

NIGERIA

Young adults aged 18-34 in Nigeria have an MHQ of 64 which puts them at a rank of 2 out of 84 countries. Older adults ranked at 10 compared to their global counterparts but with a higher MHQ score of 113. Overall, Nigeria was one of the highest rating countries in terms of its MHQ scores.

Those 18-24 rated 66th for a younger age of smartphone in childhood (16 years) (or higher percentage of childhood on a smartphone).

Both age groups ranked in the bottom third for regular UPF consumption (a rank of 57 for those 18-34 and of 59 for those 55+).

The ranking for family closeness dropped from a rank of 15 for those 55+ (80%) to a rank of 41 for those 18-34 (61%).

Both age groups scored high on spirituality with a rank of 13 for those 18-34 and of 7 for those 55+.

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

