|  | Total | 18-24 | 25-34 | 35-44 | 45-54 | 55-64 | 65-74 | 75-84 | 85+ |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | ( = 341956) | (N= 64648) | (N= 47249) | (N= 55241) | (N= 57259) | (N= 63113) | (N= 40881) | (N= 12029) | (N= 1536) |
| Sex |  |  |  |  |  |  |  |  |  |
| Female | 189226 (55.3%) | 39831 (61.6%) | 27344 (57.9%) | 31203 (56.5%) | 30890 (53.9%) | 32729 (51.9%) | 20256 (49.5%) | 6141 (51.1%) | 832 (54.2%) |
| Male | 148624 (43.5%) | 23206 (35.9%) | 19427 (41.1%) | 23584 (42.7%) | 25815 (45.1%) | 29827 (47.3%) | 20299 (49.7%) | 5807 (48.3%) | 659 (42.9%) |
| Other/Intersex | 819 (0.2%) | 268 (0.4%) | 63 (0.1%) | 92 (0.2%) | 163 (0.3%) | 136 (0.2%) | 63 (0.2%) | 14 (0.1%) | 20 (1.3%) |
| Missing | 3287 (1.0%) | 1343 (2.1%) | 415 (0.9%) | 362 (0.7%) | 391 (0.7%) | 421 (0.7%) | 263 (0.6%) | 67 (0.6%) | 25 (1.6%) |
| Education |  |  |  |  |  |  |  |  |  |
| Associate’s Degree | 21259 (6.2%) | 3921 (6.1%) | 2512 (5.3%) | 2643 (4.8%) | 3174 (5.5%) | 4381 (6.9%) | 3398 (8.3%) | 1093 (9.1%) | 137 (8.9%) |
| Bachelor’s Degree | 105724 (30.9%) | 17800 (27.5%) | 19818 (41.9%) | 20404 (36.9%) | 18197 (31.8%) | 17066 (27.0%) | 9753 (23.9%) | 2455 (20.4%) | 231 (15.0%) |
| Graduate Degree | 56764 (16.6%) | 3386 (5.2%) | 8580 (18.2%) | 11690 (21.2%) | 11725 (20.5%) | 11671 (18.5%) | 7423 (18.2%) | 2038 (16.9%) | 251 (16.3%) |
| High School | 77434 (22.6%) | 23451 (36.3%) | 7871 (16.7%) | 9293 (16.8%) | 10880 (19.0%) | 12985 (20.6%) | 9321 (22.8%) | 3155 (26.2%) | 478 (31.1%) |
| Less than High School | 34040 (10.0%) | 6836 (10.6%) | 2902 (6.1%) | 4720 (8.5%) | 5674 (9.9%) | 7249 (11.5%) | 4811 (11.8%) | 1620 (13.5%) | 228 (14.8%) |
| Other | 16246 (4.8%) | 3578 (5.5%) | 2248 (4.8%) | 2552 (4.6%) | 2733 (4.8%) | 2997 (4.7%) | 1649 (4.0%) | 412 (3.4%) | 77 (5.0%) |
| Vocational Certification | 21823 (6.4%) | 1922 (3.0%) | 2613 (5.5%) | 3054 (5.5%) | 3842 (6.7%) | 5487 (8.7%) | 3762 (9.2%) | 1043 (8.7%) | 100 (6.5%) |
| Missing | 8666 (2.5%) | 3754 (5.8%) | 705 (1.5%) | 885 (1.6%) | 1034 (1.8%) | 1277 (2.0%) | 764 (1.9%) | 213 (1.8%) | 34 (2.2%) |
| Employment |  |  |  |  |  |  |  |  |  |
| Employed /Self employed | 163401 (47.8%) | 12630 (19.5%) | 29040 (61.5%) | 39198 (71.0%) | 41026 (71.6%) | 33075 (52.4%) | 7391 (18.1%) | 960 (8.0%) | 81 (5.3%) |
| Homemaker | 31570 (9.2%) | 2260 (3.5%) | 5383 (11.4%) | 8198 (14.8%) | 7162 (12.5%) | 5874 (9.3%) | 2124 (5.2%) | 478 (4.0%) | 91 (5.9%) |
| Not able to work | 7210 (2.1%) | 1212 (1.9%) | 806 (1.7%) | 966 (1.7%) | 1444 (2.5%) | 2193 (3.5%) | 473 (1.2%) | 81 (0.7%) | 35 (2.3%) |
| Retired | 61333 (17.9%) | 102 (0.2%) | 93 (0.2%) | 317 (0.6%) | 1924 (3.4%) | 17194 (27.2%) | 30038 (73.5%) | 10380 (86.3%) | 1285 (83.7%) |
| Studying | 48583 (14.2%) | 40925 (63.3%) | 4306 (9.1%) | 1476 (2.7%) | 1101 (1.9%) | 574 (0.9%) | 149 (0.4%) | 30 (0.2%) | 22 (1.4%) |
| Unemployed | 29859 (8.7%) | 7519 (11.6%) | 7621 (16.1%) | 5086 (9.2%) | 4602 (8.0%) | 4203 (6.7%) | 706 (1.7%) | 100 (0.8%) | 22 (1.4%) |
| Relationship Status |  |  |  |  |  |  |  |  |  |
| Divorced/ Separated | 32484 (9.5%) | 876 (1.4%) | 2137 (4.5%) | 4738 (8.6%) | 6849 (12.0%) | 9677 (15.3%) | 6535 (16.0%) | 1536 (12.8%) | 136 (8.9%) |
| In a cohabiting relationship | 15388 (4.5%) | 1318 (2.0%) | 2861 (6.1%) | 3170 (5.7%) | 3062 (5.3%) | 3022 (4.8%) | 1576 (3.9%) | 345 (2.9%) | 34 (2.2%) |
| In a relationship | 32066 (9.4%) | 12729 (19.7%) | 7347 (15.5%) | 3650 (6.6%) | 3146 (5.5%) | 3103 (4.9%) | 1669 (4.1%) | 390 (3.2%) | 32 (2.1%) |
| Married/Civil Partnership | 145166 (42.5%) | 2022 (3.1%) | 14235 (30.1%) | 31501 (57.0%) | 33622 (58.7%) | 35037 (55.5%) | 22295 (54.5%) | 5897 (49.0%) | 557 (36.3%) |
| Other | 2313 (0.7%) | 803 (1.2%) | 470 (1.0%) | 439 (0.8%) | 339 (0.6%) | 208 (0.3%) | 46 (0.1%) | 5 (0.0%) | 3 (0.2%) |
| Single (never married or in a civil partnership) | 85117 (24.9%) | 42004 (65.0%) | 18279 (38.7%) | 9084 (16.4%) | 6653 (11.6%) | 5955 (9.4%) | 2583 (6.3%) | 508 (4.2%) | 51 (3.3%) |
| Widowed | 14744 (4.3%) | 139 (0.2%) | 158 (0.3%) | 557 (1.0%) | 1490 (2.6%) | 3860 (6.1%) | 4895 (12.0%) | 2984 (24.8%) | 661 (43.0%) |
| Missing | 14678 (4.3%) | 4757 (7.4%) | 1762 (3.7%) | 2102 (3.8%) | 2098 (3.7%) | 2251 (3.6%) | 1282 (3.1%) | 364 (3.0%) | 62 (4.0%) |
| Socialize Frequency |  |  |  |  |  |  |  |  |  |
| Rarely/Never | 86212 (25.2%) | 14926 (23.1%) | 14063 (29.8%) | 16429 (29.7%) | 16052 (28.0%) | 15390 (24.4%) | 7446 (18.2%) | 1683 (14.0%) | 223 (14.5%) |
| 1-3 times a month | 79457 (23.2%) | 13115 (20.3%) | 11989 (25.4%) | 12973 (23.5%) | 13545 (23.7%) | 15310 (24.3%) | 9591 (23.5%) | 2655 (22.1%) | 279 (18.2%) |
| Once a week | 63389 (18.5%) | 11242 (17.4%) | 8055 (17.0%) | 9235 (16.7%) | 9847 (17.2%) | 12275 (19.4%) | 9352 (22.9%) | 3019 (25.1%) | 364 (23.7%) |
| Several days a week | 112898 (33.0%) | 25365 (39.2%) | 13142 (27.8%) | 16604 (30.1%) | 17815 (31.1%) | 20138 (31.9%) | 14492 (35.4%) | 4672 (38.8%) | 670 (43.6%) |
| Adequate Sleep Frequency |  |  |  |  |  |  |  |  |  |
| Hardly ever | 42262 (12.4%) | 10071 (15.6%) | 6175 (13.1%) | 7270 (13.2%) | 7113 (12.4%) | 7180 (11.4%) | 3498 (8.6%) | 836 (6.9%) | 119 (7.7%) |
| Some of the time | 117966 (34.5%) | 25492 (39.4%) | 18234 (38.6%) | 21289 (38.5%) | 20129 (35.2%) | 19465 (30.8%) | 10499 (25.7%) | 2569 (21.4%) | 289 (18.8%) |
| Most of the time | 140096 (41.0%) | 22792 (35.3%) | 17866 (37.8%) | 21383 (38.7%) | 23592 (41.2%) | 27803 (44.1%) | 19799 (48.4%) | 6106 (50.8%) | 755 (49.2%) |
| All of the time | 41632 (12.2%) | 6293 (9.7%) | 4974 (10.5%) | 5299 (9.6%) | 6425 (11.2%) | 8665 (13.7%) | 7085 (17.3%) | 2518 (20.9%) | 373 (24.3%) |
| Medical Diagnosis |  |  |  |  |  |  |  |  |  |
| No | 280712 (82.1%) | 54877 (84.9%) | 40813 (86.4%) | 47336 (85.7%) | 47419 (82.8%) | 49690 (78.7%) | 31090 (76.1%) | 8488 (70.6%) | 999 (65.0%) |
| Yes | 53164 (15.5%) | 7584 (11.7%) | 5438 (11.5%) | 6702 (12.1%) | 8628 (15.1%) | 12133 (19.2%) | 8917 (21.8%) | 3286 (27.3%) | 476 (31.0%) |
| Missing | 8080 (2.4%) | 2187 (3.4%) | 998 (2.1%) | 1203 (2.2%) | 1212 (2.1%) | 1290 (2.0%) | 874 (2.1%) | 255 (2.1%) | 61 (4.0%) |
| Mental Health Treatment in Past Year |  |  |  |  |  |  |  |  |  |
| No | 287518 (84.1%) | 51770 (80.1%) | 38632 (81.8%) | 46434 (84.1%) | 48454 (84.6%) | 53656 (85.0%) | 36239 (88.6%) | 10916 (90.7%) | 1417 (92.3%) |
| Yes | 50606 (14.8%) | 12028 (18.6%) | 8183 (17.3%) | 8221 (14.9%) | 8181 (14.3%) | 8732 (13.8%) | 4192 (10.3%) | 979 (8.1%) | 90 (5.9%) |
| Missing | 3832 (1.1%) | 850 (1.3%) | 434 (0.9%) | 586 (1.1%) | 624 (1.1%) | 725 (1.1%) | 450 (1.1%) | 134 (1.1%) | 29 (1.9%) |
| Experienced Childhood Trauma |  |  |  |  |  |  |  |  |  |
| No | 131004 (38.3%) | 16518 (25.6%) | 15289 (32.4%) | 21660 (39.2%) | 24223 (42.3%) | 27401 (43.4%) | 19235 (47.1%) | 5958 (49.5%) | 720 (46.9%) |
| Yes | 210952 (61.7%) | 48130 (74.4%) | 31960 (67.6%) | 33581 (60.8%) | 33036 (57.7%) | 35712 (56.6%) | 21646 (52.9%) | 6071 (50.5%) | 816 (53.1%) |
| Experienced Adult Trauma |  |  |  |  |  |  |  |  |  |
| No | 89087 (26.1%) | 17408 (26.9%) | 12573 (26.6%) | 16663 (30.2%) | 15786 (27.6%) | 15432 (24.5%) | 9027 (22.1%) | 1999 (16.6%) | 199 (13.0%) |
| Yes | 252869 (73.9%) | 47240 (73.1%) | 34676 (73.4%) | 38578 (69.8%) | 41473 (72.4%) | 47681 (75.5%) | 31854 (77.9%) | 10030 (83.4%) | 1337 (87.0%) |
| Physical Activity |  |  |  |  |  |  |  |  |  |
| Inactive | 135525 (39.6%) | 27949 (43.2%) | 23082 (48.9%) | 27178 (49.2%) | 24080 (42.1%) | 20054 (31.8%) | 9828 (24.0%) | 2883 (24.0%) | 471 (30.7%) |
| Active | 206431 (60.4%) | 36699 (56.8%) | 24167 (51.1%) | 28063 (50.8%) | 33179 (57.9%) | 43059 (68.2%) | 31053 (76.0%) | 9146 (76.0%) | 1065 (69.3%) |
| MHQ |  |  |  |  |  |  |  |  |  |
| Mean (SD) | 67.9 (72.7) | 21.2 (69.6) | 45.4 (69.2) | 64.6 (68.4) | 80.2 (67.6) | 92.6 (65.5) | 103 (59.7) | 111 (55.1) | 111 (63.7) |
| Median [Min, Max] | 79.1 [-166, 200] | 2.10 [-166, 200] | 45.2 [-166, 200] | 72.6 [-166, 200] | 93.5 [-166, 200] | 108 [-166, 200] | 117 [-166, 200] | 124 [-166, 200] | 125 [-166, 200] |
| Core Cognition |  |  |  |  |  |  |  |  |  |
| Mean (SD) | 81.4 (67.0) | 39.5 (63.2) | 61.0 (64.7) | 78.6 (64.7) | 92.3 (63.0) | 104 (60.4) | 113 (54.7) | 119 (51.3) | 116 (58.3) |
| Median [Min, Max] | 93.5 [-100, 200] | 25.4 [-100, 200] | 63.3 [-100, 200] | 88.8 [-100, 200] | 106 [-100, 200] | 118 [-100, 200] | 125 [-100, 200] | 130 [-100, 200] | 130 [-100, 200] |
| Adaptability and Resilience |  |  |  |  |  |  |  |  |  |
| Mean (SD) | 89.8 (67.4) | 50.7 (67.5) | 70.6 (66.7) | 88.3 (64.6) | 101 (62.7) | 110 (61.3) | 118 (55.2) | 125 (49.7) | 123 (55.4) |
| Median [Min, Max] | 105 [-100, 200] | 53.7 [-100, 200] | 81.7 [-100, 200] | 102 [-100, 200] | 116 [-100, 200] | 124 [-100, 200] | 132 [-100, 200] | 137 [-100, 200] | 134 [-100, 200] |
| Drive and Motivation |  |  |  |  |  |  |  |  |  |
| Mean (SD) | 83.4 (66.6) | 43.5 (64.7) | 62.6 (65.2) | 80.4 (63.9) | 94.3 (62.4) | 105 (60.1) | 114 (53.8) | 118 (49.7) | 114 (57.1) |
| Median [Min, Max] | 94.3 [-100, 200] | 36.8 [-100, 200] | 66.7 [-100, 200] | 89.7 [-100, 200] | 106 [-100, 200] | 120 [-100, 200] | 126 [-100, 200] | 129 [-100, 200] | 124 [-100, 200] |
| Mood and Outlook |  |  |  |  |  |  |  |  |  |
| Mean (SD) | 67.2 (71.1) | 24.4 (64.8) | 44.1 (66.3) | 62.0 (67.1) | 78.1 (67.6) | 91.2 (66.2) | 102 (61.5) | 111 (57.2) | 114 (61.7) |
| Median [Min, Max] | 73.7 [-100, 200] | -1.30 [-100, 200] | 35.6 [-100, 200] | 65.4 [-100, 200] | 88.8 [-100, 200] | 105 [-100, 200] | 116 [-100, 200] | 124 [-100, 200] | 129 [-100, 200] |
| Social Self |  |  |  |  |  |  |  |  |  |
| Mean (SD) | 70.7 (76.6) | 23.1 (69.5) | 50.2 (72.5) | 69.7 (72.8) | 83.5 (72.8) | 94.3 (71.8) | 103 (68.2) | 112 (64.6) | 116 (67.3) |
| Median [Min, Max] | 83.9 [-100, 200] | -3.40 [-100, 200] | 46.8 [-100, 200] | 80.6 [-100, 200] | 101 [-100, 200] | 115 [-100, 200] | 123 [-100, 200] | 131 [-100, 200] | 134 [-100, 200] |
| Mind-Body |  |  |  |  |  |  |  |  |  |
| Mean (SD) | 73.4 (64.7) | 44.6 (64.3) | 57.7 (63.8) | 68.7 (63.8) | 80.5 (62.9) | 90.1 (60.8) | 98.5 (55.5) | 102 (52.0) | 99.3 (57.0) |
| Median [Min, Max] | 84.1 [-100, 200] | 45.5 [-100, 200] | 64.5 [-100, 200] | 78.6 [-100, 200] | 92.7 [-100, 200] | 102 [-100, 200] | 109 [-100, 200] | 111 [-100, 200] | 108 [-100, 200] |