

Abstract

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

Methods: Data were obtained from the National Longitudinal Study of Adolescent Health, a nationally representative sample of adolescents and young adults aged 15-24 years. The study included a self-report questionnaire on mental health problems, which was completed by 11,142 participants. The questionnaire asked about the presence of various mental health problems, including depression, anxiety, and substance use.

Results: The prevalence of self-reported mental health problems was 15.3%. The most common mental health problems reported were depression (10.1%), anxiety (8.7%), and substance use (7.2%). The prevalence of mental health problems was higher among females than males, and higher among those with lower socioeconomic status.

Conclusions: The results of this study suggest that a significant proportion of young adults in the United States report mental health problems. This finding highlights the need for further research on the prevalence and risk factors for mental health problems in this population.