

JORDAN

Young adults aged 18-34 in Jordan have an MHQ of 41 which puts them at a rank of 40 out of 84 countries. Older adults ranked at 35 compared to their global counterparts but with a higher MHQ score of 102.

Jordan was one of the countries with lowest regular UPF consumption but with a higher percentage in those 18-34 (37% for a rank of 81) than in those 55+ (7% for a rank of 84).

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

Even though both age groups scored in the upper third for family closeness, there was drop in those 18-34 (65% for a rank of 22) compared to those 55+ (87% for the highest rank of 1).

Both age groups scored in the highest quartile for spirituality with a rank of 14 for those 18-34 and a rank of 9 for those 55+.

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

