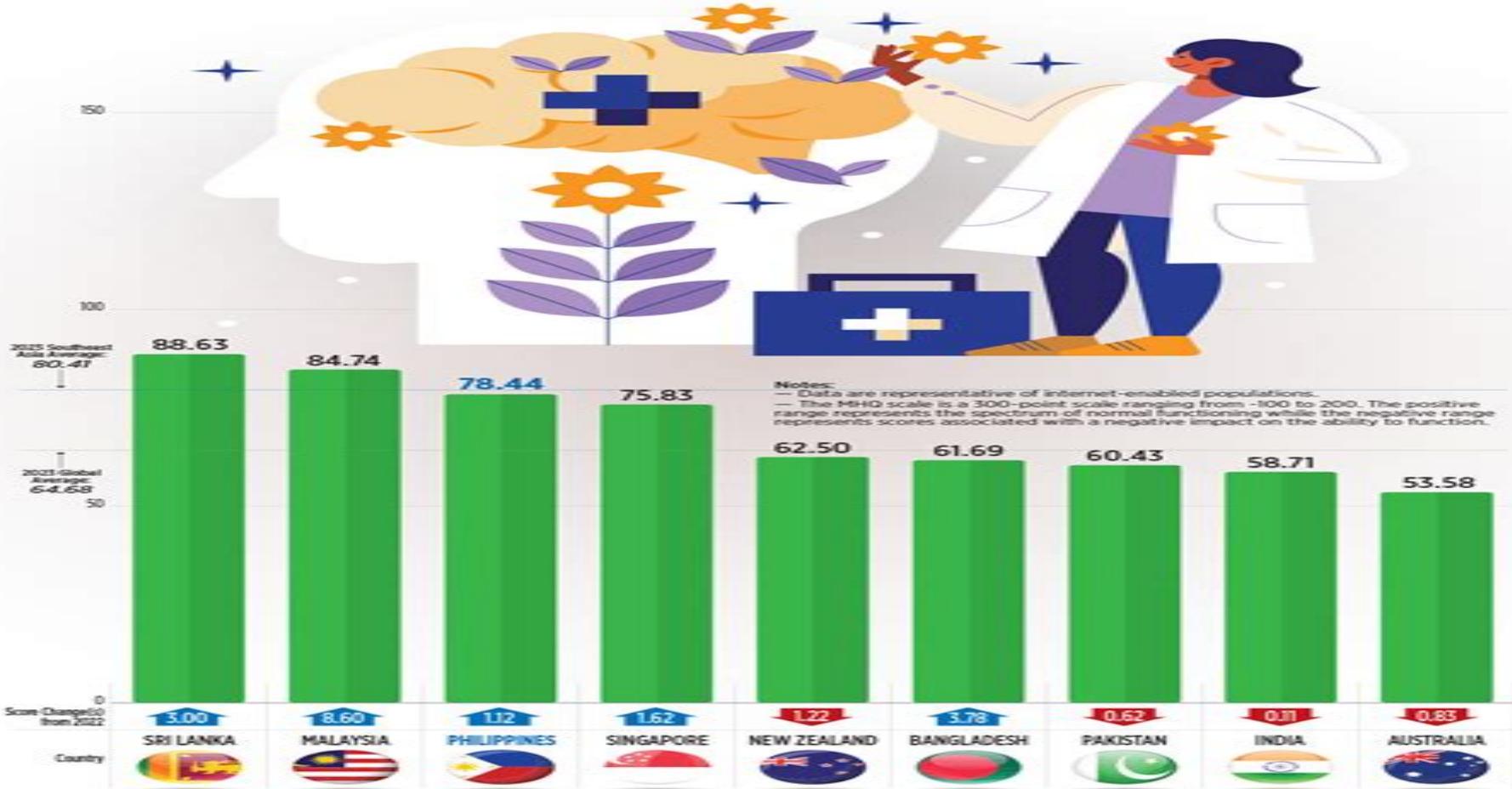


# PHILIPPINES' MENTAL HEALTH IMPROVES IN 2023

The Philippines scored an average Mental Health Quotient (MHQ) of 78.44 in the 2023 edition of the Mental State of the World Report by US-based not-for-profit organization Sapien Labs. The country has the 16<sup>th</sup> highest average MHQ out of the 71 countries included in the report. It also performed above the world average score of 64.68 but below the Southeast Asian average of 80.41. The MHQ is an assessment of mental well-being that indicates the position of an individual on a spectrum that ranges from -100 (distressed) to 200 (thriving).

## 2023 Average MHQ Scores of Asia-Pacific Countries

Scores range from -100 (distressed) to 200 (thriving)



### Top 5

Country	2023 Average MHQ Score	Score Change(s) from 2022
Dominican Republic	90.83	3.66
Sri Lanka	88.63	3.00
Tanzania	88.31	5.33
Panama	84.99	3.17
Malaysia	84.74	8.60

### Bottom 5

Country	2023 Average MHQ Score	Score Change(s) from 2022
Uzbekistan	47.80	New Entrant
United Kingdom	49.38	3.18
South Africa	50.30	2.81
Brazil	52.97	0.03
Tajikistan	53.40	New Entrant

Source: Sapien Labs' 2023 The Mental State of the World Report (<https://mentalstateoftheworldreport/>)  
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**Patrick Vollmar**



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