

SOUTH AFRICA

Young adults aged 18-34 in South Africa have an MHQ of 39 which puts them at a rank of 46 out of 84 countries. Older adults ranked at 47 compared to their global counterparts but with a higher MHQ score of 98.

Those 18-24 rated 31st for a younger age of smartphone in childhood (13 years) (or higher percentage of childhood on a smartphone).

Regular UPF consumption was reported by 51% of those 18-34 (a rank of 54) versus 30% of those 55+ (a rank of 28).

The ranking for family closeness was in the middle third for both age groups (a rank of 47 for those 18-34 and of 46 for those 55+).

Moreover, both age groups scored in the middle third for spirituality with a rank of 32 for those 18-34 and of 31 for those 55+.

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

