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Headache and stress most common complaints in the UK

9 out of 10 people who took part in InSites Consulting's European patient survey were ill at least once last year. Headache and stress are the most common complaints in the UK. Headache is the most common complaint in the UK but it is still under the European average. 1 out of 5 people in the UK suffers from persistent stress. InSites Consulting conducted this patient survey in 7 European countries.

For the purpose of the survey anyone who in the past year suffered an acute, chronic (*longer than 1 month*) or recurrent disorder was considered to be a 'patient'. 9 out of 10 people who took part in the survey indicated they had been ill at least once over the past year.

Europeans often have headaches

In the UK, headache and stress are the most common complaints of patients. Of the people who were ill over the past year (*between the spring of 2008 and the spring of 2009*), 24% reported to suffer from acute headaches and 22% of chronic or regularly recurring headaches.

This means headaches are the most common complaint in the UK. On European level the figures are slightly higher. On average, 27% suffers from acute headaches (3% higher than in the UK). The figure in Europe for long-term or recurring headaches is 22%, just like in the UK.

1 out of 5 people in the UK suffers from persistent stress

In most countries stress is in the top 5 of acute disorders. In the UK, 11% of surveyed patients suffer from stress. It's a different story when we look at chronic or recurring stress. Here, the UK is the front runner. 19% suffered from chronic or recurring stress in the last year. Only Germany comes close with 15% of patients suffering from chronic or recurring stress.

"It's remarkable that UK patients clearly suffer from more chronic stress. This is not due to one apparent reason. Our analysis does tell us that "family members" appears to be a bigger stress factor in comparison to other countries where we conducted this research project", says Magali Geens, Director of Health Research at InSites Consulting.

This research data is the result of a survey conducted by the Knowledge Center Health Care at InSites Consulting. This research was conducted at the start of this year in 7 European countries. The method used was an online survey based on a national representative sample. This research was conducted in Belgium, the Netherlands, France, Germany, the UK, Spain and Italy. In all, 1,000 respondents per country took part in this research. On European level, 7,655 patients were surveyed.



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InSites Consulting

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