

AUSTRALIA

Young adults aged 18-34 in Australia have an MHQ of 27 which puts them at a rank of 74 out of 84 countries. Older adults ranked at 76 compared to their global counterparts but with a higher MHQ score of 83. Altogether, the mind health of Australia ranks within the bottom quartile.

UPF consumption ranked 6th highest for 18-34 (with 73% consuming UPF regularly), while those 18-24 ranked 31st for a younger age of smartphone in childhood (or higher percentage of childhood on a smartphone), both factors associated with various detrimental mental health symptoms. Conversely, both younger and older adults ranked in the bottom quartile on family closeness (62 for those 18-34 and 63 for those 55+ out of 80) and spirituality (62 for those 18-34 and 65 for those 55+ out of 69; with scores in both age groups in the atheist range).

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

