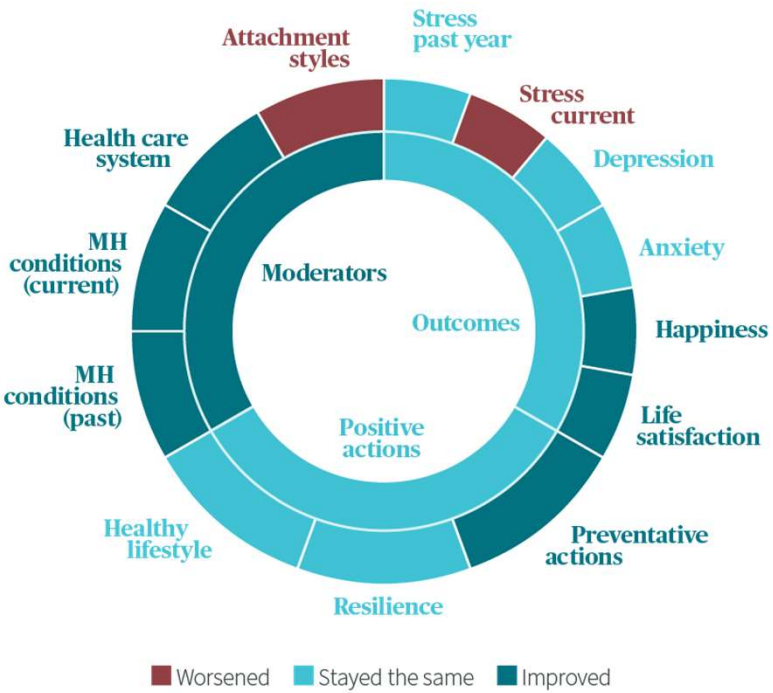
AXA Health
The AXA Global Mind Health Study 2023
Dr Chris Tomkins
Head of Wellbeing Propositions
AXA Health, AXA UK

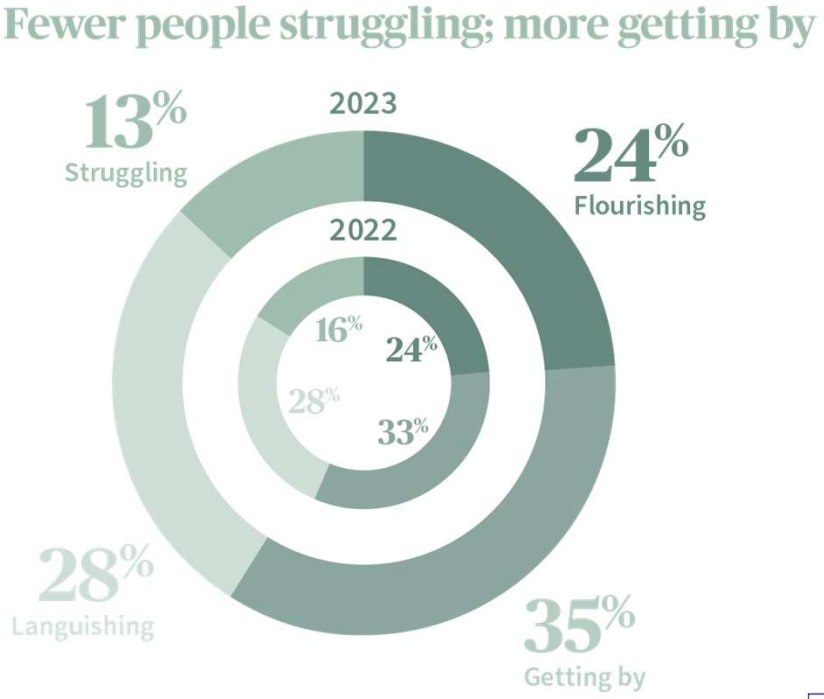
AXA's Mind Health Index

Taking a broader view of mental health & wellbeing

>200 scientific papers



30,000 respondents in 16 countries



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In 2023, we discovered more about how gender inequality affects mind health

Women have a different experience from men most geographies…

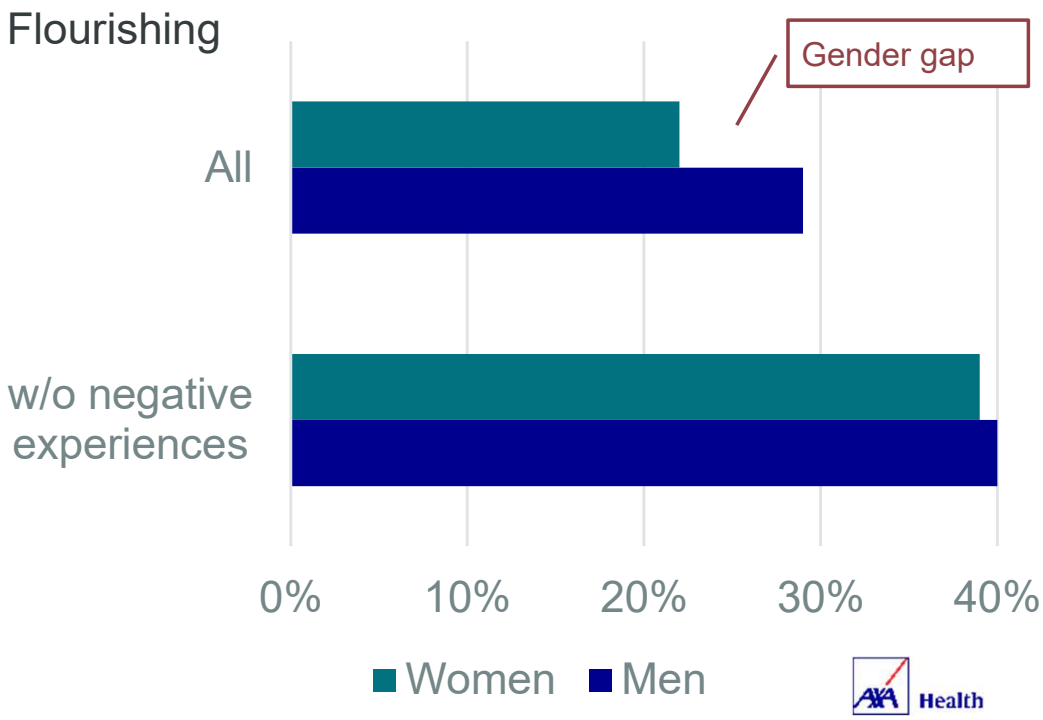
1/3 receive unwanted comments about their gender.

2/5 have their abilities questioned simply because they were women

- more than x2 than men in most western European countries.

More women than men reported an unfair division of chores in the household.

Removing these factors, we found virtually no gender gap in flourishing, stress, anxiety or depression.

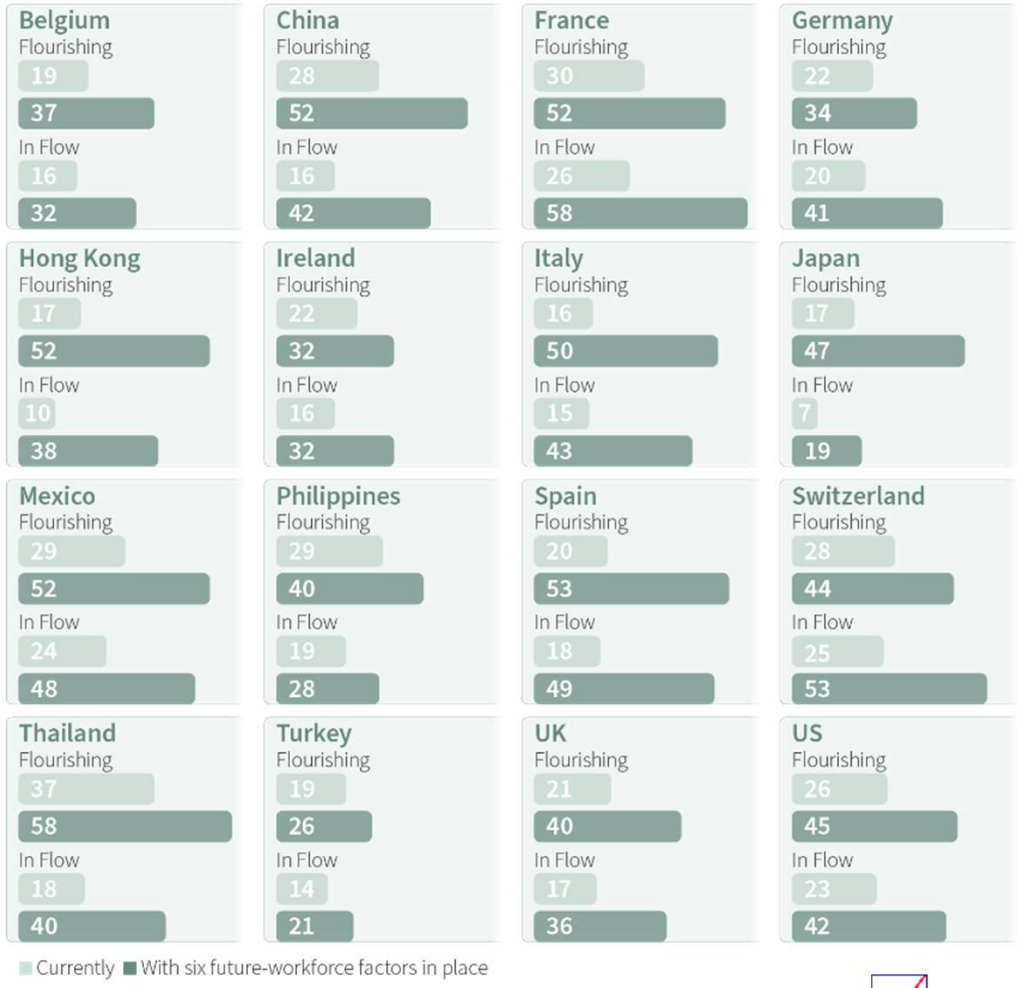


The win/win - 6 factors promote flourishing & “in flow”

Good work design & good mind health go together

1. Hybrid work
2. Mental Health Support by Employers
3. Strong Skill/Job Matching
4. Control over workload – even when workload is high
5. Support Skill development
6. Clear goals and expectations (job clarity)

More analysis due in our corporate report



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