

INDIA

Young adults aged 18-34 in India have an MHQ of 33 which puts them at a rank of 60 out of 84 countries. Older adults ranked at 49 compared to their global counterparts but with a higher MHQ score of 96.

While regular UPF consumption in India was relatively low compared to other countries among those 18-34 with a rank of 71, at 44% it was still substantially higher than the 11% for those 55+. Those 18-24 ranked 71 for a younger age of smartphone in childhood (16.5 years) (or higher percentage of childhood on a smartphone). However, the age is now substantially lower in Gen Alpha.

Both the 18-34 and 55+ age groups ranked 28 for family closeness while spirituality scores were in the middle third for both age groups, with those 18-34 ranking 39 and those 55+ ranking 28.

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

