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**COVER NOTE**

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From: Secretary-General of the European Commission, signed by Ms Martine DEPREZ, Director

date of receipt: 21 November 2025

To: Ms Thérèse BLANCHET, Secretary-General of the Council of the European Union

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No. Cion doc.: C(2025) 7801 annex

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Subject: ANNEX to the COMMISSION DELEGATED REGULATION (EU) .../... supplementing Regulation (EU) 2019/1700 of the European Parliament and of the Council by specifying the number and the title of the variables for the 2027 ad hoc subject 'Mental health and well-being' in the income and living conditions domain

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Delegations will find attached document C(2025) 7801 annex.

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Encl.: C(2025) 7801 annex



Brussels, 21.11.2025  
C(2025) 7801 final

ANNEX

**ANNEX**

**to the**

**Commission Delegated Regulation**

**supplementing Regulation (EU) 2019/1700 of the European Parliament and of the Council by specifying the number and the title of the variables for the 2027 ad hoc subject 'Mental health and well-being' in the income and living conditions domain**

## ANNEX

Number and titles of the variables for the 2027 ad hoc subject ‘Mental health and well-being’ in the income and living conditions domain.

Module	Detailed topic	Variable identifier	Variable name
Mental health and well-being	Mental health and well-being (21 variables collected (2 optional, 19 compulsory), 1 technical variable (optional))	PMH020	Feeling down, depressed or anxious (for at least 2 weeks) during last 12 months
		PMH030	Impact of mental health and well-being on social activities
		PMH040	Impact of mental health and well-being on ability to work
		PMH050	Main reason for being down, depressed or anxious
		PMH060	Consultation with a mental health specialist/ professional
		PMH070	Unmet needs for a consultation with a mental health specialist/ professional
		PMH080	Main reason for unmet needs for a consultation with mental health specialist/ professional
		PMH090	Possibility to discuss personal problems
		PMH095	Formal education and training during last 12 months (OPTIONAL)
		PMH100	Good relationships in education and training with peers, teachers and lecturers
		PMH105	Work during last 12 months (OPTIONAL)
		PMH110	Good working relationships with co-workers, managers or team
		PMH120	Work-life balance
PMH130	Absence from work due to feeling down, depressed, or anxious		

		PMH140	Frequency of sport
		PMH150	Frequency of experiencing sleeping difficulties
		PMH160	Use of social media
		PMH170	Experience of digital violence
		PMH180	Burden of household chores
		PMH190	Burden of daily management responsibilities
		PMH200	Feeling discriminated
		PMH210	Mental health and well-being weights (OPTIONAL)