

TANZANIA

Young adults aged 18-34 in Tanzania have an MHQ of 62 which puts them at a rank of 5 out of 84 countries. This represents a decrease relative to last year where Tanzania ranked #1 and is driven largely by a drop in Drive & Motivation in the 18-24 age group. Older adults ranked at 19 compared to their global counterparts but with a higher MHQ score of 108.

Tanzania had the lowest rank on percentage of childhood with a smartphone among GenZ with an average age of smartphone of 18.4 years and also ranked low on regular UPF consumption at 57 for those 18-34 and 54 for those 55+ indicating a relatively low impact of negative factors.

Conversely, young adults 18-34 in Tanzania ranked highest on spirituality among 69 countries while those 55+ ranked 9 making Tanzania one of the most spiritual countries overall. Both age groups score also high for family closeness with a rank of 14 for those aged 18-34 and a rank of 7 for those aged 55+.

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

