

Introducing the
**Global Digital
Wellbeing Index**

Measuring digital wellbeing, enriching lives.



The Global Digital Wellbeing Index provides a framework for exploring how well we harness the benefits of tech while mitigating risks and harm

It aims to:

1. **Stimulate international discussions** on the benefits and risks associated with digital technology.
2. **Inform and influence policymakers** aiming to enhance digital wellbeing at a population level.
3. **Provide a benchmarks** for stakeholders to gauge progress toward enhancing digital wellbeing.

Balancing Needs

Capturing Opportunities

Social Cohesion

Connectivity

Mental Health

Social Connectedness

Physical Health

Education & Skills

Ability to Disconnect

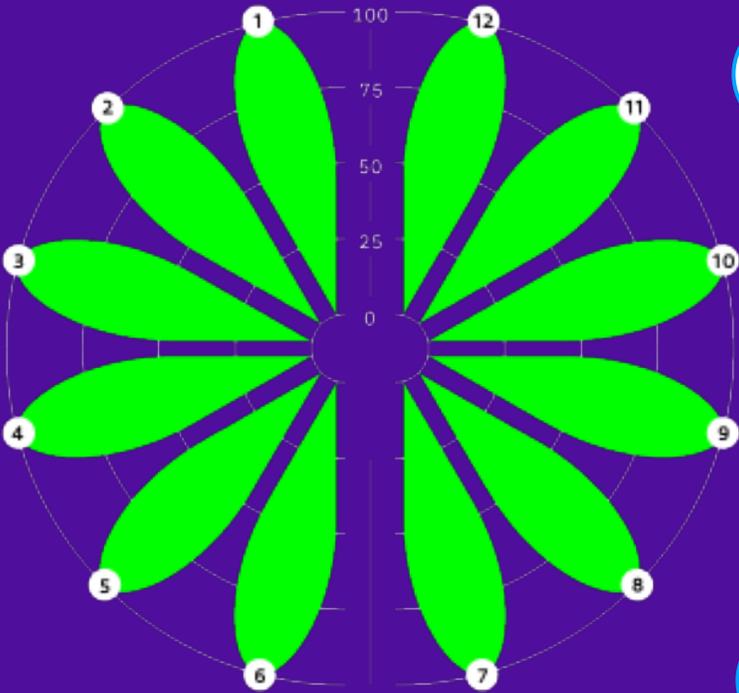
Work, Productivity & Income

Information Quality

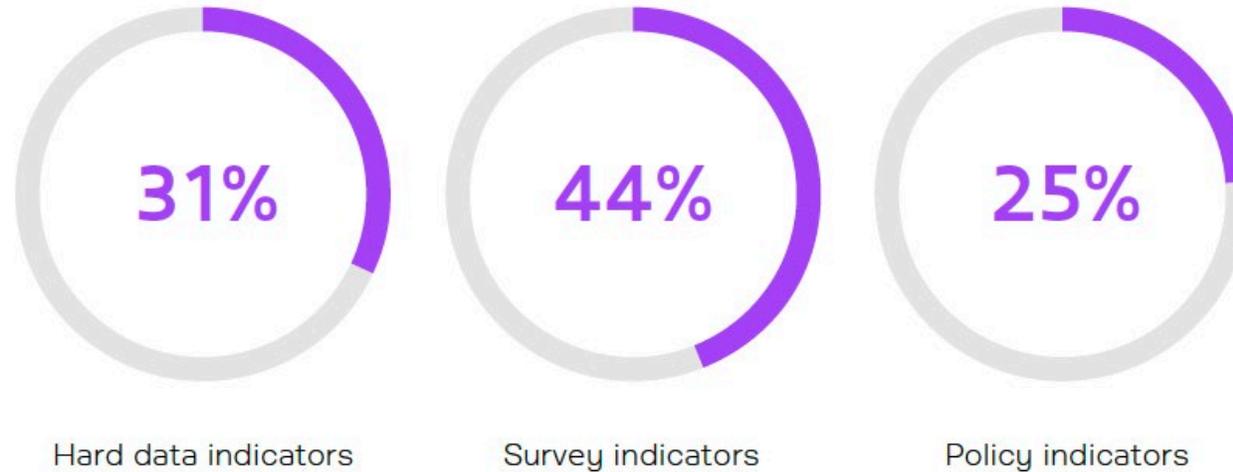
Entertainment & Culture

Cybersafety

Access to Services & Goods



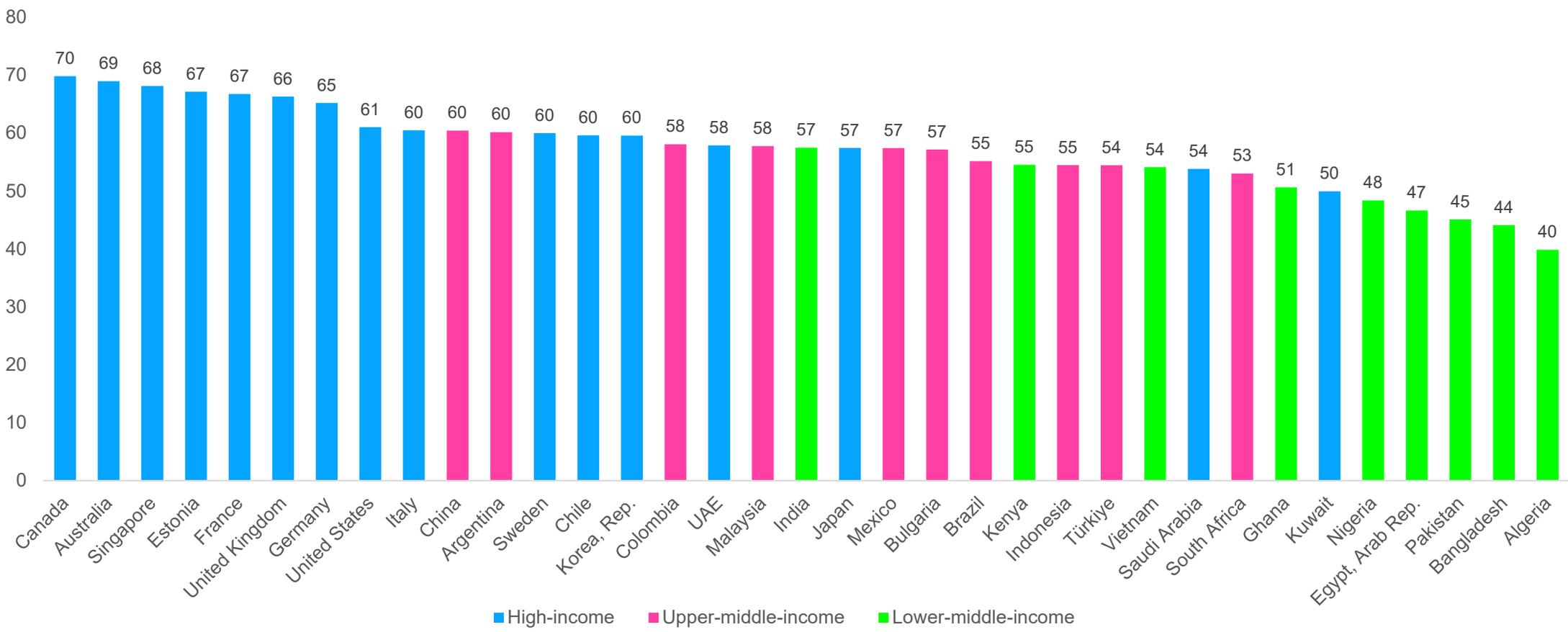
Methodology and data



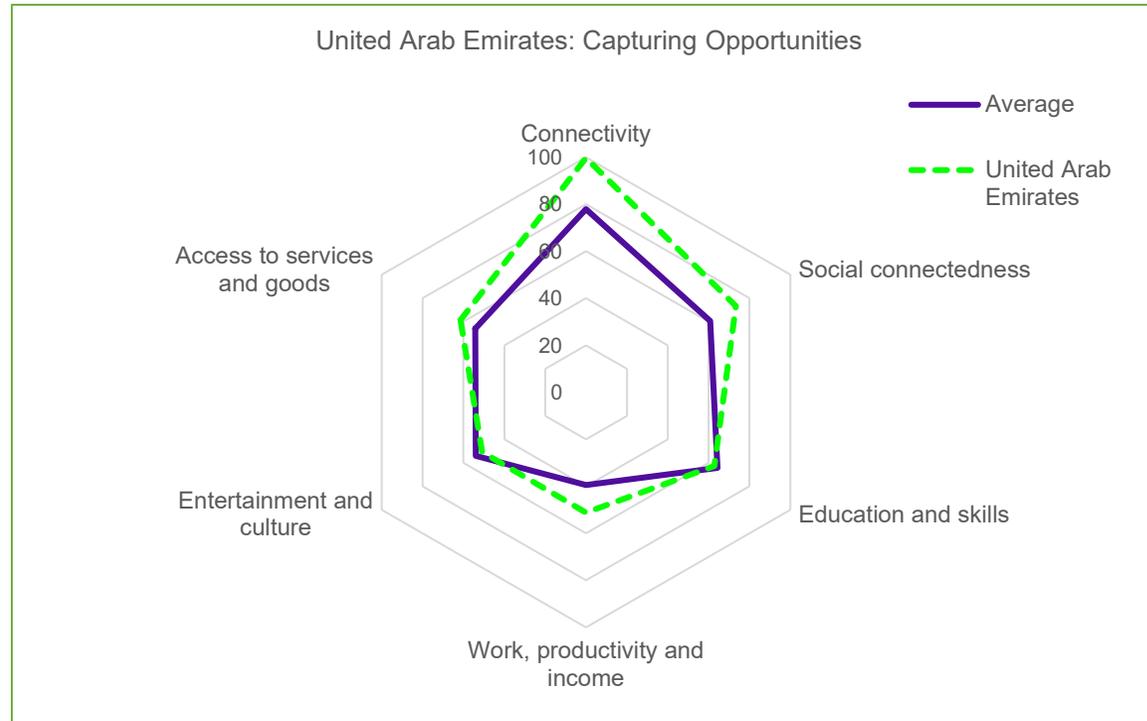
The DWI methodology follows the international gold standard for indices, the OECD Handbook on Constructing Composite Indicators. The data comprises:

- **Hard data indicators:** from established secondary data sources, e.g. World Bank, ITU, WEF, WHO, etc.
- **Survey indicators:** unique and proprietary data from 1,000 respondents per country for 35 countries.
- **Policy indicators:** detailed digital policy evaluation across the DWI countries.

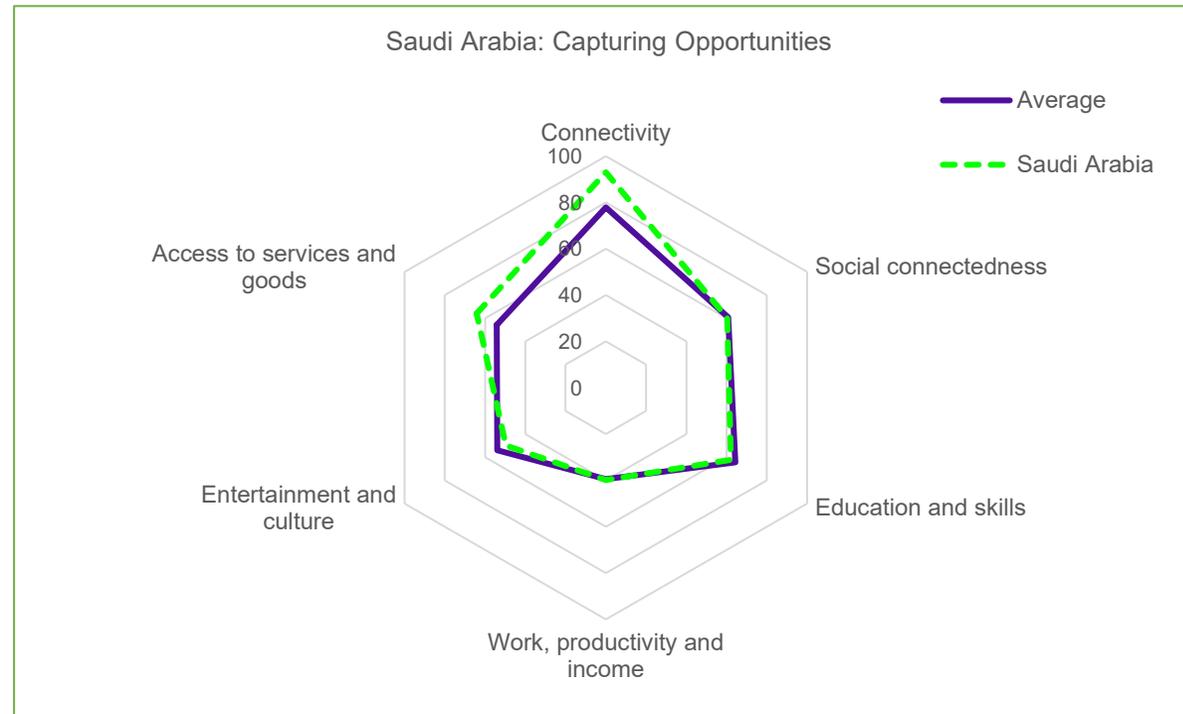
DWI Results



Country profiles United Arab Emirates

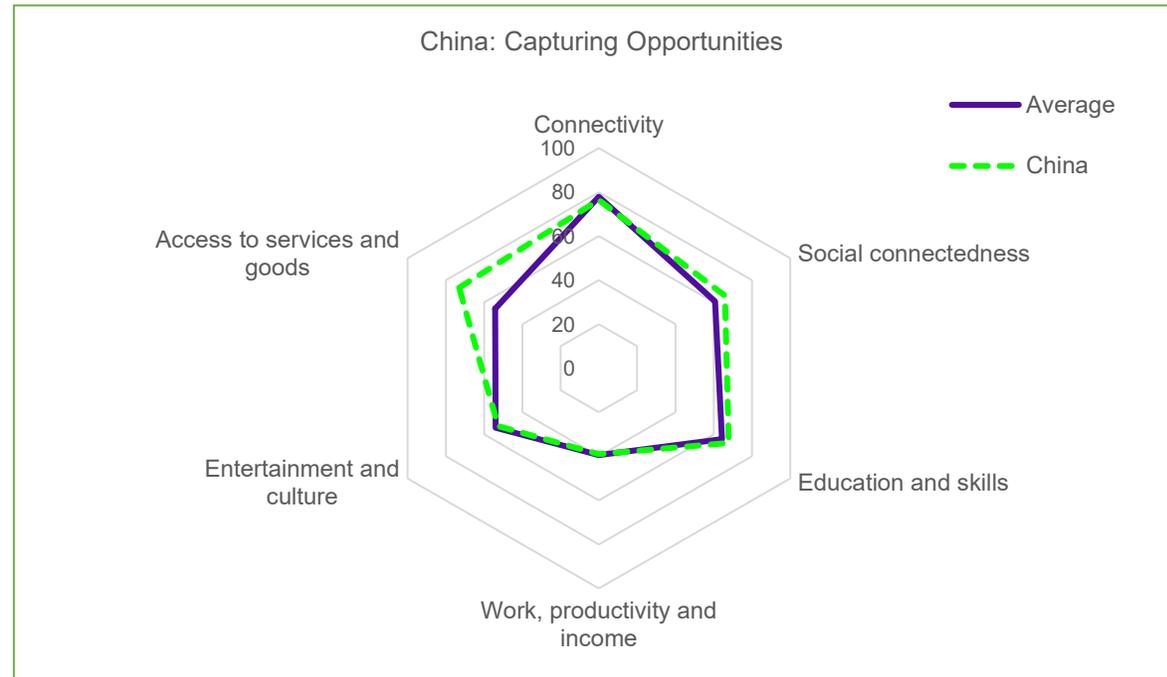


- UAE achieves 100% score in connectivity and leads in social connectedness, reflecting advanced digital infrastructure and remarkable social engagement.
- The country thrives in work and productivity, with policies like the virtual work resident visa, yet could improve by supporting the right to disconnect through policy interventions.



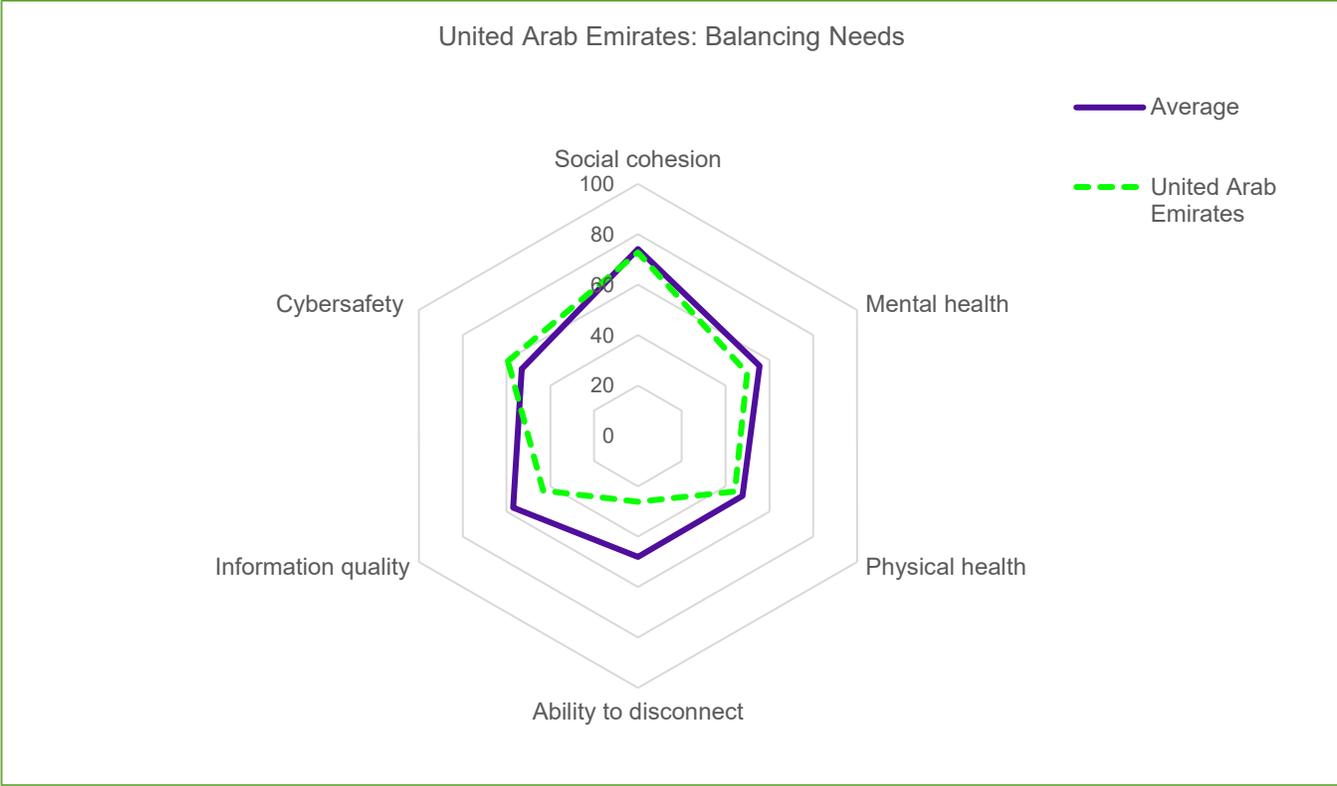
- Saudi Arabia **excels in inclusive connectivity and access to goods and services**, especially in digital payments and e-commerce, a vital component for digital advancement.
- Commitment to cybersecurity is evident with a **100% score in governance frameworks for data and consumer protection**, showcasing its strength in ensuring data safety policies.

Country profiles China

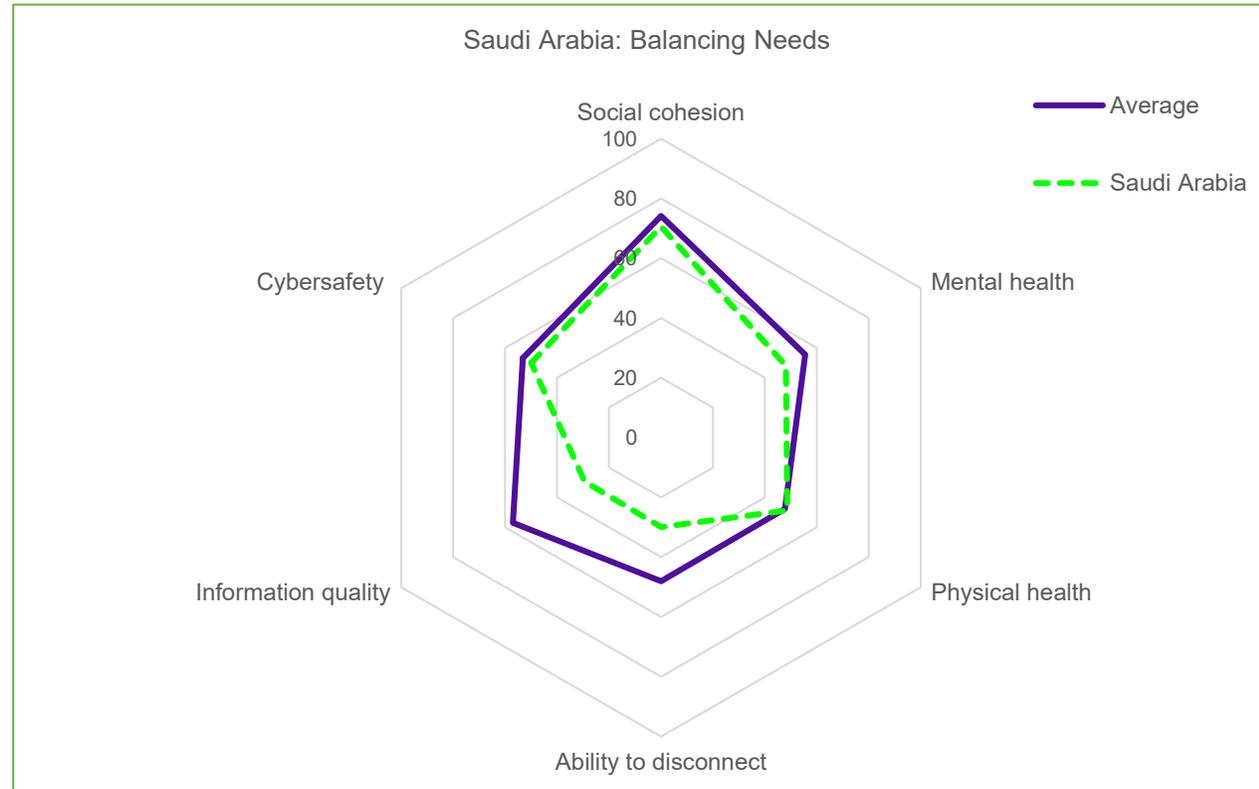


- China is **the top performing middle-income country**, with scores especially high in access to goods and services indicating widespread availability of tech-enabled amenities.
- While internet affordability is high, China still has **room for growth in increasing connectivity** and international bandwidth as population coverage remains low.

Country profiles United Arab Emirates

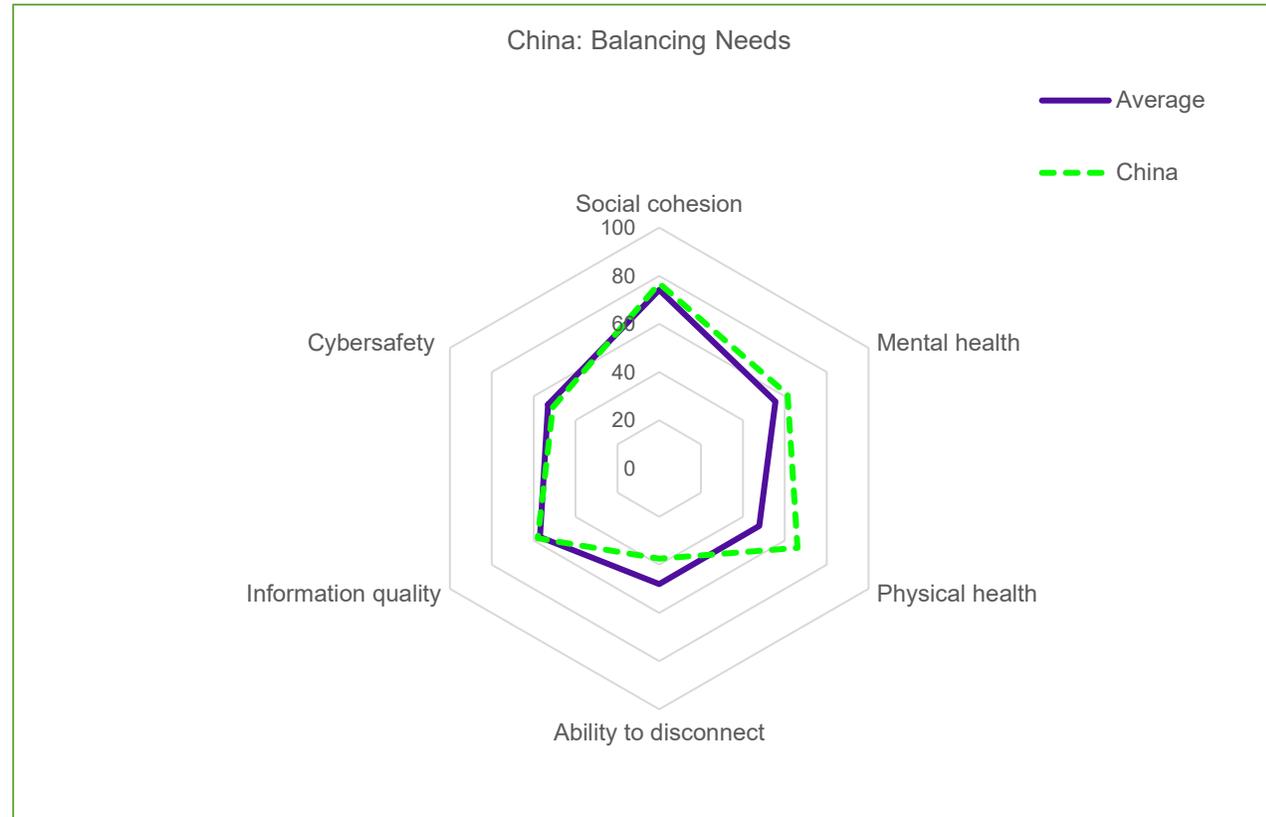


- UAE's "Digital Wellbeing Program" and the Council for Digital Wellbeing, **promote digital literacy, safe online behavior, and quality content exposure.**



- Concerted efforts to **raise awareness against misinformation**, especially from social media, among the public and in schools could further enhance information quality.

Country profiles China



- The country has established **policies supporting digital mental health and leading efforts to acknowledge digital addiction.**

Balancing Needs & Capturing Opportunities

FIGURE 2

Source: Global Digital Wellbeing Index 2024

- High income
- Upper middle income
- Lower middle income

Digital frontrunners face more risks, driving action on digital wellbeing

Capturing Opportunities (0-100)



- Few countries fare well in both balancing needs and capturing opportunities sub-indexes (e.g. Singapore)
- High income countries tend to have high scores in capturing opportunities pillars, but mixed results across the balancing needs ones
- Upper-middle income countries are clustered together, better at capturing opportunities than balancing needs
- Lower-middle income countries rank lower on average, but with some positive surprises (e.g. India, Kenya and Vietnam).

Persistent internet disparities: despite Universal Access policies, global internet disparities exist preventing people from reaping the opportunities for greater wellbeing; UAE and Saudi Arabia achieve 100% coverage.

Digital work benefits: advanced economies lead in providing opportunities for remote work and flexibility; digital innovations empower middle-income nations; emerging markets create opportunities through tech sector growth.

'Right to disconnect': major policy initiatives adopted in 1/3 of high and upper-middle-income countries but absent in lower-middle-income countries.

Mixed digital safety efforts: 17 countries out of 35 integrate disinformation awareness into education curricula, more needs to be done.

Rising digital cultural trends: Argentina leads in democratizing access to art & entertainment through tech, with Italy and France embracing digital tourism initiatives.





Expand to 50 countries

Explore AI and emerging technologies

Launch an accompanying policy tracker

Collaboration and partnerships

To read more and sign up for news and alerts about the DWI research, visit:

sync.ithra.com/dwi

