

Prevalence of self-reported depression and anxiety among young adults in the Netherlands

Background: Depression and anxiety are common mental health problems. The prevalence of self-reported depression and anxiety among young adults in the Netherlands is not well known. This study aimed to determine the prevalence of self-reported depression and anxiety among young adults in the Netherlands.

Methods: A cross-sectional survey was conducted among young adults (18-30 years) in the Netherlands. The prevalence of self-reported depression and anxiety was determined using the Patient Health Questionnaire (PHQ-9) and the Generalized Anxiety Disorder (GAD-7) scale. The prevalence of self-reported depression and anxiety was compared between young adults with and without a history of mental health problems.

Results: The prevalence of self-reported depression and anxiety among young adults in the Netherlands was 12.5% and 10.5%, respectively. The prevalence of self-reported depression and anxiety was significantly higher among young adults with a history of mental health problems (25.0% and 20.0%, respectively) compared to those without a history of mental health problems (12.5% and 10.5%, respectively).

Conclusion: The prevalence of self-reported depression and anxiety among young adults in the Netherlands is 12.5% and 10.5%, respectively. The prevalence of self-reported depression and anxiety is significantly higher among young adults with a history of mental health problems.

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