

MEXICO

Young adults aged 18-34 in Mexico have an MHQ of 38 which puts them at a rank of 52 out of 84 countries. Older adults ranked at 3rd compared to their global counterparts with a higher MHQ score of 117. This represents one of the largest drops in MHQ points between older and younger adults across the world.

Young adults 18-34 in Mexico ranked high on UPF consumption (rank 18) while GenZ (18-24) ranked high on younger age of smartphone or higher percentage of childhood on a smartphone (rank 14), both factors contributing to poor mind health.

While young adults in Mexico ranked 31 out of 80 and 44 out of 69 countries for Family Bonds and Spirituality, compared to those 55+ they had one of the biggest drops on both factors. Thus, while Mexico's Internet-enabled young adults rank in the middle, they show some of the biggest drops in positive factors globally.

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

