

# Demographic Patterns and Prevalence of Mental Health Disorders in Europe

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## Abstract

Mental health disorders are a major public health concern globally, and according to the World Health Organization (WHO) in 2019 one in every eight people in the world suffers from a certain mental problem. Mental health disorders are widespread throughout various demographic groups in Europe, although there are noticeable variations. Our work aims to explore the occurrence and patterns of mental health disorders, with a particular focus on demographic factors such as gender and region.

With this objective, we conducted a systematic review of the existing literature and analyzed data over the period of 1990-2019 from the Global Burden of Disease (2019). The data included measures of mental health disorders and demographic variables such as location, sex, age, etc. It is revealed that mental health disorders are prevalent across all demographic groups, highlighting that mental health is an issue that impacts everyone regardless of their background.

However, our analysis also showed that there are some notable differences in the rate of mental health disorders across different demographic groups. For example, women had a higher prevalence of depression and anxiety compared to men. This is consistent with previous research that has found that women are more likely to experience mental health disorders than men. Furthermore, people in Western Europe had a higher rate of anxiety than Central or Eastern Europe, indicating that there may be regional differences in the prevalence of mental health disorders.

Our study highlights the need of targeted interventions to address the significant burden of mental health disorders. Given the variations in their prevalence across different demographic groups, the interventions need to be tailored to the specific needs of each group. For example, actions that address the higher prevalence of depression and anxiety among women could include targeted counseling and support services. Similarly, measures that address the higher prevalence of anxiety in Western region could focus on reducing stress and improving access to mental health services in those regions.

**Keywords:** Demography, Mental Health Disorders, Machine Learning.

## References

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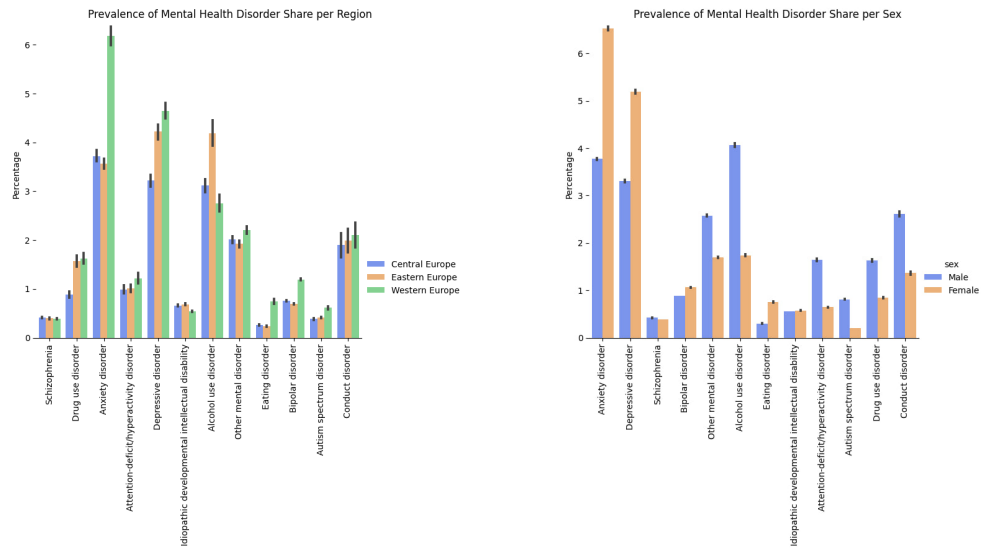


Figure 1: Prevalence of Mental Health Disorders per Region and per Sex.