

How Much Can We Take? A Third of the Population Is at Risk of Depression

Exclusive research from the SOLVO Institute on the Resilience of Czechs

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Press Release

On average, Czechs are 45% resilient. Behind this number lies a range of challenges and shortcomings. Nearly one third of people (30%) score on the WHO index at a level indicating a risk of depression. The most vulnerable groups are pensioners, divorced individuals, and people with low incomes. These findings come from a new study conducted by SC&C for the SOLVO Institute, aimed at mapping the overall resilience of the Czech population.

More than half of the population (55%) believe that today's children will live in a worse world than we do. Young people think they are living in a better world than their parents but this view shifts after age forty. Uncertainty is a feeling shared across all generations. At the same time, there is a growing willingness to face crises: Almost half of Czechs would support a three-month training program after secondary school and 71% want civil defense education in schools. Younger generations show higher levels of optimism and adaptability than older ones — though differences between men and women are minimal.

“Every society is only as strong as its individuals. I consider the Czech results rather weak. But the good news is that we can actively increase our resilience — by exercising more, losing weight, getting a driver's license, or getting involved in community life,” says Ivana Tykač, founder of the SOLVO Institute. “That's why we want to launch a contest to find the most resilient Czech man and woman — and track improvements year by year.”

Nearly half of respondents would send high school students to military training. One in ten would defend the country with a weapon in hand.

“In my opinion, young people — both men and women — should undergo some form of military training. And all of us should take a basic civil defense course,” says Michaela Marksová, Director of the Institute.

According to research by the Solvo Institute:

- 30% of the population scores low on the WHO index of emotional well-being.
- Emotional well-being is lowest among pensioners, people with low incomes, and the divorced.
- Only 44% of the population exercises three times a week or more.
- 55% of Czechs believe that future generations will live in a worse world than today.
- Age and education explain up to 50% of the differences in individual resilience.
- 22% of people describe their health as very good, while 9% rate it as poor, more frequently women over 45.
- 33% of the population sees the leadership of the state as the Czech Republic's greatest weakness.
- 76% of Czechs have never undergone any form of military or civil defense training, yet:
 - 46% support a three-month mandatory training after secondary school
 - 71% support civil defense education in schools
 - 11% would be willing to defend the Czech Republic with a weapon in case of threat, especially men under 45.

The study was based on the responses of 1,235 participants aged 16–75. Data collection took place between May 23 and 29, 2025.

We are Solvo — the Institute for Unlocking Potential. Because we believe in the potential of Czech society. Unfortunately, it remains almost entirely untapped, costing us hundreds of billions of crowns. Let's unlock it together — with top-tier data and unmatched analysis.

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