One out of every five young people in the Basque Country had some type of psychological problem last year

10 October, World Mental Health Day

On occasion of the World Mental Health Day on 10 October, the Basque Youth Observatory is unveiling some data on how many young people in the Basque Country say they had mental health issues last year.

At the beginning of 2016, up to 19% of young people in the Basque Country aged 15 to 29 stated they had had some type of psychological problem (anxiety, stress, depression...) last year.

The percentage of young women who had psychological issues doubles that of men: 26% for young women and 13% for young men.

The number of young people who admitted to having had some problem related to anxiety, stress, depression... has increased slightly compared to 2012, when the overall figure was 16%. The greatest increase affects women, among whom the prevalence of this type of psychological problem has risen from 21% to 26%.

There are no apparent marked differences based on age or employment situation. However, people who state they have been the victims of harassment or rejection on social media (expelled from WhatsApp groups, have had their identity stolen in social networks and/or have had humiliating or delicate images disseminated on the Internet) have had more psychological problems than those who have not experienced any of these situations: 28% and 16% respectively.

These data come from a survey that the Basque Youth Observatory conducted in the first quarter of 2016. It involved interviewing 1500 young people aged 15 to 29 (750 young men and 750 young women) who were asked about this issue and many others. These data are an advance on the study that will be published next year under the title "Basque Youth 2016".