

Egypt

Young adults aged 18-34 in Egypt have an MHQ of 32 which puts them at a rank of 65 out of 84 countries. Older adults ranked at 58 compared to their global counterparts but with a higher MHQ score of 91.

Egypt was one of the countries with lowest regular UPF consumption, but with a higher percentage in those 18-34 (35% for the second lowest rank of 84) than in those 55+ (6% for the lowest rank of 85).

Those 18-24 ranked 58 for a younger age of smartphone in childhood (14.7 years) (or higher percentage of childhood on a smartphone).

There was a drop in family closeness in those 18-34 (57% for a rank of 59) compared to those 55+ (79% for a rank of 23).

Both age groups scored in the highest quartile for spirituality with a rank of 14 for those 18-34 and a rank of 7 for those 55+.

- Negative factors that degrade mind health
- Positive factors that enhance mind health

