

UNITED KINGDOM

Young adults 18-34 in the United Kingdom have an MHQ of 20 which puts them at a rank of 81 out of 84 countries. Older adults too ranked at 81 compared to their global counterparts but with a higher MHQ score of 78. Altogether, the UK is one of the poorest ranking countries.

UPF consumption ranked 3rd highest for 18-34 (with 75% consuming UPF regularly) and highest for 55+, while those 18-24 ranked 11th 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, those 18-34 ranked in the middle third on family bonds, but towards the bottom on spirituality with a ranking of 67 for those 18-34 and 66 for those 55+ out of 69 countries, where both young and old adults were predominantly atheist.

