



29,637

respondents between the ages of 18 and 99 from 15 European countries



03/22 – 04/22

inquiry period of online survey



Topic

Is Europe on the brink of a health collapse?



Initiator

STADA Arzneimittel AG in cooperation with InSites Consulting

Origin, Objectives and Methodology

Europe, early summer 2021: Covid vaccination programmes across Europe were in full flow, bringing the prospect of returning to life more like we knew it before the pandemic. But had the virus changed the way we lived irreversibly? By asking detailed questions of 30,000 people across 15 countries, the STADA Health Report 2021 brought to light the immediate short-term effects of the pandemic on the lives of Europeans: how it affected their mental and overall health, old habits that were abandoned and those adopted in their stead, but also Europe's resilience and readiness to step up – by abiding by the rules. One year later, STADA checked in with Europeans to learn what longer-term effects the pandemic has left on Europe's health landscape: how is people's mental health holding up? What is worrying them? Are they paying more attention to their health? What is keeping Europeans awake at night? And who are they turning to for support? All the answers can be found in the STADA Health Report 2022.

A brief review

Originally conceptualised as a German study to investigate the country's "health literacy", the STADA Health Report has since evolved to become one of the most comprehensive and extensive health studies on the continent. Following its international debut in 2018, it has investigated, covered and chronicled the impact of major debates and events on the European population's health and minds, their fears, hopes and opinions. Not least but perhaps most notably since the outbreak of the Covid pandemic

in early 2020, the Health Report has been a reliable mood barometer at the very pulse of the European population, making it both the tangible extension of and testament to STADA's purpose of Caring for People's Health as a Trusted Partner.

Sample and methodology 2022

This year's cross-national survey was carried out by InSites Consulting via an online questionnaire from mid-March until mid-April 2022 in the following 15 countries: Austria, Belgium, the Czech Republic, France, Germany, Italy, Kazakhstan, the Netherlands, Poland, Portugal, Romania, Serbia, Spain, Switzerland and the United Kingdom. Kazakhstan and Romania participated for the first time this year. With around 2,000 respondents in each country, the panel included a total of 29,637 people between the ages of 18 and 99. As always, the results are representative of the characteristics of age, gender and region.

The questionnaire comprised more than 30 questions from seven different categories:

1. Health Service & Actors
2. Preventive Health
3. Mental Health
4. Sleep, Calm, Rest
5. Digital & Technology
6. Nutrition, Diet, Digestion
7. Interaction with Environment

All participating countries were free to ask their respective population up to three additional questions.