Dimension Scores

In 2021 the dimension scores (Mood & Outlook, Social Self etc.) were rescaled to bring the scale equivalent to the overall MHQ Score (i.e. -100 to +200). Previously dimension scores were on a scale that was half of this scale (i.e. -50 to +100). We had previously posted tables with the previous scaling. As on 21 Mar 2022 we have reposted the data tables with the rescaled scores. If you have downloaded the tables prior to Mar 21, please utilize these rescaled values. Further, if you are making comparisons to 2020 data, please note that 2020 values will have to be rescaled. This is a simple linear scaling that requires a multiplication of the value by 2.

Average Computations

The data in these tables represent aggregates for countries and groups. Country averages are a weighted averages by age-gender groups in the population while regional averages are weighted averages by the Internet or Language population in each country (whichever is smaller). More details are provided in Appendix 2 of the report.

Statistical Significance

Statistical Significance is calculated using a standard t-test and P-values are Bonferroni corrected. All t-test results show the difference between groups, the t-statistic and the corrected p-value. Please scroll right to see each table.