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Half the world to develop mental health disorder – 3rd August 2023

Level 0

Half of us will have at least one mental health problem by the age of 75. A study said the most common problem was mood disorders like depression. Men and women have different problems. The most common problems for women were depression and phobias. Men suffered most from alcohol abuse and depression.

The researchers looked at 32 health surveys from 156,000 people. They found out when mental health problems first start. An important finding was that a lot of children have mental disorders. Young people need more help. They need services that treat their mental health problems.

Level 1

More people are experiencing mental health problems. Half of us will have at least one problem by the age of 75. The lead author of a study said the most common problems were mood disorders like depression. The risk of disorders differs between men and women. The most common mental health disorders for women were depression and phobias that make daily life more difficult. Men suffered most from alcohol abuse and depression.

The researchers looked at 32 mental health surveys from 156,000 people in 29 countries. The researchers found out when mental health problems first start. They also looked at the risk of getting different mental disorders. An important finding was that mental disorders appear a lot in children. Young people need more help with their lives. They need services that treat their mental health problems.

Level 2

A study has found that more people are experiencing mental health problems. Researchers found that half of us will have at least one mental health disorder by the age of 75. The lead author of the study said the most common problems were mood disorders, like depression or anxiety. He added that the risk of disorders differed between men and women. The three most common mental health disorders for women were depression, phobias that make daily life more difficult and PTSD (post-traumatic stress disorder). Men suffered most from alcohol abuse, depression, and phobias.

The researchers looked at 32 mental health surveys from the WHO. Over 156,000 people in 29 countries answered questions about their mental well-being. The researchers found out when mental health problems first started in people. They also looked at the risk of getting different mental disorders. These included panic attacks, drug abuse and ADHD. An important finding was that mental disorders appeared a lot in children. Young people need more help with their lives. They need services that find and treat their mental health problems.

Level 3

A new study has found that more and more people are experiencing mental health problems. Research from the University of Queensland and Harvard Medical School found that half of us will have at least one mental health disorder by the time we are 75. Professor John McGrath, lead author of the study, said the most common issues were mood disorders, such as depression or anxiety. He added that "the risk of certain mental disorders differed by sex". The three most common mental health disorders among women were depression, phobias that make daily life more difficult and PTSD (post-traumatic stress disorder). Men suffered most from alcohol abuse, depression, and phobias.

The researchers looked at data from 32 mental health surveys from the WHO. Over 156,000 people in 29 countries answered questions about their lifestyle and mental well-being. The researchers analyzed the questionnaires to find out when mental health problems first started in people. They also assessed the risk of people experiencing 13 mental disorders. These included panic attacks, anxiety, drug abuse and ADHD. An important finding of the study was that for many people, mental health disorders first appeared in childhood or in teenage years. The study concluded that young people needed more help in the "critical parts of their lives". They need services that find and treat their mental health problems.