

Health Needs Assessment Representative Survey – Ukraine, 2025

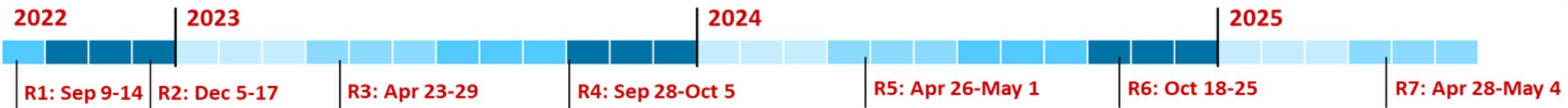
Third Mental Health Forum

"Supporting Those Who Support Everyone"

5–6 November 2025, Kyiv

Methodology and Sampling

Nationally representative, serial cross-sectional household survey



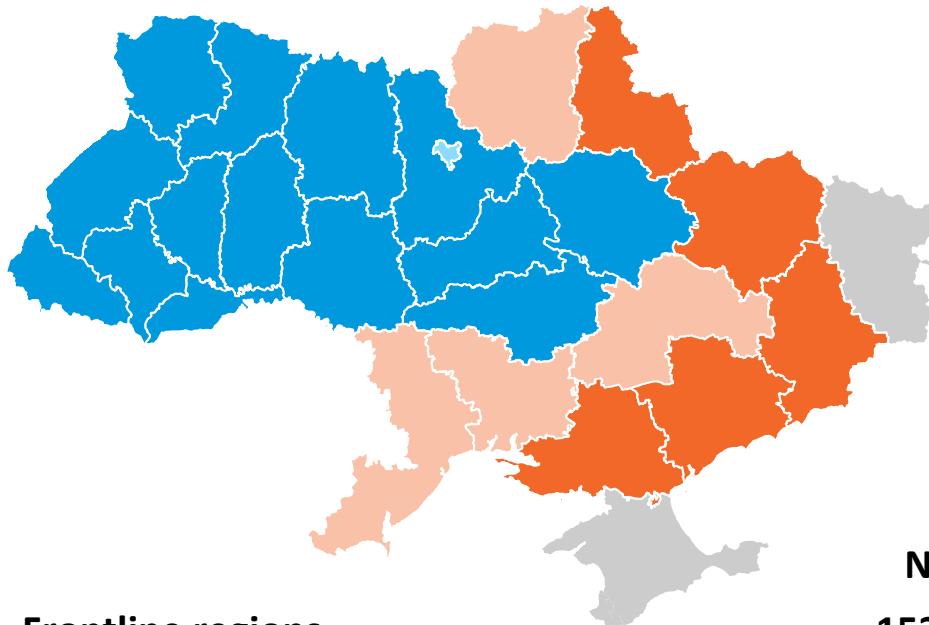
Survey Characteristics

- 4,000 respondents per wave
- Computer-assisted telephone interviews (CATI)
- National coverage (excluding temporarily occupied territories)
- Focus on macroregional analysis and vulnerable groups (IDPs)

Health System Indicators Assessed (This varies between rounds)

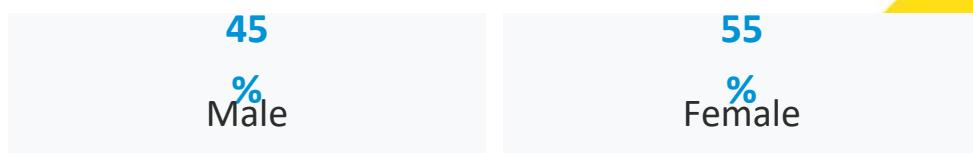
<ul style="list-style-type: none">• Access to primary health care and family doctors• Access to medicines• Access to vaccination• Socio-demographic vulnerabilities and displacement	<ul style="list-style-type: none">• Chronic disease care• Diagnostic and rehabilitation services• Health behaviors and medical expenditures• Mental health status and access to care
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Geography & Sample

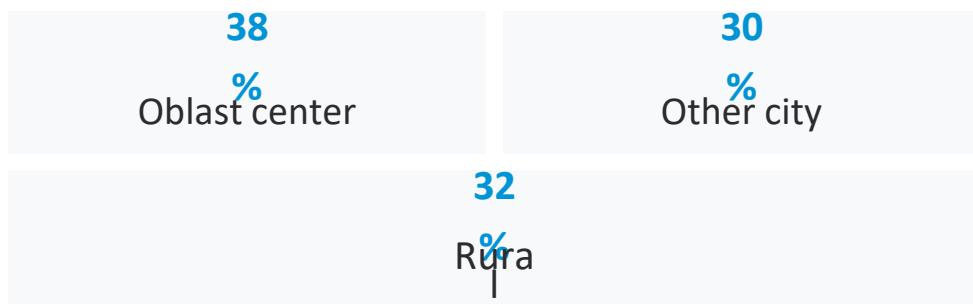


	N	%
Frontline regions	1539	38%
Most affected regions (Donetsk, Zaporizhzhia, Kharkiv, Kherson, Sumy)	646	16%
Regions of increased vulnerability (Dnipropetrovsk, Mykolaiv, Odesa, Chernihiv)	893	22%
Kyiv City	354	9%
Rest of the country	2114	53%

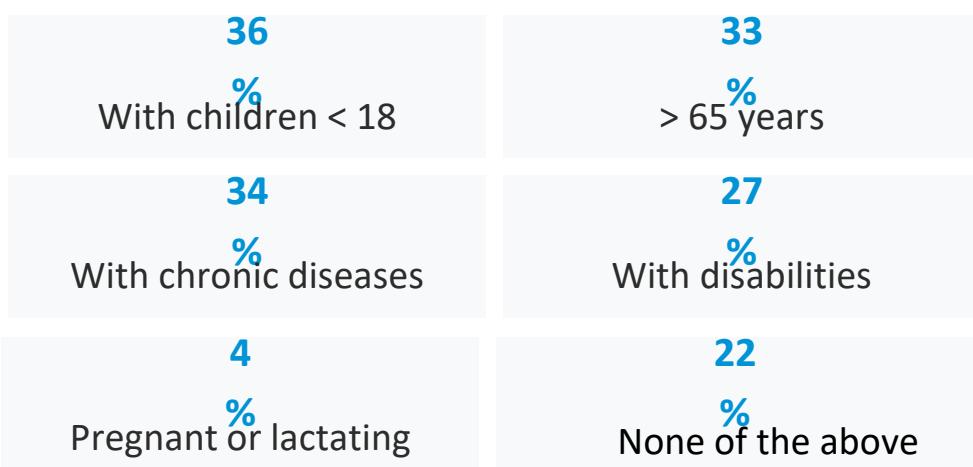
Gender Distribution



Type of Settlement

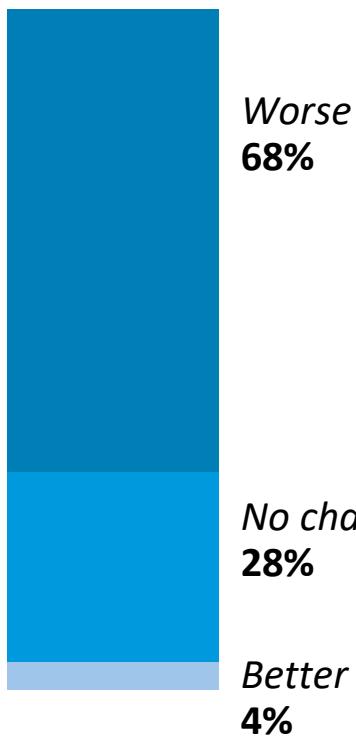


Key Vulnerable Groups among household members



Self-Reported Health vs. Pre-War

Overall Health Status Change

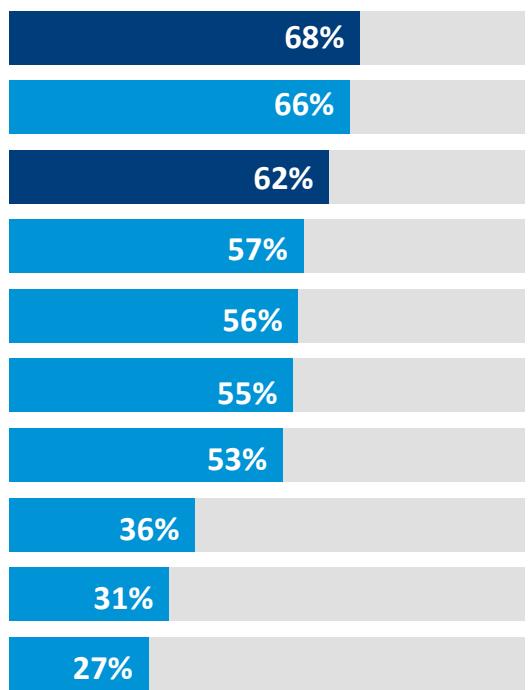


Health status worsened	
Host communities	67%
IDPs	72%
Male	61%
Female	73%
18-29 y.o.	52%
30-39 y.o.	66%
40-49 y.o.	69%
50-59 y.o.	72%
60+ y.o.	75%

 significantly higher /
 lower than in other
 target groups

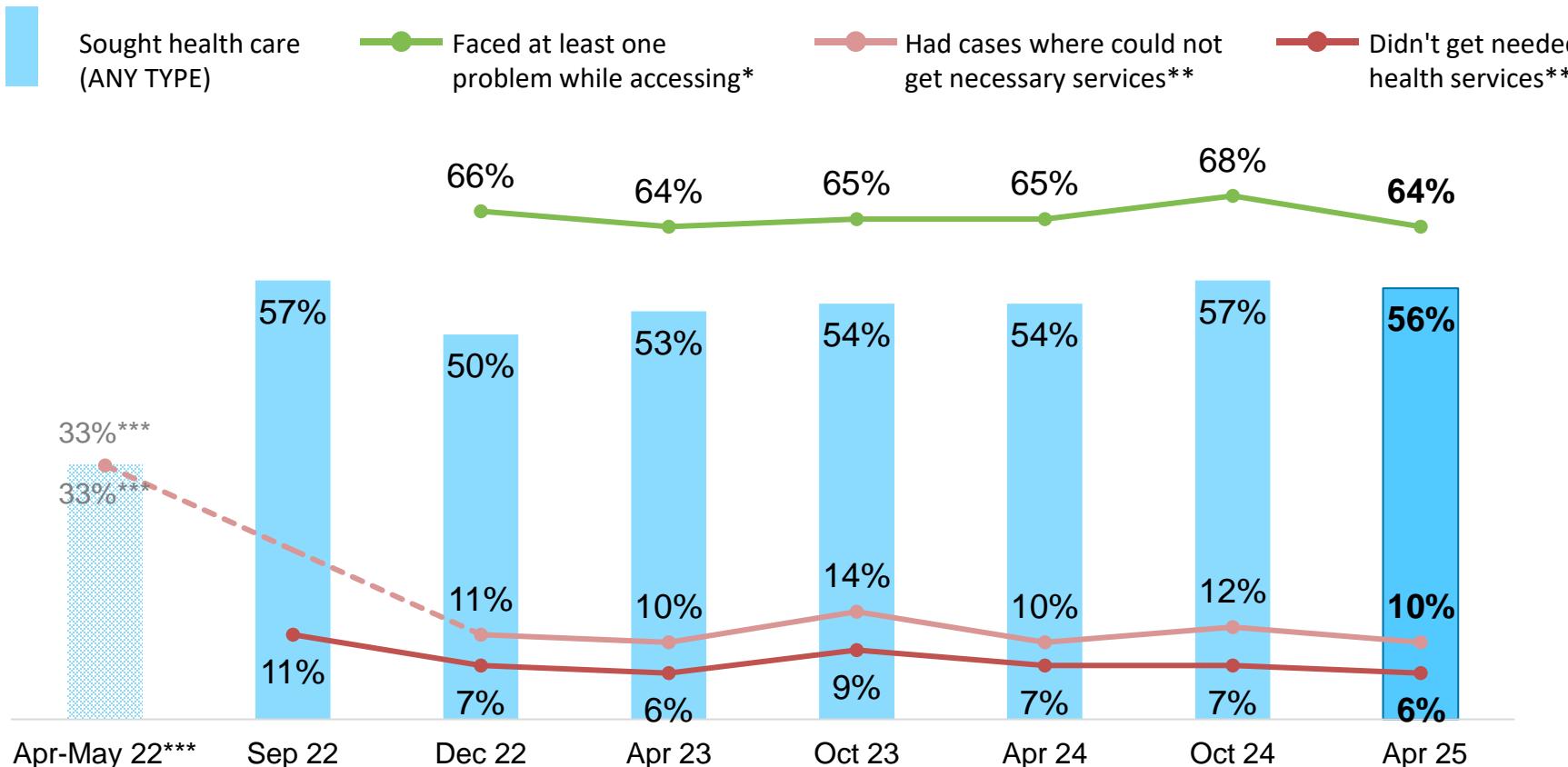
Health Problems Worsened Most Since War Started

- Sleep disorders
- Musculoskeletal problems
- Mental disorders
- Neurological disorders
- Impaired vision or hearing
- Weakened immune system
- Cardiovascular diseases
- Gastrointestinal problems
- Respiratory system problems
- Chronic diseases



■ Mental health-related conditions

Access to Healthcare



* Among those who sought care, except for emergency care

** Among those who sought care, any type

*** Rapid Needs Assessment

Sought ANY TYPE of health care

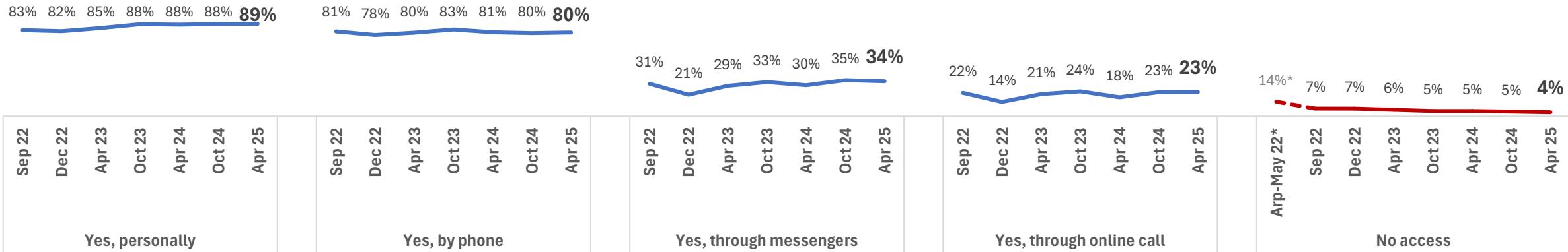
Frontline regions	52%
Most affected	48%
Increased vulnerability	54%
Kyiv city	58%
Other regions	58%

Faced at least one problem *

Frontline regions	68%
Most affected	63%
Increased vulnerability	71%
Kyiv city	67%
Other regions	61%

significantly higher /
lower than in other
target groups

Access to Family Doctor



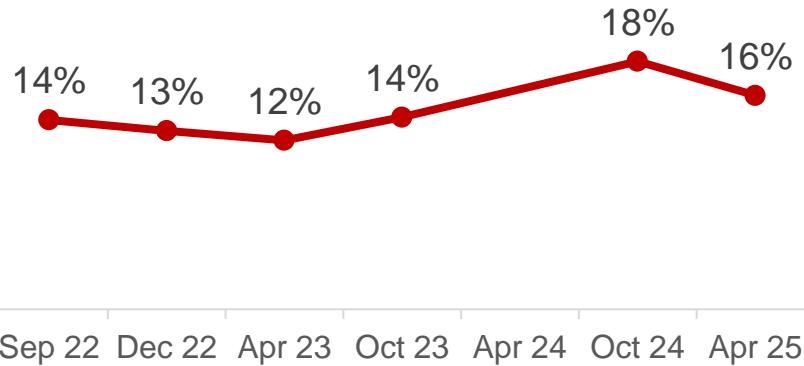
Have NO access to family doctor

Host communities	3%	Frontline regions	5%
IDPs	8%	Most affected	4%
Relocated less than 12 month ago	10%	Increased vulnerability	5%
Relocated more than 12 month ago	6%	Kyiv city	8%
		Other regions	3%

 significantly higher /
 lower than in other
 target groups

Mental health

Too upset or worried to do their usual daily activities



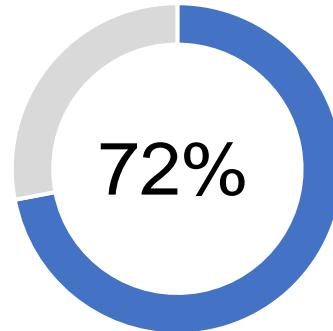
● significantly higher /
● lower than in other
 target groups

Host communities	16%
IDPs	16%
Frontline regions	15%
Most affected	14%
Increased vulnerability	16%
Kyiv city	14%
Other regions	16%
Oblast center	15%
Other city of the oblast	15%
Rural	17%
Male	15%
Female	17%

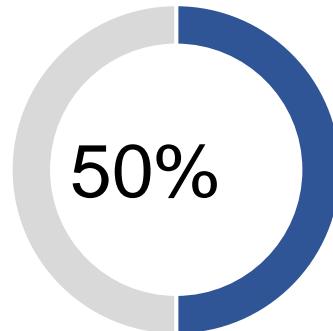
18-29 y.o.	11%
30-39 y.o.	14%
40-49 y.o.	17%
50-59 y.o.	18%
60+ y.o.	17%
HH with elderly people (65+ y.o.)	19%
Other HH	14%
HH with children (18- y.o.)	14%
Other HH	16%
HH with people with chronic disease	20%
Other HH	14%
HH with people with disabilities	24%
Other HH	13%
No income last month	20%
UAH < 10 000	20%
UAH 10 000 - 20 000	13%
UAH 20 000 - 30 000	15%
UAH >30 000	10%

Mental health

Had mental issues
for the last 12
months



Experienced
significant stress
or other mental
health problems
in the past 2
months.



54% felt very stressed

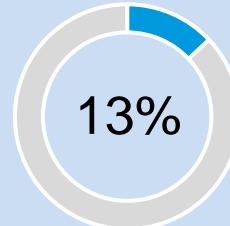
60% had a low mood, trouble sleeping, poor appetite, or difficulty concentrating

62% have been irritable, constantly worried, overly anxious, or had trouble relaxing

For **39%** mental issues made it difficult to maintain normal activities at work or at home or to interact with other people

Mental health

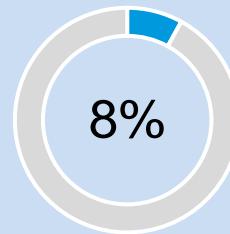
Sought help for mental issues from a family doctor



Sought help from a mental health specialist



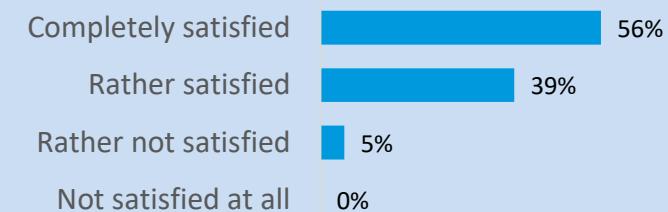
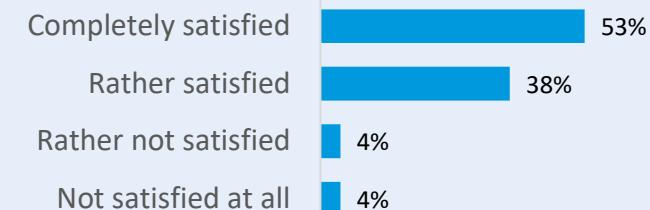
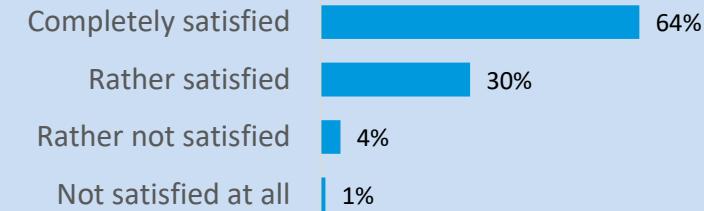
Sought help for mental issues from non-medical specialist



89% of them received needed help

92% of them received needed help

84% of them received needed help

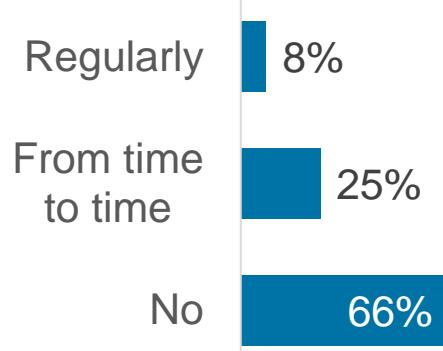


64% of respondents are aware of self-help techniques to cope with stress, and **79%** apply these techniques

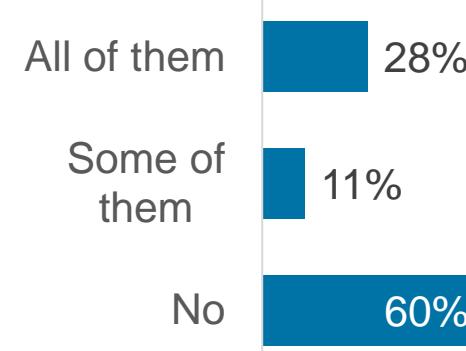
Mental health

- 33% took medications to deal with mental health issues.
- Of which 28% bought all these medicines (and 11% – some of these medicines).

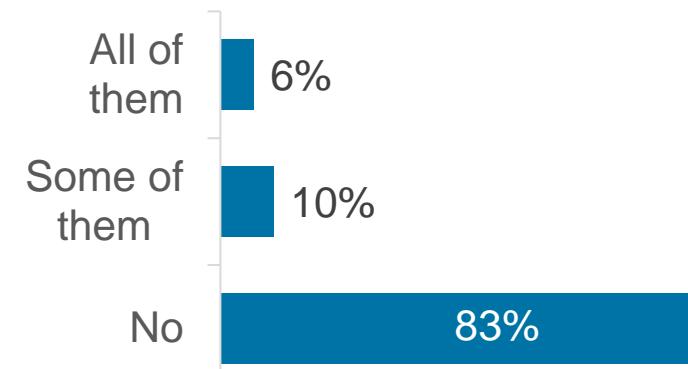
Took medications to deal with mental health problems^a



Received medicines to deal with mental health problems through a prescription from a doctor^b



Received medicines to deal with mental health problems under the AMP^c



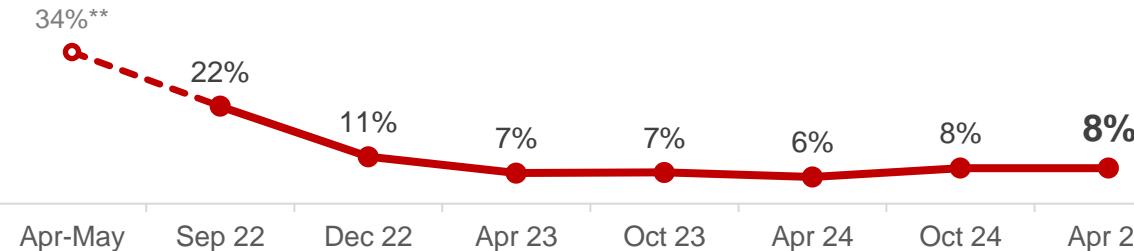
^a Among those who had mental health problems in the last 12 months

^b Among those who took any medications to deal with mental health problems

^c Among those who received medicines to deal with mental health problems through a prescription from a doctor

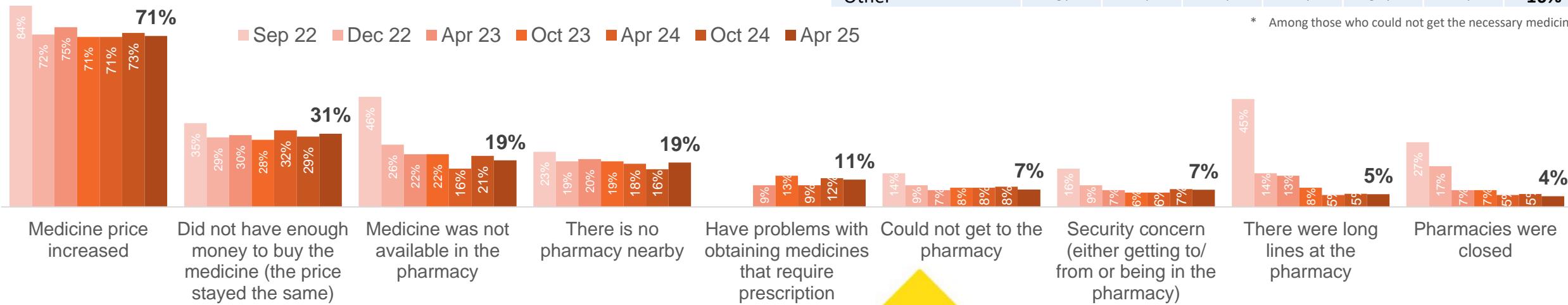
Access to Medicine

Could not get the necessary medicine



** Rapid Needs Assessment

Problems in obtaining medication



Type of medicines that could not get*

	Sep 22	Dec 22	Apr 23	Oct 23	Apr 24	Oct 24	Apr 25
High blood pressure	50%	37%	33%	22%	27%	22%	23%
Heart	49%	36%	34%	19%	27%	25%	22%
Pain	41%	34%	38%	25%	26%	21%	18%
Antibiotics	32%	28%	30%	21%	20%	16%	16%
Sedative drugs	33%	19%	21%	14%	14%	14%	12%
Mental health	10%	10%	13%	9%	9%	10%	10%
Diabetes	17%	8%	10%	10%	13%	12%	9%
Lung	10%	10%	7%	5%	5%	5%	4%
Fever	15%	6%	10%	6%	4%	4%	2%
Antiseptics	17%	7%	11%	3%	4%	2%	2%
Birth control	3%	2%	1%	1%	2%	0%	1%
Other	15%	22%	22%	27%	32%	14%	16%

* Among those who could not get the necessary medicine

Mental health - Key Findings Summary

Mental Health Burden

- **72%** experienced mental health challenges in past 12 months
- **50%** experienced severe stress in past 2 months
- Most common: anxiety symptoms (**62%**), depression (**60%**), severe stress (**54%**)

Help-Seeking Behavior

- **20%** sought any type of help
- **13%** sought family doctor
- **15%** sought mental health specialist
- **8%** sought non-medical specialist

Service Effectiveness

- Received needed Help: Family doctors **89%**, MH specialists 92%, Non-medical **84%**
- Satisfaction: Family doctors **94%**, MH specialists **91%**, Non-medical **95%**

Self-Help Strategies

- **64%** know about self-help techniques
- **79%** use them (among those who know)

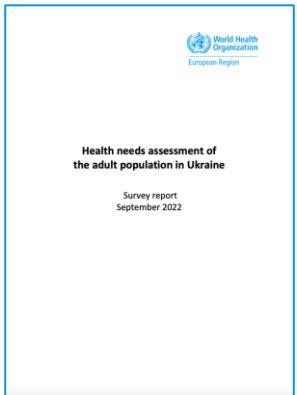
Medication Use

- **33%** took medications for mental health
- **60%** obtained medications without prescription

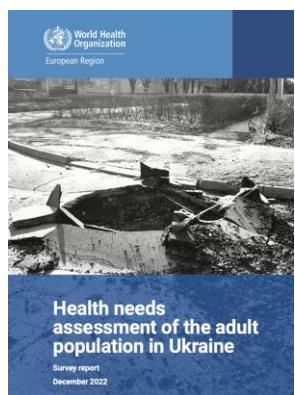
IDPs and Frontline Areas

IDPs seek mental health support more often (26% vs 19% among locals), especially from specialized providers (21% vs 14%). People in frontline areas report mental health issues more frequently over the last two months (73% vs 66% in other regions).

Published Reports



Round 1 report



Round 2 report



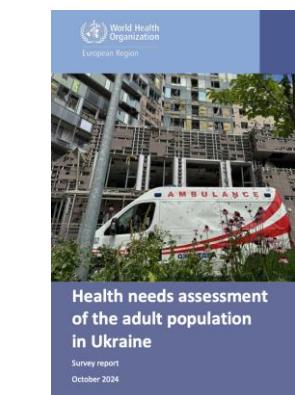
Round 3 report



Round 4 report



Round 5 report



Round 6 report



Round 7 report



THANK YOU

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