

Chapter 5

Mental Health

Other than using SF-12 to assess the population's psychological wellbeing (see Chapter 3), the PHS assessed population's mental well-being in the areas of anxiety and depression by using two other instruments, namely, the State-Trait Anxiety Inventory (STAI) Scale¹ and the Center for Epidemiological Studies Depression (CES-D) Scale², and explored the magnitude of some mental health problems including doctor-diagnosed anxiety disorder, depression, schizophrenia and dementia. Besides the aforesaid areas, this Chapter also includes description of population's suicidology, stress management and limitations due to emotion problems.

Snapshot of Population's Mental Health

Indicator	Overall %	% in female	% in male
Prevalence of major doctor-diagnosed mental health problems			
○ Anxiety disorder	2.0%	2.6%	1.2%
○ Depression	1.5%	2.1%	0.7%
○ Schizophrenia	0.2%	0.1%	0.3%
○ Dementia	0.3%	0.3%	0.3%
Attempted suicide in the past 12 months	1.4%	1.6%	1.1%
No limitation due to emotional problems (accomplished no less than they would)	80.3%	76.5%	84.9%

It should be noted that all estimates contained in this report are subject to error. In particular, some estimates on mental problems are very small and may be subject to large error. Moreover, a zero estimate may mean a non-zero figure of a small magnitude. Readers are advised to interpret these estimates with caution.

5.1 STAI Score

The STAI comprises two separate self-reported scales for measuring state and trait anxiety. For measuring the State Anxiety, respondents were asked 5 positive and 5 negative questions extracted from the brief STAI. Respondents were asked to describe themselves how they felt “at this moment” on a 4-point Likert scale (“not at all”, “somewhat”, “moderately” and “very much so”). The scale ranges from 10 to 40. Scores on the STAI have a direct interpretation: high scores on their respective scales mean more state anxiety and low scores mean less.

As shown in Table 5.1a and Table 5.1b, the median STAI scores for females and males were 17.0 and 16.0 respectively. People aged 25-34 years reported the highest median scores (18.0), three other age groups (15-24, 35-44 and 45-54) had similar median scores (17.0), whereas the older age groups (65-74 and 75 and above) registered the lowest median scores (15.0).

Table 5.1a: STAI score by Gender

	Female		Male		Total	
	No. of persons (‘000)	%	No. of persons (‘000)	%	No. of persons (‘000)	%
20 and below	2 284.6	73.5%	2 022.1	78.6%	4 306.7	75.8%
21-30	741.6	23.8%	498.7	19.4%	1 240.4	21.8%
31-40	53.5	1.7%	30.3	1.2%	83.9	1.5%
Unknown/Missing	30.0	1.0%	22.9	0.9%	52.9	0.9%
Total	3 109.8	100.0%	2 574.1	100.0%	5 683.9	100.0%
Mean		18.2		17.6		17.9
Median		17.0		16.0		17.0
Standard deviation		4.7		4.5		4.6

Base: All respondents.

Note: Figures may not add up to the total due to rounding.

Table 5.1b: STAI score by Age group

	15-24		25-34		35-44		45-54		55-64		65-74		75 and above		Total	
	No. of persons ('000)	%	No. of persons ('000)	%	No. of persons ('000)	%	No. of persons ('000)	%	No. of persons ('000)	%	No. of persons ('000)	%	No. of persons ('000)	%	No. of persons ('000)	%
20 and below	642.1	71.5%	653.6	70.9%	992.5	76.3%	876.8	77.0%	502.0	79.0%	408.6	79.9%	231.1	83.3%	4 306.7	75.8%
21-30	230.7	25.7%	245.7	26.7%	285.7	22.0%	238.4	20.9%	113.8	17.9%	90.0	17.6%	36.0	13.0%	1 240.4	21.8%
31-40	17.7	2.0%	16.6	1.8%	11.0	0.8%	15.2	1.3%	14.5	2.3%	6.0	1.2%	3.0	1.1%	83.9	1.5%
Unknown/Missing	7.4	0.8%	5.4	0.6%	12.0	0.9%	8.6	0.8%	5.4	0.8%	6.9	1.4%	7.3	2.6%	52.9	0.9%
Total	897.8	100.0%	921.2	100.0%	1 301.2	100.0%	1 139.0	100.0%	635.7	100.0%	511.5	100.0%	277.4	100.0%	5 683.9	100.0%
Mean	18.4		18.6		17.8		17.8		17.6		17.2		17.0		17.9	
Median	17.0		18.0		17.0		17.0		16.0		15.0		15.0		17.0	
Standard deviation	4.9		4.6		4.4		4.6		4.7		4.6		4.2		4.6	

Base: All respondents.

Note: Figures may not add up to the total due to rounding.

5.2 CES-D Score

The CES-D scale has been widely used in the Chinese population. It is composed of 20 questions asking the respondents to describe how they felt or behaved pertaining to the listed questions during the past week. The scale is scored on a 5-point Likert scale with responses of “never”, “seldom”, “sometimes”, “always” and “almost everyday”. The CES-D score ranges from 0 to 60, whereby a higher score indicates greater frequency and number of symptoms of depression. In this report, a score of 0-9 suggests that the individual is not depressed, 10-15 suggests mild depression, 16-24 suggests moderate depression, 25 and above suggests severe depression.

Consistent with the STAI scores, females had a higher CES-D score than males. The median scores were 12.0 and 11.0 for females and males respectively (Table 5.2a). Analyzed by age, the median scores were the highest for the 15-24 and 25-34 age groups (13.0) while the scores ranged from 10.0 to 11.0 for the other age groups (Table 5.2b).

Table 5.2a: CES-D score by Gender

	Female		Male		Total	
	No. of persons (‘000)	%	No. of persons (‘000)	%	No. of persons (‘000)	%
9 and below	1 226.1	39.4%	1 119.9	43.5%	2 346.0	41.3%
10-15	587.8	18.9%	530.1	20.6%	1 117.9	19.7%
16-24	750.1	24.1%	596.1	23.2%	1 346.2	23.7%
25 and above	458.2	14.7%	257.3	10.0%	715.4	12.6%
Unknown/Missing	87.7	2.8%	70.7	2.7%	158.3	2.8%
Total	3 109.8	100.0%	2 574.1	100.0%	5 683.9	100.0%
Mean		14.1		12.6		13.4
Median		12.0		11.0		11.0
Standard deviation		10.0		9.0		9.6

Base: All respondents.

Note: Figures may not add up to the total due to rounding.

Table 5.2b: CES-D score by Age group

	15-24		25-34		35-44		45-54		55-64		65-74		75 and above		Total	
	No. of persons ('000)	%	No. of persons ('000)	%	No. of persons ('000)	%	No. of persons ('000)	%	No. of persons ('000)	%	No. of persons ('000)	%	No. of persons ('000)	%	No. of persons ('000)	%
9 and below	321.9	35.9%	327.7	35.6%	541.6	41.6%	507.6	44.6%	295.9	46.5%	245.8	48.1%	105.4	38.0%	2 346.0	41.3%
10-15	184.5	20.5%	174.7	19.0%	276.4	21.2%	216.2	19.0%	120.6	19.0%	84.9	16.6%	60.5	21.8%	1 117.9	19.7%
16-24	233.4	26.0%	239.5	26.0%	321.3	24.7%	255.8	22.5%	124.7	19.6%	108.1	21.1%	63.4	22.9%	1 346.2	23.7%
25 and above	141.5	15.8%	159.0	17.3%	130.6	10.0%	127.4	11.2%	71.0	11.2%	52.9	10.3%	33.1	11.9%	715.4	12.6%
Unknown/Missing	16.6	1.8%	20.2	2.2%	31.2	2.4%	32.1	2.8%	23.5	3.7%	19.8	3.9%	14.9	5.4%	158.3	2.8%
Total	897.8	100.0%	921.2	100.0%	1 301.2	100.0%	1 139.0	100.0%	635.7	100.0%	511.5	100.0%	277.4	100.0%	5 683.9	100.0%
Mean	14.6		14.8		12.8		12.7		12.6		12.4		13.6		13.4	
Median	13.0		13.0		11.0		11.0		10.0		10.0		11.0		11.0	
Standard deviation	9.9		10.3		9.0		9.3		9.6		9.4		8.9		9.6	

Base: All respondents.

Note: Figures may not add up to the total due to rounding.

5.3 Self-reported Mental Health Conditions

Respondents were asked whether they had ever been told by a doctor that they had depression, anxiety disorder, schizophrenia and dementia. If yes, the respondents would be asked a follow-up question on “Was the disease diagnosed in the past 12 months?”.

5.3.1 Anxiety Disorder

Anxiety disorder is a type of mental illness which fills people's lives with overwhelming anxiety and fear. Unlike the relatively mild, brief anxiety caused by a stressful event, anxiety disorders are chronic, relentless, and can grow progressively worse if not treated.³

Overall, the proportion of people reported having been told by a doctor that they had anxiety disorder was 2.0%. Higher prevalence of doctor-diagnosed anxiety disorder was found among females (2.6%) than males (1.2%) (Table 5.3.1a). Analyzed by age, the prevalence of doctor-diagnosed anxiety disorder was highest in people aged 45-54 age group (3.3%) and people in the 75 and above age group (3.2%) (Table 5.3.1b).

Table 5.3.1a: Prevalence of doctor-diagnosed anxiety disorder by Gender

	Female		Male		Total	
	No. of persons ('000)	%	No. of persons ('000)	%	No. of persons ('000)	%
Yes	80.8	2.6%	31.3	1.2%	112.1	2.0%
<i>Yes, in the past 12 months</i>	26.0	0.8%	8.0	0.3%	34.0	0.6%
<i>Yes, before the last 12 months</i>	47.0	1.5%	20.8	0.8%	67.8	1.2%
<i>Yes, but don't know when it was diagnosed</i>	7.8	0.3%	2.5	0.1%	10.2	0.2%
No	2 990.5	96.2%	2 517.2	97.8%	5 507.8	96.9%
Don't know	31.7	1.0%	19.6	0.8%	51.4	0.9%
Unknown/Missing	6.7	0.2%	5.9	0.2%	12.6	0.2%
Total	3 109.8	100.0%	2 574.1	100.0%	5 683.9	100.0%

Base: All respondents.

Note: Figures may not add up to the total due to rounding.

Table 5.3.1b: Prevalence of doctor-diagnosed anxiety disorder by Age group

	15-24		25-34		35-44		45-54		55-64		65-74		75 and above		Total	
	No. of persons ('000)	%	No. of persons ('000)	%	No. of persons ('000)	%	No. of persons ('000)	%	No. of persons ('000)	%	No. of persons ('000)	%	No. of persons ('000)	%	No. of persons ('000)	%
Yes	9.5	1.1%	13.6	1.5%	19.8	1.5%	37.2	3.3%	16.6	2.6%	6.4	1.2%	9.0	3.2%	112.1	2.0%
<i>Yes, in the past 12 months</i>	3.9	0.4%	4.4	0.5%	5.2	0.4%	11.3	1.0%	5.2	0.8%	1.3	0.3%	2.7	1.0%	34.0	0.6%
<i>Yes, before the last 12 months</i>	2.6	0.3%	7.9	0.9%	12.1	0.9%	25.2	2.2%	9.9	1.6%	3.9	0.8%	6.3	2.3%	67.8	1.2%
<i>Yes, but don't know when it was diagnosed</i>	3.0	0.3%	1.3	0.1%	2.5	0.2%	0.7	0.1%	1.5	0.2%	1.2	0.2%	-	-	10.2	0.2%
No	872.2	97.1%	896.4	97.3%	1 266.6	97.3%	1 092.4	95.9%	615.3	96.8%	498.6	97.5%	266.3	96.0%	5 507.8	96.9%
Don't know	11.9	1.3%	8.6	0.9%	13.0	1.0%	7.4	0.6%	3.8	0.6%	5.3	1.0%	1.3	0.5%	51.4	0.9%
Unknown/Missing	4.2	0.5%	2.6	0.3%	1.9	0.1%	2.0	0.2%	-	-	1.2	0.2%	0.7	0.2%	12.6	0.2%
Total	897.8	100.0%	921.2	100.0%	1 301.2	100.0%	1 139.0	100.0%	635.7	100.0%	511.5	100.0%	277.4	100.0%	5 683.9	100.0%

Base: All respondents.

Note: Figures may not add up to the total due to rounding.

5.3.2 Depression

Depression is characterized by low mood or sadness, decreased energy and loss of interest in usual activities, and is often accompanied by a range of somatic and psychological symptoms such as diminished appetite, weight loss, sleep disturbance, difficulty in concentration or negative thoughts.³

Among people aged 15 and above, 1.5% self-reported having depression as told by doctor. A significantly greater proportion of females (2.1%) than males (0.7%) reported that they had doctor-diagnosed depression (Table 5.3.2a). People aged 75 and above had the highest prevalence of doctor-diagnosed depression of 2.5% (Table 5.3.2b).

Table 5.3.2a: Prevalence of doctor-diagnosed depression by Gender

	Female		Male		Total	
	No. of persons ('000)	%	No. of persons ('000)	%	No. of persons ('000)	%
Yes	65.5	2.1%	17.2	0.7%	82.7	1.5%
<i>Yes, in the past 12 months</i>	18.9	0.6%	5.7	0.2%	24.6	0.4%
<i>Yes, before the last 12 months</i>	37.1	1.2%	10.3	0.4%	47.5	0.8%
<i>Yes, but don't know when it was diagnosed</i>	9.4	0.3%	1.2	<0.05%	10.6	0.2%
No	3 010.2	96.8%	2 535.4	98.5%	5 545.7	97.6%
Don't know	28.7	0.9%	13.4	0.5%	42.2	0.7%
Unknown/Missing	5.4	0.2%	8.0	0.3%	13.3	0.2%
Total	3 109.8	100.0%	2 574.1	100.0%	5 683.9	100.0%

Base: All respondents.

Note: Figures may not add up to the total due to rounding.

Table 5.3.2b: Prevalence of doctor-diagnosed depression by Age group

	15-24		25-34		35-44		45-54		55-64		65-74		75 and above		Total	
	No. of persons ('000)	%	No. of persons ('000)	%	No. of persons ('000)	%	No. of persons ('000)	%	No. of persons ('000)	%	No. of persons ('000)	%	No. of persons ('000)	%	No. of persons ('000)	%
Yes	8.9	1.0%	9.7	1.0%	21.1	1.6%	17.2	1.5%	12.1	1.9%	6.8	1.3%	7.0	2.5%	82.7	1.5%
<i>Yes, in the past 12 months</i>	2.6	0.3%	2.9	0.3%	2.7	0.2%	7.5	0.7%	4.4	0.7%	-	-	4.4	1.6%	24.6	0.4%
<i>Yes, before the last 12 months</i>	4.5	0.5%	5.0	0.5%	16.6	1.3%	7.7	0.7%	5.6	0.9%	5.6	1.1%	2.6	0.9%	47.5	0.8%
<i>Yes, but don't know when it was diagnosed</i>	1.8	0.2%	1.8	0.2%	1.8	0.1%	2.0	0.2%	2.1	0.3%	1.2	0.2%	-	-	10.6	0.2%
No	873.6	97.3%	903.0	98.0%	1 265.6	97.3%	1 117.1	98.1%	619.1	97.4%	498.1	97.4%	269.0	97.0%	5 545.7	97.6%
Don't know	11.1	1.2%	5.9	0.6%	11.2	0.9%	2.7	0.2%	4.5	0.7%	5.3	1.0%	1.3	0.5%	42.2	0.7%
Unknown/Missing	4.2	0.5%	2.6	0.3%	3.3	0.3%	1.9	0.2%	-	-	1.2	0.2%	-	-	13.3	0.2%
Total	897.8	100.0%	921.2	100.0%	1 301.2	100.0%	1 139.0	100.0%	635.7	100.0%	511.5	100.0%	277.4	100.0%	5 683.9	100.0%

Base: All respondents.

Note: Figures may not add up to the total due to rounding.

5.3.3 Schizophrenia

Schizophrenia is a disorder characterized by disturbances in thinking, mood, sense of self, relationship to the external world, and behaviour. People with schizophrenia often suffer frightening symptoms, such as hearing internal voices, or believing that other people are reading their minds, controlling their thoughts or plotting to harm them. It can impair functioning through the loss of an acquired capability to earn one's own livelihood.

Overall, 0.2% of people aged 15 and above self-reported that they had been diagnosed to have schizophrenia by a doctor. There was not much difference between males and females (0.1% - 0.3%) (Table 5.3.3a). The prevalence ranged from 0 – 0.4% among various age groups (Table 5.3.3b).

Table 5.3.3a: Prevalence of doctor-diagnosed schizophrenia by Gender

	Female		Male		Total	
	No. of persons ('000)	%	No. of persons ('000)	%	No. of persons ('000)	%
Yes	4.0	0.1%	6.8	0.3%	10.8	0.2%
<i>Yes, in the past 12 months</i>	0.9	<0.05%	1.9	0.1%	2.8	<0.05%
<i>Yes, before the last 12 months</i>	2.0	0.1%	4.3	0.2%	6.3	0.1%
<i>Yes, but don't know when it was diagnosed</i>	1.1	<0.05%	0.6	<0.05%	1.7	<0.05%
No	3 081.6	99.1%	2 547.8	99.0%	5 629.4	99.0%
Don't know	17.5	0.6%	11.0	0.4%	28.5	0.5%
Unknown/Missing	6.7	0.2%	8.5	0.3%	15.2	0.3%
Total	3 109.8	100.0%	2 574.1	100.0%	5 683.9	100.0%

Base: All respondents.

Note: Figures may not add up to the total due to rounding.

Table 5.3.3b: Prevalence of doctor-diagnosed schizophrenia by Age group

	15-24		25-34		35-44		45-54		55-64		65-74		75 and above		Total	
	No. of persons ('000)	%	No. of persons ('000)	%	No. of persons ('000)	%	No. of persons ('000)	%	No. of persons ('000)	%	No. of persons ('000)	%	No. of persons ('000)	%	No. of persons ('000)	%
Yes	1.1	0.1%	3.2	0.4%	1.4	0.1%	2.6	0.2%	1.3	0.2%	1.2	0.2%	-	-	10.8	0.2%
<i>Yes, in the past 12 months</i>	-	-	1.5	0.2%	-	-	1.3	0.1%	-	-	-	-	-	-	2.8	<0.05%
<i>Yes, before the last 12 months</i>	-	-	1.7	0.2%	1.4	0.1%	1.4	0.1%	0.6	0.1%	1.2	0.2%	-	-	6.3	0.1%
<i>Yes, but don't know when it was diagnosed</i>	1.1	0.1%	-	-	-	-	-	-	0.6	0.1%	-	-	-	-	1.7	<0.05%
No	881.0	98.1%	912.0	99.0%	1 291.9	99.3%	1 132.4	99.4%	631.2	99.3%	505.0	98.7%	276.0	99.5%	5 629.4	99.0%
Don't know	11.1	1.2%	3.4	0.4%	4.7	0.4%	0.6	0.1%	3.3	0.5%	4.0	0.8%	1.3	0.5%	28.5	0.5%
Unknown/Missing	4.7	0.5%	2.6	0.3%	3.3	0.3%	3.3	0.3%	-	-	1.2	0.2%	-	-	15.2	0.3%
Total	897.8	100.0%	921.2	100.0%	1 301.2	100.0%	1 139.0	100.0%	635.7	100.0%	511.5	100.0%	277.4	100.0%	5 683.9	100.0%

Base: All respondents.

Note: Figures may not add up to the total due to rounding.

5.3.4 Dementia

Dementia is characterized by progress loss of memory and mental abilities, and personality changes.

Among community-dwelling people aged 15 and above, the proportion of people who have ever been diagnosed with dementia by a doctor was 0.3%. There was no difference in proportion between males and females (Table 5.3.4a). Analyzed by age, the proportion increased with age, with 0.1% for people aged 45-54 and 3.6% for people in the 75 and above age group (Table 5.3.4b).

Table 5.3.4a: Prevalence of doctor-diagnosed dementia by Gender

	Female		Male		Total	
	No. of persons ('000)	%	No. of persons ('000)	%	No. of persons ('000)	%
Yes	9.1	0.3%	7.5	0.3%	16.6	0.3%
<i>Yes, in the past 12 months</i>	5.7	0.2%	4.3	0.2%	10.0	0.2%
<i>Yes, before the last 12 months</i>	2.7	0.1%	3.2	0.1%	5.9	0.1%
<i>Yes, but don't know when it was diagnosed</i>	0.7	<0.05%	-	-	0.7	<0.05%
No	3 073.2	98.8%	2 545.3	98.9%	5 618.4	98.8%
Don't know	19.7	0.6%	13.4	0.5%	33.1	0.6%
Unknown/Missing	7.9	0.3%	7.9	0.3%	15.7	0.3%
Total	3 109.8	100.0%	2 574.1	100.0%	5 683.9	100.0%

Base: All respondents.

Note: Figures may not add up to the total due to rounding.

Table 5.3.4b: Prevalence of doctor-diagnosed dementia by Age group

	15-24		25-34		35-44		45-54		55-64		65-74		75 and above		Total	
	No. of persons ('000)	%	No. of persons ('000)	%	No. of persons ('000)	%	No. of persons ('000)	%	No. of persons ('000)	%	No. of persons ('000)	%	No. of persons ('000)	%	No. of persons ('000)	%
Yes	-	-	-	-	-	-	1.3	0.1%	-	-	5.3	1.0%	10.1	3.6%	16.6	0.3%
<i>Yes, in the past 12 months</i>	-	-	-	-	-	-	1.3	0.1%	-	-	4.0	0.8%	4.8	1.7%	10.0	0.2%
<i>Yes, before the last 12 months</i>	-	-	-	-	-	-	-	-	-	-	0.6	0.1%	5.3	1.9%	5.9	0.1%
<i>Yes, but don't know when it was diagnosed</i>	-	-	-	-	-	-	-	-	-	-	0.7	0.1%	-	-	0.7	<0.05%
No	882.3	98.3%	915.2	99.3%	1 292.2	99.3%	1 133.2	99.5%	633.0	99.6%	496.6	97.1%	265.9	95.9%	5 618.4	98.8%
Don't know	10.6	1.2%	3.4	0.4%	5.4	0.4%	1.9	0.2%	2.7	0.4%	7.8	1.5%	1.3	0.5%	33.1	0.6%
Unknown/Missing	5.0	0.6%	2.6	0.3%	3.7	0.3%	2.7	0.2%	-	-	1.8	0.4%	-	-	15.7	0.3%
Total	897.8	100.0%	921.2	100.0%	1 301.2	100.0%	1 139.0	100.0%	635.7	100.0%	511.5	100.0%	277.4	100.0%	5 683.9	100.0%

Base: All respondents.

Note: Figures may not add up to the total due to rounding.

5.3.5 *Suicidal Behaviour*

Suicidal behaviour is considered a manifestation of psychological disorder. Its manifestation ranges in degree from just thinking about ending one's life (suicidal ideation), through developing a plan to commit suicide, obtaining the means to do so and attempting to kill oneself (attempted suicide), to finally carrying out the act with a fatal outcome (completed suicide).⁴

In the PHS, information on the prevalence of suicidality was obtained from respondents by using a self-administered questionnaire on their thoughts of death, thoughts of killing themselves, and suicidal behaviours at different time frames: during the past one week, during the past 12 months and ever.

Suicidal Ideation

This section is focused on "suicidal ideation", defined as wishes to be dead or thoughts of killing oneself. Regarding the wishes to be dead, respondents were asked if they had ever and during the past one week (a) had thoughts about death; (b) thought about killing themselves; (c) felt that their families and friends would be better off if they were dead; and (d) felt that they would kill themselves if they knew a way. Dichotomous scales (yes/no) were used for the "ever" questions. For each question items regarding the indicated period "during the past one week", respondents were asked to rate from "never", "some of the time", "occasionally" and "most of the time".

Among people aged 15 and above, 16.5% of persons ever had thought of death, 8.6% thought about killing themselves, 3.3% felt that their families and friends would be better off if they were dead, and 3.7% felt that they would kill themselves if they knew a way previously but not including the week preceding the survey. A higher proportion of females had these thoughts than males (Table 5.3.5a). Analyzed by age group, people in the younger (15-24 and 25-34) age groups were more likely than their older counterparts to have such negative thoughts (Table 5.3.5b).

Table 5.3.5a: Ever thoughts about death not including the week preceding the survey by Gender

	Female		Male		Total	
	No. of persons ('000)	%	No. of persons ('000)	%	No. of persons ('000)	%
Had thoughts about death						
Yes	588.1	18.9%	348.6	13.5%	936.7	16.5%
No	2 436.7	78.4%	2 156.6	83.8%	4 593.2	80.8%
Unknown/Missing	85.0	2.7%	68.9	2.7%	153.9	2.7%
Total	3 109.8	100.0%	2 574.1	100.0%	5 683.9	100.0%
Thought about killing yourself						
Yes	332.8	10.7%	156.7	6.1%	489.5	8.6%
No	2 688.7	86.5%	2 347.1	91.2%	5 035.8	88.6%
Unknown/Missing	88.3	2.8%	70.3	2.7%	158.6	2.8%
Total	3 109.8	100.0%	2 574.1	100.0%	5 683.9	100.0%
Felt that your family and friends would be better off if you were dead						
Yes	126.8	4.1%	62.7	2.4%	189.5	3.3%
No	2892.2	93.0%	2 441.1	94.8%	5 333.3	93.8%
Unknown/Missing	90.8	2.9%	70.2	2.7%	161.0	2.8%
Total	3 109.8	100.0%	2 574.1	100.0%	5 683.9	100.0%
Felt that you would kill yourself if you knew a way						
Yes	151.5	4.9%	60.6	2.4%	212.0	3.7%
No	2 860.2	92.0%	2 439.6	94.8%	5 299.8	93.2%
Unknown/Missing	98.1	3.2%	73.9	2.9%	172.0	3.0%
Total	3 109.8	100.0%	2 574.1	100.0%	5 683.9	100.0%

Base: All respondents.

Note: Figures may not add up to the total due to rounding.

Table 5.3.5b: Ever thoughts about death not including the week preceding the survey by Age group

	15-24		25-34		35-44		45-54		55-64		65-74		75 and above		Total	
	No. of persons ('000)	%	No. of persons ('000)	%	No. of persons ('000)	%	No. of persons ('000)	%	No. of persons ('000)	%	No. of persons ('000)	%	No. of persons ('000)	%	No. of persons ('000)	%
Had thoughts about death																
Yes	183.3	20.4%	196.5	21.3%	240.4	18.5%	150.0	13.2%	79.8	12.6%	44.5	8.7%	42.2	15.2%	936.7	16.5%
No	688.4	76.7%	694.4	75.4%	1 034.4	79.5%	960.6	84.3%	541.5	85.2%	450.4	88.1%	223.6	80.6%	4 593.2	80.8%
Unknown/Missing	26.2	2.9%	30.3	3.3%	26.5	2.0%	28.5	2.5%	14.5	2.3%	16.5	3.2%	11.6	4.2%	153.9	2.7%
Total	897.8	100.0%	921.2	100.0%	1 301.2	100.0%	1 139.0	100.0%	635.7	100.0%	511.5	100.0%	277.4	100.0%	5 683.9	100.0%
Thought about killing yourself																
Yes	89.9	10.0%	113.5	12.3%	121.4	9.3%	79.9	7.0%	44.5	7.0%	20.0	3.9%	20.2	7.3%	489.5	8.6%
No	781.7	87.1%	778.0	84.5%	1 152.7	88.6%	1 028.5	90.3%	574.3	90.3%	475.0	92.9%	245.6	88.5%	5 035.8	88.6%
Unknown/Missing	26.2	2.9%	29.7	3.2%	27.2	2.1%	30.6	2.7%	16.9	2.7%	16.5	3.2%	11.6	4.2%	158.6	2.8%
Total	897.8	100.0%	921.2	100.0%	1 301.2	100.0%	1 139.0	100.0%	635.7	100.0%	511.5	100.0%	277.4	100.0%	5 683.9	100.0%
Felt that your family and friends would be better off if you were dead																
Yes	40.7	4.5%	52.0	5.6%	35.6	2.7%	27.0	2.4%	14.9	2.3%	8.9	1.7%	10.4	3.7%	189.5	3.3%
No	830.4	92.5%	839.6	91.1%	1 237.8	95.1%	1 080.1	94.8%	603.9	95.0%	486.1	95.0%	255.4	92.1%	5 333.3	93.8%
Unknown/Missing	26.7	3.0%	29.7	3.2%	27.8	2.1%	31.9	2.8%	16.9	2.7%	16.5	3.2%	11.6	4.2%	161.0	2.8%
Total	897.8	100.0%	921.2	100.0%	1 301.2	100.0%	1 139.0	100.0%	635.7	100.0%	511.5	100.0%	277.4	100.0%	5 683.9	100.0%
Felt that you would kill yourself if you knew a way																
Yes	37.1	4.1%	56.8	6.2%	49.0	3.8%	33.9	3.0%	17.4	2.7%	10.0	2.0%	7.8	2.8%	212.0	3.7%
No	834.1	92.9%	834.1	90.5%	1 222.8	94.0%	1 069.8	93.9%	599.5	94.3%	483.0	94.4%	256.6	92.5%	5 299.8	93.2%
Unknown/Missing	26.7	3.0%	30.3	3.3%	29.4	2.3%	35.3	3.1%	18.8	3.0%	18.5	3.6%	12.9	4.7%	172.0	3.0%
Total	897.8	100.0%	921.2	100.0%	1 301.2	100.0%	1 139.0	100.0%	635.7	100.0%	511.5	100.0%	277.4	100.0%	5 683.9	100.0%

Base: All respondents.

Note: Figures may not add up to the total due to rounding.

In the week prior to the survey, about 1.1% of persons most of the time had the thought about death, 0.4% most of the time had thoughts of killing themselves, 0.3% most of the time felt had that their families and friends would be better of if they were dead and 0.3% would kill themselves if they knew a way. Not much gender differences were observed except for the thoughts about death in which females (1.4%) were more likely than males (0.8%) to report so most of the time (Table 5.3.5c). Analyzed by age groups, no obvious trend was observed (Table 5.3.5d).

Table 5.3.5c: Ever thoughts about death during the week preceding the survey by Gender

	Female		Male		Total	
	No. of persons ('000)	%	No. of persons ('000)	%	No. of persons ('000)	%
Had thoughts about death						
Never	2 673.7	86.0%	2 263.9	88.0%	4 937.6	86.9%
Some of the time	158.7	5.1%	123.6	4.8%	282.3	5.0%
Occasionally	152.8	4.9%	98.4	3.8%	251.2	4.4%
Most of the time	43.5	1.4%	21.1	0.8%	64.6	1.1%
Unknown/Missing	81.1	2.6%	67.1	2.6%	148.2	2.6%
Total	3 109.8	100.0%	2 574.1	100.0%	5 683.9	100.0%
Thought about killing yourself						
Never	2 855.2	91.8%	2 387.8	92.8%	5 243.0	92.2%
Some of the time	103.2	3.3%	72.8	2.8%	176.0	3.1%
Occasionally	54.6	1.8%	30.0	1.2%	84.6	1.5%
Most of the time	9.8	0.3%	10.3	0.4%	20.1	0.4%
Unknown/Missing	87.0	2.8%	73.2	2.8%	160.2	2.8%
Total	3 109.8	100.0%	2 574.1	100.0%	5 683.9	100.0%
Felt that your family and friends would be better off if you were dead						
Never	2 932.0	94.3%	2 436.1	94.6%	5 368.1	94.4%
Some of the time	58.2	1.9%	43.4	1.7%	101.6	1.8%
Occasionally	20.7	0.7%	16.2	0.6%	36.8	0.6%
Most of the time	9.4	0.3%	7.7	0.3%	17.1	0.3%
Unknown/Missing	89.6	2.9%	70.6	2.7%	160.2	2.8%
Total	3 109.8	100.0%	2 574.1	100.0%	5 683.9	100.0%

Table 5.3.5c: Ever thoughts about death during the week preceding the survey by Gender (continued)

	Female		Male		Total	
	No. of persons (‘000)	%	No. of persons (‘000)	%	No. of persons (‘000)	%
Felt that you would kill yourself if you knew a way						
Never	2 906.1	93.5%	2 432.8	94.5%	5 338.9	93.9%
Some of the time	71.5	2.3%	44.3	1.7%	115.8	2.0%
Occasionally	32.1	1.0%	13.7	0.5%	45.8	0.8%
Most of the time	9.2	0.3%	6.1	0.2%	15.4	0.3%
Unknown/Missing	90.9	2.9%	77.1	3.0%	168.0	3.0%
Total	3 109.8	100.0%	2 574.1	100.0%	5 683.9	100%

Base: All respondents.

Note: Figures may not add up to the total due to rounding.

Table 5.3.5d: Ever thoughts about death during the week preceding the survey by Age group

	15-24		25-34		35-44		45-54		55-64		65-74		75 and above		Total	
	No. of persons ('000)	%	No. of persons ('000)	%	No. of persons ('000)	%	No. of persons ('000)	%	No. of persons ('000)	%	No. of persons ('000)	%	No. of persons ('000)	%	No. of persons ('000)	%
Had thoughts about death																
Never	731.8	81.5%	764.8	83.0%	1 138.4	87.5%	1 023.3	89.8%	574.1	90.3%	468.3	91.6%	236.9	85.4%	4 937.6	86.9%
Some of the time	73.4	8.2%	55.4	6.0%	70.6	5.4%	38.8	3.4%	13.9	2.2%	14.7	2.9%	15.5	5.6%	282.3	5.0%
Occasionally	55.8	6.2%	57.8	6.3%	52.9	4.1%	40.0	3.5%	26.0	4.1%	12.4	2.4%	6.4	2.3%	251.2	4.4%
Most of the time	10.1	1.1%	13.6	1.5%	13.0	1.0%	10.3	0.9%	7.3	1.1%	3.3	0.6%	7.0	2.5%	64.6	1.1%
Unknown/Missing	26.7	3.0%	29.7	3.2%	26.5	2.0%	26.6	2.3%	14.5	2.3%	12.8	2.5%	11.5	4.1%	148.2	2.6%
Total	897.8	100.0%	921.2	100.0%	1 301.2	100.0%	1 139.0	100.0%	635.7	100.0%	511.5	100.0%	277.4	100.0%	5 683.9	100.0%
Thought about killing yourself																
Never	806.0	89.8%	823.9	89.4%	1 209.2	92.9%	1 060.5	93.1%	595.3	93.6%	490.5	95.9%	257.5	92.8%	5 243.0	92.2%
Some of the time	48.1	5.4%	42.0	4.6%	39.6	3.0%	29.7	2.6%	7.3	1.2%	4.0	0.8%	5.3	1.9%	176.0	3.1%
Occasionally	14.6	1.6%	20.5	2.2%	21.7	1.7%	14.1	1.2%	9.5	1.5%	3.0	0.6%	1.3	0.5%	84.6	1.5%
Most of the time	3.0	0.3%	4.4	0.5%	2.9	0.2%	3.8	0.3%	3.6	0.6%	0.6	0.1%	1.8	0.7%	20.1	0.4%
Unknown/Missing	26.2	2.9%	30.4	3.3%	27.9	2.1%	30.8	2.7%	20.0	3.1%	13.4	2.6%	11.5	4.1%	160.2	2.8%
Total	897.8	100.0%	921.2	100.0%	1 301.2	100.0%	1 139.0	100.0%	635.7	100.0%	511.5	100.0%	277.4	100.0%	5 683.9	100.0%
Felt that your family and friends would be better off if you were dead																
Never	839.0	93.4%	854.0	92.7%	1 238.7	95.2%	1 079.6	94.8%	607.8	95.6%	489.5	95.7%	259.4	93.5%	5 368.1	94.4%
Some of the time	22.5	2.5%	22.7	2.5%	23.6	1.8%	20.6	1.8%	1.9	0.3%	6.8	1.3%	3.5	1.3%	101.6	1.8%
Occasionally	9.5	1.1%	10.6	1.2%	7.6	0.6%	4.0	0.4%	2.5	0.4%	1.2	0.2%	1.3	0.5%	36.8	0.6%
Most of the time	0.6	0.1%	3.5	0.4%	2.0	0.2%	2.7	0.2%	6.0	0.9%	0.6	0.1%	1.6	0.6%	17.1	0.3%
Unknown/Missing	26.2	2.9%	30.4	3.3%	29.2	2.2%	32.0	2.8%	17.5	2.8%	13.4	2.6%	11.5	4.1%	160.2	2.8%
Total	897.8	100.0%	921.2	100.0%	1 301.2	100.0%	1 139.0	100.0%	635.7	100.0%	511.5	100.0%	277.4	100.0%	5 683.9	100.0%
Felt that you would kill yourself if you knew a way																
Never	829.7	92.4%	849.1	92.2%	1 235.0	94.9%	1 069.8	93.9%	604.3	95.1%	489.4	95.7%	261.7	94.4%	5 338.9	93.9%
Some of the time	33.9	3.8%	25.5	2.8%	25.2	1.9%	21.1	1.8%	5.0	0.8%	3.9	0.8%	1.3	0.5%	115.8	2.0%
Occasionally	8.0	0.9%	11.0	1.2%	10.5	0.8%	8.9	0.8%	3.1	0.5%	3.6	0.7%	0.7	0.2%	45.8	0.8%
Most of the time	-	-	5.3	0.6%	2.0	0.2%	2.1	0.2%	4.8	0.7%	0.6	0.1%	0.6	0.2%	15.4	0.3%
Unknown/Missing	26.2	2.9%	30.4	3.3%	28.6	2.2%	37.2	3.3%	18.6	2.9%	14.1	2.8%	13.0	4.7%	168.0	3.0%
Total	897.8	100.0%	921.2	100.0%	1 301.2	100.0%	1 139.0	100.0%	635.7	100.0%	511.5	100.0%	277.4	100.0%	5 683.9	100.0%

Base: All respondents.

Note: Figures may not add up to the total due to rounding.

Suicidology (Progression from thought of suicide to attempt suicide)

Four questions were used to reflect the progression of respondents' suicidal thoughts to action, if indicated. Respondents were asked whether in the 12 months preceding the survey they had (a) seriously considered suicide (2 response choices: yes/no); (b) made a plan about how they would attempt suicide (2 choices: yes/no); (c) actually attempted suicide (specify the number of suicide attempted); and (d) been treated by a doctor or other health professional when one injurious/poisonous/overdosed suicide attempt or more was indicated.

In the 12 months prior to the survey, 3.6% had seriously considered suicide; 2.6% had made a plan about how they would commit suicide and 1.4% actually attempted suicide (Table 5.3.5e). Females were more likely than males to have given an affirmative response to these question items. While a higher proportion of people aged 25-34 (5.1%) reported that they had seriously considered suicide in the 12 months preceding the survey, higher proportion of people aged 15-24 (4.0%) reported that they had made a plan about how they would attempt suicide. In contrast, more people in the 45-54 age group (1.9%) reported that they actually attempted suicide in the 12 months preceding the survey, followed by the people in the 25-34 age group (1.7%) (Table 5.3.5f).

Table 5.3.5e: Thoughts of suicide during the 12 months preceding the survey by Gender

	Female		Male		Total	
	No. of persons ('000)	%	No. of persons ('000)	%	No. of persons ('000)	%
Seriously consider suicide						
Yes	131.5	4.2%	72.0	2.8%	203.5	3.6%
No	2 895.9	93.1%	2 433.5	94.5%	5 329.4	93.8%
Unknown/Missing	82.4	2.6%	68.6	2.7%	151.0	2.7%
Total	3 109.8	100.0%	2 574.1	100.0%	5 683.9	100.0%
Had made a suicide plan						
Yes	92.3	3.0%	56.8	2.2%	149.1	2.6%
No	2 932.0	94.3%	2 447.2	95.1%	5 379.2	94.6%
Unknown/Missing	85.6	2.8%	70.0	2.7%	155.6	2.7%
Total	3 109.8	100.0%	2 574.1	100.0%	5 683.9	100.0%
Actually attempted suicide						
Yes	50.9	1.6%	27.2	1.1%	78.1	1.4%
No	2 961.5	95.2%	2 466.2	95.8%	5 427.7	95.5%
Unknown/Missing	97.4	3.1%	80.7	3.1%	178.1	3.1%
Total	3 109.8	100.0%	2 574.1	100.0%	5 683.9	100.0%

Base: All respondents.

Note: Figures may not add up to the total due to rounding.

Table 5.3.5f: Thoughts of suicide during the 12 months preceding the survey by Age group

	15-24		25-34		35-44		45-54		55-64		65-74		75 and above		Total	
	No. of persons ('000)	%	No. of persons ('000)	%	No. of persons ('000)	%	No. of persons ('000)	%	No. of persons ('000)	%	No. of persons ('000)	%	No. of persons ('000)	%	No. of persons ('000)	%
Seriously consider suicide																
Yes	36.4	4.1%	46.9	5.1%	45.2	3.5%	39.5	3.5%	13.7	2.2%	10.1	2.0%	11.7	4.2%	203.5	3.6%
No	835.3	93.0%	844.6	91.7%	1 228.1	94.4%	1 072.8	94.2%	606.4	95.4%	488.0	95.4%	254.2	91.6%	5 329.4	93.8%
Unknown/Missing	26.2	2.9%	29.7	3.2%	27.9	2.1%	26.7	2.3%	15.7	2.5%	13.4	2.6%	11.5	4.1%	151.0	2.7%
Total	897.8	100.0%	921.2	100.0%	1 301.2	100.0%	1 139.0	100.0%	635.7	100.0%	511.5	100.0%	277.4	100.0%	5 683.9	100.0%
Made a suicide plan																
Yes	35.7	4.0%	25.9	2.8%	35.0	2.7%	28.0	2.5%	9.1	1.4%	8.2	1.6%	7.1	2.6%	149.1	2.6%
No	835.9	93.1%	865.7	94.0%	1 236.9	95.1%	1 082.9	95.1%	609.1	95.8%	489.9	95.8%	258.7	93.3%	5 379.2	94.6%
Unknown/Missing	26.2	2.9%	29.7	3.2%	29.3	2.3%	28.0	2.5%	17.5	2.8%	13.4	2.6%	11.5	4.1%	155.6	2.7%
Total	897.8	100.0%	921.2	100.0%	1 301.2	100.0%	1 139.0	100.0%	635.7	100.0%	511.5	100.0%	277.4	100.0%	5 683.9	100.0%
Actually attempted suicide																
Yes	10.5	1.2%	15.2	1.7%	20.1	1.5%	22.0	1.9%	2.6	0.4%	6.3	1.2%	1.3	0.5%	78.1	1.4%
No	859.2	95.7%	874.2	94.9%	1 241.0	95.4%	1 083.8	95.2%	613.1	96.4%	491.8	96.1%	264.6	95.4%	5 427.7	95.5%
Unknown/Missing	28.1	3.1%	31.8	3.5%	40.1	3.1%	33.2	2.9%	20.0	3.1%	13.4	2.6%	11.5	4.1%	178.1	3.1%
Total	897.8	100.0%	921.2	100.0%	1 301.2	100.0%	1 139.0	100.0%	635.7	100.0%	511.5	100.0%	277.4	100.0%	5 683.9	100.0%

Base: All respondents.

Note: Figures may not add up to the total due to rounding.

Among those persons who reported that they actually attempted suicide in the 12 months preceding the survey, 7.6% of females and 33.2% of males had attempted two or more times (Table 5.3.5g). Analyzed by age, a higher proportion of people in the age group 55-64 than people in other age groups reported that they had attempted more than once in the 12 months preceding the survey (Table 5.3.5h).

Table 5.3.5g: Number of suicide attempts in the 12 months preceding the survey by Gender

	Female		Male		Total	
	No. of persons ('000)	%	No. of persons ('000)	%	No. of persons ('000)	%
Once	27.2	53.4%	4.3	15.9%	31.5	40.4%
Two or more times	3.9	7.6%	9.0	33.2%	12.9	16.5%
Unknown/Missing	19.8	39.0%	13.8	50.9%	33.7	43.1%
Total	50.9	100.0%	27.2	100.0%	78.1	100.0%
Mean	1.4		2.6		1.7	
Median	1.0		2.0		1.0	
Standard Deviation	1.3		2.2		1.7	

Base: The respondents who actually attempted suicide in the 12 months preceding the survey.

Note: Figures may not add up to the total due to rounding.

Table 5.3.5h: Number of suicide attempts in the 12 months preceding the survey by Age group

	15-24		25-34		35-44		45-54		55-64		65-74		75 and above		Total	
	No. of persons ('000)	%	No. of persons ('000)	%	No. of persons ('000)	%	No. of persons ('000)	%	No. of persons ('000)	%	No. of persons ('000)	%	No. of persons ('000)	%	No. of persons ('000)	%
Once	5.4	51.8%	7.9	52.0%	8.9	44.5%	8.6	39.1%	-	-	0.6	9.7%	-	-	31.5	40.4%
Two or more times	2.4	22.9%	3.9	25.9%	2.8	13.8%	0.6	2.8%	1.9	74.2%	1.2	19.4%	-	-	12.9	16.5%
Unknown/Missing	2.7	25.3%	3.4	22.0%	8.4	41.8%	12.8	58.2%	0.7	25.8%	4.5	70.9%	1.3	100.0%	33.7	43.1%
Total	10.5	100.0%	15.2	100.0%	20.1	100.0%	22.0	100.0%	2.6	100.0%	6.3	100.0%	1.3	100.0%	78.1	100.0%
Mean	2.2		1.6		1.6		1.1		3.0		3.7		-		1.7	
Median	1.0		1.0		1.0		1.0		3.0		2.0		-		1.0	
Standard Deviation	2.4		0.8		1.9		0.2		0.8		3.1		-		1.7	

Base: The respondents who actually attempted suicide in the 12 months preceding the survey.

Note: Figures may not add up to the total due to rounding.

Overall, about half (52.8%) of attempted cases resulted in injuries or poisoning which required medical treatment (57.4% for females and 44.2% for males) (Table 5.3.5i). A substantially high proportion of people aged 65-74 (70.9%) reported that their attempts required medical attention while a relatively lower proportion of people aged 55-64 (25.8%) reported so (Table 5.3.5j).

Table 5.3.5i: Injurious suicide attempt that required medical treatment in the 12 months preceding the survey by Gender

	Female		Male		Total	
	No. of persons ('000)	%	No. of persons ('000)	%	No. of persons ('000)	%
Yes	29.2	57.4%	12.0	44.2%	41.2	52.8%
No	18.8	36.9%	9.8	36.0%	28.6	36.6%
Unknown/Missing	2.9	5.7%	5.4	19.8%	8.3	10.6%
Total	50.9	100.0%	27.2	100.0%	78.1	100.0%

Base: The respondents who actually attempted suicide in the 12 months preceding the survey.

Note: Figures may not add up to the total due to rounding.

Table 5.3.5j: Injurious suicide attempt that required medical treatment in the 12 months preceding the survey by Age group

	15-24		25-34		35-44		45-54		55-64		65-74		75 and above		Total	
	No. of persons ('000)	%	No. of persons ('000)	%	No. of persons ('000)	%	No. of persons ('000)	%	No. of persons ('000)	%	No. of persons ('000)	%	No. of persons ('000)	%	No. of persons ('000)	%
Yes	5.0	47.7%	8.3	54.6%	8.6	42.7%	13.5	61.3%	0.7	25.8%	4.5	70.9%	0.7	52.5%	41.2	52.8%
No	5.5	52.3%	6.2	40.7%	8.6	42.5%	5.8	26.4%	1.9	74.2%	0.6	9.7%	-	-	28.6	36.6%
Unknown/Missing	-	-	0.7	4.7%	3.0	14.8%	2.7	12.4%	-	-	1.2	19.4%	0.6	47.5%	8.3	10.6%
Total	10.5	100.0%	15.2	100.0%	20.1	100.0%	22.0	100.0%	2.6	100.0%	6.3	100.0%	1.3	100.0%	78.1	100.0%

Base: The respondents who actually attempted suicide in the 12 months preceding the survey.

Note: Figures may not add up to the total due to rounding.

Ever Attempted Suicide

Furthermore, respondents were asked “Have you ever made a suicide attempt?” and to specify how many attempts if they made such attempt. As a whole, 5.0% of persons aged 15 and above reported that they had ever made a suicide attempt. There were more females than males who had attempted suicide – 6.3% as opposed to 3.4% (Table 5.3.5k). A higher proportion of persons in the 25-34 age group (7.2%) gave a positive response (Table 5.3.5l).

Table 5.3.5k: Ever made a suicide attempt by Gender

	Female		Male		Total	
	No. of persons ('000)	%	No. of persons ('000)	%	No. of persons ('000)	%
Yes	196.5	6.3%	86.3	3.4%	282.9	5.0%
No	2 820.6	90.7%	2 407.6	93.5%	5 228.2	92.0%
Unknown/Missing	92.6	3.0%	80.1	3.1%	172.8	3.0%
Total	3 109.8	100.0%	2 574.1	100.0%	5 683.9	100.0%

Base: All respondents.

Note: Figures may not add up to the total due to rounding.

Table 5.3.5l: Ever made a suicide attempt by Age group

	15-24		25-34		35-44		45-54		55-64		65-74		75 and above		Total	
	No. of persons ('000)	%	No. of persons ('000)	%	No. of persons ('000)	%	No. of persons ('000)	%	No. of persons ('000)	%	No. of persons ('000)	%	No. of persons ('000)	%	No. of persons ('000)	%
Yes	40.2	4.5%	66.2	7.2%	82.9	6.4%	57.0	5.0%	13.4	2.1%	16.4	3.2%	6.7	2.4%	282.9	5.0%
No	826.8	92.1%	821.5	89.2%	1 187.9	91.3%	1 052.7	92.4%	603.3	94.9%	477.6	93.4%	258.4	93.2%	5 228.2	92.0%
Unknown/Missing	30.8	3.4%	33.6	3.6%	30.4	2.3%	29.3	2.6%	19.0	3.0%	17.5	3.4%	12.2	4.4%	172.8	3.0%
Total	897.8	100.0%	921.2	100.0%	1 301.2	100.0%	1 139.0	100.0%	635.7	100.0%	511.5	100.0%	277.4	100.0%	5 683.9	100.0%

Base: All respondents.

Note: Figures may not add up to the total due to rounding.

Among those persons who had ever made a suicide attempt, the overall mean number of suicide attempts was 1.9 times (1.9 times for females and 1.8 times for males) (Table 5.3.5m). Compared to persons in other age groups, people in the age groups 35-44 and 75 and above had the highest mean number of suicide attempt of 2.3 and 2.2 times respectively (Table 5.3.5n).

Table 5.3.5m: Number of suicide attempts ever made by Gender

	Female		Male		Total	
	No. of persons ('000)	%	No. of persons ('000)	%	No. of persons ('000)	%
Once	82.5	42.0%	25.4	29.4%	107.9	38.2%
Twice	30.9	15.7%	7.5	8.6%	38.4	13.6%
Thrice	8.1	4.1%	5.9	6.8%	14.0	4.9%
Four or more times	16.2	8.3%	2.1	2.4%	18.3	6.5%
Unknown/Missing	58.7	29.9%	45.5	52.7%	104.2	36.9%
Total	196.5	100.0%	86.3	100.0%	282.9	100.0%
Mean	1.9		1.8		1.9	
Median	1.0		1.0		1.0	
Standard Deviation	1.8		1.4		1.7	

Base: The respondents who had ever made a suicide attempt.

Note: Figures may not add up to the total due to rounding.

Table 5.3.5n: Number of suicide attempts ever made by Age group

	15-24		25-34		35-44		45-54		55-64		65-74		75 and above		Total	
	No. of persons ('000)	%	No. of persons ('000)	%	No. of persons ('000)	%	No. of persons ('000)	%	No. of persons ('000)	%	No. of persons ('000)	%	No. of persons ('000)	%	No. of persons ('000)	%
Once	11.4	28.3%	27.0	40.8%	26.6	32.1%	29.0	50.9%	6.3	46.6%	6.4	39.3%	1.3	19.1%	107.9	38.2%
Twice	10.1	25.1%	9.7	14.6%	11.3	13.6%	3.9	6.8%	2.5	18.3%	1.0	6.2%	-	-	38.4	13.6%
Thrice	4.3	10.7%	3.3	5.0%	1.5	1.9%	1.3	2.3%	2.2	16.1%	0.7	4.1%	0.7	10.0%	14.0	4.9%
Four or more times	2.3	5.7%	4.3	6.6%	9.1	11.0%	0.7	1.2%	1.3	9.5%	-	-	0.6	9.1%	18.3	6.5%
Unknown/Missing	12.1	30.2%	21.8	33.0%	34.4	41.4%	22.2	39.0%	1.3	9.6%	8.3	50.4%	4.2	61.8%	104.2	36.9%
Total	40.2	100.0%	66.2	100.0%	82.9	100.0%	57.0	100.0%	13.4	100.0%	16.4	100.0%	6.7	100.0%	282.9	100.0%
Mean	1.9		2.0		2.3		1.2		1.9		1.3		2.2		1.9	
Median	2.0		1.0		1.0		1.0		1.0		1.0		2.0		1.0	
Standard Deviation	1.0		2.0		2.4		0.6		1.0		0.6		1.3		1.7	

Base: The respondents who had ever made a suicide attempt.

Note: Figures may not add up to the total due to rounding.

5.3.6 Stress Management

Stress is a word used to describe the feelings of "distress" experienced when tension increases. It is a fact of everyday life and a certain level of stress is beneficial in preparing for a challenge. Too much stress, however, can seriously affect one's physical and mental well-being. When stress does occur, it is thus important to recognize and deal with it. The PHS included two questions to examine how the respondents dealt with stress in a month prior to the survey.

Almost half (48.6%) of the persons did nothing to manage their stress level in the month prior to the survey (Table 5.3.6a). A slightly higher proportion of males reported that they did nothing than females (50.4% versus 47.1%). Analyzed by age, the proportion of people reported that they did nothing to reduce stress increased with age, from 29.1% for people aged 15-24 to 72.4% for people aged 75 and above (Table 5.3.6b).

Table 5.3.6a: Done anything to reduce stress in the month preceding the survey by Gender

	Female		Male		Total	
	No. of persons ('000)	%	No. of persons ('000)	%	No. of persons ('000)	%
Done a lot	156.6	5.0%	112.4	4.4%	269.0	4.7%
Done some	1 023.1	32.9%	787.4	30.6%	1 810.5	31.9%
Done few	454.2	14.6%	369.0	14.3%	823.2	14.5%
Done nothing	1 463.9	47.1%	1 296.7	50.4%	2 760.6	48.6%
Unknown/Missing	11.9	0.4%	8.6	0.3%	20.5	0.4%
Total	3 109.8	100.0%	2 574.1	100.0%	5 683.9	100.0%

Base: All respondents.

Note: Figures may not add up to the total due to rounding.

Table 5.3.6b: Done anything to reduce stress in the month preceding the survey by Age group

	15-24		25-34		35-44		45-54		55-64		65-74		75 and above		Total	
	No. of persons ('000)	%	No. of persons ('000)	%	No. of persons ('000)	%	No. of persons ('000)	%	No. of persons ('000)	%	No. of persons ('000)	%	No. of persons ('000)	%	No. of persons ('000)	%
Done a lot	67.0	7.5%	40.5	4.4%	62.8	4.8%	56.3	4.9%	20.4	3.2%	16.6	3.3%	5.5	2.0%	269.0	4.7%
Done some	416.6	46.4%	356.7	38.7%	432.4	33.2%	314.6	27.6%	153.2	24.1%	102.5	20.0%	34.5	12.4%	1 810.5	31.9%
Done few	147.8	16.5%	154.4	16.8%	196.0	15.1%	151.2	13.3%	80.2	12.6%	57.8	11.3%	35.9	12.9%	823.2	14.5%
Done nothing	261.3	29.1%	366.1	39.7%	606.7	46.6%	612.3	53.8%	380.0	59.8%	333.4	65.2%	200.8	72.4%	2 760.6	48.6%
Unknown/Missing	5.1	0.6%	3.5	0.4%	3.5	0.3%	4.6	0.4%	1.9	0.3%	1.2	0.2%	0.7	0.2%	20.5	0.4%
Total	897.8	100.0%	921.2	100.0%	1 301.2	100.0%	1 139.0	100.0%	635.7	100.0%	511.5	100.0%	277.4	100.0%	5 683.9	100.0%

Base: All respondents.

Note: Figures may not add up to the total due to rounding.

Among those who had tried something to reduce stress, over 40% chose shopping; or reading or listening to music. Analyzed by sex, females were more likely to resort to shopping or other leisure activities (52.6%), reading or listening to music (44.1%) and talking to someone (40.9%). For males, they were more likely to opt for exercise (44.2%), shopping or other leisure activities (40.9%) and reading or listening to music (37.4%) (Table 5.3.6c). While shopping or other leisure activities were the most frequently chosen way to reduce stress among all age groups, there were a higher percentage of people of 54 years and below choose reading or listening to music and a higher percentage of people from 55 and above age groups reported doing exercise (Table 5.3.6d).

Table 5.3.6c: Activities done to reduce stress in the month preceding the survey by Gender

	Female		Male		Total	
	No. of persons ('000)	%	No. of persons ('000)	%	No. of persons ('000)	%
Shopping or leisure activities	860.1	52.6%	519.4	40.9%	1 379.5	47.5%
Reading or listening to music	719.9	44.1%	474.9	37.4%	1 194.8	41.2%
Exercise	531.7	32.5%	560.2	44.2%	1 092.0	37.6%
Talking to somebody	668.7	40.9%	376.2	29.7%	1045.0	36.0%
More rest or sleep	568.0	34.8%	432.9	34.1%	1 000.8	34.5%
Eating	337.5	20.7%	184.4	14.5%	522.0	18.0%
Smoking	36.4	2.2%	91.8	7.2%	128.2	4.4%
Drinking	25.9	1.6%	73.0	5.8%	98.8	3.4%
Watching TV	32.1	2.0%	15.7	1.2%	47.8	1.6%
Help others (e.g. volunteer activities)	1.4	0.1%	1.5	0.1%	2.9	0.1%
Others	71.4	4.4%	56.1	4.4%	127.5	4.4%

Base: The respondents who had done something to reduce stress.

Notes: Multiple answers were allowed.

Figures may not add up to the total due to rounding.

Table 5.3.6d: Activities done to reduce stress in the month preceding the survey by Age group

	15-24		25-34		35-44		45-54		55-64		65-74		75 and above		Total	
	No. of persons ('000)	%	No. of persons ('000)	%	No. of persons ('000)	%	No. of persons ('000)	%	No. of persons ('000)	%	No. of persons ('000)	%	No. of persons ('000)	%	No. of persons ('000)	%
Shopping or leisure activities	352.2	55.8%	292.0	52.9%	314.4	45.5%	207.0	39.7%	102.1	40.2%	79.4	44.9%	32.4	42.7%	1 379.5	47.5%
Reading or listening to music	376.4	59.6%	251.8	45.7%	272.7	39.5%	181.9	34.8%	68.4	27.0%	29.5	16.7%	14.0	18.5%	1 194.8	41.2%
Exercise	272.8	43.2%	205.1	37.2%	233.8	33.8%	178.0	34.1%	105.6	41.6%	68.1	38.5%	28.4	37.4%	1 092.0	37.6%
Talking to somebody	268.0	42.4%	201.8	36.6%	240.1	34.7%	176.2	33.8%	86.3	34.0%	55.5	31.4%	17.0	22.4%	1 045.0	36.0%
More rest or sleep	265.0	42.0%	220.0	39.9%	241.6	35.0%	160.4	30.7%	59.0	23.3%	38.6	21.8%	16.1	21.3%	1 000.8	34.5%
Eating	173.5	27.5%	119.3	21.6%	104.1	15.1%	76.5	14.6%	26.6	10.5%	14.1	7.9%	7.9	10.4%	522.0	18.0%
Smoking	21.5	3.4%	38.5	7.0%	30.5	4.4%	16.3	3.1%	15.4	6.1%	4.7	2.7%	1.2	1.6%	128.2	4.4%
Drinking	20.2	3.2%	26.7	4.8%	26.9	3.9%	11.4	2.2%	10.5	4.1%	3.1	1.7%	-	-	98.8	3.4%
Watching TV	5.8	0.9%	3.8	0.7%	11.8	1.7%	14.3	2.7%	5.8	2.3%	4.3	2.4%	2.0	2.6%	47.8	1.6%
Help others (e.g. volunteer activities)	0.5	0.1%	-	-	-	-	0.7	0.1%	1.1	0.4%	-	-	0.7	0.9%	2.9	0.1%
Others	20.2	3.2%	28.7	5.2%	32.3	4.7%	28.4	5.4%	11.4	4.5%	3.8	2.1%	2.7	3.6%	127.5	4.4%

Base: The respondents who had done something to reduce stress.

Note: Multiple answers were allowed.

Figures may not add up to the total due to rounding.

5.3.7 *Limitations Due To Emotional Problem*

To assess the extent of limitations due to emotional problems, respondents were asked the following questions, “During the past 4 weeks, have you had any of the following problems with your work or other regular daily activities as a result of any emotional problems, such as feeling depressed or anxious: (a) accomplished less than you would like; and (b) did not do work or other activities as carefully as usual?”

Overall, 80.3% of persons aged 15 and above reported that they felt they had not accomplished less than they would like and 77.2% reported that they did not have any problems in doing work or other activities in the past 4 weeks preceding the survey due to emotional problems. Females (22.9%) were more likely than males (14.9%) to report accomplishing less than they would like because of emotional problems. In terms of limitations in the kind of work or other activities due to emotional problems, 26.9% of females and 16.6% of males gave a positive response (Table 5.3.7a). Analyzed by age, younger age groups and people aged 75 and above more affected by emotional problems (Table 5.3.7b).

Table 5.3.7a: Limitation due to emotional problems during the four weeks preceding the survey by Gender

	Female		Male		Total	
	No. of persons ('000)	%	No. of persons ('000)	%	No. of persons ('000)	%
Accomplished less than they would like						
Yes	712.4	22.9%	382.8	14.9%	1 095.2	19.3%
No	2 379.4	76.5%	2 184.6	84.9%	4 563.9	80.3%
Unknown/Missing	18.1	0.6%	6.7	0.3%	24.8	0.4%
Total	3 109.8	100.0%	2 574.1	100.0%	5 683.9	100.0%
Didn't do work or other activities as carefully as usual						
Yes	837.2	26.9%	427.9	16.6%	1 265.1	22.3%
No	2 253.1	72.5%	2 135.9	83.0%	4 389.0	77.2%
Unknown/Missing	19.5	0.6%	10.3	0.4%	29.8	0.5%
Total	3 109.8	100.0%	2 574.1	100.0%	5 683.9	100.0%

Base: All respondents.

Note: Figures may not add up to the total due to rounding.

Table 5.3.7b: Limitation due to emotional problems during the four weeks preceding the survey by Age group

	15-24		25-34		35-44		45-54		55-64		65-74		75 and above		Total	
	No. of persons ('000)	%	No. of persons ('000)	%	No. of persons ('000)	%	No. of persons ('000)	%	No. of persons ('000)	%	No. of persons ('000)	%	No. of persons ('000)	%	No. of persons ('000)	%
Accomplished less than they would like																
Yes	186.9	20.8%	198.0	21.5%	228.5	17.6%	198.4	17.4%	124.9	19.6%	93.2	18.2%	65.3	23.5%	1 095.2	19.3%
No	708.5	78.9%	722.4	78.4%	1 065.5	81.9%	935.1	82.1%	506.0	79.6%	417.6	81.7%	208.7	75.3%	4 563.9	80.3%
Unknown/Missing	2.4	0.3%	0.9	0.1%	7.3	0.6%	5.5	0.5%	4.8	0.8%	0.6	0.1%	3.3	1.2%	24.8	0.4%
Total	897.8	100.0%	921.2	100.0%	1 301.2	100.0%	1 139.0	100.0%	635.7	100.0%	511.5	100.0%	277.4	100.0%	5 683.9	100.0%
Didn't do work or other activities as carefully as usual																
Yes	215.9	24.0%	226.2	24.6%	283.7	21.8%	235.1	20.6%	138.9	21.9%	101.8	19.9%	63.5	22.9%	1 265.1	22.3%
No	678.6	75.6%	694.1	75.3%	1 009.4	77.6%	896.4	78.7%	491.4	77.3%	409.1	80.0%	210.0	75.7%	4 389.0	77.2%
Unknown/Missing	3.3	0.4%	0.9	0.1%	8.2	0.6%	7.5	0.7%	5.4	0.8%	0.6	0.1%	3.9	1.4%	29.8	0.5%
Total	897.8	100.0%	921.2	100.0%	1 301.2	100.0%	1 139.0	100.0%	635.7	100.0%	511.5	100.0%	277.4	100.0%	5 683.9	100.0%

Base: All respondents.

Note: Figures may not add up to the total due to rounding.

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