

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 16th 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 | | | Bottom 5 | | |
|--------------------|------------------------|---------------------------|----------------|------------------------|---------------------------|
| Country | 2023 Average MHQ Score | Score Change(s) from 2022 | Country | 2023 Average MHQ Score | Score Change(s) from 2022 |
| Dominican Republic | 90.83 | 3.66 | Uzbekistan | 47.80 | New Entrant |
| Sri Lanka | 88.63 | 3.00 | United Kingdom | 49.38 | 3.18 |
| Tanzania | 88.31 | 5.33 | South Africa | 50.30 | 2.81 |
| Panama | 84.99 | 3.17 | Brazil | 52.97 | 0.03 |
| Malaysia | 84.74 | 8.60 | Tajikistan | 53.40 | New Entrant |

Source: Sapien Labs' 2023 The Mental State of the World Report (<https://mentalstateoftheworldreport/>)
BusinessWorld Research: Karis Kasarinian Paolo D. Mendoza BusinessWorld Graphics: Bong R. Fortin



Mental Health Latest

Marcel A. Müller



Mental Health Latest:

The Enigmatic Realm of **Mental Health Latest**: Unleashing the Language is Inner Magic

In a fast-paced digital era where connections and knowledge intertwine, the enigmatic realm of language reveals its inherent magic. Its capacity to stir emotions, ignite contemplation, and catalyze profound transformations is nothing short of extraordinary. Within the captivating pages of **Mental Health Latest** a literary masterpiece penned by way of a renowned author, readers attempt a transformative journey, unlocking the secrets and untapped potential embedded within each word. In this evaluation, we shall explore the book's core themes, assess its distinct writing style, and delve into its lasting effect on the hearts and minds of those who partake in its reading experience.

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