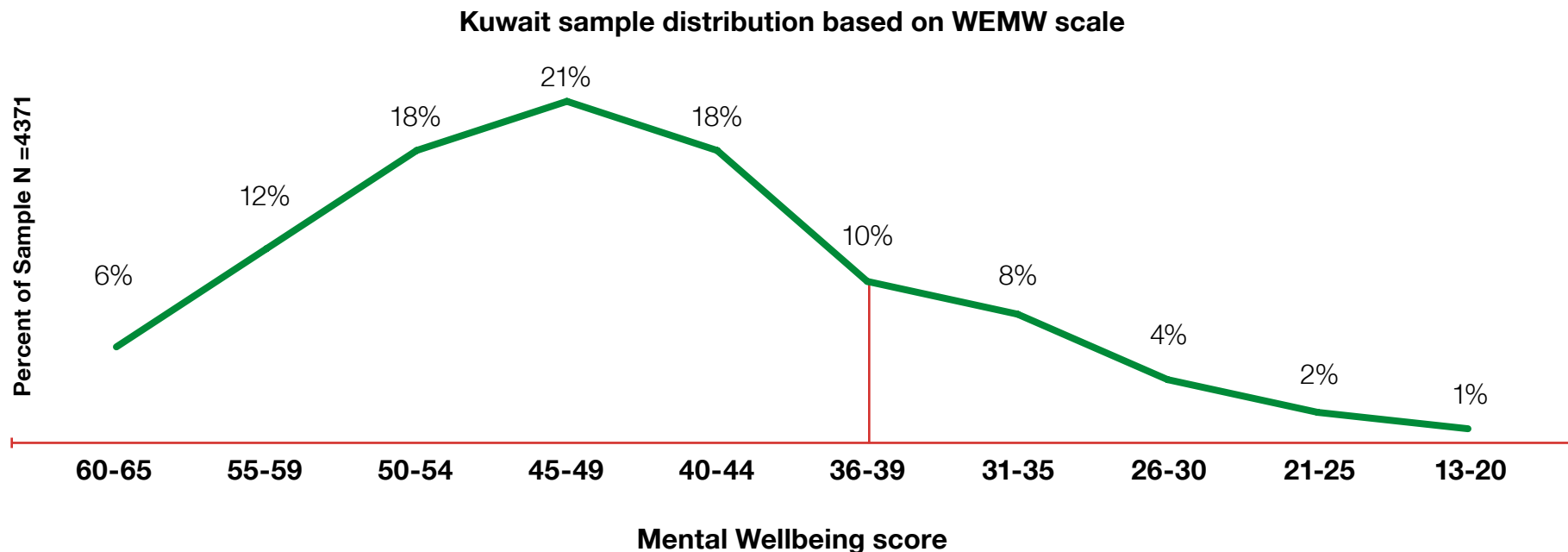
Note: Based on the WEMWBS legend, 36-39 is the category identified as mildly depressed. Scores below that range are in a depression.

Comparison to Scotland

- After adjustment to enable comparison with the Kuwait WEMWBS, the Scottish national score for 2021 is 43.6.
- The original WEMWBS score for Scotland (the creators of the index) was 48.6.
- This places Kuwait overall nearly two points above Scotland. However, this could be attributed to the fact that the Scottish index was measured in 2021 while Covid-19 was still impacting the world.
- The difference could also reflect the benefits of a welfare state in Kuwait.

Kuwait vs. Scottish WEMWBS

45.4	43.6
KWT WEMBS	**Scottish WEMWBS**
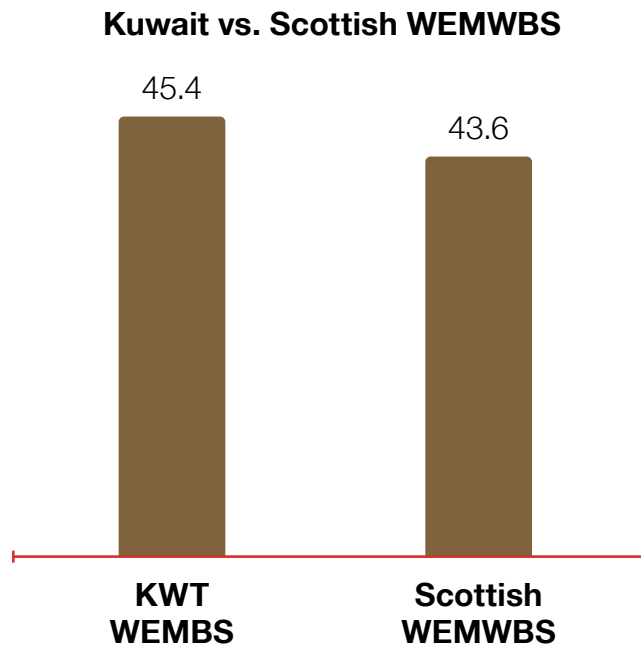
Population Distribution by Wellbeing Group

16%

Probable Clinical Depression

10%

Mild Depression

38%

Borderline Wellbeing

37%

High Wellbeing

Probable Clinical Depression at 16%

Among the population identified as having Probable Clinical Depression with a score below 35 points, the highest concentration is among:

- **Age** - Under 16 at 31%, 18-29 at 26%.
- **Gender** - Females at 19%.
- **Education** - High school at 20%, Elementary at 19%.
- **Nationality** - Non-Arab at 18%.
- **Area of residence** - Hawalli at 17% - Mubarak Alkabeer at 16%.
- **Employer** - Student at 27%, Not employed at 23%.

Probable Clinical Depression demographics

Age
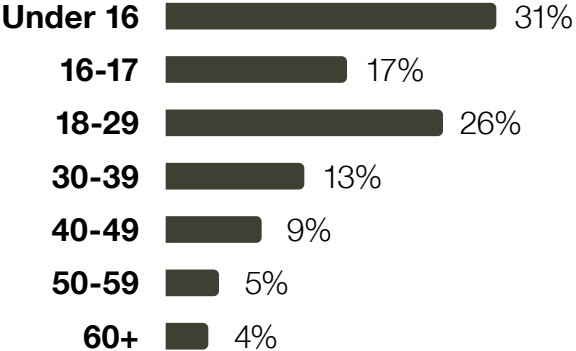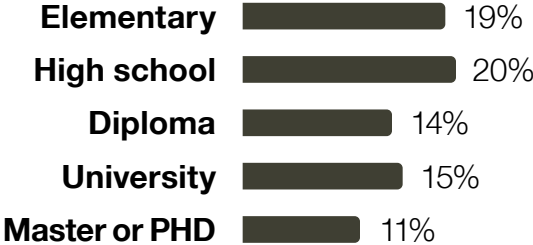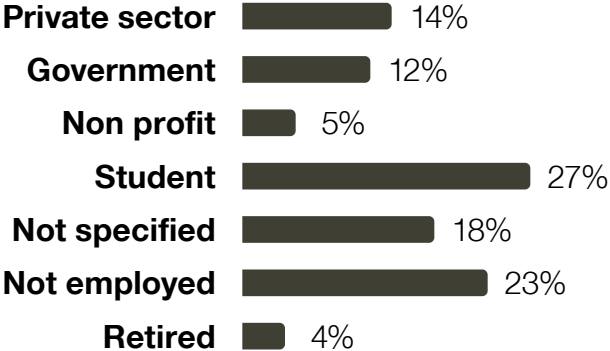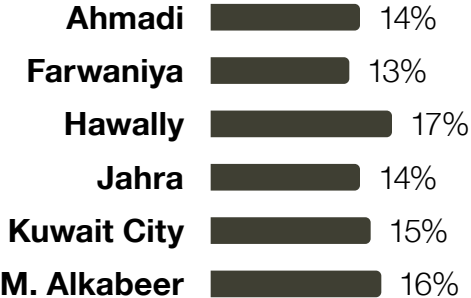
Under 16	31%
16-17	17%
18-29	26%
30-39	13%
40-49	9%
50-59	5%
60+	4%

Education

Elementary	19%
High school	20%
Diploma	14%
University	15%
Master or PHD	11%

Profession

Private sector	14%
Government	12%
Non profit	5%
Student	27%
Not specified	18%
Not employed	23%
Retired	4%

Governorate

Ahmadi	14%
Farwaniya	13%
Hawally	17%
Jahra	14%
Kuwait City	15%
M. Alkabeer	16%

Nationality

Arab	15%
Kuwaiti	15%
Non Arab	18%

Gender

Female	19%
Male	12%

Note: All charts shows the % of each demographic group weighted to its size in the sample to render more meaningful insights.
Note: Some demographic details were not provided by respondents as these fields were not mandatory.

Deep dive

Group with Probable Clinical Depression group

Predominance by gender and age:

- 40% of girls under 16 years or Students.
- Females aged 18-29 and 30-39, 29% and 31% respectively.

Predominance by nationality:

- 40% of Non-Arabs under 16.
- 30% of Kuwaitis under 16, 24% aged 18-29.
- 26% of Kuwaiti students and 24% of unemployed Kuwaitis.

Mild Depression at 10%

Among the population identified with Mild Depression (score between 36-39 points) the highest concentration is among:

- **Age** - Under 16 at 16%.
- **Gender** - Females at 11%.
- **Education** - High school at 12%, Elementary at 12%.
- **Nationality** - Non-Arab at 12%.
- **Area of residence** - No significant difference.
- **Employer** - Student at 15%.

Population with Mild Depression score
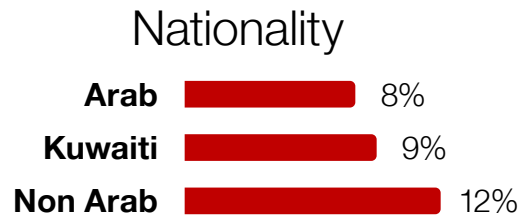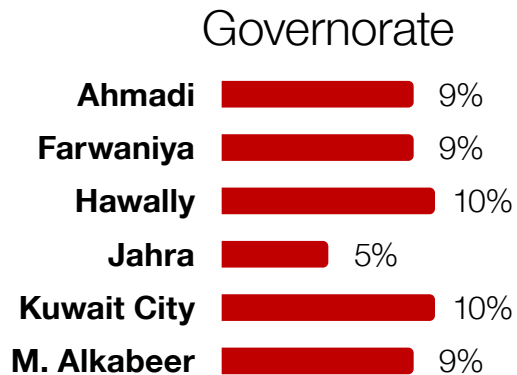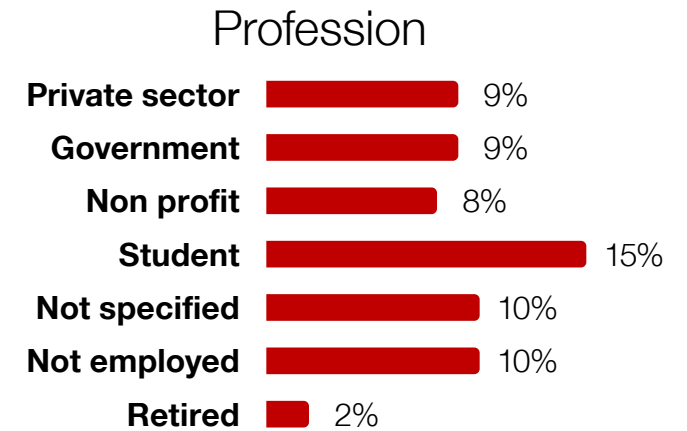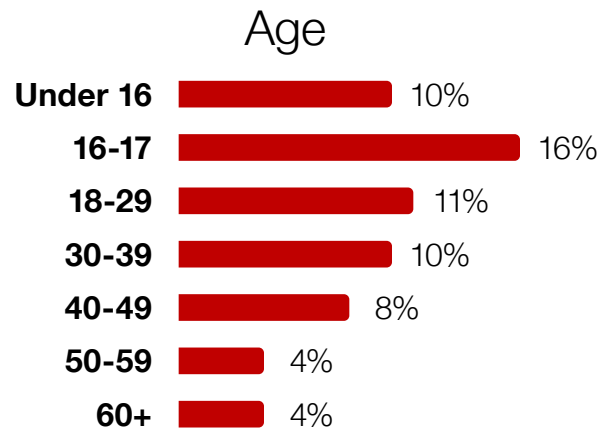
Age

Under 16	10%
16-17	16%
18-29	11%
30-39	10%
40-49	8%
50-59	4%
60+	4%

Education

Elementary	12%
High school	12%
Diploma	7%
University	10%
Master or PHD	8%

Profession

Private sector	9%
Government	9%
Non profit	8%
Student	15%
Not specified	10%
Not employed	10%
Retired	2%

Governorate

Ahmadi	9%
Farwaniya	9%
Hawally	10%
Jahra	5%
Kuwait City	10%
M. Alkabeer	9%

Nationality

Arab	8%
Kuwaiti	9%
Non Arab	12%

Gender

Female	11%
Male	8%

Note: All charts shows the % of each demographic group weighted to its size in the sample to render more meaningful insights.

Note: Some demographic details were not provided by respondents as these fields were not mandatory.

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Deep dive

Mild Depression group

Predominance among:

- 18% of girls under 16-17 years.
- 15% for males aged 16-17 and 13% for 18-29 males.
- 15% Kuwaiti students.
- 20% Retired Non-Arabs, 15% Non-Arab Government staff.
- 20% among Unemployed Arab females.

Borderline Positive Wellbeing is 38%

Among the population identified as above the line for Mild Depression is a group we identify as Borderline Positive Wellbeing (a score between 40-49 points) the highest concentration is among:

- **Age** - 40-49 & 18-29 had lowest score.
- **Gender** - No difference between males and females.
- **Education** - 50% of elementary holders.
- **Nationality** - 40% of Non-Arabs
- **Area of residence** - No significant difference.
- **Employer** - 43% among Unemployed.

View of Borderline Positive population
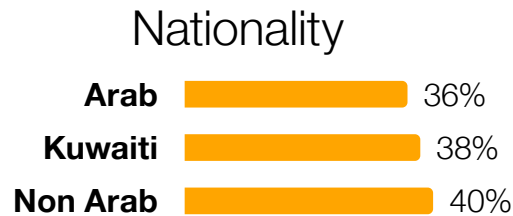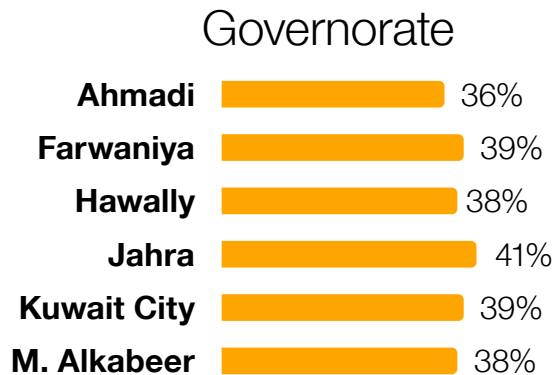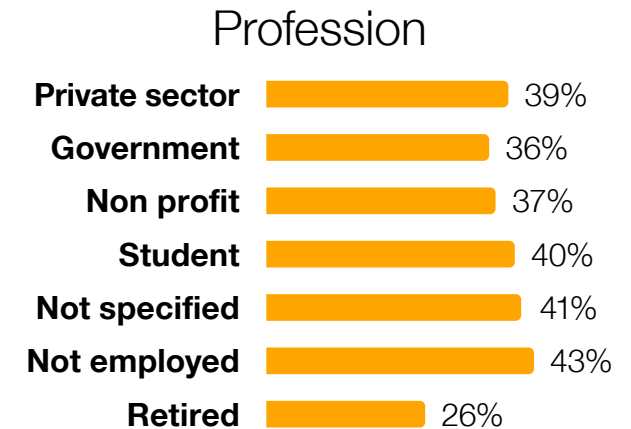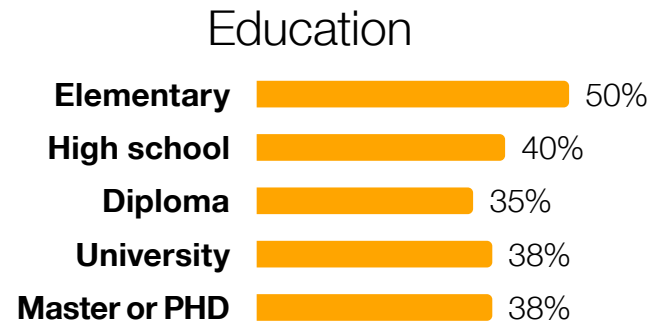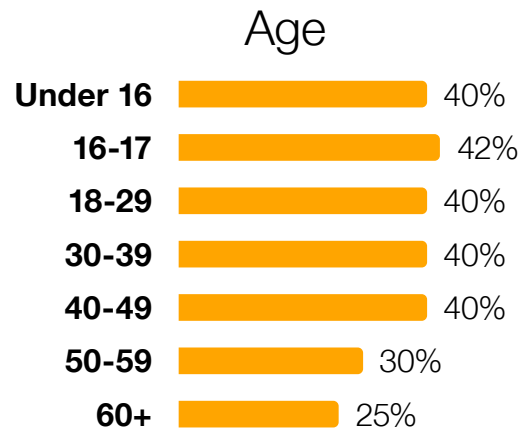
Age

Under 16	40%
16-17	42%
18-29	40%
30-39	40%
40-49	40%
50-59	30%
60+	25%

Education

Elementary	50%
High school	40%
Diploma	35%
University	38%
Master or PHD	38%

Profession

Private sector	39%
Government	36%
Non profit	37%
Student	40%
Not specified	41%
Not employed	43%
Retired	26%

Governorate

Ahmadi	36%
Farwaniya	39%
Hawally	38%
Jahra	41%
Kuwait City	39%
M. Alkabeer	38%

Nationality

Arab	36%
Kuwaiti	38%
Non Arab	40%

Gender

Female	38%
Male	38%

Note: All charts shows the % of each demographic group weighted to its size in the sample to render more meaningful insights.

Note: Some demographic details were not provided by respondents as these fields were not mandatory.

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Deep dive

Borderline Positive group

Predominance by gender and age:

- 24% of males between 30-39 years. And 53% males in the private sector.

- Females aged 18-29 (20%), and Females in the private sector (36%).

Predominance by nationality:

- 45% of Non-Arabs aged 30-39.

- 26% Kuwaiti university graduates aged 18-39.

- 42% of Kuwaiti government employees aged 30-39 with university degrees.

Positive Wellbeing population is 37%

Among the population identified with Positive Wellbeing (a score between 50-65 points) the highest concentration is among:

- **Age** - Over 60% of people aged 50 and above.
- **Gender** - 41% of Males.
- **Education** - 43% of Master or PhD, 44% of diploma holders.
- **Nationality** - 40% of Arabs.
- **Area of residence** - No significant differences.
- **Employer** - 68% of Retired people, 51% work in Non-profits.

View of Positive Wellbeing population
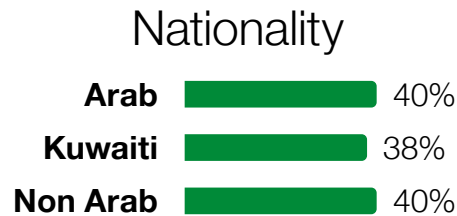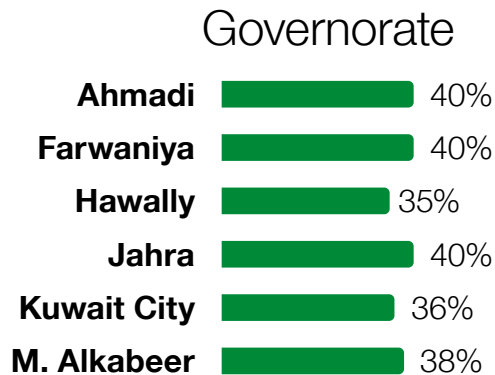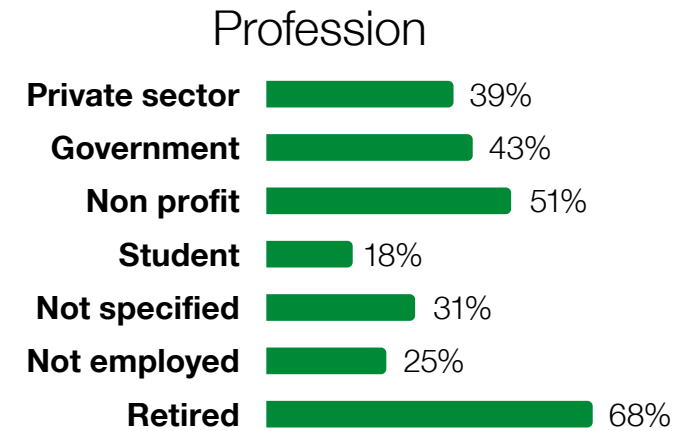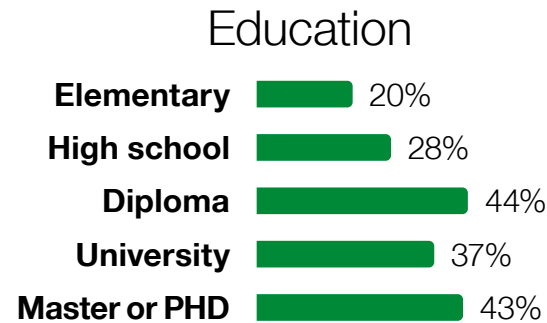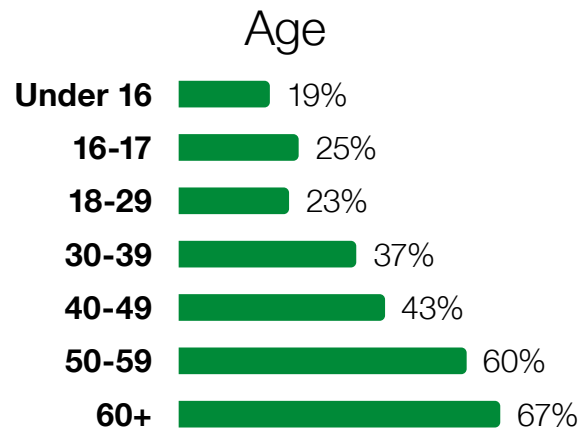
Age

Under 16	19%
16-17	25%
18-29	23%
30-39	37%
40-49	43%
50-59	60%
60+	67%

Education

Elementary	20%
High school	28%
Diploma	44%
University	37%
Master or PHD	43%

Profession

Private sector	39%
Government	43%
Non profit	51%
Student	18%
Not specified	31%
Not employed	25%
Retired	68%

Governorate

Ahmadi	40%
Farwaniya	40%
Hawally	35%
Jahra	40%
Kuwait City	36%
M. Alkabeer	38%

Nationality

Arab	40%
Kuwaiti	38%
Non Arab	40%

Gender

Female	32%
Male	41%

Note: All charts shows the % of each demographic group weighted to its size in the sample to render more meaningful insights.
Note: Some demographic details were not provided by respondents as these fields were not mandatory.

Deep dive

Positive Wellbeing group

Predominance by gender and age:

- 64% of males aged 50-59 working in private sector.
- Females aged 60+ and 50-59, 70% and 56% respectively.

Predominance by nationality:

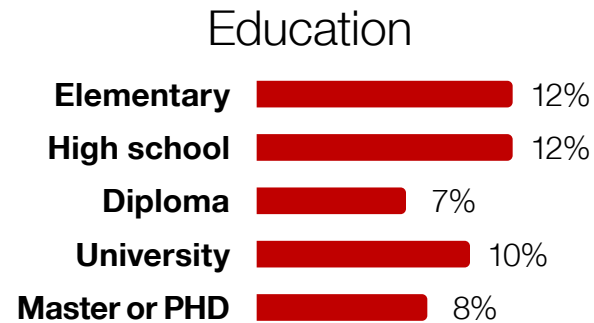- Over 81% of Kuwaiti males in the government sector.
- 50% of Kuwaitis aged 40-49, 42% aged 30-39.
- 57% of Arabs students and university graduates.

Examining the 13 statements

The basis of the WEMWBS scores
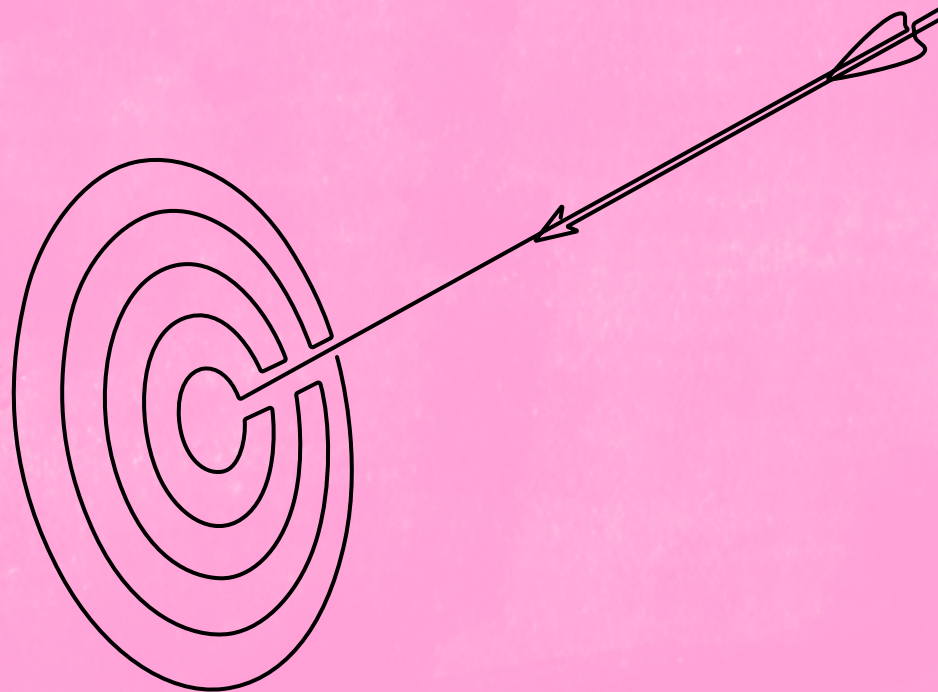
What the statements measure

- Of the five measures in the WEMWBS the lowest rated is Affect (4 of the 13 statements).
- All measures include at least two statements.
- Highest scoring is Autonomy and Satisfaction. Lowest scoring is Affect and Relatedness.

Key Measures Scores out of Five-Points

Measure	Score
Autonomy	3.7
Satisfaction	3.7
Competence	3.5
Relatedness	3.4
Affect	3.3
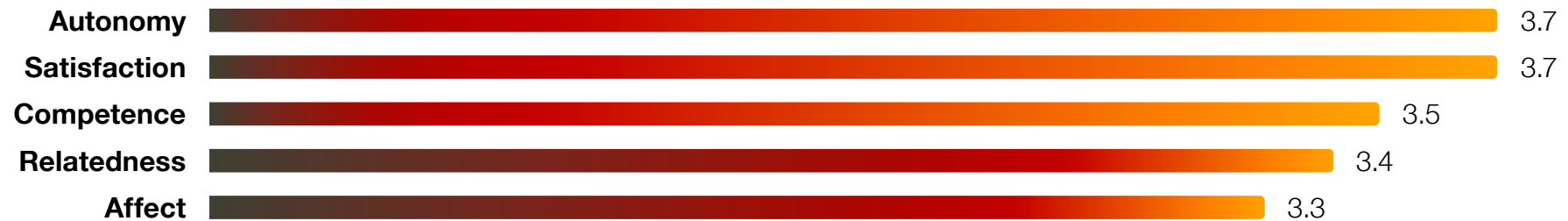
Note: Affect, in psychology, refers to the underlying experience of feeling, emotion or mood.

Low mood is pulling the scores down

🟥 Lowest 🟩 Highest

	Measure	Statement	Score	Measure avg.
1	Affect	I've been feeling optimistic about the future	3.5	3.3
	Affect	I've been feeling relaxed	3.2	
	Affect	I've had energy to spare	3.2	
	Affect	I've been feeling cheerful	3.3	
2	Autonomy	I've been feeling confident	3.7	3.7
	Autonomy	I've been feeling loved	3.7	
3	Competence	I've been dealing with problems well	3.5	3.5
	Competence	I've been thinking clearly	3.5	
4	Relatedness	I've been feeling interested in other people	3.4	3.4
	Relatedness	I've been feeling close to other people	3.4	
5	Satisfaction	I've been feeling useful	3.7	3.7
	Satisfaction	I've been feeling good about myself	3.6	
	Satisfaction	I've been interested in new things	3.7	

Stress is causing fatigue and isolation

Warwick 13 questions average: "I've…"

Statement	Value
Been feeling relaxed	3.2
Had energy to spare	3.2
Been feeling cheerful	3.3
Been feeling close to other people	3.4
Been feeling interested in other people	3.4
Been thinking clearly	3.5
Been feeling optimistic about the future	3.5
Been dealing with problems well	3.5
Been feeling good about myself	3.6
Been feeling loved	3.7
Been interested in new things	3.7
Been feeling useful	3.7
Been feeling confident	3.7

Kuwait's Community & Support Score

Based on the questions added for local context
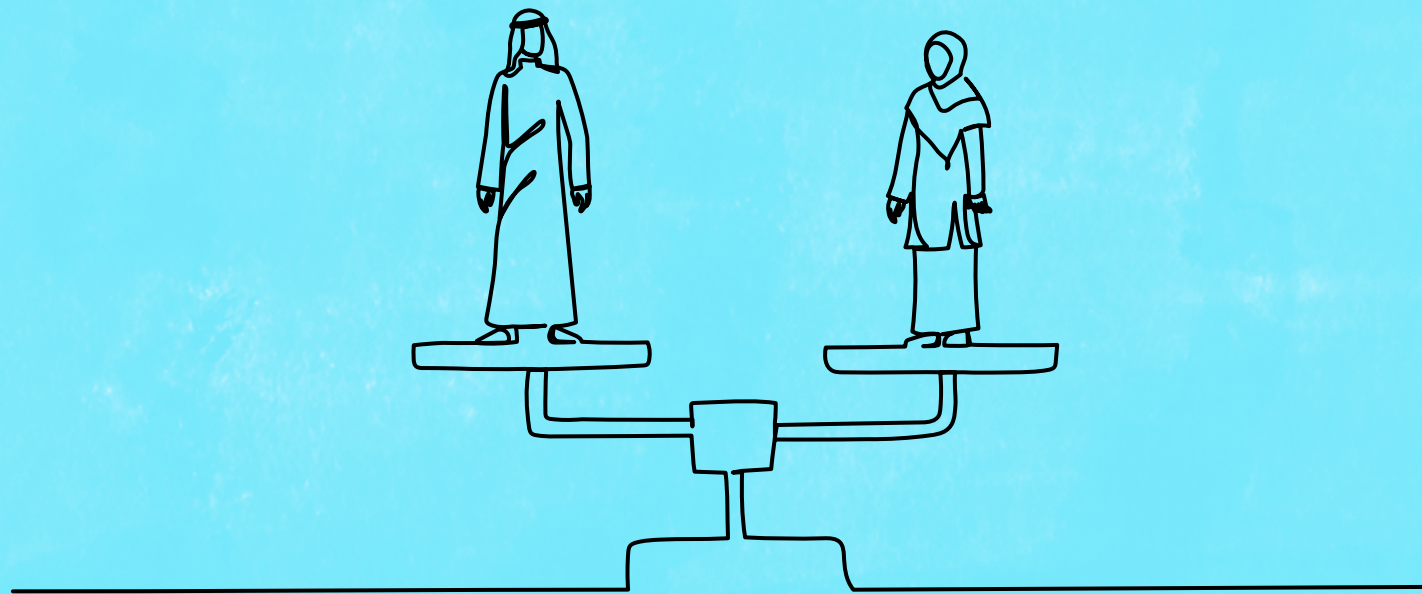
Additional questions unique to Kuwait

In addition to the WEMWBS index, five questions were added to measure

1. Community & familiarity
2. Social stigma or support
3. Access to help

- These questions scored 3.2 overall which translates into 64% out of 100%.
- Highest is sense of community.
- Lowest is finding access to help and social stigma.

Local context questions	Total	All
I feel like I belong to a community in Kuwait	3.7	74%
I feel comfortable discussing my mental health openly	3.4	68%
I'm close to someone with mental health issues	3.3	66%
I feel Kuwait has a progressive outlook towards mental health	2.8	56%
I feel it is easy to find mental health help for people in Kuwait	2.7	54%
Total	**3.2**	64%
Out of 100%		**64%**

Response distribution on local context

Strongly Disagree = 1 and Strongly Agree = 5

Legend: 1, 2, 3, 4, 5

I feel like I belong to a community in Kuwait: 8%, 10%, 21%, 30%, 32%

I'm close to someone with mental health issues: 11%, 15%, 24%, 32%, 18%

I feel comfortable discussing my mental health openly: 9%, 14%, 23%, 36%, 18%

I feel Kuwait has a progressive outlook towards mental health: 17%, 23%, 29%, 23%, 8%

I feel it is easy to find mental health help for people in Kuwait: 20%, 26%, 26%, 20%, 8%
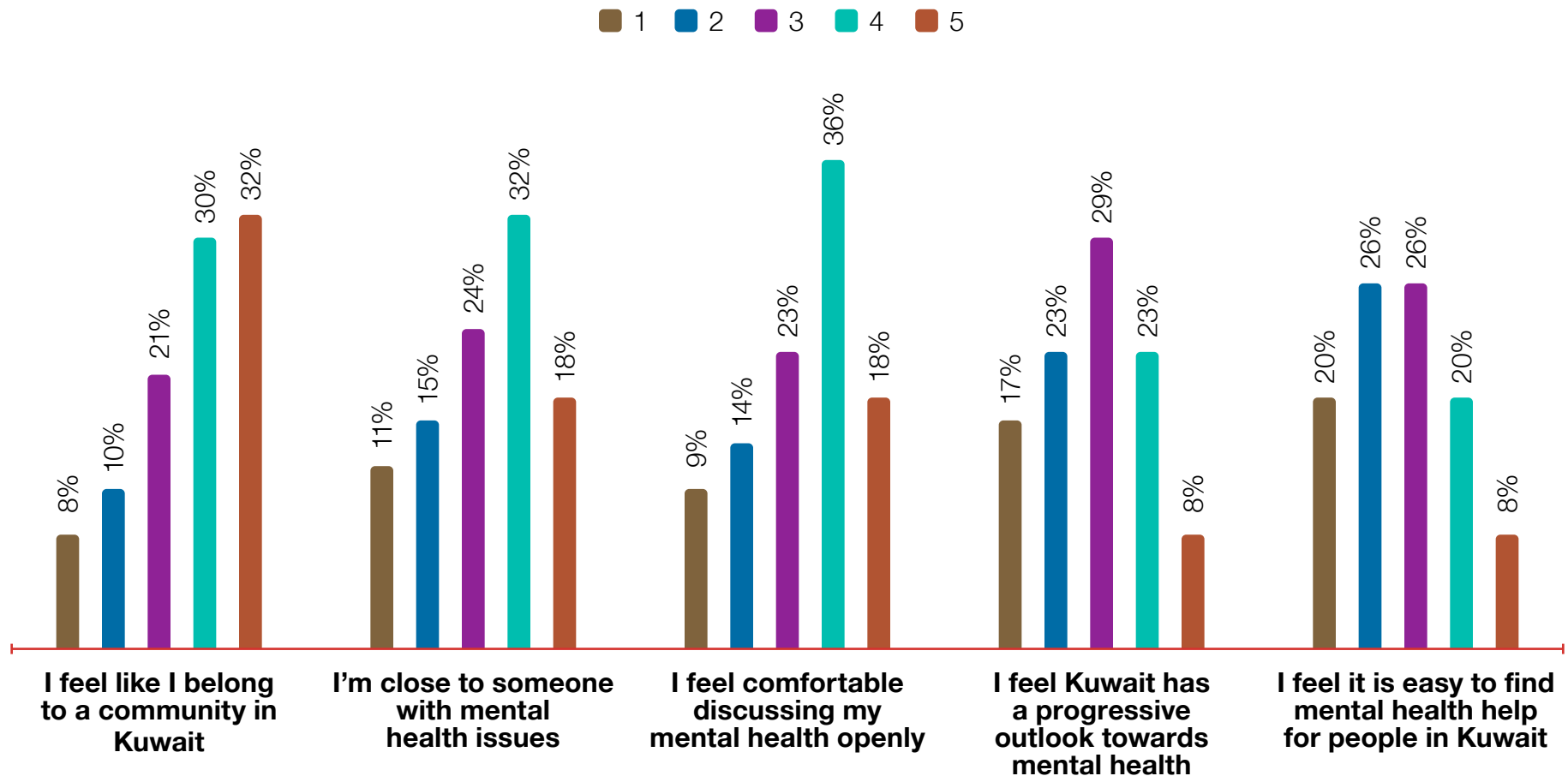
The tie between local community & support and demographic group

Belonging to a community

- **Lowest** - students, unemployed, those aged 18-29.
- **Highest** - 60+, Retirees, those from Jahra.

Close to someone with mental health issues

- **Lowest** - males, Non-Arabs.
- **Highest** - 18-29, females, government employee.

Comfortable openly discussing mental health

- **Lowest** - under 16 years, students.
- **Highest** - over 50 years, Retirees.

Progressive outlook in Kuwait

- **Lowest** - 18-39, Masters degrees.
- **Highest** - under 16, retirees.

Ease of finding mental health **help** in Kuwait

- **Lowest** - nonprofit staff, 18-29 years, university graduate.
- **Highest** - Retirees, aged 50-59.

Score breakdown by demo group 1 of 4

The table is a demographic summary of scores from 1 (Strongly disagree)
to 5 (Strongly agree), highlighting the highest and lowest averages.

🟥 Lowest   🟩 Highest

	I feel like I belong to a community in Kuwait	I'm close to someone with mental health issues	I feel comfortable discussing my mental health openly	I feel Kuwait has a progressive outlook towards mental health	I feel it is easy to find mental health help for people in Kuwait	All
Gender						
Males	3.8	3.1	3.4	2.8	2.8	3.2
Females	3.6	3.5	3.4	2.8	2.7	3.2
Education						
Elementary	3.9	3.2	3.1	3.5	3.3	3.4
High school	3.8	3.3	3.1	3.0	2.9	3.2
Diploma	4.0	3.4	3.6	2.9	2.9	3.4
University	3.6	3.4	3.5	2.7	2.6	3.1
Masters+	3.5	3.4	3.6	2.6	2.6	3.2

The table is a demographic summary of scores from 1 (Strongly disagree)
to 5 (Strongly agree), highlighting the highest and lowest averages.

🟥 Lowest   🟩 Highest

	I feel like I belong to a community in Kuwait	I'm close to someone with mental health issues	I feel comfortable discussing my mental health openly	I feel Kuwait has a progressive outlook towards mental health	I feel it is easy to find mental health help for people in Kuwait	All
Nationality						
Arabs	3.5	3.3	3.7	3.0	2.8	3.2
Kuwaitis	3.8	3.5	3.4	2.8	2.7	3.2
Non-Arabs	3.6	3.1	3.2	2.9	2.8	3.1
Governorate						
Ahmadi	3.8	3.4	3.5	2.8	2.7	3.3
Farwaniya	3.7	3.3	3.5	2.8	2.7	3.2
Hawalli	3.5	3.3	3.4	2.7	2.6	3.1
Jahra	4.1	3.3	3.5	3.0	3.0	3.4
Kuwait City	3.8	3.4	3.4	2.8	2.8	3.2
M. Alkabeer	3.6	3.5	3.5	2.7	2.7	3.2

Score breakdown by demo group 3 of 4

The table is a demographic summary of scores from 1 (Strongly disagree) to 5 (Strongly agree), highlighting the highest and lowest averages.

🟥 Lowest   🟩 Highest

Occupation	I feel like I belong to a community in Kuwait	I'm close to someone with mental health issues	I feel comfortable discussing my mental health openly	I feel Kuwait has a progressive outlook towards mental health	I feel it is easy to find mental health help for people in Kuwait	All
Private	3.6	3.2	3.5	2.7	2.6	3.1
Government	3.9	3.5	3.6	2.8	2.8	3.3
Non profit	4.0	3.3	3.4	2.9	2.4	3.2
Student	3.5	3.4	2.9	2.9	2.7	3.1
Not specified	3.6	3.1	3.2	2.9	2.8	3.1
Not employed	3.4	3.4	3.3	2.9	2.8	3.2
Retired	4.5	3.4	3.8	3.1	3.0	3.6

Score breakdown by demo group 4 of 4

The table is a demographic summary of scores from 1 (Strongly disagree) to 5 (Strongly agree), highlighting the highest and lowest averages.

🟥 Lowest   🟩 Highest

Age	I feel like I belong to a community in Kuwait	I'm close to someone with mental health issues	I feel comfortable discussing my mental health openly	I feel Kuwait has a progressive outlook towards mental health	I feel it is easy to find mental health help for people in Kuwait	All
Under 16	3.7	3.5	2.7	3.0	2.9	3.1
16-17	3.7	3.1	3.1	2.8	2.9	3.1
18-29	3.3	3.6	3.3	2.5	2.4	3.0
30-39	3.7	3.3	3.6	2.7	2.6	3.1
40-49	3.8	3.2	3.6	2.9	2.8	3.3
50-59	4.0	3.2	3.7	3.0	3.0	3.4
60+	4.2	3.5	3.7	2.7	2.8	3.4
Total	**3.7**	**3.3**	**3.4**	**2.8**	**2.7**	**3.2**

Mental wellbeing and local score

Correlating what respondents scored the local community and support in terms of low, moderate and high to the WEMWBS groups, uncovers that:

- People with Clinical Depression scored the lowest for local community and support.
- People with High Positive Wellbeing scored the highest for local community and support.
- Whether this relationship is a cause, or an effect of wellbeing needs to be investigated further.

WEMWBS Group vs. Kuwait Local Score

■ Low   ■ Moderate   ■ High

	Clinical Depression	Mild Depression	Borderline Positive	High Positive
Low	47%	27%	16%	6%
Moderate	48%	62%	66%	51%
High	5%	11%	17%	43%
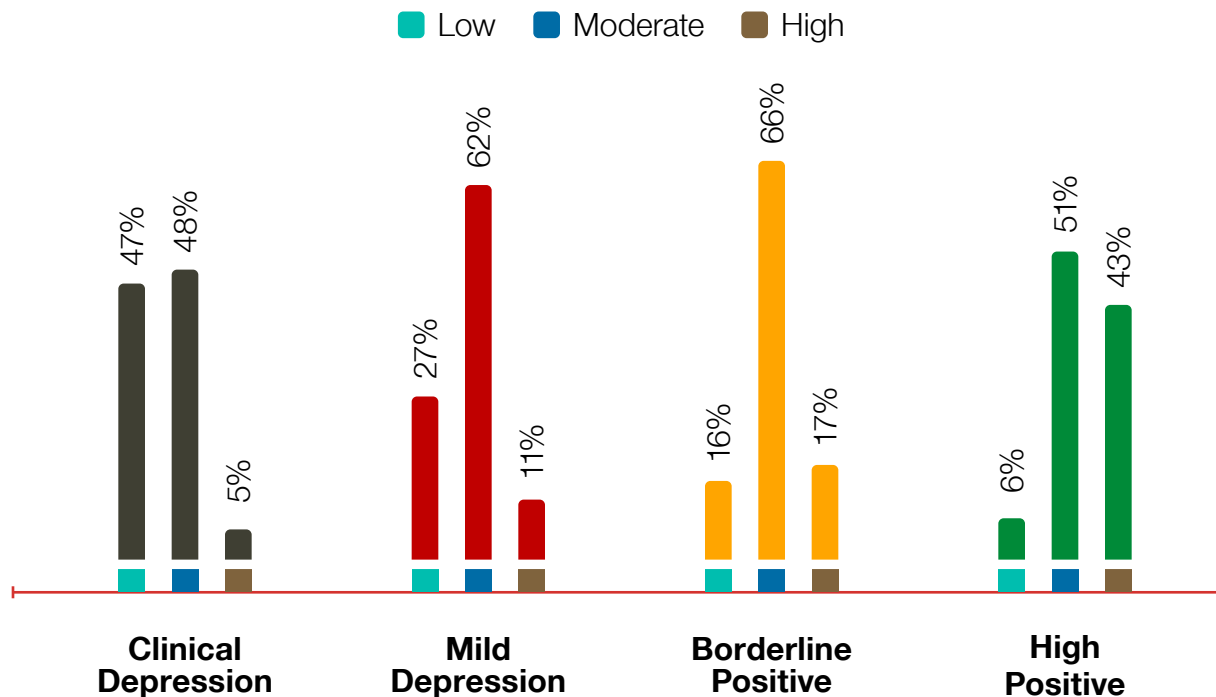
What concerns or fears do you have for the future?

Open ended comments
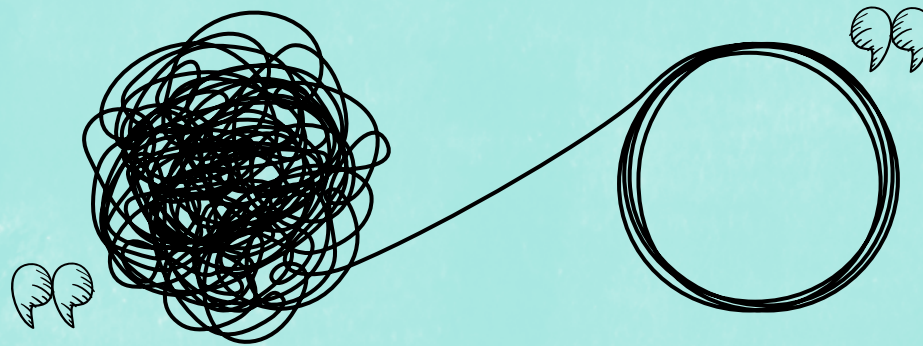
Open-ended comments analysis

Since this was optional, around 10% of the sample left comments. They were analyzed and manually classified into 8 themes:

- **Kuwait** - infrastructure, future, legislation.

- **Resources** - accessibility, affordability, lack of good professionals, medication.

- **Personal stress** - financial security, uncertainty, job security.

- **Emotion** - unhappy, recovery, need help, hope.

- **Societal attitudes** - lack of empathy, stigma, work environment.

- **Solution based** - awareness, youth focus, religion.

- **Environmental stressors** - racism, inadequate recreational spaces, war, education.

- **Other**

Comment theme overview

Theme	Percentage
Kuwait	20%
Resources	17%
Personal stress	15%
Emotion	13%
Societal attitudes	12%
Solution based	10%
Environmental stressors	9%
Other	4%
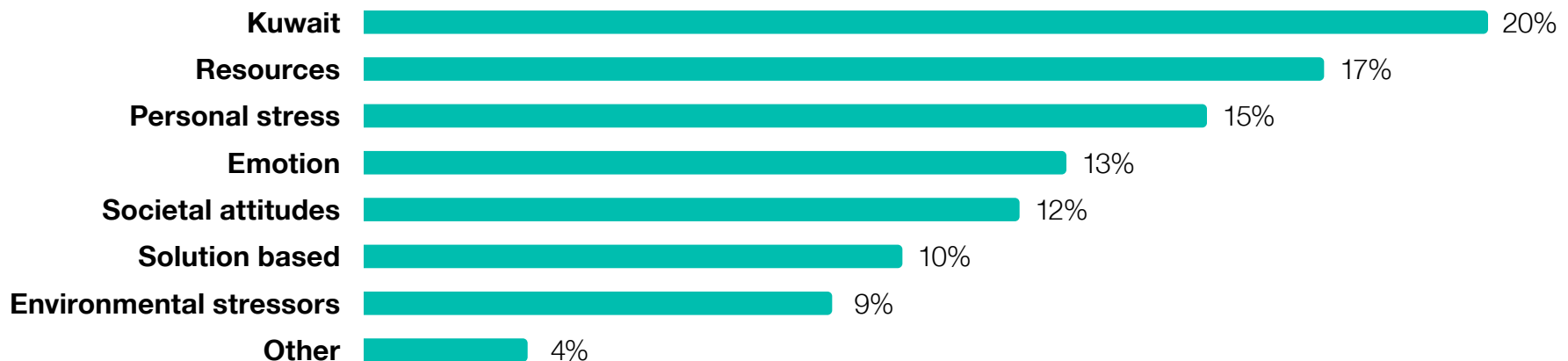
Comments about

Kuwait & Resources & Personal Stress

Kuwait comments accounted for 20% of the total and included:

Infrastructure	45%	58
Kuwait future uncertain	38%	49
Legislation	13%	17
Patriotism	5%	6
Total	**100%**	**130**

Comments to do with **Resources** accounted for 17% of the total and included:

Accessibility	27%	31
Affordability	35%	40
Lack of good professionals	14%	16
Medication	9%	10
Mental Health Hospital	14%	16
Total	**100%**	**113**

Personal Stress comments accounted for 15% of the total and included:

Bedoon	2%	2
Family	1%	1
Financial security	22%	21
Food stability	1%	1
Isolation	14%	14
Job security	15%	15
Personal uncertainty	44%	43
Total	**100%**	**97**

Comments about

Emotions & Social Attitudes

Comments to do with **Emotions** accounted for 13% of the total and included:

Cry for help	10%	9
Hopeful	25%	22
Praise	20%	17
Recovery	11%	10
Unhappy	33%	29
Total	**100%**	**87**

Comments about **Societal Attitudes** accounted for 12% of the total and included:

Cultural pressure	5%	4
Lack of empathy	31%	25
Media	6%	5
Stigma	42%	34
Work evironment	16%	13
Total	**100%**	**81**

Comments about
Environmental Stressor & Solutions

Comments to do with **Environmental Stressor** accounted for 9% of the total and included:

COVID	5%	3
Education	9%	5
Gender violence	4%	2
Inadequate recreational spaces	21%	12
Racism	39%	22
Traffic	4%	2
War	18%	10
Total	**100%**	**56**

Comments about **Solutions** accounted for 12% of the total and included:

Awareness campaigns	21%	14
Focus on youth	23%	15
Religion helps	52%	34
Suggestions	5%	3
Total	**100%**	**66**

Comments grouped by wellbeing group

Resources and Personal stress topmost with Probable Clinical Depression group

Resources	25%
Personal stress	17%
Emotion	16%
Kuwait	16%
Societal attitudes	11%
Environmental stressors	7%
Solution based	7%
Other	4%
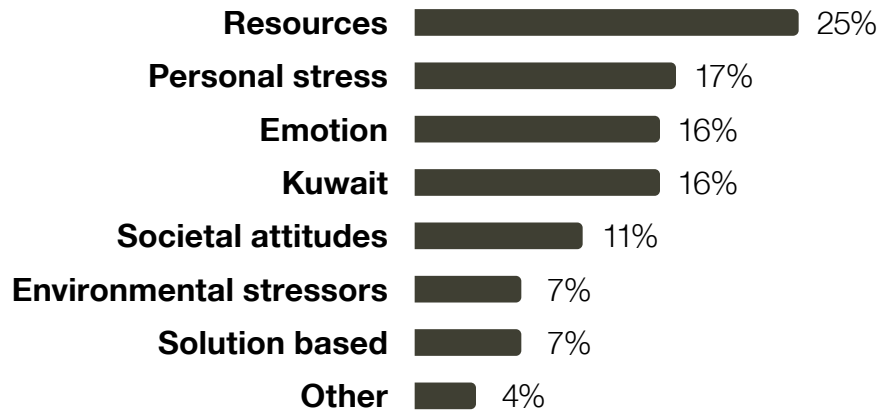
Personal stress and Societal attitudes topmost with the Mild Depression group

Personal stress	28%
Societal attitudes	19%
Resources	17%
Emotion	13%
Kuwait	8%
Environmental stressors	6%
Other	6%
Solution based	4%
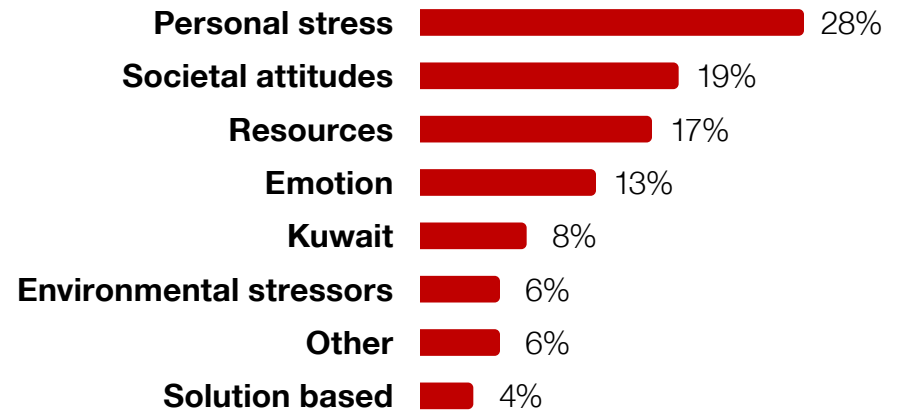
Comments grouped by wellbeing group

Kuwait related and Resources topmost with the Borderline Positive group

Kuwait	22%
Resources	18%
Personal stress	13%
Societal attitudes	13%
Emotion	12%
Solution based	9%
Environmental stressors	9%
Other	4%
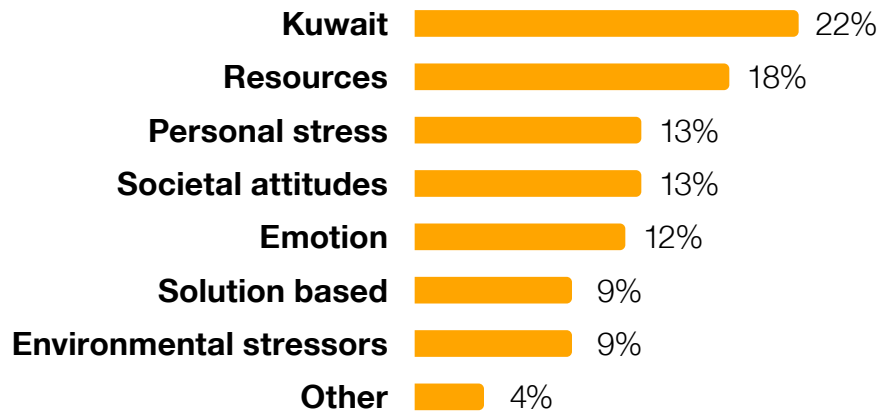
Kuwait related and Solutions were topmost the Positive Wellbeing group

Kuwait	23%
Solution based	14%
Emotion	13%
Resources	13%
Personal stress	11%
Environmental stressors	10%
Societal attitudes	10%
Other	5%

55
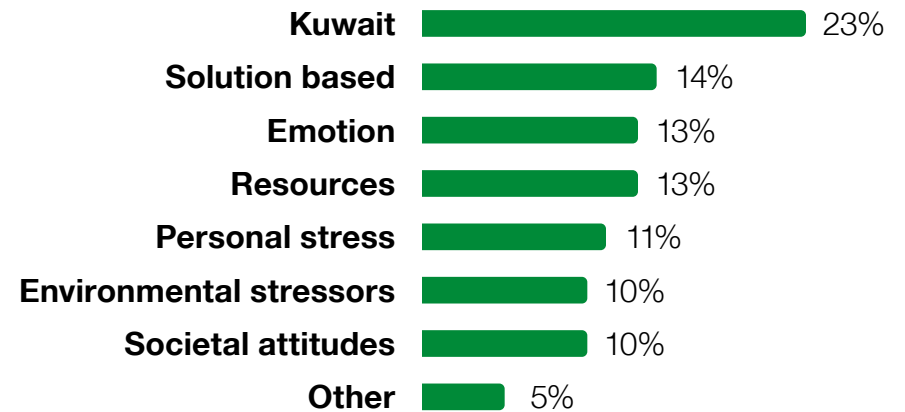
Some comments that respondents left

- "About my future? I have no thoughts. I didn't think I'd make it to 20 years old and my birthday is in less than two months. I have no ambitions, no goals and no nothing. People ask where I see myself in 5 years and I just shrug. I feel like I have tied behind my back and people try to get to do things I'm hesitant about. So yeah, no thoughts." **Student, Female high school**

- "In Kuwait if anyone knows that you have sought mental health, then you are sick in the head." **Government employee, Kuwaiti male graduate**

- "If the question is about the future of Kuwait, I don't see any change to the better, since most people don't want real change." **Retired Kuwaiti male graduate**

- "Sadly, most people in Kuwait don't understand that having a mental health issues is just like having diabetes or something of that sort." **Kuwaiti male graduate**

- "Everything sources back to religion in Kuwait. If you have mental health issues you are told to pray more because you have a weak relationship with God." **Kuwaiti female government employee, Masters degree**

- "Getting a therapist in Kuwait is really expensive, the appointment can cost 90 KD per session and there is still a taboo of having a therapy you seen crazy." **Female expat graduate**

- "My answers would've been completely different if I was not under treatment for my depression and anxiety." **Kuwaiti male graduate**

- "Cost is high, and stigma is still somewhat there. There is a secrecy especially around older generations." **Kuwaiti female graduate**

Some comments that respondents left

- "Psychiatry and therapy is extremely expensive. Lawmakers make it a worrisome experience to reach out for aid. The government hospital needs reform. Medication should be an alternative not an immediate prescription." **Female expat high school student**

- "Mental Health is not at all a concern at our place of work. No one talks about it, no one considers that it is possible that staff are struggling with Mental Health, no one asks about it at work. To make things worse, taking care of Mental Health is so overpriced, that people who want to avail of therapy cannot afford it." **Female expat graduate**

- "Cost of private psychiatrist/therapist is insanely high that only middle-high and high class can possibly afford weekly therapy appointments. The social stigma is terrible. The law still criminalizes suicide and self harm and other tendencies from people who already suffer enough…" **Kuwaiti male graduate**

- "I feel lost sometimes. Don't know what I should aim for." **Female high school student**

- "We should work on openly discussing mental health in Kuwait and creating an awareness campaign, so people understand that this is a disease just like diabetes or high blood pressure and that its roots are chemical…" **Kuwait female Masters or PHD**

Some comments that respondents left

- "I would like to have a better sense of the country's vision and strategy for the short, medium, and long term in terms of economic diversification, education, healthcare, and the environment. Sadly, it seems like that does not exist or is being kept as a closely guarded secret. I am not convinced that Vision 2035 will ever have a meaningful impact. Naturally, that causes tremendous stress for every organization and individual living in Kuwait." **Kuwait male graduate**

- "Many in Kuwait confuse mental health struggles with instability or the inability to function in society. It is a taboo subject perceived to be associated with being 'crazy' or mentally dysfunctional. If this perception can be reversed, more people would be open to talking about it." **Kuwait female, private sector, Masters**

- "The world around us, especially neighboring countries are advancing and developing, and Kuwait is being left behind. We have only one source of income, future generations have no jobs, and corruption is hurting our economy and reputation. The parliament is hindering development instead of supporting it. Above all and what worries the most, is that our education system is weak, and this will have a dangerously long-lasting impact in the future." **Kuwait female graduate**

- "Its too expensive seeing a therapist. Appointments takes forever. People might kill themselves and their appointment is still a month away." **Kuwait male graduate**

Summary & suggestions
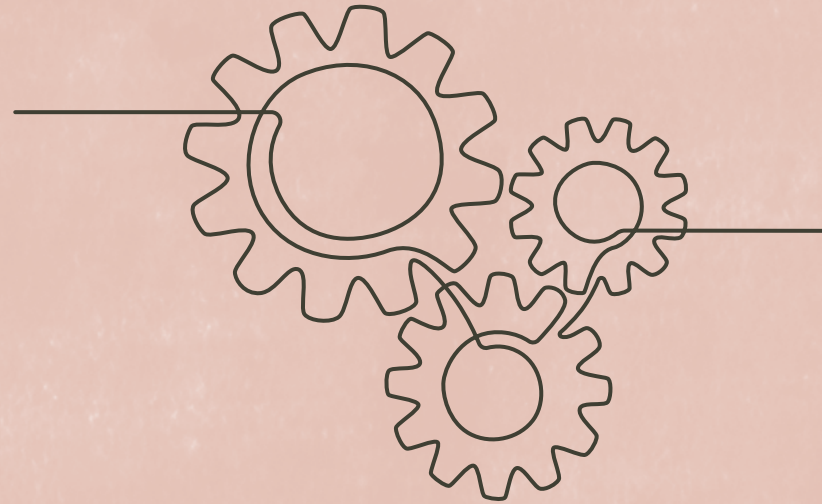
Implications for Kuwait

1 out of 4

people have either Clinical or Mild Depression

Depression prevalent

among youth,
Non-Arab and
Kuwaiti students,
unemployed and
women

Damaging wellbeing

Stress, lack of energy and **pessimism**

Being unable to **find help** and social **stigma**

Poor **infrastructure,** uncertain **future,** legislation

Lack of **accessibility affordability,** lack of good **professionals**

Financial and job **security**
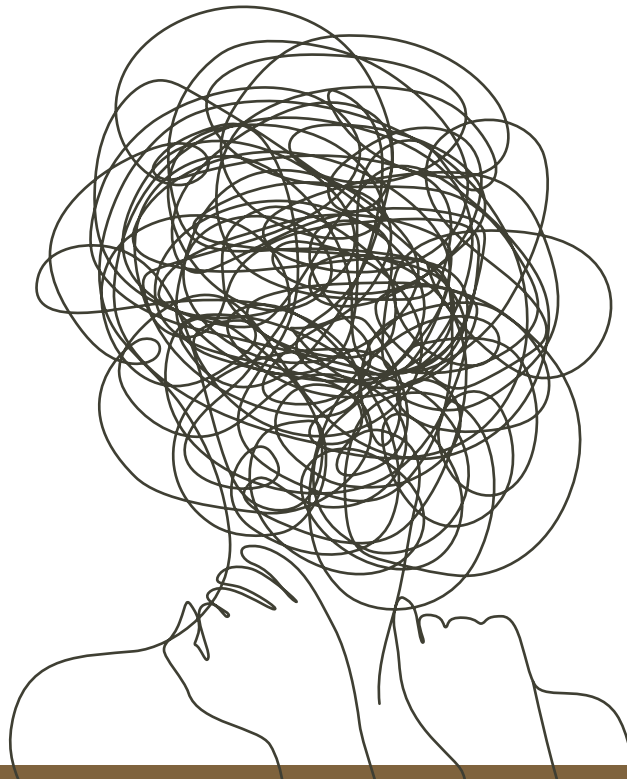
Four areas drive better mental wellbeing

Resources

Make resources easily available in government and private clinics and facilitating easier access
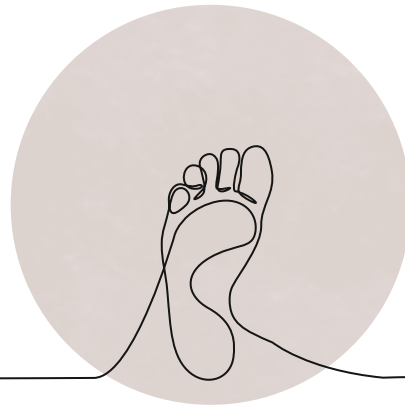
Awareness

Build awareness campaigns to destigmatize the disease and change attitudes
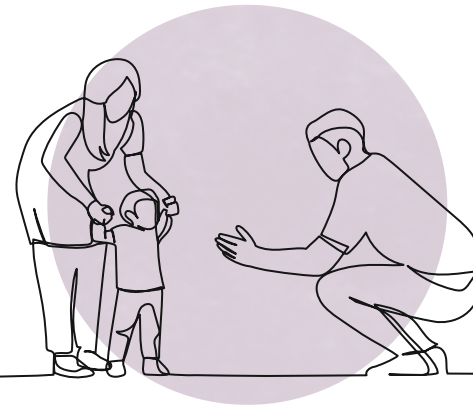
Youth

Ensure qualified counselors are found in schools, parents are trained to recognize mental wellbeing issues, and enable more recreational activities

Legislation

Ensure laws in place to protect those with mental health issues, establish a licensing board, and encourage employers to have mental wellbeing programs

Preliminary recommendations

Resources

1. Facilitate easier access to public mental wellbeing resources by decentralizing availability of professionals around Kuwait.

2. Shorten waiting period to see physicians in mental health hospital.

3. Have an easily accessible list of private reputable mental health support centers/ clinics and their services.

4. Make it clear what the process of seeking treatment is, both in private and government clinics/hospitals.
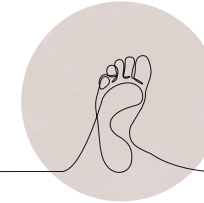
Awareness

1. Increase awareness of what mental health treatment involves (i.e., not just medication) and who it is for (i.e., not just for people who are 'crazy').

2. Highlight high profile "influencers" and other members of society who openly speak about their mental wellness struggles.

3. Address how mental healthcare can work alongside faith and family.

4. Address societal attitudes with an awareness campaign that explains that mental health problems are not imaginary and are caused by trauma or bio-chemical imbalances.

Preliminary recommendations
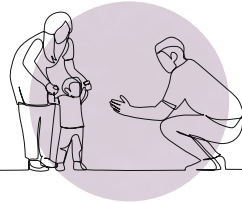
The youth

1. Ensure all schools have counselors with adequate support and resources to allow them to help those in need.

2. Ensure school counsellors are equipped to identify someone suffering from mental wellbeing.

3. Bridge the gap between schools and mental healthcare providers by facilitating an easy referral system.

4. Educate parents on how to notice the signs that their child is struggling and provide tips on how they can offer support.

5. Build programs targeting schools and universities for positivity and empathy as well as awareness of wellbeing.

6. Build programs that encourage inclusion of multi-cultures and backgrounds rather than exclusion.

7. Encourage more recreational activities and hobbies.

Legislation

1. Implement a licensing board to ensure that the mental healthcare providers are actually qualified.

2. Ensure systems protect people suffering mental wellbeing.

3. Help reduce financial and job security stressors for non-Kuwaitis by addressing legislation for job security.

4. Encourage companies to support better mental wellbeing with possible tax waivers for those with solid programs.

Appendix
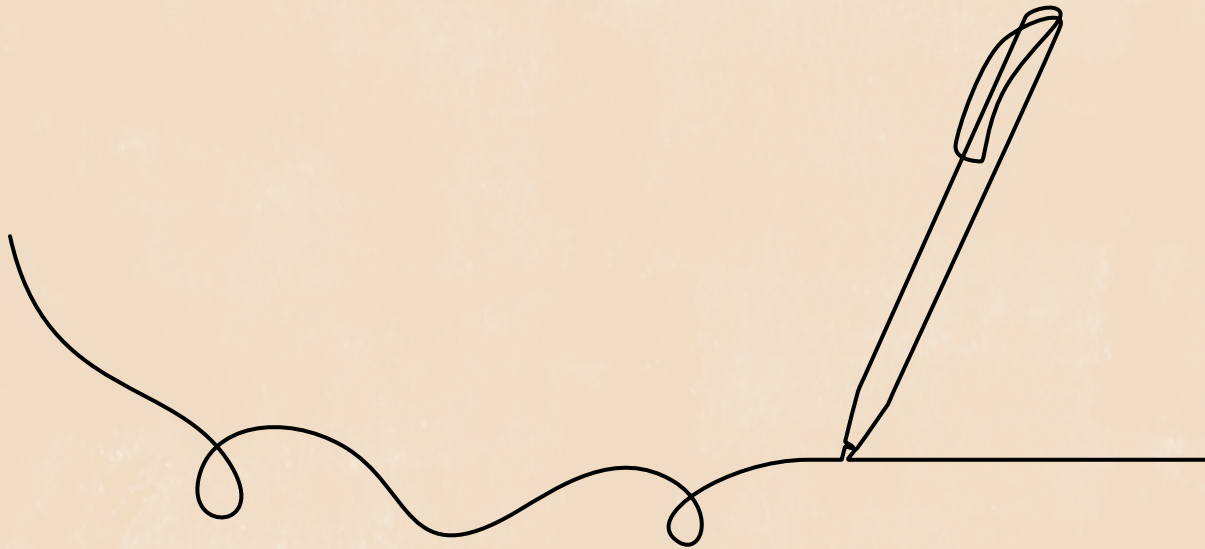
Article 14

- Establishment of the **Mental Health Coordinating Council (MHCC)** with 11 members empowered to develop policies for rights of mental health patients.

- Article 11 of the Mental Health Law empowers the physician to prevent a patient from leaving while undergoing evaluation known as Assessment Period if physician believes that patient poses threat to his own life or anyone else.

- The compulsory referring of a person to mental health treatment can be done on judicial order.

- A patient may be transferred from one mental health center to other if requested by: relative, mental health therapist, or mental illness is threat to safety of patient and others.

- The law explains severe mental illness with symptoms: deterioration of mental/health condition, pose threat to the safety or life of the patient.

- The law lays down stringent punishment for the violation or contravention of the law:

  - Intentional admission of a person without any medical condition: imprisonment between 1 to 3 years and fine of 3,000 to 10,000 Kuwaiti Dinars.

  - Aiding/abetting a person to escape compulsory treatment: imprisonment for 1 to 3 years and fine of 1,000 to 5,000 Kuwaiti Dinars.

  - Disclosure of patient's mental health secrets: imprisonment for 3 months to 2 years and fine 1,000 to 5,000 Kuwaiti Dinars.

The questionnaire

WEMWBS

- I've been feeling optimistic about the future
- I've been feeling useful
- I've been feeling relaxed
- I've been feeling interested in other people
- I've had energy to spare
- I've been dealing with problems well
- I've been thinking clearly

- I've been feeling good about myself
- I've been feeling close to other people
- I've been feeling confident
- I've been feeling loved
- I've been interested in new things
- I've been feeling cheerful

Note: Omitted question "I've been able to make up my own mind about things"

Service Hero local context questions

- I feel like I belong to a community in Kuwait
- I'm close to someone with mental health issues
- I feel comfortable discussing my mental health openly

- I feel Kuwait has a progressive outlook towards mental health
- I feel it is easy to find mental health help for people in Kuwait

WEMWBS question response distribution

1 of 2

Scores are distributed on a 5-point scale were

Strongly Disagree = 1 and Strongly Agree = 5

■ 1 ■ 2 ■ 3 ■ 4 ■ 5

	1	2	3	4	5
Been feeling relaxed	5%	15%	35%	30%	15%
Had energy to spare	4%	12%	24%	32%	29%
Been feeling cheerful	4%	10%	24%	35%	26%
Been feeling close to other people	4%	10%	24%	32%	30%
Been feeling interested in other people	5%	16%	29%	31%	19%
Been thinking clearly	6%	11%	27%	31%	24%
Been feeling optimistic about the future	4%	12%	33%	35%	16%

service Hero

68
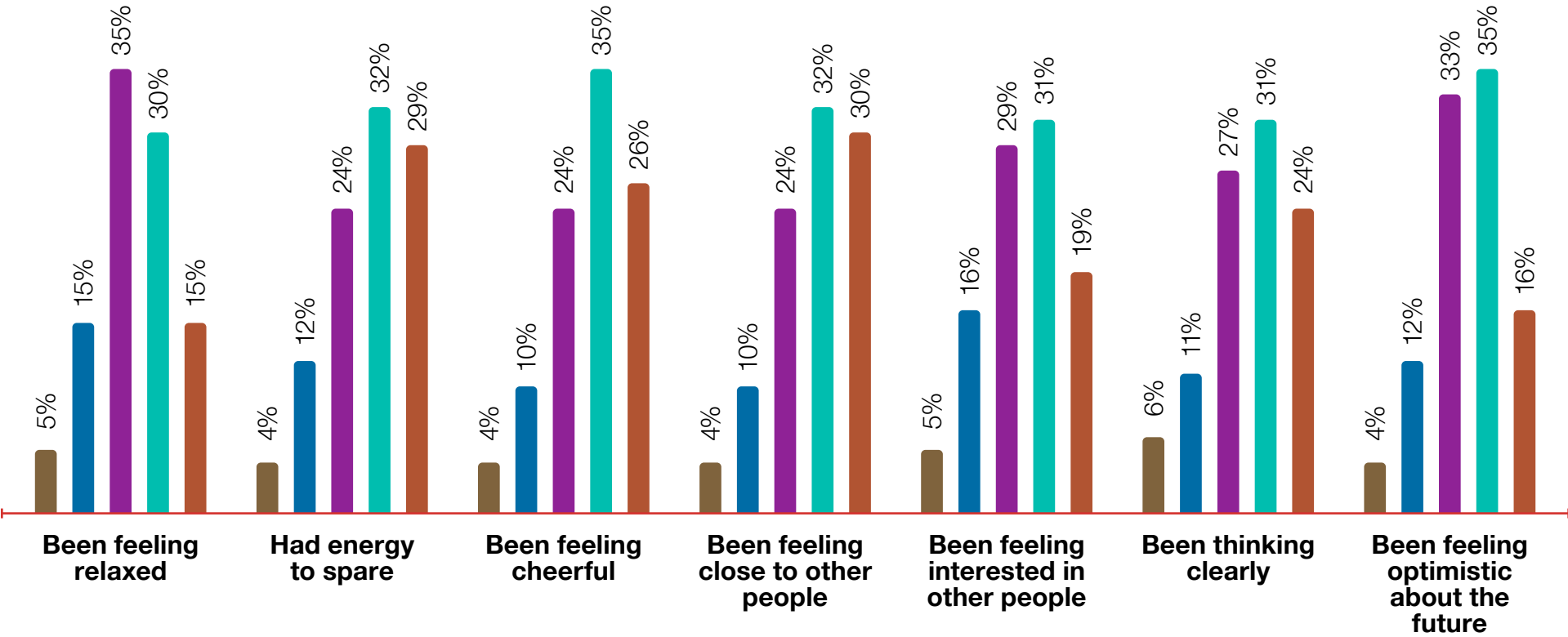
WEMWBS question response distribution

2 of 2

Scores are distributed on a 5-point scale were

Strongly Disagree = 1 and Strongly Agree = 5

■ 1 ■ 2 ■ 3 ■ 4 ■ 5

Been dealing with problem well: 4%, 11%, 32%, 38%, 15%
Been feeling good about myself: 7%, 19%, 32%, 28%, 13%
Been feeling loved: 6%, 14%, 31%, 30%, 19%
Been interested in new things: 6%, 21%, 34%, 28%, 11%
Been feeling useful: 3%, 9%, 27%, 34%, 27%
Been feeling confident: 5%, 13%, 36%, 27%, 20%
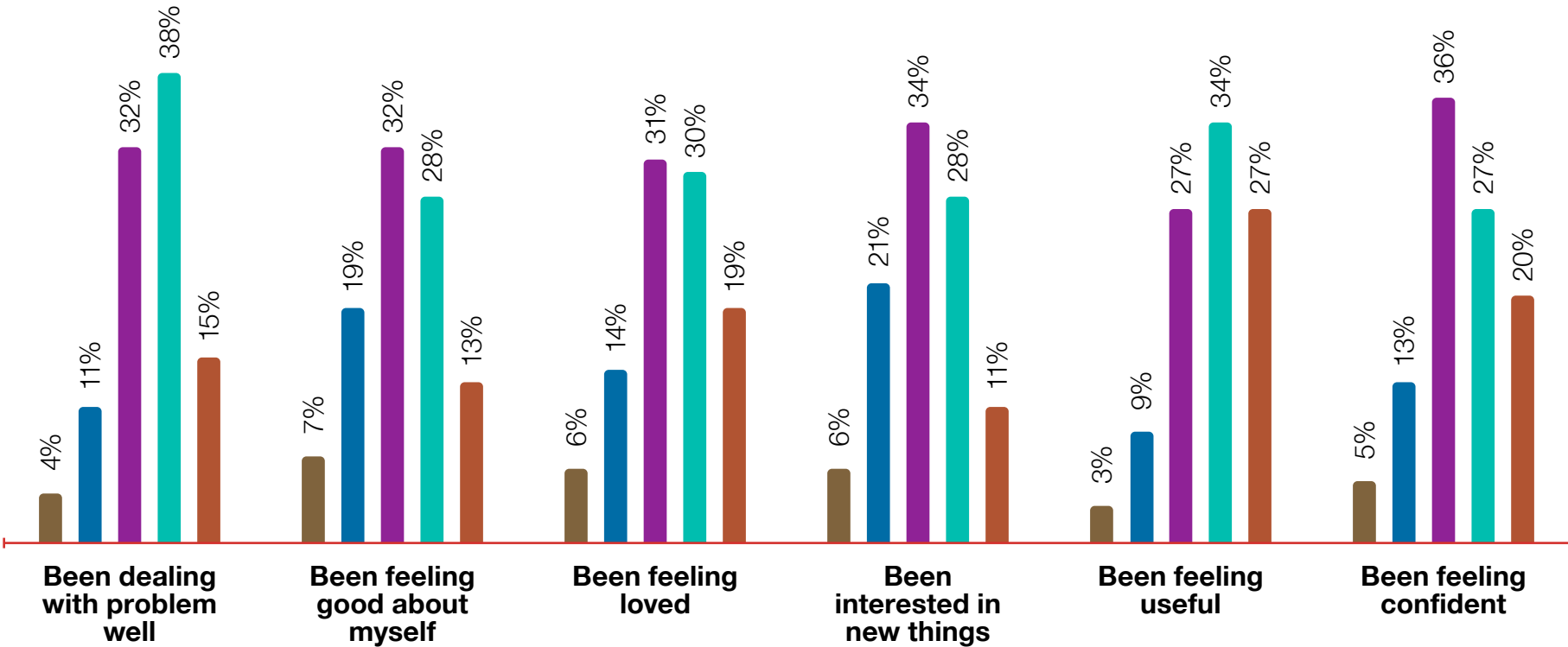
WEMWBS statements across groups

Scores are distributed on a 5-point scale were

Strongly Disagree = 1 and Strongly Agree = 5

🟥 Lowest   🟩 Highest

Measure	I've …	Depressed	Mild	Borderline	Positive	Total
Affect	been feeling confident	2.3	3.0	3.8	4.6	**3.7**
Affect	been feeling useful	2.5	3.2	3.7	4.5	**3.7**
Affect	been interested in new things	2.5	3.1	3.7	4.4	**3.7**
Affect	been feeling loved	2.4	3.1	3.7	4.4	**3.7**
Autonomy	been feeling good about myself	2.0	2.8	3.5	4.5	**3.6**
Autonomy	been dealing with problems well	2.5	3.0	3.4	4.1	**3.5**
Competence	been feeling optimistic about the future	2.5	3.0	3.4	4.1	**3.5**
Competence	been thinking clearly	2.2	2.9	3.4	4.2	**3.5**
Relatedness	been feeling interested in other people	2.5	2.9	3.3	4.1	**3.4**
Relatedness	been feeling close to other people	2.2	2.8	3.4	4.2	**3.4**
Satisfaction	been feeling cheerful	2.0	2.7	3.2	4.2	**3.3**
Satisfaction	had energy to spare	2.0	2.6	3.1	4.0	**3.2**
Satisfaction	been feeling relaxed	2.0	2.6	3.0	4.0	**3.2**

Mental wellbeing scores by demographics

Scores are distributed on a 5-point scale were

Strongly Disagree = 1 and Strongly Agree = 5

🟥 Lowest 🟩 Highest

	Optimistic about future	Feeling relaxed	Energy to spare	Feeling cheerful	Feeling confident	Feeling loved	Dealing with problems well	Thinking clearly	Interested in others	Feeling close to others	Feeling useful	Good about myself	Interested in new things	All
Gender														
Males	3.5	3.8	3.3	3.5	3.4	3.6	3.6	3.7	3.5	3.9	3.7	3.8	3.4	46.7
Females	3.5	3.7	3.1	3.4	3.1	3.4	3.3	3.5	3.4	3.6	3.7	3.6	3.3	44.4
Education														
Elementary	3.4	3.3	2.9	2.9	3.3	3.3	3.4	3.6	2.9	3.4	3.1	3.7	3.2	42.6
High school	3.5	3.4	3.0	3.3	3.2	3.3	3.4	3.5	3.4	3.6	3.5	3.7	3.3	43.9
Diploma	3.5	3.8	3.3	3.7	3.3	3.6	3.5	3.6	3.6	3.9	3.8	3.8	3.4	46.8
University	3.5	3.8	3.2	3.5	3.2	3.5	3.4	3.5	3.4	3.7	3.7	3.7	3.3	45.5
Masters+	3.4	3.9	3.2	3.6	3.3	3.7	3.7	3.7	3.5	3.9	3.8	3.9	3.5	47.1
Nationality														
Arabs	3.4	3.8	3.0	3.7	3.3	3.6	3.5	3.6	3.5	3.9	3.7	3.7	3.3	46.0
Kuwaitis	3.5	3.7	3.2	3.5	3.3	3.5	3.5	3.6	3.5	3.8	3.7	3.7	3.4	45.9
Non-Arabs	3.4	3.6	3.0	3.1	3.0	3.5	3.5	3.5	3.2	3.5	3.6	3.7	3.3	44.0
Governorate														
Ahmadi	3.6	3.8	3.2	3.5	3.2	3.5	3.5	3.6	3.5	3.8	3.7	3.8	3.4	46.1
Farwaniya	3.5	3.7	3.3	3.5	3.3	3.5	3.5	3.6	3.6	3.8	3.8	3.8	3.5	46.5
Hawalli	3.4	3.7	3.1	3.4	3.2	3.5	3.4	3.5	3.3	3.7	3.7	3.7	3.3	44.9
Jahra	3.6	3.8	3.3	3.5	3.3	3.5	3.5	3.7	3.5	3.9	3.8	3.8	3.5	46.5
Kuwait City	3.5	3.7	3.2	3.4	3.3	3.5	3.5	3.6	3.5	3.8	3.6	3.7	3.4	45.7
M. Alkabeer	3.5	3.8	3.2	3.5	3.2	3.5	3.5	3.6	3.5	3.8	3.8	3.7	3.3	45.8

Mental wellbeing scores by demographics

Scores are distributed on a 5-point scale were

Strongly Disagree = 1 and Strongly Agree = 5

🟥 Lowest　　🟩 Highest

	Optimistic about future	Feeling relaxed	Energy to spare	Feeling cheerful	Feeling confident	Feeling loved	Dealing with problems well	Thinking clearly	Interested in others	Feeling close to others	Feeling useful	Good about myself	Interested in new things	All
Occupation														
Private	3.4	3.9	3.1	3.5	3.2	3.7	3.5	3.6	3.5	3.8	3.8	3.8	3.4	46.2
Government	3.6	3.9	3.4	3.6	3.3	3.5	3.5	3.7	3.6	3.9	3.8	3.8	3.5	47.0
Non profit	3.8	4.0	3.5	3.7	3.4	3.6	3.6	3.8	3.5	4.0	3.9	3.9	3.6	48.5
Student	3.3	3.2	2.8	3.1	3.0	3.1	3.1	3.3	3.2	3.3	3.3	3.4	3.0	41.3
Not specified	3.3	3.6	3.1	3.3	3.1	3.3	3.4	3.5	3.3	3.7	3.7	3.6	3.3	44.2
Not employed	3.4	3.4	3.0	3.2	3.1	3.3	3.3	3.4	3.1	3.4	3.4	3.5	3.2	42.6
Retired	3.8	4.1	3.8	4.0	3.8	4.1	4.0	4.2	4.0	4.4	4.1	4.1	3.8	52.0
Age														
Under 16	3.4	3.2	2.7	3.0	3.2	3.1	3.2	3.2	3.3	3.3	3.2	3.6	3.1	41.5
16-17	3.7	3.3	2.8	3.3	3.0	3.3	3.2	3.5	3.5	3.6	3.7	3.4	3.2	43.6
18-29	3.3	3.4	2.9	3.2	2.9	3.2	3.1	3.2	3.2	3.4	3.5	3.5	3.2	42.0
30-39	3.4	3.9	3.2	3.5	3.2	3.6	3.5	3.5	3.4	3.8	3.8	3.8	3.4	45.9
40-49	3.5	4.0	3.3	3.6	3.4	3.7	3.7	3.7	3.6	4.0	3.8	3.9	3.5	47.6
50-59	3.7	4.1	3.6	3.9	3.7	3.9	4.0	4.0	3.8	4.1	4.0	4.1	3.6	50.5
60+	3.8	4.1	4.0	4.0	3.7	4.0	4.1	4.1	3.8	4.2	4.0	4.1	3.8	51.7
Total	**3.5**	**3.7**	**3.2**	**3.4**	**3.2**	**3.5**	**3.5**	**3.6**	**3.4**	**3.7**	**3.7**	**3.7**	**3.3**	**45.5**

Mental wellbeing scores by demographic group

Scores are distributed on a 5-point scale were

Strongly Disagree = 1 and Strongly Agree = 5

🟥 Lowest　　🟩 Highest

Gender

	Male					Female					
	Depressed	Mild	Borderline	Positive	Total	Depressed	Mild	Borderline	Positive	Total	Average
I've been feeling optimistic about the future	2.4	2.9	3.3	4.1	**3.5**	2.5	3.0	3.4	4.2	**3.5**	3.5
I've been feeling useful	2.6	3.1	3.7	4.4	**3.8**	2.5	3.2	3.7	4.5	**3.7**	3.7
I've been feeling relaxed	2.0	2.5	3.0	4.0	**3.3**	2.0	2.6	3.0	3.9	**3.1**	3.2
I've been feeling interested in other people	2.4	2.8	3.3	4.1	**3.5**	2.5	3.0	3.4	4.1	**3.4**	3.4
I've had energy to spare	2.0	2.7	3.2	4.0	**3.4**	1.9	2.6	3.1	4.0	**3.1**	3.2
I've been dealing with problems well	2.6	3.2	3.5	4.2	**3.6**	2.4	2.9	3.4	4.1	**3.4**	3.5
I've been thinking clearly	2.4	3.1	3.5	4.2	**3.6**	2.2	2.8	3.3	4.1	**3.3**	3.5
I've been feeling good about myself	2.0	2.9	3.5	4.4	**3.7**	2.0	2.8	3.6	4.5	**3.5**	3.6
I've been feeling close to other people	2.2	2.7	3.4	4.2	**3.5**	2.2	2.8	3.3	4.3	**3.4**	3.4
I've been feeling confident	2.4	3.0	3.8	4.6	**3.9**	2.2	3.0	3.7	4.6	**3.6**	3.7
I've been feeling loved	2.4	2.9	3.6	4.4	**3.7**	2.4	3.1	3.8	4.5	**3.7**	3.7
I've been interested in new things	2.6	3.3	3.8	4.3	**3.8**	2.4	3.1	3.7	4.4	**3.6**	3.7
I've been feeling cheerful	2.0	2.6	3.2	4.2	**3.4**	2.0	2.8	3.3	4.2	**3.3**	3.3

Educaction

	Elementary or below					High school					Diploma				
	Depressed	Mild	Borderline	Positive	Total	Depressed	Mild	Borderline	Positive	Total	Depressed	Mild	Borderline	Positive	Total
I've been feeling optimistic about the future	2.9	2.7	3.4	4.4	**3.4**	2.7	3.2	3.5	4.1	**3.5**	2.3	2.9	3.3	4.2	**3.5**
I've been feeling useful	1.9	3.6	3.3	4.4	**3.3**	2.4	2.9	3.4	4.3	**3.4**	2.3	3.3	3.7	4.5	**3.8**
I've been feeling relaxed	1.6	2.8	3.1	3.9	**2.9**	1.9	2.6	3.0	4.0	**3.0**	1.9	2.5	3.1	4.0	**3.3**
I've been feeling interested in other people	2.1	2.0	3.0	3.9	**2.9**	2.5	2.8	3.3	4.0	**3.3**	2.4	3.0	3.5	4.3	**3.7**
I've had energy to spare	2.1	2.6	3.6	4.1	**3.3**	2.0	3.0	3.3	4.0	**3.2**	2.0	2.6	3.1	4.0	**3.3**
I've been dealing with problems well	2.1	3.5	3.5	3.8	**3.3**	2.4	2.9	3.3	4.2	**3.3**	2.3	3.0	3.5	4.1	**3.6**
I've been thinking clearly	1.9	3.4	3.6	4.3	**3.4**	2.3	3.0	3.4	4.3	**3.4**	2.2	2.9	3.5	4.2	**3.5**
I've been feeling good about myself	2.0	3.5	3.8	4.4	**3.6**	2.0	2.9	3.6	4.6	**3.5**	1.8	2.8	3.5	4.5	**3.6**
I've been feeling close to other people	1.7	2.2	2.9	4.2	**2.9**	2.4	2.9	3.4	4.2	**3.4**	2.0	2.7	3.5	4.3	**3.6**
I've been feeling confident	1.7	3.0	3.6	4.6	**3.4**	2.3	3.0	3.7	4.7	**3.6**	2.1	3.0	3.8	4.6	**3.9**
I've been feeling loved	1.9	2.2	3.4	4.1	**3.1**	2.3	2.9	3.6	4.5	**3.5**	2.3	2.9	3.8	4.5	**3.8**
I've been interested in new things	2.2	3.4	4.0	4.7	**3.7**	2.6	3.1	3.8	4.4	**3.7**	2.3	3.5	3.6	4.4	**3.8**
I've been feeling cheerful	1.9	2.5	3.4	4.6	**3.2**	2.0	2.8	3.3	4.2	**3.3**	1.8	2.6	3.1	4.2	**3.4**

Mental wellbeing scores by demographic group

Scores are distributed on a 5-point scale were

Strongly Disagree = 1 and Strongly Agree = 5

🟥 Lowest   🟩 Highest

Education (continued)

	University degree					Masters or PHD					
	Depressed	Mild	Borderline	Positive	Total	Depressed	Mild	Borderline	Positive	Total	Average
I've been feeling optimistic about the future	2.4	2.9	3.4	4.1	**3.5**	2.1	2.8	3.2	4.1	**3.4**	3.5
I've been feeling useful	2.7	3.2	3.7	4.5	**3.8**	2.7	3.2	3.9	4.5	**3.9**	3.7
I've been feeling relaxed	2.1	2.5	3.0	4.0	**3.2**	2.0	2.5	2.9	3.9	**3.2**	3.2
I've been feeling interested in other people	2.4	3.0	3.3	4.1	**3.5**	2.5	3.2	3.4	4.1	**3.6**	3.4
I've had energy to spare	1.9	2.6	3.1	4.0	**3.2**	1.9	2.2	3.0	4.0	**3.3**	3.2
I've been dealing with problems well	2.5	3.0	3.5	4.1	**3.5**	2.6	3.2	3.5	4.2	**3.7**	3.5
I've been thinking clearly	2.2	2.9	3.4	4.1	**3.4**	2.4	3.0	3.6	4.2	**3.7**	3.5
I've been feeling good about myself	2.0	2.8	3.5	4.4	**3.5**	2.1	2.7	3.5	4.4	**3.7**	3.6
I've been feeling close to other people	2.1	2.8	3.4	4.2	**3.4**	2.2	2.7	3.4	4.2	**3.5**	3.4
I've been feeling confident	2.3	3.0	3.8	4.5	**3.7**	2.6	3.0	3.8	4.5	**3.9**	3.7
I've been feeling loved	2.5	3.2	3.7	4.4	**3.7**	2.6	3.0	3.7	4.4	**3.8**	3.7
I've been interested in new things	2.4	3.1	3.7	4.4	**3.7**	2.6	3.1	3.8	4.5	**3.9**	3.7
I've been feeling cheerful	2.0	2.7	3.2	4.2	**3.3**	2.1	3.0	3.3	4.2	**3.5**	3.3

Nationality

	Arab					Kuwaiti					Non Arabs					
	Depressed	Mild	Borderline	Positive	Total	Depressed	Mild	Borderline	Positive	Total	Depressed	Mild	Borderline	Positive	Total	Average
I've been feeling optimistic about the future	2.4	2.9	3.3	4.1	**3.4**	2.5	2.9	3.4	4.2	**3.5**	2.5	3.1	3.3	4.0	**3.4**	3.5
I've been feeling useful	2.5	3.2	3.8	4.5	**3.8**	2.5	3.1	3.7	4.5	**3.7**	2.5	3.2	3.6	4.4	**3.6**	3.7
I've been feeling relaxed	2.0	2.4	2.8	3.8	**3.0**	2.0	2.6	3.1	4.0	**3.2**	2.0	2.5	3.0	3.8	**3.0**	3.2
I've been feeling interested in other people	2.6	3.1	3.6	4.2	**3.7**	2.4	2.9	3.4	4.2	**3.5**	2.4	2.7	3.1	3.8	**3.1**	3.4
I've had energy to spare	2.0	2.5	3.2	4.2	**3.3**	1.9	2.7	3.2	4.0	**3.3**	1.9	2.7	3.0	3.9	**3.0**	3.2
I've been dealing with problems well	2.5	3.3	3.5	4.2	**3.6**	2.4	2.9	3.4	4.1	**3.5**	2.6	3.2	3.5	4.1	**3.5**	3.5
I've been thinking clearly	2.1	3.1	3.4	4.2	**3.5**	2.2	2.8	3.4	4.1	**3.5**	2.4	3.1	3.5	4.2	**3.5**	3.5
I've been feeling good about myself	2.0	3.0	3.6	4.3	**3.6**	1.9	2.8	3.5	4.5	**3.6**	2.1	2.8	3.5	4.5	**3.5**	3.6
I've been feeling close to other people	2.2	2.6	3.4	4.1	**3.5**	2.2	2.8	3.4	4.3	**3.5**	2.1	2.7	3.3	4.0	**3.2**	3.4
I've been feeling confident	2.6	2.9	3.9	4.6	**3.9**	2.2	3.1	3.8	4.6	**3.8**	2.2	2.8	3.6	4.5	**3.5**	3.7
I've been feeling loved	2.5	3.0	3.7	4.3	**3.7**	2.4	3.1	3.7	4.5	**3.7**	2.4	2.9	3.7	4.4	**3.6**	3.7
I've been interested in new things	2.5	3.1	3.6	4.4	**3.7**	2.5	3.1	3.7	4.4	**3.7**	2.4	3.3	3.9	4.5	**3.7**	3.7
I've been feeling cheerful	2.0	2.7	3.1	4.1	**3.3**	2.0	2.7	3.2	4.2	**3.4**	2.0	2.7	3.4	4.3	**3.3**	3.3

Mental wellbeing scores by demographic group

Scores are distributed on a 5-point scale were

Strongly Disagree = 1 and Strongly Agree = 5

🟥 Lowest   🟩 Highest

Governorate

	Ahmadi					Farwaniya					Hawally				
	Depressed	Mild	Borderline	Positive	Total	Depressed	Mild	Borderline	Positive	Total	Depressed	Mild	Borderline	Positive	Total
I've been feeling optimistic about the future	2.6	3.1	3.5	4.2	**3.6**	2.6	3.1	3.3	4.1	**3.5**	2.4	3.0	3.2	4.1	**3.4**
I've been feeling useful	2.6	3.3	3.7	4.5	**3.8**	2.4	3.2	3.7	4.4	**3.7**	2.6	3.1	3.7	4.5	**3.7**
I've been feeling relaxed	2.1	2.6	3.0	4.0	**3.2**	2.0	2.4	3.1	4.1	**3.3**	1.9	2.5	2.9	3.9	**3.1**
I've been feeling interested in other people	2.6	2.7	3.3	4.1	**3.5**	2.5	3.2	3.4	4.1	**3.5**	2.5	3.0	3.3	4.1	**3.4**
I've had energy to spare	1.9	2.4	3.1	4.0	**3.2**	1.9	2.5	3.2	4.1	**3.3**	1.9	2.6	3.1	4.0	**3.2**
I've been dealing with problems well	2.3	3.1	3.4	4.1	**3.5**	2.4	3.0	3.5	4.1	**3.5**	2.5	3.1	3.5	4.1	**3.5**
I've been thinking clearly	2.2	3.0	3.4	4.2	**3.5**	2.2	2.7	3.4	4.1	**3.4**	2.2	3.0	3.4	4.1	**3.4**
I've been feeling good about myself	2.1	2.8	3.5	4.5	**3.6**	1.9	2.7	3.4	4.5	**3.6**	2.0	2.9	3.5	4.4	**3.5**
I've been feeling close to other people	2.2	2.7	3.4	4.3	**3.5**	2.3	2.8	3.5	4.2	**3.6**	2.1	2.7	3.3	4.1	**3.3**
I've been feeling confident	2.2	3.0	3.7	4.5	**3.8**	2.3	3.1	3.7	4.6	**3.8**	2.3	3.0	3.8	4.5	**3.7**
I've been feeling loved	2.3	2.9	3.7	4.5	**3.7**	2.6	3.2	3.6	4.5	**3.8**	2.4	3.0	3.7	4.4	**3.7**
I've been interested in new things	2.5	3.3	3.8	4.4	**3.8**	2.8	3.2	3.7	4.4	**3.8**	2.4	3.1	3.7	4.4	**3.7**
I've been feeling cheerful	2.0	2.6	3.2	4.2	**3.4**	2.0	2.7	3.3	4.3	**3.5**	2.0	2.7	3.2	4.1	**3.3**

Governorate

	Jahra					Kuwait City					Mubarak Al-Kabeer					Average
	Depressed	Mild	Borderline	Positive	Total	Depressed	Mild	Borderline	Positive	Total	Depressed	Mild	Borderline	Positive	Total	Average
I've been feeling optimistic about the future	2.5	2.6	3.4	4.2	**3.6**	2.4	2.9	3.4	4.2	**3.5**	2.5	2.7	3.4	4.2	**3.5**	3.5
I've been feeling useful	2.5	3.1	3.7	4.5	**3.8**	2.5	3.2	3.6	4.4	**3.7**	2.4	3.1	3.7	4.6	**3.8**	3.7
I've been feeling relaxed	1.6	2.6	3.3	3.9	**3.3**	2.0	2.6	3.1	4.0	**3.2**	2.0	2.6	3.0	4.0	**3.2**	3.2
I've been feeling interested in other people	2.2	3.0	3.3	4.2	**3.5**	2.4	2.8	3.3	4.1	**3.4**	2.4	2.8	3.4	4.2	**3.5**	3.4
I've had energy to spare	1.8	2.9	3.2	4.0	**3.3**	2.2	2.7	3.2	4.0	**3.3**	1.7	2.8	3.1	4.1	**3.2**	3.2
I've been dealing with problems well	2.1	2.7	3.4	4.1	**3.5**	2.5	2.9	3.4	4.2	**3.5**	2.4	3.0	3.5	4.1	**3.5**	3.5
I've been thinking clearly	2.0	3.0	3.4	4.1	**3.5**	2.4	2.9	3.4	4.2	**3.5**	2.2	2.8	3.4	4.3	**3.5**	3.5
I've been feeling good about myself	1.8	2.8	3.7	4.5	**3.7**	2.1	2.8	3.6	4.5	**3.6**	1.9	2.9	3.6	4.5	**3.6**	3.6
I've been feeling close to other people	1.9	3.3	3.3	4.3	**3.5**	2.3	2.8	3.4	4.3	**3.5**	2.1	2.7	3.3	4.3	**3.5**	3.4
I've been feeling confident	2.2	3.6	3.8	4.7	**3.9**	2.2	2.9	3.8	4.6	**3.8**	2.3	2.9	3.7	4.6	**3.8**	3.7
I've been feeling loved	2.2	2.7	3.8	4.3	**3.8**	2.4	3.1	3.6	4.4	**3.6**	2.4	3.1	3.8	4.5	**3.8**	3.7
I've been interested in new things	2.4	2.9	3.8	4.4	**3.8**	2.5	3.1	3.7	4.4	**3.7**	2.3	3.2	3.6	4.4	**3.7**	3.7
I've been feeling cheerful	2.0	2.9	3.3	4.2	**3.5**	2.1	2.8	3.3	4.2	**3.4**	1.9	2.8	3.2	4.2	**3.3**	3.3

Mental wellbeing scores by demographic group

Scores are distributed on a 5-point scale were

Strongly Disagree = 1 and Strongly Agree = 5

🟥 Lowest   🟩 Highest

Occupation

	Private					Government					Nonprofit				
	Depressed	Mild	Borderline	Positive	Total	Depressed	Mild	Borderline	Positive	Total	Depressed	Mild	Borderline	Positive	Total
I've been feeling optimistic about the future	2.4	2.9	3.2	4.1	3.4	2.3	2.9	3.3	4.2	3.6	3.0	3.0	3.7	4.0	3.8
I've been feeling useful	2.7	3.3	3.8	4.5	3.9	2.6	3.1	3.7	4.5	3.9	2.5	3.6	3.8	4.4	4.0
I've been feeling relaxed	2.0	2.4	2.9	3.9	3.1	2.1	2.8	3.2	4.0	3.4	2.3	2.7	3.2	4.0	3.5
I've been feeling interested in other people	2.4	2.9	3.3	4.1	3.5	2.3	3.2	3.5	4.2	3.6	2.5	3.1	3.6	4.0	3.7
I've had energy to spare	1.9	2.5	3.1	4.0	3.2	2.0	2.6	3.1	4.0	3.3	1.8	2.6	3.1	4.0	3.4
I've been dealing with problems well	2.6	3.2	3.6	4.2	3.7	2.5	2.8	3.4	4.1	3.5	2.5	3.1	3.4	4.0	3.6
I've been thinking clearly	2.3	3.0	3.5	4.2	3.5	2.2	2.8	3.4	4.1	3.5	2.5	3.1	3.3	4.0	3.6
I've been feeling good about myself	2.0	2.8	3.5	4.4	3.6	2.0	2.8	3.5	4.4	3.7	2.0	2.4	3.5	4.5	3.8
I've been feeling close to other people	2.1	2.7	3.3	4.2	3.5	2.1	2.7	3.4	4.3	3.6	2.8	2.4	3.0	4.2	3.5
I've been feeling confident	2.5	3.0	3.8	4.6	3.8	2.2	3.0	3.8	4.6	3.9	2.3	3.1	3.5	4.6	4.0
I've been feeling loved	2.5	3.1	3.7	4.4	3.8	2.4	3.1	3.7	4.4	3.8	2.0	2.6	3.7	4.5	3.9
I've been interested in new things	2.5	3.2	3.8	4.4	3.8	2.4	3.3	3.7	4.3	3.8	3.5	3.1	3.6	4.3	3.9
I've been feeling cheerful	2.0	2.7	3.2	4.2	3.4	2.0	2.7	3.2	4.2	3.5	2.3	2.6	3.2	4.3	3.6

Occupation

	Student					Not specified					Not employed				
	Depressed	Mild	Borderline	Positive	Total	Depressed	Mild	Borderline	Positive	Total	Depressed	Mild	Borderline	Positive	Total
I've been feeling optimistic about the future	2.6	3.0	3.6	4.1	3.3	2.3	2.9	3.3	4.1	3.3	2.5	3.2	3.5	4.2	3.4
I've been feeling useful	2.3	3.0	3.4	4.3	3.2	2.4	3.1	3.5	4.4	3.6	2.3	3.1	3.5	4.4	3.4
I've been feeling relaxed	1.9	2.6	3.1	3.9	2.8	2.1	2.6	3.1	3.9	3.1	2.0	2.7	3.1	4.0	3.0
I've been feeling interested in other people	2.5	2.8	3.3	3.8	3.1	2.5	2.8	3.2	4.0	3.3	2.4	2.8	3.2	3.9	3.2
I've had energy to spare	1.9	2.9	3.2	3.9	3.0	2.1	2.5	3.1	3.9	3.1	2.1	2.7	3.1	4.0	3.1
I've been dealing with problems well	2.3	2.9	3.2	4.0	3.1	2.3	3.1	3.3	4.1	3.3	2.3	3.2	3.3	4.0	3.3
I've been thinking clearly	2.1	3.0	3.4	4.1	3.1	2.2	3.0	3.4	4.2	3.4	2.3	3.0	3.3	4.2	3.3
I've been feeling good about myself	1.9	2.9	3.7	4.6	3.3	2.1	2.8	3.6	4.5	3.5	1.9	2.9	3.7	4.4	3.4
I've been feeling close to other people	2.3	2.9	3.5	4.3	3.2	2.1	2.9	3.2	4.2	3.3	2.0	2.7	3.2	4.0	3.1
I've been feeling confident	2.1	3.0	3.7	4.6	3.3	2.4	3.0	3.7	4.6	3.7	2.1	2.9	3.7	4.4	3.4
I've been feeling loved	2.3	2.9	3.6	4.5	3.3	2.5	3.1	3.7	4.4	3.7	2.3	3.0	3.5	4.5	3.4
I've been interested in new things	2.4	3.1	3.7	4.5	3.4	2.4	3.1	3.7	4.4	3.6	2.2	3.1	3.8	4.4	3.5
I've been feeling cheerful	2.0	2.8	3.3	4.2	3.0	2.1	2.8	3.2	4.2	3.3	1.9	2.8	3.4	4.2	3.2

Mental wellbeing scores by demographic group

Scores are distributed on a 5-point scale were

Strongly Disagree = 1 and Strongly Agree = 5

🟥 Lowest　　🟩 Highest

Occupation (continued)

	Retired					
	Depressed	Mild	Borderline	Positive	Total	Average
I've been feeling optimistic about the future	2.6	3.0	3.6	4.1	**3.3**	**3.5**
I've been feeling useful	2.3	3.0	3.4	4.3	**3.2**	**3.7**
I've been feeling relaxed	1.9	2.6	3.1	3.9	**2.8**	**3.2**
I've been feeling interested in other people	2.5	2.8	3.3	3.8	**3.1**	**3.4**
I've had energy to spare	1.9	2.9	3.2	3.9	**3.0**	**3.2**
I've been dealing with problems well	2.3	2.9	3.2	4.0	**3.1**	**3.5**
I've been thinking clearly	2.1	3.0	3.4	4.1	**3.1**	**3.5**
I've been feeling good about myself	1.9	2.9	3.7	4.6	**3.3**	**3.6**
I've been feeling close to other people	2.3	2.9	3.5	4.3	**3.2**	**3.4**
I've been feeling confident	2.1	3.0	3.7	4.6	**3.3**	**3.7**
I've been feeling loved	2.3	2.9	3.6	4.5	**3.3**	**3.7**
I've been interested in new things	2.4	3.1	3.7	4.5	**3.4**	**3.7**
I've been feeling cheerful	2.0	2.8	3.3	4.2	**3.0**	**3.3**

Demographic distribution by MWB group

🟥 Lowest   🟩 Highest

Age

| | Distribution - Rows | | | | | | | | | | Distribution - Columns | | | | | | | | | | |
| | Male | | | | | Female | | | | | Male | | | | | Female | | | | | Avg. |
	Depressed	Mild	Borderline	Positive	Total	Depressed	Mild	Borderline	Positive	Total	Depressed	Mild	Borderline	Positive	Total	Depressed	Mild	Borderline	Positive	Total	
Under 16	24%	11%	44%	21%	100%	40%	8%	34%	18%	100%	6%	4%	4%	2%	3%	5%	2%	2%	1%	2%	9%
16-17	5%	15%	42%	38%	100%	29%	18%	41%	12%	100%	1%	5%	3%	3%	3%	4%	4%	3%	1%	3%	5%
18-29	19%	13%	40%	28%	100%	31%	10%	40%	19%	100%	19%	19%	13%	8%	12%	30%	17%	20%	11%	19%	41%
30-39	11%	7%	42%	40%	100%	15%	13%	38%	34%	100%	19%	18%	24%	21%	22%	16%	24%	19%	20%	20%	27%
40-49	10%	6%	39%	46%	100%	9%	10%	40%	41%	100%	14%	13%	18%	19%	17%	5%	11%	12%	15%	12%	14%
50-59	5%	5%	26%	64%	100%	6%	1%	38%	56%	100%	3%	4%	5%	10%	7%	1%	0%	4%	8%	4%	3%
60+	7%	0%	28%	65%	100%	0%	10%	20%	70%	100%	1%	0%	2%	4%	2%	0%	1%	1%	3%	1%	1%
N/A	14%	9%	37%	40%	100%	18%	11%	37%	33%	100%	37%	37%	33%	33%	34%	38%	40%	38%	40%	39%	43%
Grand Total	12%	8%	38%	41%	100%	19%	11%	38%	32%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%

Education

| | Distribution - Rows | | | | | | | | | | Distribution - Columns | | | | | | | | | | |
| | Male | | | | | Female | | | | | Male | | | | | Female | | | | | Avg. |
	Depressed	Mild	Borderline	Positive	Total	Depressed	Mild	Borderline	Positive	Total	Depressed	Mild	Borderline	Positive	Total	Depressed	Mild	Borderline	Positive	Total	
Elementary	14%	13%	49%	24%	100%	26%	10%	50%	14%	100%	4%	6%	5%	2%	4%	3%	2%	3%	1%	2%	2%
High school	15%	12%	38%	35%	100%	26%	11%	43%	20%	100%	27%	32%	21%	18%	21%	21%	16%	17%	9%	15%	15%
Diploma	10%	7%	38%	45%	100%	18%	7%	32%	43%	100%	12%	13%	15%	16%	15%	13%	9%	11%	18%	14%	14%
University	12%	8%	38%	42%	100%	18%	11%	37%	33%	100%	45%	43%	46%	47%	46%	53%	58%	53%	55%	54%	54%
Master or PHD	9%	4%	38%	49%	100%	13%	11%	39%	37%	100%	10%	6%	13%	16%	13%	10%	14%	15%	16%	14%	14%
N/A	33%	0%	50%	17%	100%	17%	17%	42%	25%	100%	2%	-	1%	0.3%	1%	1%	1%	1%	0.5%	1%	1%
Grand Total	12%	8%	38%	41%	100%	19%	11%	38%	32%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%

Nationality

| | Distribution - Rows | | | | | | | | | | Distribution - Columns | | | | | | | | | | |
| | Male | | | | | Female | | | | | Male | | | | | Female | | | | | Avg. |
	Depressed	Mild	Borderline	Positive	Total	Depressed	Mild	Borderline	Positive	Total	Depressed	Mild	Borderline	Positive	Total	Depressed	Mild	Borderline	Positive	Total	
Arab	10%	5%	36%	49%	100%	21%	12%	37%	30%	100%	12%	8%	14%	18%	15%	16%	15%	13%	13%	14%	13%
Kuwaiti	12%	8%	39%	41%	100%	18%	10%	37%	35%	100%	62%	64%	65%	65%	65%	67%	66%	68%	75%	70%	61%
Non Arab	15%	11%	38%	35%	100%	21%	13%	43%	23%	100%	23%	25%	18%	16%	18%	16%	18%	17%	11%	15%	15%
N/A	18%	10%	41%	31%	100%	19%	13%	42%	26%	100%	3%	3%	2%	2%	2%	2%	2%	2%	1%	2%	11%
Grand Total	12%	8%	38%	41%	100%	19%	11%	38%	32%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%

Demographic distribution by MWB group

■ Lowest   ■ Highest

Governorate

| | Distribution - Rows | | | | | | | | | | Distribution - Columns | | | | | | | | | | |
| | Male | | | | | Female | | | | | Male | | | | | Female | | | | | Avg. |
	Depressed	Mild	Borderline	Positive	Total	Depressed	Mild	Borderline	Positive	Total	Depressed	Mild	Borderline	Positive	Total	Depressed	Mild	Borderline	Positive	Total	
Ahmadi	13%	11%	38%	40%	100%	16%	8%	35%	40%	100%	11%	13%	10%	10%	10%	10%	9%	10%	14%	11%	10%
Farwaniya	11%	7%	37%	45%	100%	15%	12%	40%	33%	100%	11%	9%	11%	13%	12%	7%	10%	10%	9%	9%	9%
Hawally	12%	10%	36%	42%	100%	22%	10%	40%	29%	100%	36%	45%	33%	36%	36%	41%	34%	37%	32%	36%	32%
Jahra	13%	2%	50%	35%	100%	15%	8%	32%	46%	100%	6%	1%	7%	4%	5%	4%	4%	4%	7%	5%	5%
Kuwait City	11%	7%	40%	42%	100%	19%	13%	37%	30%	100%	23%	21%	27%	27%	26%	25%	30%	24%	23%	25%	23%
MAK	13%	7%	37%	42%	100%	18%	10%	38%	35%	100%	9%	7%	8%	9%	8%	11%	11%	12%	13%	12%	9%
N/A	20%	10%	46%	24%	100%	22%	11%	39%	28%	100%	4%	3%	3%	2%	3%	2%	2%	2%	2%	2%	12%
Grand Total	**12%**	**8%**	**38%**	**41%**	**100%**	**19%**	**11%**	**38%**	**32%**	**100%**	**100%**	**100%**	**100%**	**100%**	**100%**	**100%**	**100%**	**100%**	**100%**	**100%**	**100%**

Occupation

| | Distribution - Rows | | | | | | | | | | Distribution - Columns | | | | | | | | | | |
| | Male | | | | | Female | | | | | Male | | | | | Female | | | | | Avg. |
	Depressed	Mild	Borderline	Positive	Total	Depressed	Mild	Borderline	Positive	Total	Depressed	Mild	Borderline	Positive	Total	Depressed	Mild	Borderline	Positive	Total	
Private sector	12%	7%	39%	42%	100%	16%	11%	39%	34%	100%	53%	46%	53%	54%	53%	29%	34%	36%	37%	35%	39%
Government	10%	6%	37%	47%	100%	13%	11%	36%	41%	100%	14%	12%	17%	20%	18%	17%	26%	24%	32%	26%	20%
Nonprofit	5%	11%	30%	54%	100%	4%	4%	43%	49%	100%	1%	3%	1%	3%	2%	1%	1%	3%	4%	2%	2%
Student	17%	16%	41%	26%	100%	35%	14%	40%	12%	100%	24%	34%	19%	11%	17%	39%	27%	22%	8%	21%	17%
Not specified	18%	9%	45%	27%	100%	8%	13%	54%	25%	100%	2%	1%	1%	1%	1%	1%	1%	2%	1%	1%	11%
Not employed	15%	10%	48%	27%	100%	25%	10%	41%	24%	100%	4%	4%	4%	2%	3%	13%	9%	11%	7%	10%	6%
Retired	4%	1%	28%	68%	100%	3%	4%	23%	70%	100%	2%	1%	4%	9%	6%	1%	2%	3%	11%	5%	5%
N/A	100%	-	-	-	100%	-	-	-	-	100%	0.4%	-	-	-	0.05%	-	-	-	-	-	0.02%
Grand Total	**12%**	**8%**	**38%**	**41%**	**100%**	**19%**	**11%**	**38%**	**32%**	**100%**	**100%**	**100%**	**100%**	**100%**	**100%**	**100%**	**100%**	**100%**	**100%**	**100%**	**100%**

Comments breakdown by

WEMWBS group 1 of 3

🟥 Lowest   🟩 Highest

Theme	Statement	Distribution - Rows				% of theme	Sample	Total
		Depressed	Mild	Borderline	Positive			
Emotion	Cry for help	33%	11%	44%	11%	10%	9	**100%**
Emotion	Hopeful	18%	0%	27%	55%	25%	22	**100%**
Emotion	Praise	6%	0%	35%	59%	20%	17	**100%**
Emotion	Recovery	40%	10%	30%	20%	11%	10	**100%**
Emotion	Unhappy	28%	24%	24%	24%	33%	29	**100%**
Environmental	Covid	0%	33%	33%	33%	5%	3	**100%**
Environmental	Education	20%	20%	60%	0%	9%	5	**100%**
Environmental	Gender violence	50%	0%	0%	50%	4%	2	**100%**
Environmental	Inadequate recreational spaces	0%	8%	42%	50%	21%	12	**100%**
Environmental	Racism	18%	5%	36%	41%	39%	22	**100%**
Environmental	Traffic	0%	0%	50%	50%	4%	2	**100%**
Environmental	War	20%	0%	20%	60%	18%	10	**100%**

Comments breakdown by

WEMWBS group 2 of 3

🟥 Lowest   🟩 Highest

Theme	Statement	Distribution - Rows				% of theme	Sample	Total
		Depressed	Mild	Borderline	Positive			
Kuwait	Infrastructure	17%	7%	34%	41%	45%	58	**100%**
Kuwait	Kuwait future uncertain	12%	4%	41%	43%	38%	49	**100%**
Kuwait	Legislation	12%	0%	53%	35%	13%	17	**100%**
Kuwait	Patriotism	17%	0%	17%	67%	5%	6	**100%**
Personal stress	Bedoon	0%	0%	0%	100%	2%	2	**100%**
Personal stress	Family	0%	100%	0%	0%	1%	1	**100%**
Personal stress	Financial security	19%	10%	33%	38%	22%	21	**100%**
Personal stress	Food stability	0%	100%	0%	0%	1%	1	**100%**
Personal stress	Isolation	14%	29%	43%	14%	14%	14	**100%**
Personal stress	Job security	20%	13%	40%	27%	15%	15	**100%**
Personal stress	Personal uncertainty	28%	23%	26%	23%	44%	43	**100%**

Comments breakdown by

WEMWBS group 3 of 3

🟥 Lowest   🟩 Highest

Theme	Statement	Distribution - Rows				% of theme	Sample	Total
		Depressed	Mild	Borderline	Positive			
Resources	Accessibility	29%	10%	45%	16%	27%	31	**100%**
Resources	Affordability	28%	18%	33%	23%	35%	40	**100%**
Resources	Lack of good professionals	31%	6%	25%	38%	14%	16	**100%**
Resources	Medication	10%	0%	50%	40%	9%	10	**100%**
Resources	Mental Health Hospital	25%	6%	25%	44%	14%	16	**100%**
Societal attitudes	Cultural pressure	25%	0%	25%	50%	5%	4	**100%**
Societal attitudes	Lack of empathy	16%	24%	36%	24%	31%	25	**100%**
Societal attitudes	Media	20%	20%	40%	20%	6%	5	**100%**
Societal attitudes	Stigma	21%	18%	32%	29%	42%	34	**100%**
Societal attitudes	Work evironment	8%	8%	38%	38%	16%	13	**100%**
Solution based	Awareness campaigns	14%	14%	21%	50%	21%	14	**100%**
Solution based	Focus on youth	20%	0%	33%	47%	23%	15	**100%**
Solution based	Religion	9%	3%	35%	53%	52%	34	**100%**
Solution based	Suggestion	0%	0%	33%	67%	5%	3	**100%**
Other	Other	8%	12%	31%	50%	4%	26	**100%**

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Dec 11, 2022