

Saudi Arabia

Young adults aged 18-34 in Saudi Arabia have an MHQ of 47 which puts them at a rank of 25 out of 84 countries. Older adults ranked at 41 compared to their global counterparts but with a higher MHQ score of 100.

There was an increase in regular UPF consumption among those 18-34 (56% for a rank of 32) compared to those 55+ (12% for a rank of 74).

Those 18-24 ranked at 50 for a younger age of smartphone in childhood (14 years) (or higher percentage of childhood on a smartphone).

Even though family closeness was in the upper quartile for both age groups, it decreased in those 18-34 (66% for a rank of 18) compared to those 55+ (86% for a rank of 2).

Both age groups scored in the upper third for spirituality with a rank of 19 for those 18-34 and a rank of 9 for those 55+.

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

