

Press release of 6 May 2025

## **Well-being and mental health: worrying results for women and young people**

**Let's start with the good news: a majority of Swiss people feel healthy and are satisfied with their lives. However, according to a representative survey by Groupe Mutuel, women and young people in particular are in comparatively poor mental and physical health, are often stressed and feel lonely.**

Nine out of ten Swiss people are fairly or very satisfied with themselves and also rate their health to be fairly good or very good. When asked about their physical condition, just over half (52%) consider it to be very good or good, according to a representative survey conducted by the GfK survey institute on behalf of Groupe Mutuel. These figures have therefore risen sharply since the pandemic, even though a third of Swiss people say they do not exercise and almost half (46%) describe themselves as slightly to very overweight.

On a psychological level, the Swiss are doing rather well: almost 60% of them rate their mental state as very good or good. A further 38% consider it to be fairly good.

### **Women and young people are less well-off**

However, one finding stands out: women and younger people between the ages of 15 and 34 score lower on almost all indicators. While 17% of men consider themselves to be in very good health, this figure is only 13% for women. The latter also rate their physical condition worse, are less satisfied and do less sport.

When asked about their mental health, only 18% of women rate it as very good, compared to 25% of men. As several recent studies have already shown, young people also feel worse mentally: while more than half of people over 55 rate their own mental health as very good, only 14% of those under 34 do. Young people also feel lonely particularly often. More than half of them have felt lonely sometimes or very often, compared with only a quarter of those over 55.

*"The data shows that loneliness, poor mental health and stress are correlated. These factors also lead to fundamentally poorer overall health,"* said Mariana Atilano Merinan, Head of Strategy, Innovation and Data at Groupe Mutuel.

However, seeking help is no longer considered taboo. A significant proportion of the Swiss population has already sought treatment for mental health issues. On the other hand, digital tools that offer practical help are still viewed with some scepticism: only a third of those surveyed would consider online remote therapy treatment.

### **Stress is widespread**

Women and young people are also more likely to be stressed. While the stress level in the Swiss population is generally high at 71% of those who are at least sometimes stressed, almost 40% of women and young people describe themselves as very often or often stressed (compared to 21% of men and only

12% of over 55-year-olds). For a third of those surveyed, the number one stress factor is work, followed far behind by financial circumstances (18%) and private life (15%). Only people over 55 consider health and world events to be significant stress factors (one fifth in both cases).

*"We are particularly concerned about these results with regard to young people and women. They show us that initiatives to support women's health, such as the promotion of start-ups in the FemTech sector or specific programmes for women, are more appropriate than ever. We also have a responsibility as an employer to address the issue of mental health and offer strategies for coping with stress, especially for young people,"* said Thomas Boyer, CEO of Groupe Mutuel.

The full results of the survey are available on request.

#### **Information on the survey:**

- Period: 18.03.2025 - 28.03.2025
- Number of respondents: 1,500 people throughout Switzerland, aged 15-74
- Method: Online survey, weighted according to language region
- Survey institute: GfK



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#### **About Groupe Mutuel**

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