

GERMANY

Young adults aged 18-34 in Germany have an MHQ of 28 which puts them at a rank of 71 out of 84 countries. Older adults ranked at 83 compared to their global counterparts but with a higher MHQ score of 72. Altogether, the mind health of Germany ranks in the bottom quartile.

Regular UPF consumption was higher in those 18-34 (67%) than in those 55+ (39%), both ranking 13th for their age group. Those 18-24 ranked 8th for a younger age of smartphone in childhood (or higher percentage of childhood on a smartphone), both of which are associated with detrimental mental health symptoms.

Those aged 18-34 ranked in the middle third (rank 47) and those 55+ in the bottom third (rank 76) for family closeness.

Spirituality scores were very low in both age groups, with those 18-34 ranking lowest on spirituality with a score of 3.5 (69 out of 69), and those 55+ ranking 66 out of 69 with a score of 4.1, in both cases within the atheist band.

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

