

## Macro Roundup Article

**Headline:** Further Evidence on the Global Decline in the Mental Health of the Young

**Article Link:** <https://www.nber.org/papers/w32500>

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**Tweet:** European data from 2021 show that in contrast to the 2011 data, self-reported unhappiness and depression are highest among teens and decline sharply with age. @AlexanderBryson @D\_Blanchflower

**Summary:** In both 2011 and 2021, International Social Survey Program (ISSP) surveys included a Health and Healthcare module, which included the same questions, and 7-step happiness question: If you were to consider your life in general these days, how happy or unhappy would you say you are, on the whole? Chart 1 reports the results of regressing the percentage who say that, over the past four weeks, they were often or very often unhappy and depressed on gender, plus a full set of age and country dummies for each of the two ISSP surveys, for 2011 and 2021. Remarkably, the two lines cross: that for 2011 slopes upwards in age, that for 2021 slopes down in age. The female variable is significantly positive which is a standard finding in the unhappiness literature. Young people with poorer mental health spend more time daily in front of a screen and within-person increases in poor mental health are correlated with spending more time in front of a screen.

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**Primary Topic:** Family/Marriage

**Topics:** Academic paper, Database, Family/Marriage, Politics, Workforce

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