

Chapter 4

Mental Health

Besides using SF-12v2 (HK) and WHOQOL-BREF (HK) to assess the population’s psychological well-being (see Chapter 2) as domains of quality of life, the PHS assessed the population’s mental health in the areas of subjective happiness, sleep habits and sources of emotional support. This chapter also explored the magnitude of some mental health problems including suicidal behaviours, doctor-diagnosed anxiety disorder, depression, schizophrenia and dementia.

Snapshot of Population’s Mental Health

Indicator	Female	Male	Overall
Proportion of persons who self-rated as “a very happy person” i.e. self-rated as level 7 in a subjective happiness scale ranging from 1 to 7	9.4%	8.6%	9.0%
Proportion of persons who had sleep disturbances in the 30 days preceding the survey	51.9%	43.7%	48.0%
Prevalence of self-reported doctor-diagnosed mental health problems			
• Anxiety disorder	0.6%	0.3%	0.5%
• Depression	1.1%	0.5%	0.8%
• Schizophrenia	0.2%	0.2%	0.2%
• Dementia	0.6%	0.2%	0.4%
Proportion of persons who had thoughts of suicide during the year preceding the survey	1.2%	1.2%	1.2%
Proportion of persons who attempted suicide during the year preceding the survey among those who had thought of it	8.6%	9.2%	8.9%

4.1 Subjective Happiness

Happiness is a life experience marked by preponderance of positive emotion. Individuals vary widely in the sources of their personal happiness¹. Respondents were asked to rate their level of subjective happiness in a scale ranging from 1 to 7, with “1” being “not a very happy person” and “7” being “a very happy person”¹. Overall, 9.0% of persons (9.4% of females and 8.6% of males) aged 15 or above considered themselves as “a very happy person” (Table 4.1a).

Table 4.1a: Level of subjective happiness by gender

	Female		Male		Total	
	No. of persons (‘000)	%	No. of persons (‘000)	%	No. of persons (‘000)	%
1	7.0	0.2%	7.2	0.2%	14.2	0.2%
2	22.5	0.7%	16.9	0.6%	39.5	0.6%
3	102.2	3.2%	108.6	3.8%	210.9	3.5%
4	520.6	16.3%	542.3	18.7%	1 062.9	17.5%
5	1 423.6	44.7%	1 255.0	43.3%	2 678.6	44.1%
6	810.0	25.4%	717.0	24.8%	1 527.0	25.1%
7	299.1	9.4%	248.1	8.6%	547.2	9.0%
Total	3 185.0	100.0%	2 895.2	100.0%	6 080.2	100.0%

Base: All respondents.

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

Analysed by age group, the proportion of people aged 15 or above who considered themselves as “a very happy person” increased from 6.1% among those aged 15-24 to 16.1% among those aged 85 or above (Table 4.1b).

Table 4.1b: Level of subjective happiness by age group

	15-24		25-34		35-44		45-54		55-64		65-74		75-84		85 or 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)	%	No. of persons ('000)	%
1	1.8	0.2%	0.9	0.1%	2.7	0.3%	2.6	0.2%	3.4	0.3%	1.4	0.2%	1.4	0.4%	-	-	14.2	0.2%
2	2.2	0.3%	6.8	0.7%	5.8	0.6%	9.9	0.8%	9.0	0.8%	1.4	0.3%	3.5	1.0%	0.9	0.7%	39.5	0.6%
3	32.6	4.1%	28.7	3.0%	33.7	3.3%	46.7	3.9%	24.7	2.3%	24.1	4.3%	13.1	3.7%	7.1	5.5%	210.9	3.5%
4	122.5	15.3%	158.6	16.5%	173.7	17.0%	215.1	18.2%	185.1	17.4%	103.9	18.4%	73.0	20.7%	31.1	23.8%	1 062.9	17.5%
5	375.6	46.9%	429.9	44.7%	463.5	45.4%	525.8	44.4%	473.3	44.4%	233.0	41.3%	129.2	36.6%	48.2	36.9%	2 678.6	44.1%
6	218.2	27.2%	273.9	28.5%	261.2	25.6%	286.2	24.2%	261.3	24.5%	125.9	22.3%	77.9	22.1%	22.4	17.2%	1 527.0	25.1%
7	48.7	6.1%	62.6	6.5%	80.6	7.9%	96.6	8.2%	108.7	10.2%	74.3	13.2%	54.7	15.5%	21.0	16.1%	547.2	9.0%
Total	801.6	100.0%	961.4	100.0%	1 021.2	100.0%	1 183.0	100.0%	1 065.5	100.0%	564.0	100.0%	352.7	100.0%	130.8	100.0%	6 080.2	100.0%

Base: All respondents.

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

Respondents were also asked to compare their level of happiness to most of their peers using the same 7-point scale, with “1” being “less happy” and “7” being “more happy”. Overall, 8.6% of persons aged 15 or above considered themselves happier than most of their peers. More females than males (9.2% versus 8.0% respectively) considered themselves happier than their peers (Table 4.1c).

Table 4.1c: Level of subjective happiness compared to most of their peers by gender

	Female		Male		Total	
	No. of persons (‘000)	%	No. of persons (‘000)	%	No. of persons (‘000)	%
1	10.3	0.3%	13.2	0.5%	23.5	0.4%
2	24.4	0.8%	25.6	0.9%	50.0	0.8%
3	114.5	3.6%	114.3	3.9%	228.7	3.8%
4	718.5	22.6%	695.7	24.0%	1 414.2	23.3%
5	1 249.1	39.2%	1 156.8	40.0%	2 405.9	39.6%
6	776.1	24.4%	657.9	22.7%	1 434.0	23.6%
7	292.2	9.2%	231.6	8.0%	523.8	8.6%
Total	3 185.0	100.0%	2 895.2	100.0%	6 080.2	100.0%

Base: All respondents.

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

Subgroup analysis by age group showed a positive relationship between people’s age and subjective happiness compared to most of their peers - the corresponding proportion increased from 6.3% in the 15-24 age group who considered themselves as “happier than their peers” to 14.5% in both the 75-84 and 85 or above age groups (Table 4.1d).

Table 4.1d: Level of subjective happiness compared to most of their peers by age group

	15-24		25-34		35-44		45-54		55-64		65-74		75-84		85 or 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)	%	No. of persons ('000)	%
1	4.3	0.5%	0.9	0.1%	4.3	0.4%	4.6	0.4%	5.3	0.5%	2.2	0.4%	1.8	0.5%	-	-	23.5	0.4%
2	2.9	0.4%	6.5	0.7%	11.3	1.1%	9.7	0.8%	10.2	1.0%	5.0	0.9%	3.4	1.0%	0.9	0.7%	50.0	0.8%
3	37.8	4.7%	36.6	3.8%	35.9	3.5%	45.9	3.9%	29.3	2.8%	21.0	3.7%	14.7	4.2%	7.5	5.7%	228.7	3.8%
4	155.7	19.4%	210.9	21.9%	229.8	22.5%	287.8	24.3%	255.2	24.0%	139.8	24.8%	95.9	27.2%	39.1	29.9%	1 414.2	23.3%
5	345.3	43.1%	382.3	39.8%	413.5	40.5%	473.5	40.0%	417.9	39.2%	211.4	37.5%	120.2	34.1%	41.8	32.0%	2 405.9	39.6%
6	204.9	25.6%	256.2	26.7%	251.2	24.6%	271.0	22.9%	247.3	23.2%	115.2	20.4%	65.7	18.6%	22.5	17.2%	1 434.0	23.6%
7	50.7	6.3%	67.9	7.1%	75.2	7.4%	90.5	7.7%	100.4	9.4%	69.2	12.3%	51.0	14.5%	18.9	14.5%	523.8	8.6%
Total	801.6	100.0%	961.4	100.0%	1 021.2	100.0%	1 183.0	100.0%	1 065.5	100.0%	564.0	100.0%	352.7	100.0%	130.8	100.0%	6 080.2	100.0%

Base: All respondents.

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

4.2 Sleep Quality

Sleep is recognised as a resource to stress management and self-regulation, and both sleep quality and quantity have been linked to physical and psychological health ². A good quality sleep is vital for resting, recharging and nourishing the body and the mind. Conversely, inadequate and disturbed sleep can affect daytime functioning and lead to a range of chronic health problems ³. In this survey, information on sleep habits including self-rated sleep quality, number of hours of sleep on average per day and frequencies of “feeling not getting enough sleep” and sleep disturbances in the 30 days preceding the survey were collected from respondents.

4.2.1 Self-rated Sleep Quality

Overall, 56.7% of people aged 15 or above rated their sleep quality as “Very well” or “Well”. Analysed by gender, males (59.2%) were more likely than females (54.4%) to consider their sleep quality as “Very well” or “Well” (Table 4.2.1a).

Table 4.2.1a: Distribution of self-rated sleep quality by gender

	Female		Male		Total	
	No. of persons (‘000)	%	No. of persons (‘000)	%	No. of persons (‘000)	%
Very well	238.1	7.5%	257.7	8.9%	495.9	8.2%
Well	1 496.0	47.0%	1 457.2	50.3%	2 953.3	48.6%
Fair	1 081.1	33.9%	968.0	33.4%	2 049.2	33.7%
Poor	304.7	9.6%	187.4	6.5%	492.1	8.1%
Very poor	65.0	2.0%	24.8	0.9%	89.8	1.5%
Total	3 185.0	100.0%	2 895.2	100.0%	6 080.2	100.0%

Base: All respondents.

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

Subgroup analysis by age group showed that the proportion of people who rated their sleep quality as “Very well” or “Well” was the highest in the 15-24 age group (65.5%) and the lowest in the 75-84 age group (48.9%) (Table 4.2.1b).

Table 4.2.1b: Distribution of self-rated sleep quality by age group

	15-24		25-34		35-44		45-54		55-64		65-74		75-84		85 or 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)	%	No. of persons ('000)	%
Very well	105.5	13.2%	81.8	8.5%	82.3	8.1%	86.0	7.3%	79.1	7.4%	33.9	6.0%	18.6	5.3%	8.6	6.6%	495.9	8.2%
Well	419.2	52.3%	499.1	51.9%	493.1	48.3%	563.1	47.6%	508.9	47.8%	253.2	44.9%	153.8	43.6%	62.9	48.1%	2 953.3	48.6%
Fair	227.7	28.4%	310.6	32.3%	362.6	35.5%	416.8	35.2%	355.2	33.3%	200.6	35.6%	133.1	37.7%	42.7	32.6%	2 049.2	33.7%
Poor	46.3	5.8%	65.9	6.9%	72.4	7.1%	96.4	8.1%	98.4	9.2%	61.6	10.9%	37.6	10.7%	13.5	10.4%	492.1	8.1%
Very poor	3.0	0.4%	4.0	0.4%	10.8	1.1%	20.7	1.8%	23.9	2.2%	14.8	2.6%	9.5	2.7%	3.1	2.4%	89.8	1.5%
Total	801.6	100.0%	961.4	100.0%	1 021.2	100.0%	1 183.0	100.0%	1 065.5	100.0%	564.0	100.0%	352.7	100.0%	130.8	100.0%	6 080.2	100.0%

Base: All respondents.

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

4.2.2 Sleep Quantity

The percentage of females aged 15 or above who slept on average less than seven hours per day in the 30 days preceding the survey was 37.6%, while that of the male counterparts was 34.5%. The average numbers of sleeping hours per day in the 30 days preceding the survey were similar between females and males (6.9 hours versus 7.0 hours respectively) (Table 4.2.2a).

Table 4.2.2a: Number of sleeping hours on average per day in the 30 days preceding the survey by gender

Hours	Female		Male		Total	
	No. of persons (‘000)	%	No. of persons (‘000)	%	No. of persons (‘000)	%
< 5.0	115.3	3.6%	48.4	1.7%	163.7	2.7%
5.0 - 5.9	243.4	7.6%	181.2	6.3%	424.5	7.0%
6.0 - 6.9	838.7	26.3%	769.0	26.6%	1 607.6	26.4%
7.0 - 7.9	1 070.7	33.6%	1 013.1	35.0%	2 083.8	34.3%
8.0 - 8.9	730.4	22.9%	711.8	24.6%	1 442.2	23.7%
9.0 - 9.9	94.8	3.0%	87.2	3.0%	181.9	3.0%
≥ 10.0	91.8	2.9%	84.6	2.9%	176.4	2.9%
Total	3 185.0	100.0%	2 895.2	100.0%	6 080.2	100.0%
Mean	6.9		7.0		7.0	

Base: All respondents.

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

The proportion of people sleeping less than seven hours on average per day in the 30 days preceding the survey increased with age, from 28.4% for people aged 15-24 to 46.6% for those in the 75-84 and 85 or above age groups. The average number of sleeping hours per day in the 30 days preceding the survey was the lowest in the 75-84 age group (6.8 hours) and the highest in both the 15-24 age group and the 85 or above age group (7.2 hours) (Table 4.2.2b).

Table 4.2.2b: Number of sleeping hours on average per day in the 30 days preceding the survey by age group

Hours	15-24		25-34		35-44		45-54		55-64		65-74		75-84		85 or above		Total	
	No. of	%	No. of	%	No. of	%	No. of	%	No. of	%	No. of	%	No. of	%	No. of	%	No. of	%
	(’000)		(’000)		(’000)		(’000)		(’000)		(’000)		(’000)		(’000)		(’000)	
< 5.0	13.5	1.7%	11.5	1.2%	15.3	1.5%	25.5	2.2%	32.6	3.1%	31.2	5.5%	25.5	7.2%	8.7	6.6%	163.7	2.7%
5.0 - 5.9	41.6	5.2%	49.3	5.1%	63.7	6.2%	87.3	7.4%	87.6	8.2%	48.0	8.5%	32.6	9.3%	14.4	11.0%	424.5	7.0%
6.0 - 6.9	172.4	21.5%	240.4	25.0%	275.1	26.9%	323.1	27.3%	290.1	27.2%	162.5	28.8%	106.3	30.1%	37.9	29.0%	1 607.6	26.4%
7.0 - 7.9	287.7	35.9%	376.6	39.2%	388.8	38.1%	429.4	36.3%	356.3	33.4%	147.9	26.2%	80.3	22.8%	17.0	13.0%	2 083.8	34.3%
8.0 - 8.9	231.1	28.8%	233.8	24.3%	235.8	23.1%	269.9	22.8%	252.3	23.7%	124.4	22.1%	70.4	20.0%	24.6	18.8%	1 442.2	23.7%
9.0 - 9.9	29.8	3.7%	31.6	3.3%	23.5	2.3%	27.2	2.3%	26.1	2.4%	20.8	3.7%	13.8	3.9%	9.0	6.9%	181.9	3.0%
≥ 10.0	25.5	3.2%	18.3	1.9%	18.9	1.9%	20.7	1.8%	20.6	1.9%	29.2	5.2%	23.8	6.7%	19.3	14.8%	176.4	2.9%
Total	801.6	100.0%	961.4	100.0%	1 021.2	100.0%	1 183.0	100.0%	1 065.5	100.0%	564.0	100.0%	352.7	100.0%	130.8	100.0%	6 080.2	100.0%
Mean	7.2		7.0		7.0		6.9		6.9		6.9		6.8		7.2		7.0	

Base: All respondents.

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

Overall, there were 8.3% of people aged 15 or above who recorded “feeling not getting enough sleep” for 22 days or more during the 30 days preceding the survey. The corresponding proportion was higher in females (9.3%) than in males (7.2%). The mean number of days of self-reported inadequate sleep during the 30 days preceding the survey was 6.6 days in females and 5.6 days in males (Table 4.2.2c).

Table 4.2.2c: Number of days felt not getting enough sleep in the 30 days preceding the survey by gender

Days	Female		Male		Total	
	No. of persons	%	No. of persons	%	No. of persons	%
	('000)		('000)		('000)	
0	1 160.8	36.4%	1 162.8	40.2%	2 323.6	38.2%
1 – 7	1 168.9	36.7%	1 074.4	37.1%	2 243.3	36.9%
8 – 14	319.8	10.0%	281.3	9.7%	601.1	9.9%
15 – 21	240.4	7.5%	167.1	5.8%	407.5	6.7%
22 or more	295.1	9.3%	209.5	7.2%	504.6	8.3%
Total	3 185.0	100.0%	2 895.2	100.0%	6 080.2	100.0%
Mean	6.6		5.6		6.1	

Base: All respondents.

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

Across the age groups, the proportion of people reporting inadequate sleep for 22 days or more during the 30 days preceding the survey was the highest in the age group of 25-34 (9.7%) and the lowest in the age group of 85 or above (4.8%). The mean number of days of “feeling not getting enough sleep” in the 30 days preceding the survey generally decreased with age from 7.0 days for people aged 25-34 to 4.2 days for people aged 85 or above (Table 4.2.2d).

Table 4.2.2d: Number of days felt not getting enough sleep in the 30 days preceding the survey by age group

Days	15-24		25-34		35-44		45-54		55-64		65-74		75-84		85 or above		Total		
	No. of	%	No. of	%	No. of	%	No. of	%	No. of	%	No. of	%	No. of	%	No. of	%	No. of	%	
	persons		persons		persons		persons		persons		persons		persons		persons		persons		
	('000)		('000)			('000)		('000)		('000)		('000)		('000)		('000)		('000)	
0	296.1	36.9%	303.8	31.6%	343.6	33.7%	424.9	35.9%	428.2	40.2%	266.6	47.3%	182.1	51.6%	78.2	59.7%	2 323.6	38.2%	
1 – 7	307.8	38.4%	381.7	39.7%	394.8	38.7%	453.8	38.4%	405.0	38.0%	173.4	30.7%	99.0	28.1%	27.9	21.3%	2 243.3	36.9%	
8 – 14	84.6	10.6%	109.1	11.3%	110.0	10.8%	116.4	9.8%	87.1	8.2%	50.0	8.9%	32.6	9.2%	11.5	8.8%	601.1	9.9%	
15 – 21	58.9	7.3%	73.8	7.7%	78.8	7.7%	79.5	6.7%	65.8	6.2%	30.6	5.4%	13.2	3.7%	6.9	5.3%	407.5	6.7%	
22 or more	54.2	6.8%	93.1	9.7%	94.0	9.2%	108.5	9.2%	79.4	7.5%	43.4	7.7%	25.8	7.3%	6.3	4.8%	504.6	8.3%	
Total	801.6	100.0%	961.4	100.0%	1 021.2	100.0%	1 183.0	100.0%	1 065.5	100.0%	564.0	100.0%	352.7	100.0%	130.8	100.0%	6 080.2	100.0%	
Mean	6.0		7.0		6.7		6.4		5.6		5.3		4.9		4.2		6.1		

Base: All respondents.

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

4.2.3 Sleep Disturbances

Respondents were asked whether they had experienced any of the three patterns of sleep disturbances, namely ‘difficulty in falling asleep’ defined as “cannot fall into sleep within 30 minutes”, ‘intermittent awakenings or difficulty in maintaining sleep during the night’ and ‘early morning awakening and unable to sleep again’ during the 30 days preceding the survey. Overall, 48.0% of population aged 15 or above had experienced at least one of these sleep disturbances during the 30 days preceding the survey. These sleep disturbances were more common in females (51.9%) than in males (43.7%) (Table 4.2.3a).

Table 4.2.3a: Proportion of population aged 15 or above who had sleep disturbances* in the 30 days preceding the survey by gender

	Female		Male		Total	
	No. of persons		No. of persons		No. of persons	
	(’000)	%	(’000)	%	(’000)	%
Yes	1 652.0	51.9%	1 266.1	43.7%	2 918.1	48.0%
No	1 533.0	48.1%	1 629.1	56.3%	3 162.1	52.0%
Total	3 185.0	100.0%	2 895.2	100.0%	6 080.2	100.0%

Base: All respondents.

Notes: * Sleep disturbances reported in this survey included: (i) difficulty in falling asleep (within 30 minutes); (ii) intermittent awakenings or difficulty in maintaining sleep during the night; and (iii) early morning awakening and unable to sleep again.

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

Analysed by age group, people in the 75-84 age group (64.5%) recorded the highest proportion of experiencing these sleep disturbances while younger persons aged 15-24 recorded the lowest corresponding proportion (35.1%) (Table 4.2.3b).

Table 4.2.3b: Proportion of population aged 15 or above who had sleep disturbances* in the 30 days preceding the survey by age group

	15-24		25-34		35-44		45-54		55-64		65-74		75-84		85 or above		Total	
	No. of persons		No. of persons		No. of persons		No. of persons		No. of persons		No. of persons		No. of persons		No. of persons		No. of persons	
	(’000)	%	(’000)	%	(’000)	%	(’000)	%	(’000)	%	(’000)	%	(’000)	%	(’000)	%	(’000)	%
Yes	281.2	35.1%	393.1	40.9%	460.8	45.1%	580.8	49.1%	570.9	53.6%	327.9	58.1%	227.4	64.5%	75.9	58.0%	2 918.1	48.0%
No	520.4	64.9%	568.3	59.1%	560.4	54.9%	602.2	50.9%	494.6	46.4%	236.1	41.9%	125.3	35.5%	54.9	42.0%	3 162.1	52.0%
Total	801.6	100.0%	961.4	100.0%	1 021.2	100.0%	1 183.0	100.0%	1 065.5	100.0%	564.0	100.0%	352.7	100.0%	130.8	100.0%	6 080.2	100.0%

Base: All respondents.

Notes: * Sleep disturbances reported in this survey included: (i) difficulty in falling asleep (within 30 minutes); (ii) intermittent awakenings or difficulty in maintaining sleep during the night; and (iii) early morning awakening and unable to sleep again.

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

Difficulty in Falling Asleep

In the survey, respondents were asked how often they had difficulty in falling asleep, i.e. could not fall into sleep within 30 minutes, in the 30 days preceding the survey. Overall, one-third (33.1%) of people aged 15 or above had difficulty falling asleep, i.e. “Less than once a week” or more often, in the 30 days preceding the survey. The corresponding proportion was higher among females than that among males (36.7% versus 29.3% respectively) (Table 4.2.3c).

Table 4.2.3c: Frequency of difficulty in falling asleep in the 30 days preceding the survey by gender

	Female		Male		Total	
	No. of persons (‘000)	%	No. of persons (‘000)	%	No. of persons (‘000)	%
Not during the past 30 days	2 016.8	63.3%	2 048.3	70.7%	4 065.1	66.9%
Less than once a week	573.3	18.0%	478.0	16.5%	1 051.3	17.3%
Once or twice a week	325.8	10.2%	225.5	7.8%	551.3	9.1%
Three or more times a week	269.1	8.4%	143.4	5.0%	412.5	6.8%
Total	3 185.0	100.0%	2 895.2	100.0%	6 080.2	100.0%

Base: All respondents.

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

Analysed by age group, the proportion of people having difficulty falling asleep in the 30 days preceding the survey generally increased with age, from 26.3% for those aged 15-24 to a peak of 45.0% for those aged 75-84, then dropped to 39.4% for those aged 85 or above (Table 4.2.3d).

Table 4.2.3d: Frequency of difficulty in falling asleep in the 30 days preceding the survey by age group

	15-24		25-34		35-44		45-54		55-64		65-74		75-84		85 or 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)	%	No. of persons ('000)	%
Not during the past 30 days	591.0	73.7%	694.1	72.2%	709.5	69.5%	777.3	65.7%	677.0	63.5%	343.2	60.9%	193.8	55.0%	79.2	60.6%	4 065.1	66.9%
Less than once a week	106.2	13.3%	159.4	16.6%	179.0	17.5%	213.2	18.0%	189.0	17.7%	102.5	18.2%	77.3	21.9%	24.7	18.9%	1 051.3	17.3%
Once or twice a week	66.3	8.3%	71.9	7.5%	87.3	8.5%	110.3	9.3%	111.9	10.5%	56.8	10.1%	35.5	10.1%	11.3	8.7%	551.3	9.1%
Three or more times a week	38.1	4.7%	36.0	3.7%	45.4	4.4%	82.2	7.0%	87.6	8.2%	61.5	10.9%	46.1	13.1%	15.6	11.9%	412.5	6.8%
Total	801.6	100.0%	961.4	100.0%	1 021.2	100.0%	1 183.0	100.0%	1 065.5	100.0%	564.0	100.0%	352.7	100.0%	130.8	100.0%	6 080.2	100.0%

Base: All respondents.

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

Intermittent Awakenings or Difficulty in Maintaining Sleep

More than one-third (35.2%) of people aged 15 or above had intermittent awakening or difficulty in maintaining sleep during the night, i.e. “Less than once a week” or more often, in the 30 days preceding the survey. 39.2% of females and 30.8% of males recorded such sleep disturbance in the 30 days preceding the survey (Table 4.2.3e).

Table 4.2.3e: Frequency of intermittent awakenings or difficulty maintaining sleep during the night in the 30 days preceding the survey by gender

	Female		Male		Total	
	No. of persons (‘000)	%	No. of persons (‘000)	%	No. of persons (‘000)	%
Not during the past 30 days	1 937.9	60.8%	2 003.4	69.2%	3 941.3	64.8%
Less than once a week	608.0	19.1%	457.2	15.8%	1 065.3	17.5%
Once or twice a week	348.2	10.9%	281.4	9.7%	629.6	10.4%
Three or more times a week	290.9	9.1%	153.2	5.3%	444.1	7.3%
Total	3 185.0	100.0%	2 895.2	100.0%	6 080.2	100.0%

Base: All respondents.

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

The proportion of people with intermittent awakenings or difficulty in maintaining sleep during the night in the 30 days preceding the survey increased generally with age, from 20.1% for people aged 15-24 to a peak of 51.7% for those aged 75-84, then dropped slightly to 49.1% for those aged 85 or above (Table 4.2.3f).

Table 4.2.3f: Frequency of intermittent awakenings or difficulty maintaining sleep during the night in the 30 days preceding the survey by age group

	15-24		25-34		35-44		45-54		55-64		65-74		75-84		85 or 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)	%	No. of persons ('000)	%
Not during the past 30 days	640.2	79.9%	688.5	71.6%	681.1	66.7%	762.0	64.4%	628.9	59.0%	303.7	53.8%	170.4	48.3%	66.5	50.9%	3 941.3	64.8%
Less than once a week	85.4	10.7%	150.9	15.7%	186.0	18.2%	214.0	18.1%	216.0	20.3%	113.2	20.1%	75.1	21.3%	24.7	18.8%	1 065.3	17.5%
Once or twice a week	54.4	6.8%	72.2	7.5%	108.2	10.6%	127.8	10.8%	129.8	12.2%	71.5	12.7%	48.1	13.6%	17.6	13.5%	629.6	10.4%
Three or more times a week	21.7	2.7%	49.8	5.2%	45.9	4.5%	79.2	6.7%	90.9	8.5%	75.6	13.4%	59.0	16.7%	22.0	16.8%	444.1	7.3%
Total	801.6	100.0%	961.4	100.0%	1 021.2	100.0%	1 183.0	100.0%	1 065.5	100.0%	564.0	100.0%	352.7	100.0%	130.8	100.0%	6 080.2	100.0%

Base: All respondents.

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

Early Morning Awakening and Unable to Sleep Again

Nearly three-tenths (29.4%) of people aged 15 or above reported experiencing early morning awakening and were unable to sleep again, i.e. “Less than once a week” or more often, during the 30 days preceding the survey. The corresponding proportion among females was higher at 32.8% than that (25.6%) for males (Table 4.2.3g).

Table 4.2.3g: Frequency of early morning awakening and unable to sleep again in the 30 days preceding the survey by gender

	Female		Male		Total	
	No. of persons	%	No. of persons	%	No. of persons	%
	('000)		('000)		('000)	
Not during the past 30 days	2 140.2	67.2%	2 153.0	74.4%	4 293.2	70.6%
Less than once a week	518.8	16.3%	422.9	14.6%	941.7	15.5%
Once or twice a week	283.4	8.9%	199.6	6.9%	482.9	7.9%
Three or more times a week	242.6	7.6%	119.7	4.1%	362.3	6.0%
Total	3 185.0	100.0%	2 895.2	100.0%	6 080.2	100.0%

Base: All respondents.

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

Analysed by age, the proportion of people who had early morning awakening and unable to sleep again in the 30 days preceding the survey increased from 15.7% for those aged 15-24 to 46.8% for those aged 75-84, then dropped slightly to 44.7% for those aged 85 or above (Table 4.2.3h).

Table 4.2.3h: Frequency of early morning awakening and unable to sleep again in the 30 days preceding the survey by age group

	15-24		25-34		35-44		45-54		55-64		65-74		75-84		85 or above		Total		
	No. of	%	No. of	%	No. of	%	No. of	%	No. of	%	No. of	%	No. of	%	No. of	%	No. of	%	
	persons		persons		persons		persons		persons		persons		persons		persons		persons		
	('000)		('000)			('000)		('000)		('000)		('000)		('000)		('000)		('000)	
Not during the past 30 days	675.9	84.3%	753.1	78.3%	741.2	72.6%	835.4	70.6%	688.3	64.6%	339.4	60.2%	187.6	53.2%	72.3	55.3%	4 293.2	70.6%	
Less than once a week	71.3	8.9%	125.6	13.1%	169.4	16.6%	180.3	15.2%	195.3	18.3%	100.3	17.8%	74.4	21.1%	25.2	19.2%	941.7	15.5%	
Once or twice a week	39.3	4.9%	55.7	5.8%	69.7	6.8%	100.5	8.5%	101.3	9.5%	60.0	10.6%	40.3	11.4%	16.2	12.4%	482.9	7.9%	
Three or more times a week	15.2	1.9%	27.1	2.8%	40.9	4.0%	66.8	5.6%	80.6	7.6%	64.3	11.4%	50.4	14.3%	17.1	13.1%	362.3	6.0%	
Total	801.6	100.0%	961.4	100.0%	1 021.2	100.0%	1 183.0	100.0%	1 065.5	100.0%	564.0	100.0%	352.7	100.0%	130.8	100.0%	6 080.2	100.0%	

Base: All respondents.

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

4.3 Self-reported Doctor-diagnosed Mental Illnesses

Respondents were asked whether they had ever been told by a Western medicine practitioner that they had depression, anxiety disorder, schizophrenia or dementia and, if yes to anyone of these, whether the condition was diagnosed within the 12 months preceding the survey.

4.3.1 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 ⁴.

Prevalence of self-reported doctor-diagnosed anxiety disorder in people aged 15 or above was 0.5%. Higher prevalence was found among females (0.6%) than in males (0.3%) (Table 4.3.1a).

Table 4.3.1a: Prevalence of self-reported doctor-diagnosed anxiety disorder by gender

	Female		Male		Total	
	No. of persons	%	No. of persons	%	No. of persons	%
	('000)		('000)		('000)	
Yes	20.1	0.6%	8.5	0.3%	28.6	0.5%
<i>Yes, in the past 12 months</i>	2.2	0.1%	1.1	<0.05%	3.3	0.1%
<i>Yes, before the last 12 months</i>	17.9	0.6%	7.4	0.3%	25.3	0.4%
<i>Yes, but don't know when it was diagnosed</i>	-	-	-	-	-	-
No	3 160.3	99.2%	2 884.8	99.6%	6 045.1	99.4%
Don't know	4.6	0.1%	2.0	0.1%	6.5	0.1%
Total	3 185.0	100.0%	2 895.2	100.0%	6 080.2	100.0%

Base: All respondents.

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

Analysed by age, the prevalence of self-reported doctor-diagnosed anxiety disorder was the highest among people aged 65-74 (1.1%) (Table 4.3.1b).

Table 4.3.1b: Prevalence of self-reported doctor-diagnosed anxiety disorder by age group

	15-24		25-34		35-44		45-54		55-64		65-74		75-84		85 or 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)	%	No. of persons ('000)	%
Yes	4.1	0.5%	3.5	0.4%	3.8	0.4%	6.5	0.6%	3.3	0.3%	5.9	1.1%	0.9	0.3%	0.3	0.3%	28.6	0.5%
<i>Yes, in the past 12 months</i>	1.0	0.1%	0.9	0.1%	0.9	0.1%	-	-	-	-	0.4	0.1%	-	-	-	-	3.3	0.1%
<i>Yes, before the past 12 months</i>	3.0	0.4%	2.6	0.3%	2.9	0.3%	6.5	0.6%	3.3	0.3%	5.5	1.0%	0.9	0.3%	0.3	0.3%	25.3	0.4%
<i>Yes, but don't know when it was diagnosed</i>	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
No	797.1	99.4%	956.1	99.4%	1 017.4	99.6%	1 175.9	99.4%	1 060.2	99.5%	557.6	98.9%	350.9	99.5%	129.9	99.3%	6 045.1	99.4%
Don't know	0.5	0.1%	1.8	0.2%	-	-	0.5	<0.05%	1.9	0.2%	0.4	0.1%	0.9	0.3%	0.5	0.4%	6.5	0.1%
Total	801.6	100.0%	961.4	100.0%	1 021.2	100.0%	1 183.0	100.0%	1 065.5	100.0%	564.0	100.0%	352.7	100.0%	130.8	100.0%	6 080.2	100.0%

Base: All respondents.

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

4.3.2 Depression

Depression is a common mental disorder characterised by sadness, loss of interest or pleasure, feelings of guilt or low self-worth, disturbed sleep or appetite, tiredness, and poor concentration. Sufferers may also have multiple physical complaints with no apparent physical cause. Depression can be long-lasting or recurrent, substantially impairing people's ability to function at work or school and to cope with daily life. At its most severe, depression can lead to suicide ⁵.

Among people aged 15 or above, 0.8% reported having depression as told by doctor. A significantly greater proportion of females (1.1%) than males (0.5%) reported that they had doctor-diagnosed depression (Table 4.3.2a).

Table 4.3.2a: Prevalence of self-reported doctor-diagnosed depression by gender

	Female		Male		Total	
	No. of persons (<i>'000</i>)	%	No. of persons (<i>'000</i>)	%	No. of persons (<i>'000</i>)	%
Yes	35.3	1.1%	13.8	0.5%	49.1	0.8%
<i>Yes, in the past 12 months</i>	<i>1.1</i>	<i><0.05%</i>	<i>1.6</i>	<i>0.1%</i>	<i>2.7</i>	<i><0.05%</i>
<i>Yes, before the past 12 months</i>	<i>33.7</i>	<i>1.1%</i>	<i>11.7</i>	<i>0.4%</i>	<i>45.5</i>	<i>0.7%</i>
<i>Yes, but don't know when it was diagnosed</i>	<i>0.5</i>	<i><0.05%</i>	<i>0.4</i>	<i><0.05%</i>	<i>0.9</i>	<i><0.05%</i>
No	3 145.4	98.8%	2 879.7	99.5%	6 025.1	99.1%
Don't know	4.3	0.1%	1.7	0.1%	6.0	0.1%
Total	3 185.0	100.0%	2 895.2	100.0%	6 080.2	100.0%

Base: All respondents.

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

The prevalence of self-reported doctor-diagnosed depression was the highest among people aged 65-74 (1.4%) and the lowest in the age group of 15-24 (0.3%) (Table 4.3.2b).

Table 4.3.2b: Prevalence of self-reported doctor-diagnosed depression by age group

	15-24		25-34		35-44		45-54		55-64		65-74		75-84		85 or 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)	%	No. of persons ('000)	%
Yes	2.5	0.3%	4.7	0.5%	6.6	0.6%	13.2	1.1%	11.0	1.0%	8.0	1.4%	2.4	0.7%	0.7	0.5%	49.1	0.8%
<i>Yes, in the past 12 months</i>	-	-	1.0	0.1%	-	-	0.6	<0.05%	1.1	0.1%	-	-	-	-	-	-	2.7	<0.05%
<i>Yes, before the past 12 months</i>	2.5	0.3%	3.7	0.4%	6.6	0.6%	12.2	1.0%	9.8	0.9%	8.0	1.4%	1.9	0.5%	0.7	0.5%	45.5	0.7%
<i>Yes, but don't know when it was diagnosed</i>	-	-	-	-	-	-	0.5	<0.05%	-	-	-	-	0.4	0.1%	-	-	0.9	<0.05%
No	798.6	99.6%	954.3	99.3%	1 013.4	99.2%	1 169.3	98.8%	1 054.5	99.0%	555.1	98.4%	350.3	99.3%	129.6	99.1%	6 025.1	99.1%
Don't know	0.5	0.1%	2.4	0.2%	1.2	0.1%	0.5	<0.05%	-	-	0.9	0.2%	-	-	0.5	0.4%	6.0	0.1%
Total	801.6	100.0%	961.4	100.0%	1 021.2	100.0%	1 183.0	100.0%	1 065.5	100.0%	564.0	100.0%	352.7	100.0%	130.8	100.0%	6 080.2	100.0%

Base: All respondents.

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

4.3.3 Schizophrenia

Schizophrenia is a severe mental disorder characterised by distortions in thinking, perception, emotions, language, sense of self and behaviour. Common experiences of people with schizophrenia include hallucinations (hearing, seeing or feeling things that are not there) and delusions (fixed false beliefs or suspicions that are firmly held even when there is evidence to the contrary). The disorder can make it difficult for people affected to work or study normally⁵.

Overall, 0.2% of people aged 15 or above self-reported that they had been diagnosed to have schizophrenia by a doctor. There was no difference in the prevalence of schizophrenia between females and males (both at 0.2%) (Table 4.3.3a).

Table 4.3.3a: Prevalence of self-reported doctor-diagnosed schizophrenia by gender

	Female		Male		Total	
	No. of persons ('000)	%	No. of persons ('000)	%	No. of persons ('000)	%
Yes	7.1	0.2%	6.0	0.2%	13.1	0.2%
<i>Yes, in the past 12 months</i>	-	-	-	-	-	-
<i>Yes, before the past 12 months</i>	7.1	0.2%	6.0	0.2%	13.1	0.2%
<i>Yes, but don't know when it was diagnosed</i>	-	-	-	-	-	-
No	3 175.4	99.7%	2 888.1	99.8%	6 063.5	99.7%
Don't know	2.5	0.1%	1.0	<0.05%	3.6	0.1%
Total	3 185.0	100.0%	2 895.2	100.0%	6 080.2	100.0%

Base: All respondents.

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

The prevalence of self-reported doctor-diagnosed schizophrenia ranged from 0.0% to 0.4% among various age groups and was the highest among people aged 35-54 (0.4%) (Table 4.3.3b).

Table 4.3.3b: Prevalence of self-reported doctor-diagnosed schizophrenia by age group

	15-24		25-34		35-44		45-54		55-64		65-74		75-84		85 or 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)	%	No. of persons ('000)	%
Yes	-	-	0.5	<0.05%	3.8	0.4%	4.9	0.4%	1.8	0.2%	1.7	0.3%	0.4	0.1%	-	-	13.1	0.2%
<i>Yes, in the past 12 months</i>	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
<i>Yes, before the past 12 months</i>	-	-	0.5	<0.05%	3.8	0.4%	4.9	0.4%	1.8	0.2%	1.7	0.3%	0.4	0.1%	-	-	13.1	0.2%
<i>Yes, but don't know when it was diagnosed</i>	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
No	801.1	99.9%	959.3	99.8%	1 017.4	99.6%	1 177.5	99.5%	1 063.7	99.8%	561.8	99.6%	352.3	99.9%	130.3	99.6%	6 063.5	99.7%
Don't know	0.5	0.1%	1.6	0.2%	-	-	0.5	<0.05%	-	-	0.4	0.1%	-	-	0.5	0.4%	3.6	0.1%
Total	801.6	100.0%	961.4	100.0%	1 021.2	100.0%	1 183.0	100.0%	1 065.5	100.0%	564.0	100.0%	352.7	100.0%	130.8	100.0%	6 080.2	100.0%

Base: All respondents.

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

4.3.4 Dementia

Dementia is a syndrome of a chronic and progressive nature. There is decline in cognitive function (i.e. the ability to process thought) beyond what might be expected from normal ageing. It affects memory, thinking, orientation, comprehension, calculation, learning capacity, language and judgment. Consciousness is not affected. The impairment in cognitive function is commonly accompanied by deterioration in emotional control, social behaviour or motivation⁶. Overall, 0.4% of people aged 15 or above self-reported that they had been diagnosed with dementia by a doctor. The corresponding proportions recorded for females and males were 0.6% and 0.2% respectively (Table 4.3.4a).

Table 4.3.4a: Prevalence of self-reported doctor-diagnosed dementia by gender

	Female		Male		Total	
	No. of persons (‘000)	%	No. of persons (‘000)	%	No. of persons (‘000)	%
Yes	18.1	0.6%	5.6	0.2%	23.7	0.4%
<i>Yes, in the past 12 months</i>	-	-	-	-	-	-
<i>Yes, before the past 12 months</i>	17.5	0.5%	5.2	0.2%	22.7	0.4%
<i>Yes, but don't know when it was diagnosed</i>	0.5	<0.05%	0.4	<0.05%	1.0	<0.05%
No	3 164.5	99.4%	2 888.1	99.8%	6 052.6	99.5%
Don't know	2.5	0.1%	1.5	0.1%	4.0	0.1%
Total	3 185.0	100.0%	2 895.2	100.0%	6 080.2	100.0%

Base: All respondents.

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

The prevalence of self-reported doctor-diagnosed dementia ranged from 0.0% to 6.8% among various age groups. The prevalence tended to increase generally with age for those aged 55 or above, from 0.1% for people in the 55-64 age group to 6.8% for people aged 85 or above (Table 4.3.4b).

Table 4.3.4b: Prevalence of self-reported doctor-diagnosed dementia by age group

	15-24		25-34		35-44		45-54		55-64		65-74		75-84		85 or 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)	%	No. of persons ('000)	%
Yes	0.4	0.1%	-	-	-	-	-	-	0.8	0.1%	5.2	0.9%	8.3	2.3%	9.0	6.8%	23.7	0.4%
<i>Yes, in the past 12 months</i>	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
<i>Yes, before the past 12 months</i>	0.4	0.1%	-	-	-	-	-	-	0.8	0.1%	4.7	0.8%	7.8	2.2%	9.0	6.8%	22.7	0.4%
<i>Yes, but don't know when it was diagnosed</i>	-	-	-	-	-	-	-	-	-	-	0.5	0.1%	0.4	0.1%	-	-	1.0	<0.05%
No	800.7	99.9%	960.2	99.9%	1 020.7	100.0%	1 182.5	100.0%	1 064.7	99.9%	557.9	98.9%	344.0	97.5%	121.8	93.2%	6 052.6	99.5%
Don't know	0.5	0.1%	1.2	0.1%	0.5	<0.05%	0.5	<0.05%	-	-	0.8	0.1%	0.5	0.1%	-	-	4.0	0.1%
Total	801.6	100.0%	961.4	100.0%	1 021.2	100.0%	1 183.0	100.0%	1 065.5	100.0%	564.0	100.0%	352.7	100.0%	130.8	100.0%	6 080.2	100.0%

Base: All respondents.

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

4.4 Social Support

Social support from others can be protective for health⁷. Support can be conceptualised in terms of the structural components (e.g. social networking) and the functional components (e.g. different types of transactions between individuals, such as emotional support). A person’s social network can help her / him cope with the problems of daily life. The support that one gets from others may include emotional aid, material assistance, information or companionship. In the survey, respondents were asked about the availability and sources of social support including emotional and financial support.

4.4.1 Emotional Support

Respondents were asked “when needed, can you count on anyone to provide you with emotional support such as hear you out and help you make difficult decision?” and “in the past 12 months, who was the most helpful in providing you with emotional support?”.

Among people aged 15 or above, more than half (54.7%) felt that they could count on someone for emotional support, while one-third (33.4%) believed that they did not need support. More females (60.1%) than males (48.7%) reported that they could count on someone to provide emotional support (Table 4.4.1a).

Table 4.4.1a: Availability of emotional support when needed by gender

	Female		Male		Total	
	No. of persons (’000)	%	No. of persons (’000)	%	No. of persons (’000)	%
Yes	1 915.1	60.1%	1 410.2	48.7%	3 325.3	54.7%
No	309.9	9.7%	363.8	12.6%	673.6	11.1%
Don’t need support	930.8	29.2%	1 099.7	38.0%	2 030.5	33.4%
Don’t know	29.3	0.9%	21.5	0.7%	50.8	0.8%
Total	3 185.0	100.0%	2 895.2	100.0%	6 080.2	100.0%

Base: All respondents.

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

Analysed by age, the proportion of people who reported being able to count on someone for emotional support decreased significantly with age, from 65.3% in 15-24 age group to 37.6% in the 75-84 age group, then slightly increased to 40.7% among those aged 85 or above (Table 4.4.1b).

Table 4.4.1b: Availability of emotional support when needed by age group

	15-24		25-34		35-44		45-54		55-64		65-74		75-84		85 or 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)	%	No. of persons ('000)	%
Yes	523.6	65.3%	620.6	64.6%	620.9	60.8%	619.2	52.3%	512.3	48.1%	242.7	43.0%	132.7	37.6%	53.2	40.7%	3 325.3	54.7%
No	57.5	7.2%	69.5	7.2%	94.2	9.2%	141.9	12.0%	135.3	12.7%	89.1	15.8%	62.0	17.6%	24.2	18.5%	673.6	11.1%
Don't need support	216.2	27.0%	267.6	27.8%	302.0	29.6%	412.2	34.8%	411.0	38.6%	226.7	40.2%	147.4	41.8%	47.5	36.3%	2 030.5	33.4%
Don't know	4.3	0.5%	3.7	0.4%	4.1	0.4%	9.7	0.8%	7.0	0.7%	5.5	1.0%	10.6	3.0%	6.0	4.6%	50.8	0.8%
Total	801.6	100.0%	961.4	100.0%	1 021.2	100.0%	1 183.0	100.0%	1 065.5	100.0%	564.0	100.0%	352.7	100.0%	130.8	100.0%	6 080.2	100.0%

Base: All respondents.

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

Majority of people aged 15 or above considered that their friends (67.7%) or their spouse (48.2%) were the most helpful sources in providing emotional support in the 12 months preceding the survey (Table 4.4.1c).

Table 4.4.1c: Sources of emotional support in the 12 months preceding the survey by gender

	Female		Male		Total	
	No. of persons (‘000)	%	No. of persons (‘000)	%	No. of persons (‘000)	%
Friend	1 287.8	67.2%	963.9	68.4%	2 251.7	67.7%
Spouse	844.7	44.1%	756.9	53.7%	1 601.7	48.2%
Mother	308.2	16.1%	221.7	15.7%	529.9	15.9%
Son	294.8	15.4%	177.5	12.6%	472.3	14.2%
Daughter	303.1	15.8%	154.4	11.0%	457.6	13.8%
Father	175.8	9.2%	150.0	10.6%	325.7	9.8%
Colleague	146.3	7.6%	139.4	9.9%	285.7	8.6%
Sister	196.9	10.3%	43.5	3.1%	240.5	7.2%
Other relative	117.2	6.1%	72.4	5.1%	189.6	5.7%
Brother	64.5	3.4%	69.0	4.9%	133.5	4.0%
Professionals	31.2	1.6%	23.3	1.7%	54.6	1.6%
Church member	36.9	1.9%	12.6	0.9%	49.6	1.5%
Neighbour	26.0	1.4%	12.1	0.9%	38.1	1.1%
Club member	5.8	0.3%	3.7	0.3%	9.6	0.3%
Schoolmate	5.4	0.3%	3.0	0.2%	8.4	0.3%
Domestic helper	1.0	0.1%	0.4	<0.05%	1.3	<0.05%

Base: The respondents who could count on someone for emotional support.

Notes: Ranked in descending order of percentages of source of emotional control.

Multiple answers were allowed.

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

Overall, 90.3% of people aged 15 or above reported that they had at least one relative or close friend to whom they could talk about private matter and call on for help. The proportion was higher in females (92.5%) than their male counterparts (87.9%). On average, people aged 15 or above had three relatives or close friends for such social support (Table 4.4.1d).

Table 4.4.1d: Number of relatives and close friends to whom they can talk about private matter and call on for help by gender

	Female		Male		Total	
	No. of persons ('000)	%	No. of persons ('000)	%	No. of persons ('000)	%
0	239.5	7.5%	349.6	12.1%	589.1	9.7%
1	423.1	13.3%	456.0	15.8%	879.1	14.5%
2	833.4	26.2%	711.5	24.6%	1 544.9	25.4%
3	702.9	22.1%	582.3	20.1%	1 285.2	21.1%
4	326.4	10.2%	226.2	7.8%	552.6	9.1%
5	329.3	10.3%	253.8	8.8%	583.1	9.6%
6 or more	330.5	10.4%	315.8	10.9%	646.3	10.6%
Total	3 185.0	100.0%	2 895.2	100.0%	6 080.2	100.0%
Mean	3.1		2.9		3.0	

Base: All respondents.

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

Analysed by age, the proportion of people who had at least one relative or close friend to whom they can talk about private matter and call on for help decreased from 95.9% in 15-24 age group and 95.8% in 25-34 age group to 80.1% in the 75-84 age group, and slightly increased to 83.1% in the age group 85 or above. On the other hand, the proportions of these persons reporting having no one to call on for help were relatively high in the older age groups of 65-74 (14.9%), 75-84 (19.9%) and 85 or above (16.9%) making them more vulnerable. The average number of relatives or close friends to whom they could talk about private matter and call on for help decreased from 3.7 for those aged 15-24 to 2.0 for those aged 85 or above (Table 4.4.1e).

Table 4.4.1e: Number of relatives and close friends to whom they can talk about private matter and call on for help by age group

	15-24		25-34		35-44		45-54		55-64		65-74		75-84		85 or 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)	%	No. of persons ('000)	%
0	32.7	4.1%	40.3	4.2%	65.8	6.4%	132.1	11.2%	142.1	13.3%	83.8	14.9%	70.1	19.9%	22.2	16.9%	589.1	9.7%
1	49.9	6.2%	102.9	10.7%	153.0	15.0%	182.2	15.4%	164.5	15.4%	118.9	21.1%	75.0	21.3%	32.7	25.0%	879.1	14.5%
2	194.5	24.3%	224.7	23.4%	265.1	26.0%	302.2	25.5%	279.6	26.2%	155.4	27.6%	83.6	23.7%	39.7	30.3%	1 544.9	25.4%
3	181.3	22.6%	240.1	25.0%	222.1	21.8%	238.3	20.1%	215.5	20.2%	107.5	19.1%	63.2	17.9%	17.2	13.1%	1 285.2	21.1%
4	103.7	12.9%	100.3	10.4%	86.5	8.5%	112.0	9.5%	84.1	7.9%	36.0	6.4%	20.6	5.8%	9.5	7.3%	552.6	9.1%
5	117.1	14.6%	113.3	11.8%	109.4	10.7%	98.8	8.3%	84.1	7.9%	30.5	5.4%	24.3	6.9%	5.6	4.3%	583.1	9.6%
6 or more	122.4	15.3%	139.7	14.5%	119.3	11.7%	117.4	9.9%	95.6	9.0%	31.8	5.6%	15.9	4.5%	4.1	3.1%	646.3	10.6%
Total	801.6	100.0%	961.4	100.0%	1 021.2	100.0%	1 183.0	100.0%	1 065.5	100.0%	564.0	100.0%	352.7	100.0%	130.8	100.0%	6 080.2	100.0%
Mean	3.7		3.6		3.2		2.9		2.7		2.3		2.2		2.0		3.0	

Base: All respondents.

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

4.4.2 Financial Support

In terms of financial support, respondents were asked “if you need some extra help financially, for example, paying bills, rent, mortgage or hospital charges, could you count on anyone to help you?”.

Overall, more than half (56.9%) of persons aged 15 or above considered that they could count on someone for financial support when extra help is needed, while 31.7% responded that they did not need help. Females (60.0%) and people in the 15-24 age group (70.5%) were more likely than their counterparts to give a positive response (Table 4.4.2a and Table 4.4.2b).

Table 4.4.2a: Availability of financial support when needed by gender

	Female		Male		Total	
	No. of persons ('000)	%	No. of persons ('000)	%	No. of persons ('000)	%
Yes	1 910.3	60.0%	1 549.8	53.5%	3 460.0	56.9%
No	261.9	8.2%	315.9	10.9%	577.8	9.5%
Don't need help	946.4	29.7%	983.1	34.0%	1 929.5	31.7%
Don't know	66.4	2.1%	46.5	1.6%	112.9	1.9%
Total	3 185.0	100.0%	2 895.2	100.0%	6 080.2	100.0%

Base: All respondents.

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

Table 4.4.2b: Availability of financial support when needed by age group

	15-24		25-34		35-44		45-54		55-64		65-74		75-84		85 or 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)	%	No. of persons ('000)	%
Yes	565.1	70.5%	598.9	62.3%	576.8	56.5%	617.9	52.2%	569.0	53.4%	290.1	51.4%	172.9	49.0%	69.4	53.1%	3 460.0	56.9%
No	44.4	5.5%	64.5	6.7%	91.7	9.0%	136.9	11.6%	118.8	11.1%	62.3	11.0%	46.0	13.0%	13.1	10.0%	577.8	9.5%
Don't need help	182.7	22.8%	283.1	29.4%	333.9	32.7%	408.5	34.5%	362.2	34.0%	198.6	35.2%	118.8	33.7%	41.8	31.9%	1 929.5	31.7%
Don't know	9.4	1.2%	14.9	1.5%	18.7	1.8%	19.7	1.7%	15.5	1.5%	13.1	2.3%	15.0	4.3%	6.5	5.0%	112.9	1.9%
Total	801.6	100.0%	961.4	100.0%	1 021.2	100.0%	1 183.0	100.0%	1 065.5	100.0%	564.0	100.0%	352.7	100.0%	130.8	100.0%	6 080.2	100.0%

Base: All respondents.

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

4.5 Suicidal Behaviour

Suicidal behaviour is considered as 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) ⁸.

In the survey, information on suicidal behaviour was obtained from respondents by using a self-administered questionnaire, including their thoughts of killing themselves and the number of times they had actually attempted suicide during the year preceding the survey and ever.

Overall, 1.2% of people aged 15 or above had thought about ending their own life during the year preceding the survey - the percentages were the same between females and males (both at 1.2%) (Table 4.5a).

Table 4.5a: Proportion of population aged 15 or above who had thoughts of suicide during the year preceding the survey by gender

	Female		Male		Total	
	No. of persons ('000)	%	No. of persons ('000)	%	No. of persons ('000)	%
Yes	39.3	1.2%	34.9	1.2%	74.2	1.2%
No	3 145.7	98.8%	2 860.3	98.8%	6 006.0	98.8%
Total	3 185.0	100.0%	2 895.2	100.0%	6 080.2	100.0%

Base: All respondents.

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

Subgroup analysis by age showed that the percentage of having suicidal ideation during the year preceding the survey generally decreased with age. The prevalence of having had such thought was the highest at 2.6% for people aged 15-24, decreased to 0.6% for people aged 75-84, then slightly increased to 0.9% for those aged 85 or above (Table 4.5b).

Table 4.5b: Proportion of population aged 15 or above who had thoughts of suicide during the year preceding the survey by age group

	15-24		25-34		35-44		45-54		55-64		65-74		75-84		85 or 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)	%	No. of persons ('000)	%
Yes	21.0	2.6%	12.4	1.3%	12.8	1.3%	12.6	1.1%	8.0	0.7%	4.3	0.8%	2.0	0.6%	1.1	0.9%	74.2	1.2%
No	780.6	97.4%	949.0	98.7%	1 008.4	98.7%	1 170.4	98.9%	1 057.5	99.3%	559.7	99.2%	350.7	99.4%	129.7	99.1%	6 006.0	98.8%
Total	801.6	100.0%	961.4	100.0%	1 021.2	100.0%	1 183.0	100.0%	1 065.5	100.0%	564.0	100.0%	352.7	100.0%	130.8	100.0%	6 080.2	100.0%

Base: All respondents.

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

People aged 15 or above who had lower monthly household income were more likely to have suicidal ideation in the year preceding the survey than those who had higher monthly household income (Table 4.5c).

Table 4.5c: Proportion of population aged 15 or above who had thoughts of suicide during the year preceding the survey by monthly household income

	Less than \$5,000		\$5,000-\$9,999		\$10,000-\$19,999		\$20,000-\$29,999		\$30,000-\$39,999		\$40,000-\$49,999		\$50,000 or more		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	8.6	2.0%	6.9	1.9%	15.4	1.5%	15.1	1.2%	10.0	1.0%	8.9	1.3%	8.9	0.7%	73.6	1.2%
No	430.0	98.0%	364.8	98.1%	1 010.9	98.5%	1 225.0	98.8%	985.7	99.0%	675.4	98.7%	1 297.4	99.3%	5 989.1	98.8%
Total	438.6	100.0%	371.7	100.0%	1 026.2	100.0%	1 240.1	100.0%	995.6	100.0%	684.2	100.0%	1 306.3	100.0%	6 062.7	100.0%

Base: All respondents who had provided information on monthly household income.

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

Of the people aged 15 or above who had thought about ending their own life in the year preceding the survey, 8.9% had actually attempted suicide during this period, and 4.3% attempted more than once. Analysed by gender, more males (9.2%) than females (8.6%) who had suicidal ideation in the year preceding the survey had attempted suicide (Table 4.5d).

Table 4.5d: Proportion of population aged 15 or above who had actually attempted suicide during the year preceding the survey among those who had thought of suicide by gender

	Female		Male		Total	
	No. of persons ('000)	%	No. of persons ('000)	%	No. of persons ('000)	%
Yes	3.4	8.6%	3.2	9.2%	6.6	8.9%
<i>Once</i>	1.9	4.8%	1.5	4.4%	3.4	4.6%
<i>Twice</i>	1.0	2.5%	1.1	3.1%	2.0	2.8%
<i>Three times</i>	-	-	-	-	-	-
<i>Four times or more</i>	0.5	1.3%	0.6	1.7%	1.1	1.5%
No	35.9	91.4%	31.7	90.8%	67.6	91.1%
Total	39.3	100.0%	34.9	100.0%	74.2	100.0%

Base: All respondents who had thought of suicide in the year preceding the survey.

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

Among people aged 15 or above, 1.0% reported that they had ever attempted suicide before, and 0.4% had such attempt more than once. More females (1.2%) than males (0.8%) had ever attempted suicide before (Table 4.5e).

Table 4.5e: Proportion of population aged 15 or above who had ever attempted suicide by gender

	Female		Male		Total	
	No. of persons ('000)	%	No. of persons ('000)	%	No. of persons ('000)	%
Yes	39.7	1.2%	23.1	0.8%	62.8	1.0%
<i>Once</i>	23.2	0.7%	14.4	0.5%	37.6	0.6%
<i>Twice</i>	7.1	0.2%	6.6	0.2%	13.6	0.2%
<i>Three times</i>	5.0	0.2%	0.4	<0.05%	5.4	0.1%
<i>Four times or more</i>	4.4	0.1%	1.7	0.1%	6.1	0.1%
No	3 145.3	98.8%	2 872.1	99.2%	6 017.4	99.0%
Total	3 185.0	100.0%	2 895.2	100.0%	6 080.2	100.0%

Base: All respondents.

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

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