

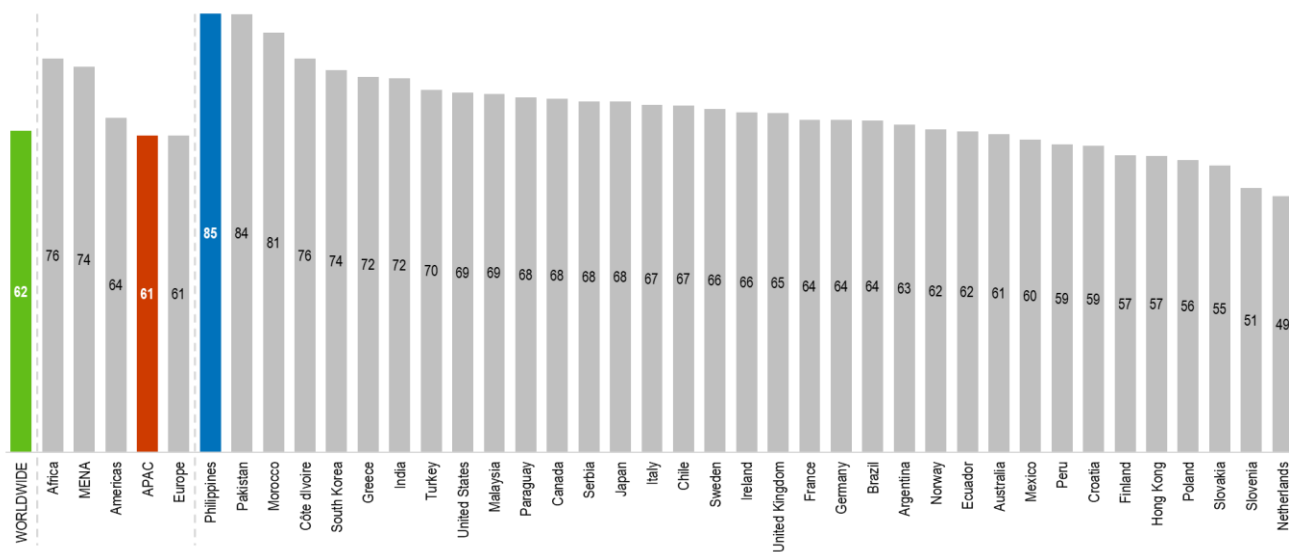
Promoting mental wellness becomes a priority as the Philippines reports highest incidence of depression symptoms worldwide [PSRC-WIN: Worldviews Survey 2025]



29 October 2025

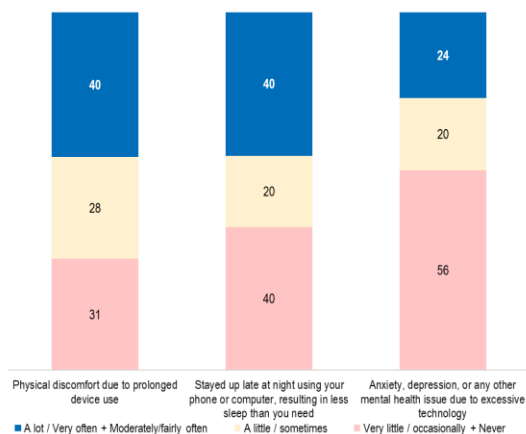
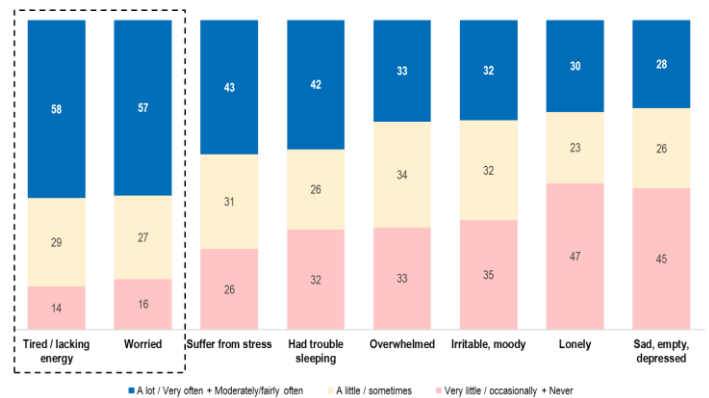
The Philippines ranks highest globally in reported mental health concerns, with 85% of Filipinos often experiencing at least one symptom of depression. The results underscore the urgent need for accessible mental health awareness and support.

Greater need for mental health awareness and support arise as Filipinos show elevated reports of mental health challenges, based on a nationwide study conducted by Philippine Survey and Research Center (PSRC) alongside Worldwide Independent Network of MR (WIN) in January 2025.



While mental well-being challenges are widespread worldwide, **many Filipinos continue to face strong emotional and psychological stressors.** The most common emotional states reported are feeling tired or lacking energy (58%) and worry (57%), pointing to both physical and emotional fatigue among the population.

Women, younger generations, and individuals from larger households carry greater emotional burden compared to others.



Technology, while an integral part of modern Filipino life, has become a notable contributor to mental and physical strain.

40% of Filipinos report fatigue and sleep deprivation caused by extended screen time, and 24% experience anxiety or depressive symptoms linked to excessive technology use.

Younger individuals and higher-income groups are particularly affected, often reporting sleep deprivation and physical discomfort from prolonged device use.

Despite these challenges, Filipinos actively seek healthy ways to manage stress, favoring physical and outdoor activities by exercising (45%) and being in contact with nature (38%). These experiential forms of stress management are favored by younger generations and those from Mindanao.

There is a growing importance of promoting balance and establishing healthy boundaries in the digital age. As digital connectivity and daily stressors continue to shape modern life, it is important to establish limits and maintain physical outlets that support everyday balance, such as time spent outdoors, mindfulness activities, and regular physical exercise.

“These findings shine a spotlight on a global challenge that we cannot see: the mental strain and psychological distress in these unstable times,” said Richard Colwell, President of WIN International Association. “The WVS shows that negative moods are not just widespread, they are impacted by people’s socioeconomic status, education, gender, and age – and closely linked to self-perception of health. Understanding these patterns is critical for policymakers, communities, and global organisations as they seek to support mental wellbeing.”

This Worldviews Survey is an initiative of Worldwide Independent Network, represented by The Philippine Survey and Research Center locally. The worldwide study covers a total of 35,515 persons, among 40 countries. In the Philippines, face-to-face interviews were conducted among 1,000 randomly sampled respondents that is nationally representative. Philippines survey covers males and females, 18 years old and above, nationwide urban and rural areas, and all socio-economic classes, with margin of error of 3%.

Have any questions? Send us an email at
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