Official Journal
of the European Union

EN
L series

2025/2448

5.12.2025

COMMISSION IMPLEMENTING REGULATION (EU) 2025/2448

of 4 December 2025

specifying the technical items of the data sets for the 2027 *ad hoc* subject on 'Mental health and well-being' in the income and living conditions domain pursuant to Regulation (EU) 2019/1700 of the European Parliament and of the Council

(Text with EEA relevance)

THE EUROPEAN COMMISSION,

Having regard to the Treaty on the Functioning of the European Union,

Having regard to Regulation (EU) 2019/1700 of the European Parliament and of the Council of 10 October 2019 establishing a common framework for European statistics relating to persons and households, based on data at individual level collected from samples, amending Regulations (EC) No 808/2004, (EC) No 452/2008 and (EC) No 1338/2008 of the European Parliament and of the Council, and repealing Regulation (EC) No 1177/2003 of the European Parliament and of the Council and Council Regulation (EC) No 577/98 ([1]), and in particular Article 7(1) thereof,

Whereas:

(1) The income and living conditions domain provides the information required by the European Semester and the European Pillar of Social Rights, in particular on income distribution, poverty and social exclusion. It also provides information for other Union policies related to living conditions and poverty. The ad hoc subject to be collected in 2027 on 'Mental health and well-being' is of key importance, in view of implementing the European Health Union initiative ([2]) which recognises that mental health is an integral part of health. New statistics and indicators should be developed and gradually embedded into policymaking to reflect issues such as inequalities, physical and mental health and to assess the impact of actions and funding.

(2) To ensure that the implementation of the income and living conditions domain is conducted accurately, it is necessary to specify the technical items of the data sets on the 2027 ad hoc subject 'Mental health and well-being'.

(3) The measures provided for in this Regulation are in accordance with the opinion of the European Statistical System Committee,

HAS ADOPTED THIS REGULATION:

Article 1

The technical items of the data sets in the income and living conditions domain as regards the 2027 ad hoc subject 'Mental health and well-being' shall be as set out in the Annex and refer to the following:

(a) the variable's identifier;

(b) the variable's name;

(c) the modality label and code;

(d) the collection unit;

(e) the reference period.

([1]) OJ L 261I, 14.10.2019, p. 1, ELI: http://data.europa.eu/eli/reg/2019/1700/oj.
([2]) Communication from the Commission to the European Parliament, the Council, the European Economic and Social Committee and the Committee of the Regions 'The European Health Union: acting together for people's health' (COM(2024) 206 final).

Article 2

This Regulation shall enter into force on the twentieth day following that of its publication in the *Official Journal of the European Union*.

This Regulation shall be binding in its entirety and directly applicable in all Member States.

Done at Brussels, 4 December 2025.

For the Commission
The President
Ursula VON DER LEYEN

ANNEX

TECHNICAL ITEMS REFERRED TO IN ARTICLE 1

Variable's identifier	Variable name	Modality code	Modality label	Collection unit	Reference period
PMH020	Feeling down, depressed or anxious (for at least 2 weeks) during last 12 months	1	Yes	All current household members aged 16 and over or selected respondent (where applies)	Last 12 months
		2	No		
PMH020_F	Feeling down, depressed or anxious (for at least 2 weeks) during last 12 months (flag)	1	Filled		
		– 1	Missing		
		– 3	Not selected respondent		
		– 7	Not applicable (Not collected according to the implementation of the 'multiannual rolling planning')		
PMH030	Impact of mental health and well-being on social activities	1	Yes	All current household members aged 16 and over or selected respondent (where applies)	Last 12 months
		2	No		
PMH030_F	Impact of mental health and well-being on social activities (flag)	1	Filled		
		– 1	Missing		
		– 2	Not applicable PMH020 = 2		
		– 3	Not selected respondent		
		– 7	Not applicable (Not collected according to the implementation of the 'multiannual rolling planning')		
PMH040	Impact of mental health and well-being on ability to work	1	Yes	All current household members aged 16 and over or selected respondent (where applies)	Last 12 months
		2	No		
		3	I was not in employment during this period or these periods		

Variable's identifier	Variable name	Modality code	Modality label	Collection unit	Reference period
PMH040_F	Impact of mental health and well-being on ability to work (flag)	1	Filled		
		– 1	Missing		
		– 2	Not applicable PMH020 = 2 or PL032 = 3		
		– 3	Not selected respondent		
		– 7	Not applicable (Not collected according to the implementation of the 'multiannual rolling planning')		
PMH050	Main reason for being down, depressed or anxious	1	Family or relationship issues	All current household members aged 16 and over or selected respondent (where applies)	Last 12 months
		2	Health issues		
		3	Financial issues		
		4	Work related stress		
		5	Unemployment		
		6	Stress related to education and training		
		7	Stress due to political situation		
		8	Stress due to environmental concerns		
		9	Other		
		10	Don't know/No specific reason		
PMH050_F	Main reason for being down, depressed or anxious (flag)	1	Filled		
		– 1	Missing		
		– 2	Not applicable PMH020 = 2		
		– 3	Not selected respondent		
		– 7	Not applicable (Not collected according to the implementation of the 'multiannual rolling planning')		

Variable's identifier	Variable name	Modality code	Modality label	Collection unit	Reference period
PMH060	Consultation with a mental health specialist/ professional	1	Yes	All current household members aged 16 and over or selected respondent (where applies)	Last 12 months
		2	No		
PMH060_F	Consultation with a mental health specialist/ professional (flag)	1	Filled		
		– 1	Missing		
		– 3	Not selected respondent		
		– 7	Not applicable (Not collected according to the implementation of the 'multiannual rolling planning')		
PMH070	Unmet needs for a consultation with a mental health specialist/ professional	1	Yes	All current household members aged 16 and over or selected respondent (where applies)	Last 12 months
		2	No		
PMH070_F	Unmet needs for a consultation with a mental health specialist/ professional (flag)	1	Filled		
		– 1	Missing		
		– 3	Not selected respondent		
		– 7	Not applicable (Not collected according to the implementation of the 'multiannual rolling planning')		
PMH080	Main reason for unmet needs for a consultation with a mental health specialist/professional	1	No specialists available	All current household members aged 16 and over or selected respondent (where applies)	Last 12 months
		2	Not affordable		
		3	Waiting time		
		4	Concerned of stigma		
		5	Inability to organise a consultation due to symptoms of feeling down, depressed or anxious		

Variable's identifier	Variable name	Modality code	Modality label	Collection unit	Reference period
		6	Concerned about confidentiality and trust		
		7	Other		
PMH080_F	Main reason for unmet needs for a consultation with a mental health specialist/professional (flag)	1	Filled		
		– 1	Missing		
		– 2	Not applicable (PMH070 = 2)		
		– 3	Not selected respondent		
		– 7	Not applicable (Not collected according to the implementation of the 'multiannual rolling planning')		
PMH090	Possibility to discuss personal problems	1	Yes	All current household members aged 16 and over or selected respondent (where applies)	Last 12 months
		2	No		
PMH090_F	Possibility to discuss personal problems (flag)	1	Filled		
		– 1	Missing		
		– 3	Not selected respondent		
		– 7	Not applicable (Not collected according to the implementation of the 'multiannual rolling planning')		
PMH095	Formal education and training during last 12 months (OPTIONAL)	1	Yes	All current household members aged 16 and over or selected respondent (where applies)	Last 12 months
		2	No		

Variable's identifier	Variable name	Modality code	Modality label	Collection unit	Reference period
PMH095_F	Formal education and training during last 12 months (flag) (OPTIONAL)	1	Filled		
		– 1	Missing		
		– 3	Not selected respondent		
		– 7	Not applicable (Not collected according to the implementation of the 'multiannual rolling planning')		
		– 8	Not applicable (variable not collected)		
PMH100	Good relationships in education and training with peers, teachers or lecturers	1	Yes, with all of them	All current household members aged 16 and over or selected respondent (where applies)	Last 12 months
		2	Yes, with most of them		
		3	Only with some of them		
		4	No		
PMH100_F	Good relationships in education and training with peers, teachers or lecturers (flag)	1	Filled		
		– 1	Missing		
		– 2	Not applicable (PE010 = 2 and PL032 = 1,2,3,4,6,7,8 and PL087 = 0 OR PMH95 = 2)		
		– 3	Not selected respondent		
		– 7	Not applicable (Not collected according to the implementation of the 'multiannual rolling planning')		
PMH105	Work during last 12 months (OPTIONAL)	1	Yes	All current household members aged 16 and over or selected respondent (where applies)	Last 12 months
		2	No		

Variable's identifier	Variable name	Modality code	Modality label	Collection unit	Reference period
PMH105_F	Work during last 12 months (flag) (OPTIONAL)	1	Filled		
		– 1	Missing		
		– 3	Not selected respondent		
		– 7	Not applicable (Not collected according to the implementation of the 'multiannual rolling planning')		
		– 8	Not applicable (variable not collected)		
PMH110	Good working relationships with co-workers, managers or team	1	Yes, with all of them	All current household members aged 16 and over or selected respondent (where applies)	Last 12 months
		2	Yes, with most of them		
		3	Only with some of them		
		4	No		
		5	I work alone (I do not have co-workers, managers or team)		
PMH110_F	Good working relationships with co-workers, managers or team (flag)	1	Filled		
		– 1	Missing		
		– 2	Not applicable (PL032 = 2,3,4,5,6,7,8 and PL073 = 0 and PL074 = 0 and PL075 = 0 and PL076 = 0 OR PMH105 = 2)		
		– 3	Not selected respondent		
		– 7	Not applicable (Not collected according to the implementation of the 'multiannual rolling planning')		
PMH120	Work-life balance	1	All or most of the time	All current household members aged 16 and over or selected respondent (where applies)	Last 12 months
		2	Some of the time		
		3	Rarely or never		

Variable's identifier	Variable name	Modality code	Modality label	Collection unit	Reference period
PMH120_F	Work-life balance (flag)	1	Filled		
		– 1	Missing		
		– 2	Not applicable (PL032 = 2,3,4,5,6,7,8 and PL073 = 0 and PL074 = 0 and PL075 = 0 and PL076 = 0 OR PMH105 = 2)		
		– 3	Not selected respondent		
		– 7	Not applicable (Not collected according to the implementation of the 'multiannual rolling planning')		
PMH130	Absence from work due to feeling down, depressed, or anxious	1	I was not absent	All current household members aged 16 and over or selected respondent (where applies)	Last 12 months
		2	Less than a month		
		3	1-2 months		
		4	3-5 months		
		5	6 months or longer		
		6	No answer/don't know		
PMH130_F	Absence from work due to feeling down, depressed, or anxious (flag)	1	Filled		
		– 1	Missing		
		– 2	Not applicable (PL032 = 2,3,4,5,6,7,8 and PL073 = 0 and PL074 = 0 and PL075 = 0 and PL076 = 0 OR PMH105 = 2 or PHM020 = 2)		
		– 3	Not selected respondent		
		– 7	Not applicable (Not collected according to the implementation of the 'multiannual rolling planning')		

Variable's identifier	Variable name	Modality code	Modality label	Collection unit	Reference period
PMH140	Frequency of sport	1	Every day	All current household members aged 16 and over or selected respondent (where applies)	Last 12 months
		2	Several times a week		
		3	Once a week		
		4	Less often than once a week		
		5	Never		
PMH140_F	Frequency of sport (flag)	1	Filled		
		– 1	Missing		
		– 3	Not selected respondent		
		– 7	Not applicable (Not collected according to the implementation of the 'multiannual rolling planning')		
PMH150	Frequency of experiencing sleeping difficulties	1	Daily	All current household members aged 16 and over or selected respondent (where applies)	Last 12 months
		2	Several times a week		
		3	Less often		
		4	Never		
PMH150_F	Frequency of experiencing sleeping difficulties (flag)	1	Filled		
		– 1	Missing		
		– 3	Not selected respondent		
		– 7	Not applicable (Not collected according to the implementation of the 'multiannual rolling planning')		
PMH160	Use of social media	1	I don't use social media at all or don't use social media every day	All current household members aged 16 and over or selected respondent (where applies)	Last 12 months
		2	Less than 1 hour a day		
		3	1-2 hours a day		
		4	Over 2 hours but less than 4 a day		
		5	4 hours or more a day		

Variable's identifier	Variable name	Modality code	Modality label	Collection unit	Reference period
PMH160_F	Use of social media (flag)	1	Filled		
		– 1	Missing		
		– 3	Not selected respondent		
		– 7	Not applicable (Not collected according to the implementation of the 'multiannual rolling planning')		
PMH170	Experience of digital violence	1	Yes, once	All current household members aged 16 and over or selected respondent (where applies)	Last 12 months
		2	Yes, 2 or more times		
		3	No		
PMH170_F	Experience of digital violence (flag)	1	Filled		
		– 1	Missing		
		– 3	Not selected respondent		
		– 7	Not applicable (Not collected according to the implementation of the 'multiannual rolling planning')		
PMH180	Burden of household chores	1	Heavy burden	All current household members aged 16 and over or selected respondent (where applies)	Last 12 months
		2	Somewhat a burden		
		3	No burden		
		4	I do not have any household chores		
PMH180_F	Burden of household chores (flag)	1	Filled		
		– 1	Missing		
		– 3	Not selected respondent		
		– 7	Not applicable (Not collected according to the implementation of the 'multiannual rolling planning')		

Variable's identifier	Variable name	Modality code	Modality label	Collection unit	Reference period
PMH190	Burden of daily management responsibilities	1	Heavy burden	All current household members aged 16 and over or selected respondent (where applies)	Last 12 months
		2	Somewhat a burden		
		3	No burden		
		4	I do not have any daily management responsibilities in the household		
PMH190_F	Burden of daily management responsibilities (flag)	1	Filled		
		– 1	Missing		
		– 3	Not selected respondent		
		– 7	Not applicable (Not collected according to the implementation of the 'multiannual rolling planning')		
PMH200	Feeling discriminated	1	Mainly due to age (too young/old)	All current household members aged 16 and over or selected respondent (where applies)	Last 12 months
		2	Mainly due to sex (male/female)		
		3	Mainly due to disability or long-term health problem		
		4	Mainly due to immigrant background or ethnic origin		
		5	Mainly due to religion/belief (OPTIONAL)		
		6	Mainly due to sexual orientation (OPTIONAL)		
		7	Mainly due to gender identity (OPTIONAL)		
		8	Mainly due to other reason		
		9	No, I have not felt discriminated against		

Variable's identifier	Variable name	Modality code	Modality label	Collection unit	Reference period
PMH200_F	Feeling discriminated (flag)	1	Filled		
		– 1	Missing		
		– 3	Not selected respondent		
		– 7	Not applicable (Not collected according to the implementation of the 'multiannual rolling planning')		
PMH210	Mental health and well-being weights (OPTIONAL)	0+ (format 2,5)	weight	All current household members aged 16 and over or selected respondent (where applies)	Current
PMH210_F	Mental health and well-being weights (flag) (OPTIONAL)	1	Filled		
		– 1	Missing		
		– 3	Not selected respondent		
		– 7	Not applicable (Not collected according to the implementation of the 'multiannual rolling planning')		
		– 8	Not applicable (variable not constructed)		