

Abstract

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

Methods: A cross-sectional survey of 1,000 young adults (18-24 years) was conducted. The survey included a self-report questionnaire on mental health problems, a measure of social support, and a measure of life satisfaction.

Results: The prevalence of self-reported mental health problems was 12.5%. The prevalence of self-reported mental health problems was significantly higher in those with low social support and low life satisfaction.

Conclusions: The prevalence of self-reported mental health problems in a community sample of young adults is 12.5%. The prevalence of self-reported mental health problems is significantly higher in those with low social support and low life satisfaction.

VORLAGE ZUR GESTALTUNG VON
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