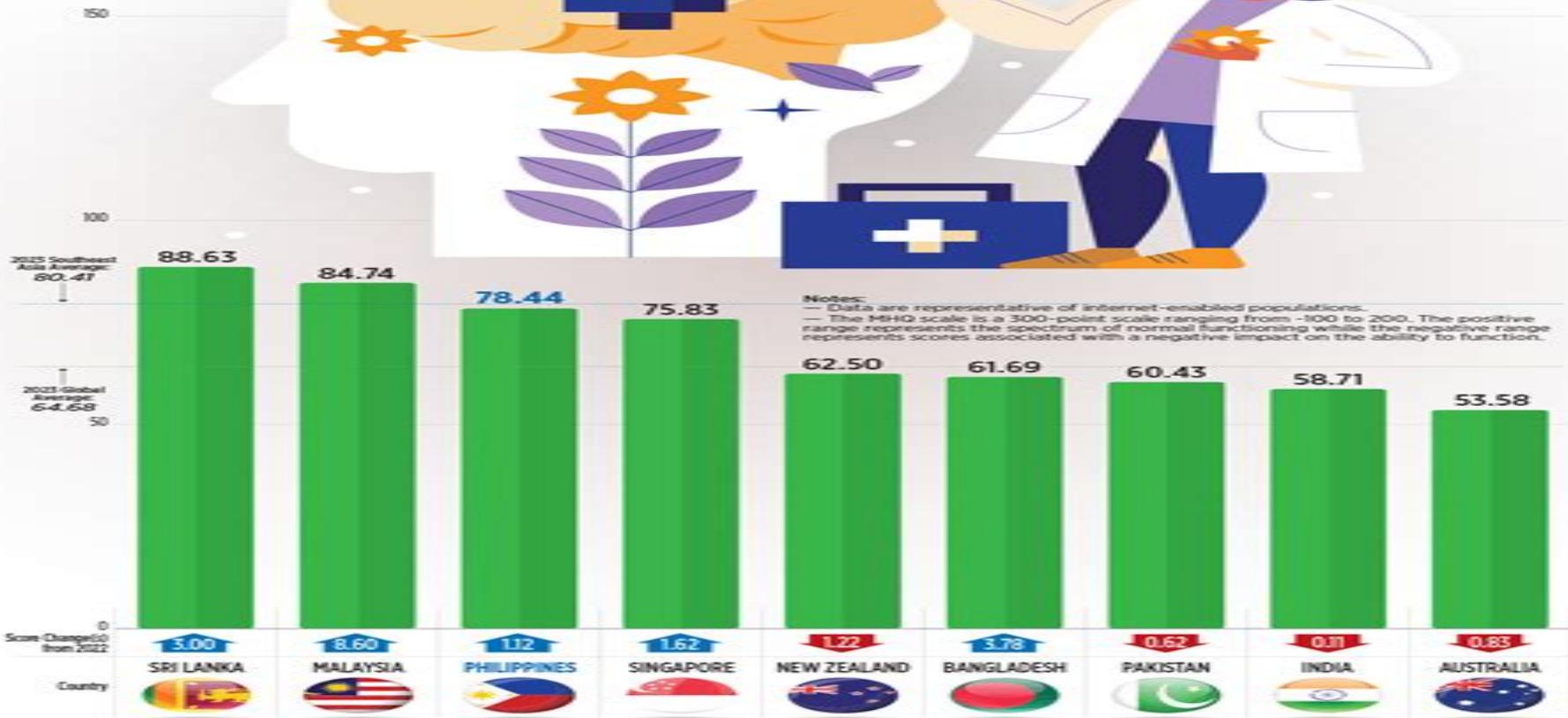


PHILIPPINES' MENTAL HEALTH IMPROVES IN 2023

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)



Notes:
 — Data are representative of internet-enabled populations.
 — The MHQ scale is a 300-point scale ranging from -100 to 200. The positive range represents the spectrum of normal functioning while the negative range represents scores associated with a negative impact on the ability to function.

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/>)
 BusinessWorld Research: Karis Kasarinlian Paolo D. Mendoza BusinessWorld Graphics: Bong R. Fortin



Mental Health Latest

Camilla Rothe



Mental Health Latest:

Whispering the Techniques of Language: An Psychological Journey through **Mental Health Latest**

In a digitally-driven earth where displays reign supreme and quick connection drowns out the subtleties of language, the profound secrets and emotional nuances hidden within words often go unheard. Yet, nestled within the pages of **Mental Health Latest** a charming literary prize blinking with organic feelings, lies an exceptional journey waiting to be undertaken. Written by a talented wordsmith, that charming opus invites visitors on an introspective journey, gently unraveling the veiled truths and profound affect resonating within the very fabric of each and every word. Within the emotional depths of this poignant evaluation, we will embark upon a heartfelt exploration of the book is primary styles, dissect their charming writing style, and fail to the powerful resonance it evokes heavy within the recesses of readers hearts.

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