

Abstract

Background: The purpose of this study was to determine the prevalence of self-reported mental health problems among a sample of young adults in the United States.

Methods: Data were drawn from the 2007 National Survey of Adolescent Health, a nationally representative survey of young adults aged 18–24 years. The survey included a module on mental health problems, which asked respondents whether they had ever been told by a health professional that they had a mental health problem, and if so, what the problem was.

Results: The prevalence of self-reported mental health problems was 11.1% (95% CI 9.8–12.4%). The most common mental health problems reported were anxiety disorders (4.1%), major depressive disorder (3.8%), and substance use disorders (3.2%).

Conclusions: The prevalence of self-reported mental health problems among young adults in the United States is 11.1%. The most common mental health problems reported were anxiety disorders, major depressive disorder, and substance use disorders.

Keywords: Prevalence, Self-reported, Mental health problems, Young adults, United States

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