Stress and mental health at work

**e1**
Are any of the following initiatives available in your workplace? (% 'Yes')

- Awareness raising or other activities to provide information on safety and health
  - EU27: 59%
  - Italy: 58%

- Access to counselling or psychological support
  - EU27: 38%
  - Italy: 29%

- Information and training on well-being and coping with stress
  - EU27: 42%
  - Italy: 37%

- Consultation of workers about stressful aspects of work
  - EU27: 43%
  - Italy: 33%

**e2**
Do you agree or disagree with the following statements on stress and mental health in your workplace? (%)

- Disclosing a mental health condition would have a negative impact on my career
  - EU27: 16%
  - Italy: 20%

- The COVID-19 pandemic has made it easier to talk about stress and mental health at work
  - EU27: 11%
  - Italy: 12%

- I would feel comfortable speaking to my manager or supervisor about my mental health
  - EU27: 18%
  - Italy: 14%

- My work stress has increased as a result of the COVID-19 pandemic
  - EU27: 16%
  - Italy: 15%
### Work-related health problems

<table>
<thead>
<tr>
<th>Health Problem</th>
<th>Overall</th>
<th>IT</th>
</tr>
</thead>
<tbody>
<tr>
<td>Overall fatigue</td>
<td>37</td>
<td>40</td>
</tr>
<tr>
<td>Headaches, eyestrain</td>
<td>34</td>
<td>38</td>
</tr>
<tr>
<td>Bone, joint or muscle problems or pain</td>
<td>30</td>
<td>31</td>
</tr>
<tr>
<td>Stress, depression or anxiety</td>
<td>27</td>
<td>30</td>
</tr>
<tr>
<td>Infectious diseases (including COVID-19)</td>
<td>21</td>
<td>15</td>
</tr>
<tr>
<td>Another health problem related to your work</td>
<td>6</td>
<td>5</td>
</tr>
<tr>
<td>Accident or injuries</td>
<td>5</td>
<td>3</td>
</tr>
<tr>
<td>None of these</td>
<td>33</td>
<td>32</td>
</tr>
</tbody>
</table>

### Managing safety and health at work

#### f1
Do you think the safety rules at your place of work are a good thing to have or do they make your job more difficult to do? (%)

- A good thing: 81%
- Make your job more difficult to do: 10%
- Both: 4%
- Does not apply/No safety rules at work: 4%
- Don't know: 2%

#### f2
Do you agree or disagree with the following statements? (% Total 'Agree')

- Safety problems are addressed promptly in my workplace: 81%
- There are good measures to protect workers’ health in my workplace: 82%
- Workers are encouraged to report safety and health issues in my workplace: 79%
- Organisations with high safety and health standards are more likely to attract job-seekers: 78%