



MENTAL HEALTH SURVEY 2022



VIDEO STUDY
COMPANION
GUIDE



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Christ's Commission Fellowship (CCF) is a movement of men and women who have encountered God and committed their lives to the Lord, focused on making an impact through the work of the Holy Spirit in transforming lives, families, communities, and nations, for the glory of God.

Within CCF, Across Ministries is tasked with providing CCF pastors, ministry and satellite heads, and Discipleship Group leaders the tools to achieve and sustain the goal of making every family a discipleship group. These tools will be data-driven so that CCF's materials, events, and approaches continue to be in-step with the prevailing needs of society.



AGENDA

Objectives of the survey & its rationale

Respondents Profile

Attitude towards Mental Health

Challenges

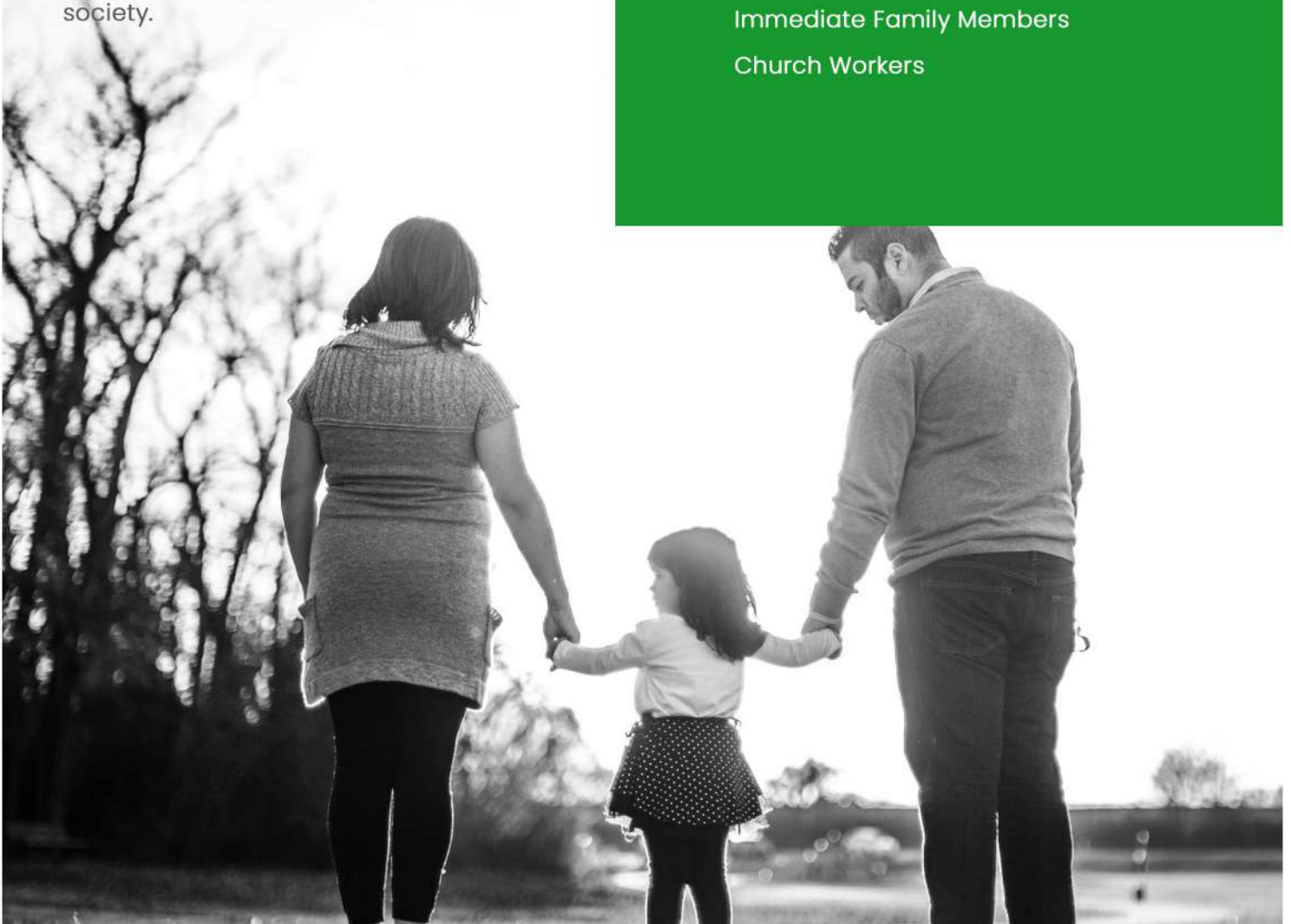
Behavior related to Mental Health

Coping with Mental Health Challenges

Support System

Immediate Family Members

Church Workers



OBJECTIVES OF THE MENTAL HEALTH SURVEY



COLLECT

To gain a snapshot of CCF members' attitudes, behaviors, & situations concerning mental health

CONNECT

To find correlations between mental health attitudes, behaviors, & situations, and respondents' demographics

CONTRIBUTE

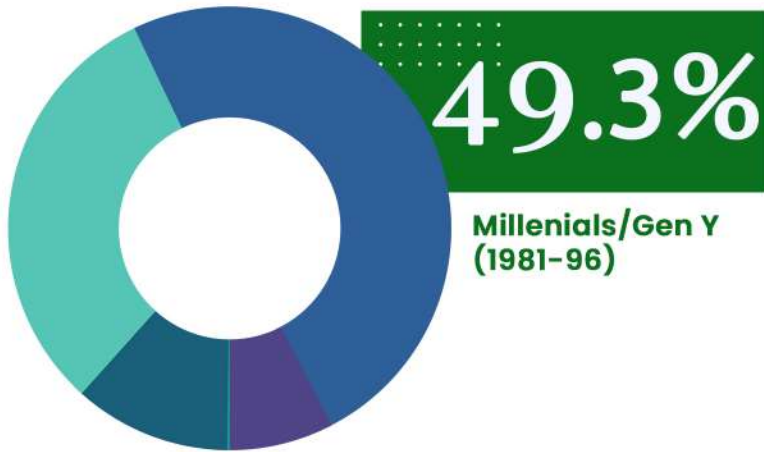
To provide a foundation for the development & update of CCF's ministry materials & events

This topline report will give a snapshot of the 830 respondents of the Mental Health Survey

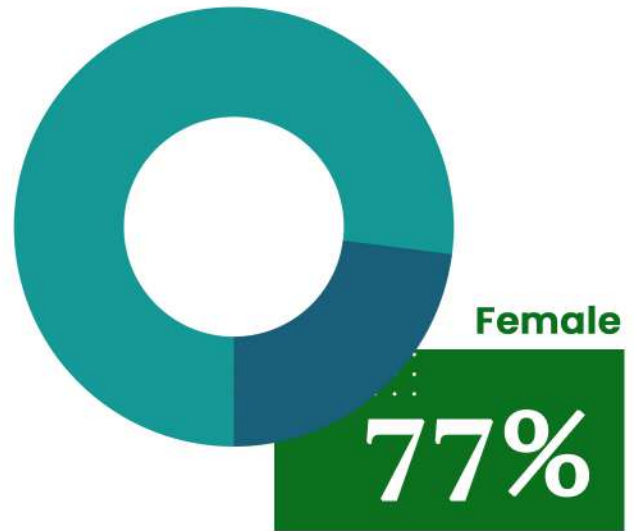
RESPONDENTS PROFILE

Predominantly Female and College graduates

SOCIAL GENERATION



GENDER



The majority of survey participants are married.

50%

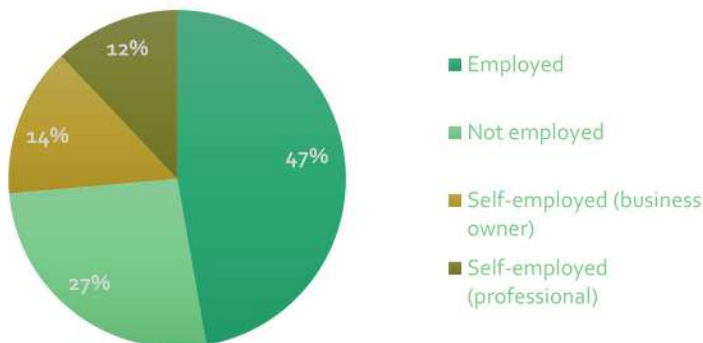
Half are also "Married" while 40% are single

Educational Attainment

90%

90% of participants have a bachelor's degree or higher.

Employment Status



about 70% are employed and 43% are from Metro Manila. A number of respondents came from NLZ/SLZ Key cities in VizMin



MENTAL HEALTH
CHALLENGES

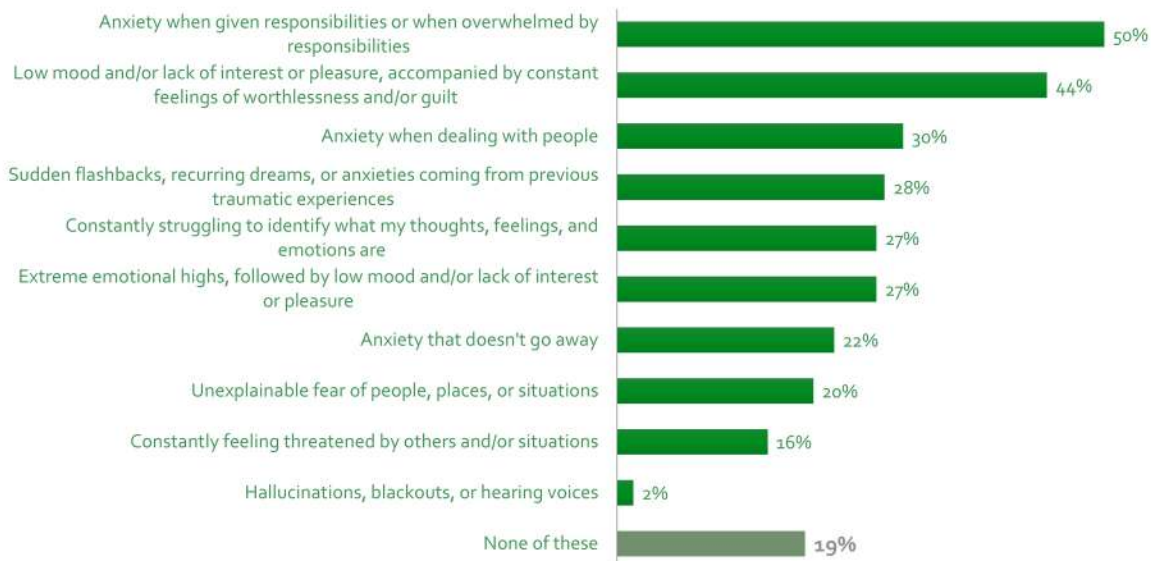
insights



About 80% have at some kind of challenge in the past 12 months, anxiety as the most common

TOTAL BASE: 830

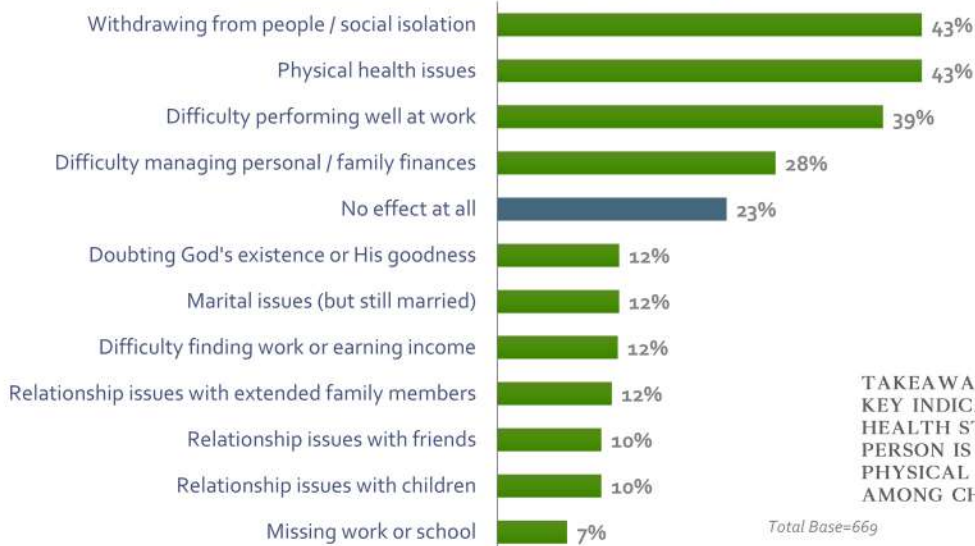
Challenges in P12M



Q: In the last 12 months, which of these mental health challenges have you experienced? You may select MORE THAN ONE.

Among those with MH challenges, 23% claim that there is no effect while almost half suffer socially and physically

Effect of Mental Health Challenges



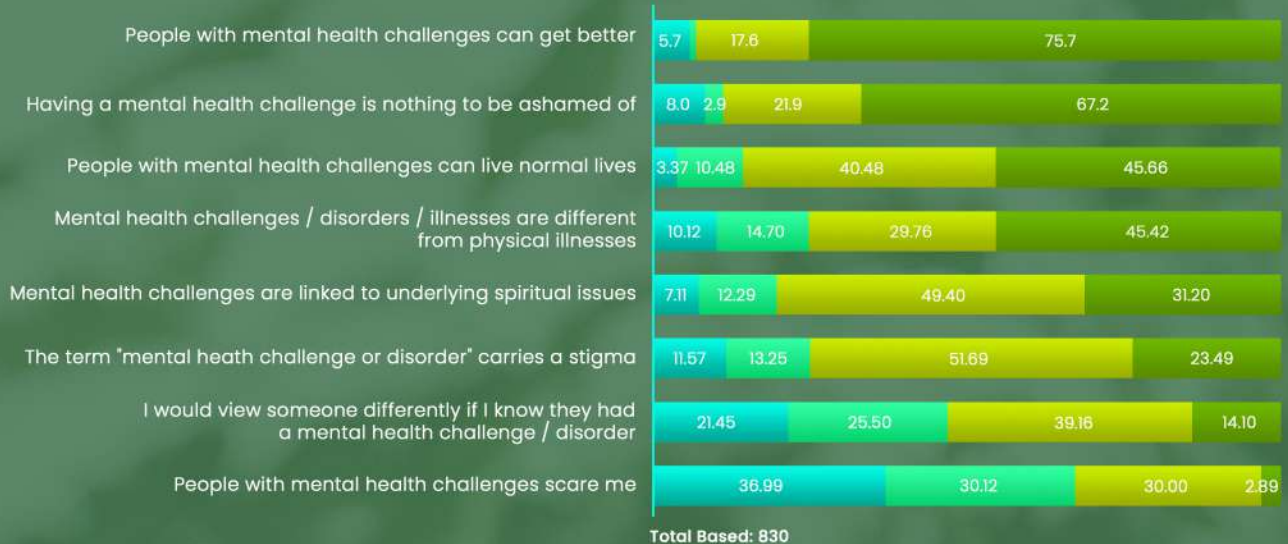
TAKEAWAY:
KEY INDICATOR OF MENTAL HEALTH STRUGGLES OF A PERSON IS ISOLATION AND/OR PHYSICAL ISSUES EVEN AMONG CHRISTIANS

Total Base=669

Majority of respondents tend to be optimistic and open about mental health challenges while acknowledging that these are spiritual in nature and carry a stigma

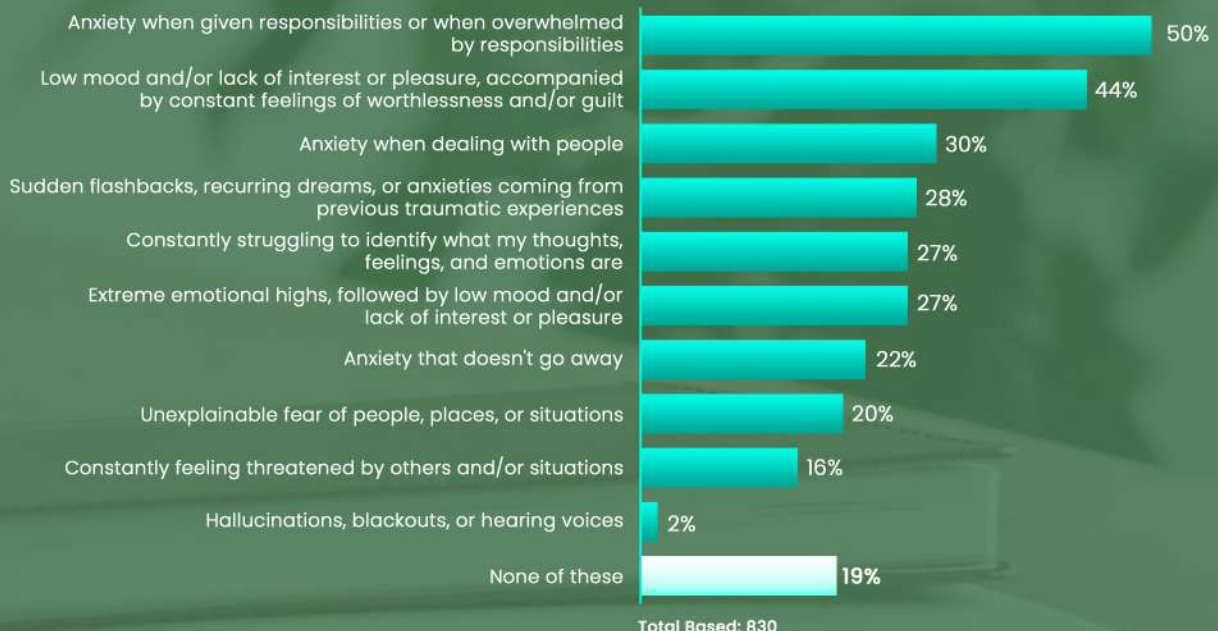
Attitude Towards Mental Health Challenges

■ Strongly Disagree
 ■ Somewhat Disagree
 ■ Somewhat Agree
 ■ Strongly Agree



About 80% have at some kind of challenge in the past 12 months, anxiety as the most common

Challenges in P12M



7/10

will engage in risky behavior thus no perceived effect on QOL

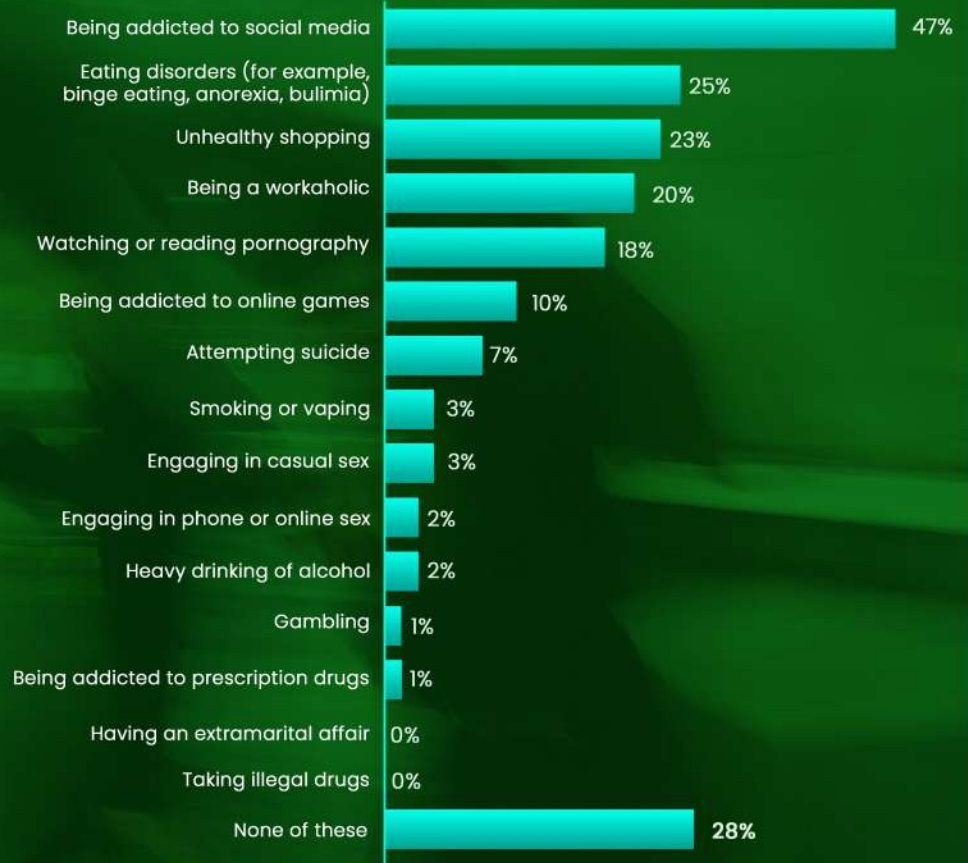
Challenges in P12M

Questions:

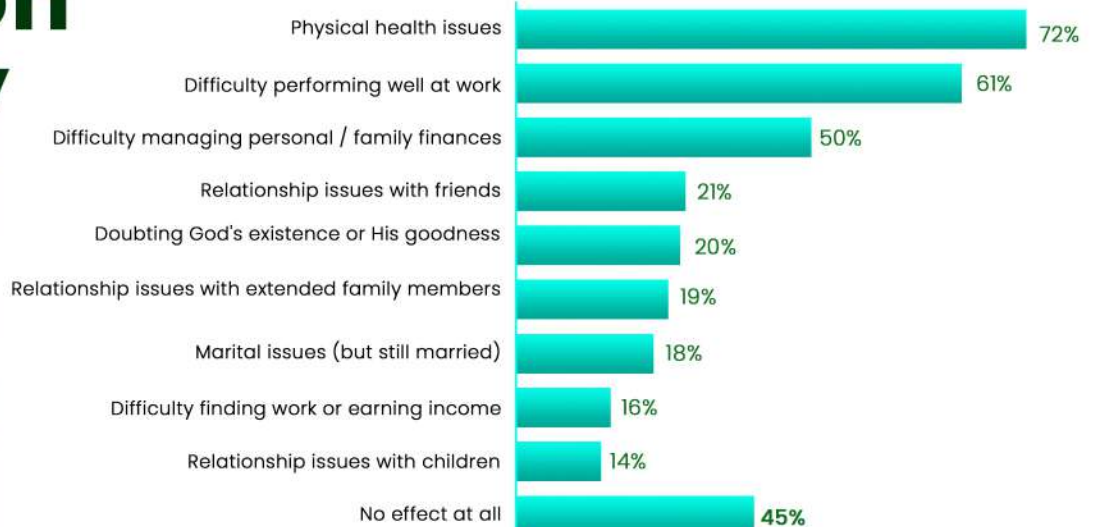
In the last 12 months, which of these behaviors have you engaged in?

How have these behaviors (in the previous question) affected your quality of life?

7%
About 58 of respondents had failed suicide attempts



Effect on Quality of life



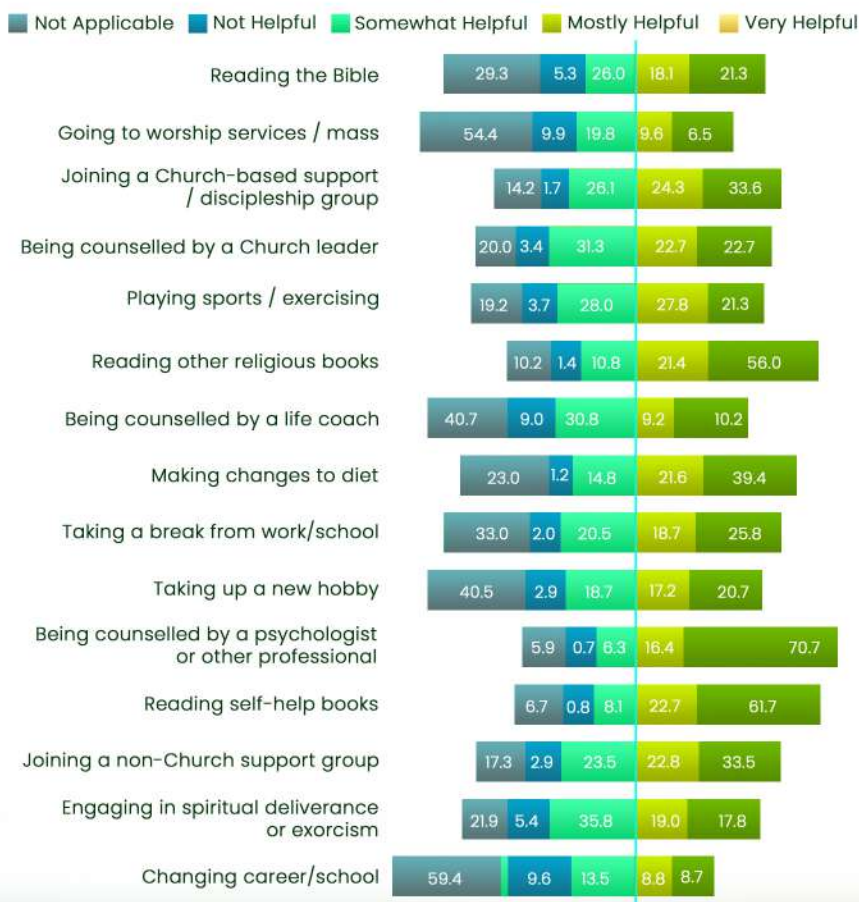
Among those who exhibited behavior: n=437

Spiritual and church related activities are the most helpful activities among those with MH challenges.

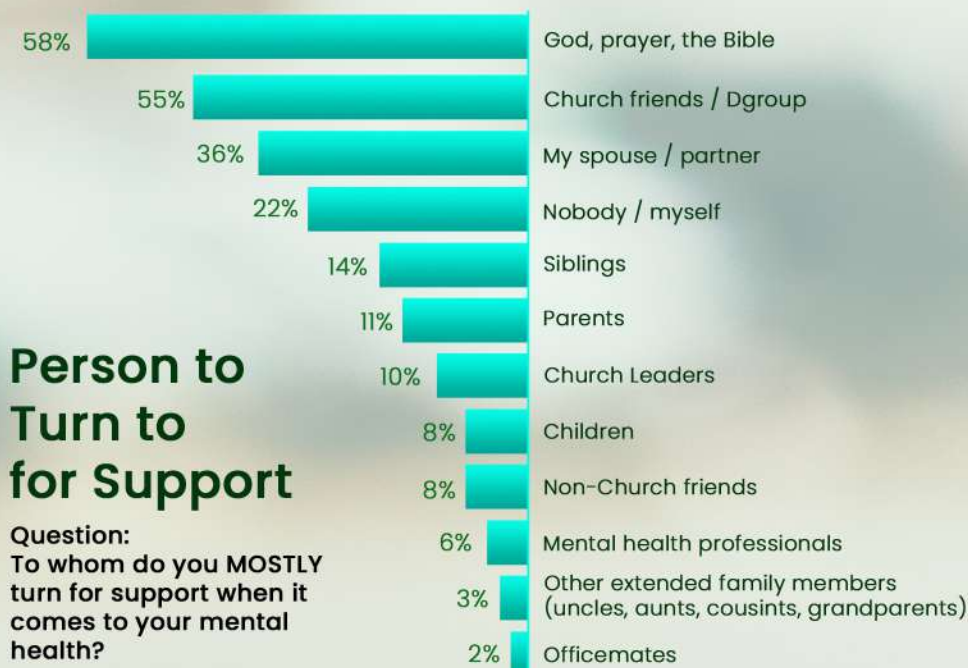


The church has a significant role in helping people with mental health challenges

Coping



Next to God, church personalities are the next support system when it comes to MH issues



Person to Turn to for Support

Question: To whom do you MOSTLY turn for support when it comes to your mental health?

Total Based: 830

"The church is a hospital for sinners, not a museum for saints."

-Abigail Van Buren

We can't underestimate the role of the church family, its leaders, friends, volunteers in supporting a member struggling with mental health issues.

40%

of respondents

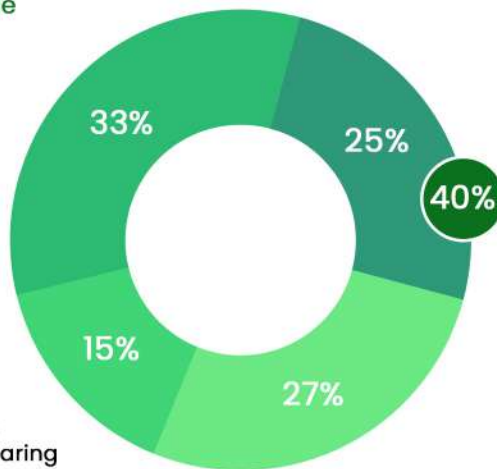
are not comfortable sharing their mental health struggles with family members so that they will not be burdened or cancelled

Comfort in Sharing Mental Health Challenges to Family Members

- Very Uncomfortable
- Somewhat Uncomfortable
- Somewhat Comfortable
- Very Comfortable

Question:
Rate your level of comfort in sharing your mental health challenges to IMMEDIATE FAMILY MEMBERS.

What are the top reasons you're not comfortable sharing your mental health challenges to IMMEDIATE FAMILY MEMBERS?



Reasons

%
(n=329)

I don't want them to be burdened by worrying about me	58%
I believe they will dismiss these challenges or not take me seriously	44%
I don't think they can help me in any significant way	37%
I don't think they can help me in any significant way	25%
I fear they will think less of me or call me "weak"	24%
I fear that they will tell others about my challenges	16%
I don't want to be labelled "crazy" or "sick"	8%

Verbatims on why they are not comfortable opening up to immediate family members

"They are not Christians"
 "I dont like my kids seeing me like this"
 "I don't think they can handle the cause of my anxiety"
 "I can share with immediate family member past experience of rejection"
 "I can't express clearly how I feel"
 "I dont believe they can help"
 "I'm scared"
 "They don't take me seriously"

"I need help, someone who can listen and understand what I'm going through"
 "Im comfortable sharing it to my mom whenever we have time"
 "My emotions are always watered down because they didnt go through what I went through"
 "Negative response, dismissal of mental illness"
 "They are also the reason why i have this challenges"
 "They said that it is my fault that why i have this kind of sickness"
 "They are not willing to listen how can they help me or understand me.
 They dont believe me. They said i got possess by the devil or insane. But i know that everything happen for a reasonand im battling spiritual warfare."
 "They are the cause of the mental challenges i have"
 "They will not give proper advise"
 "Will judge me, not a good testimony as a Christian, will affect performance evaluation"
 "They treat me like fragile glass. Much like how I treat other ill people"
 "I feel like they will think that CCF is not effective in helping people and they will not be interested to transfer to ccf or go to church in CCF"
 "We do not talk about any personal matters"
 "I feel that they won't understand it, and may react differently to what I need. Which I can't blame them
 but I also don't want to hear it, so it's like I am protecting myself from those disappointment."
 fear that they will judge and dont understand me"
 "I live alone, and my eldest kuya is estranged from us, my second is distant - my dad lives in the province."

22%

of respondents

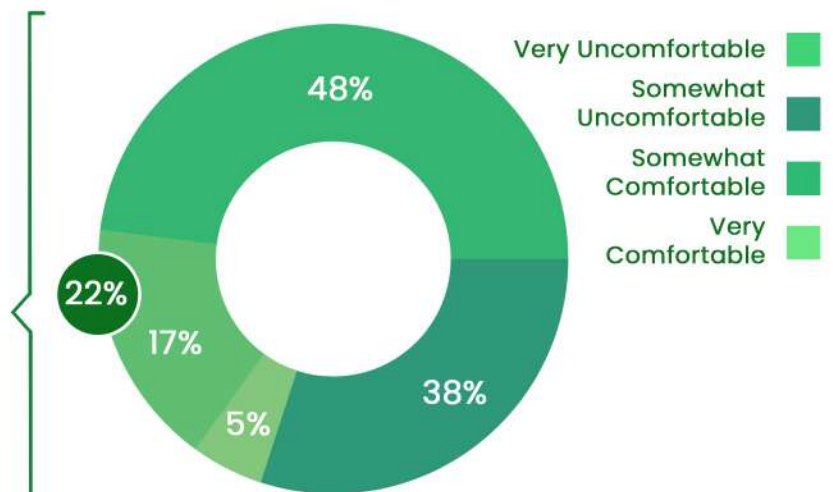
are not comfortable sharing their mental health struggles with church family for fear of being judged as “weak/unfit”

Reasons

%
(n=329)

I fear they will think less of me or call me "weak"	31%
I fear that they will tell others about my challenges	31%
I don't want to be considered "unfit" to serve in ministry	30%
I believe they will dismiss these challenges or not take me seriously	26%
I don't think they can help me in any significant way	24%
I can handle my mental health challenges by myself	23%
I don't want to be labelled "crazy"	13%

Comfort Level with Church Leaders



Question:

Rate your level of comfort in sharing your mental health challenges to CHURCH LEADERS, WORKERS, OR VOLUNTEERS.

Rate your level of comfort in sharing your mental health challenges to CHURCH LEADERS, WORKERS, OR VOLUNTEERS.

Verbatims on why they are not comfortable opening up to church personalities

"I would stumble Christians and other Christians don't mental health problems are real"
 "I am a foreigner and do not want to be questioned on how I can be a missionary and have a mental illness."
 "I'm shy to admit to them about my mental health"
 "I did it before but it spread to others."
 "Lack of faith"
 "Fear of trying"
 "Learned that to my wife is the best way"
 "Difficulty in expressing self"
 "I do not participate in church"
 "I feel being judged"
 "They will not understand the challenges"
 "I was once dismissed as someone lacking faith"

"They're too busy. I don't like sharing family problems to outsiders and I don't really know how to communicate my feelings well."
 "I am not comfortable telling my private things to other people. I am just not use to doing it."
 "Im can not easily tell my personal life other than my fiance(he is my bff)"
 "I don't want people knowing personal things about me"
 "I don't know them/have no personal relationship with them."
 "They usually give bible verses and make me feel more guilty, ashamed and embarrassed am a private person and not use to tell everything about me"
 "I don't want to be compared to others and that I fear that they may think what I experience is"
 "I'm afraid they will make me feel like I should not have that kind of kind challenges because I'm a Christian already."
 "Judgment of not being spiritually healthy, or because of hidden sins, and being attack by Satan. [Spiritual judgment]"
 "Completely comfortable in sharing / Im comfortable sharing with people whom ive known for a long time"
 "Not comfortable discussing if there are issues / just not comfortable"
 "Some people just think it's solely/ultimately a spiritual issue, not societal or anything else, implying that it's solely my responsibility I became this way."
 "They are quick to conclude that it's 100% a faith related issue"
 "They connect it as consequences to sin, or lack of faith, or lack of prayer, or lack of relationship with God, or they don't really accept the existence of such as an illness (it is like something made up and given a title)"
 "They dismiss my diagnosed disorders as locking in prayer life or gratefulness"
 "They might not be able to relate with me and/or reject or dislike me"
 "I find it hard to open up to people. im afraid they might judge me or that i would here cliched advice"
 "Will affect my testimony as Christian, performance evaluationation."
 "I just dont feel comfortable sharing with them"

Topline Learnings

- Respondents are predominantly female, educated and employed
- The responses represent members nationwide with skew to Metro Manila and CCF Main
- Almost all are Dgroup members with about half of them Dgroup leaders
- Majority of the respondents have positive attitude towards MH challenges but recognize the fact that this may be spiritual in nature and may carry a stigma
- Yet, 80% of the respondents have experienced some mental health challenges in the past 12 months, anxiety being the most prevalent.
Most common effect of these challenges are isolation and physical deterioration
- There is also a high possibility of risky behavior such as addiction to social media and other addictive activity or substance including failed suicide attempts
- Their main coping is engaging in spiritual activity such as reading the Bible, worship services , Dgroups and Church Counselling because majority turn to the church family for support
- There are still roadblocks to seeking help from immediate family members and church family for fear of being judged and cancelled
- The church cannot underestimate the significant role it plays in alleviating mental health challenges of its members.
- May these finding be a guide in helping members overcome mental health challenges

Reference:

Mental Health Research Brief

