



Written by [David Kelly](#) on November 9, 2022

Survey: 42 Percent of Gen Z Diagnosed With a Mental-health Condition

Our government's reaction to Covid-19 — with lockdowns, mask mandates, and other draconian policies — appears to be largely responsible for the current mental-health conditions of Generation Z (born 1996-2012). A new survey has revealed that an astonishing 42 percent of these young people have been diagnosed with a mental-health condition.

The September 2022 survey of over 1,000 Gen Zers by [Harmony Healthcare IT](#) found that these young adults started dealing with a mental-health problem in the months immediately following the start of the global pandemic in the Spring of 2020. A staggering percentage of young adults shared that they were diagnosed with anxiety, depression, attention-deficit/hyperactivity disorder (ADHD), or post-traumatic stress disorder (PTSD) during the pandemic.



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The survey reported, “Almost 3 in 4 Gen Zers say the pandemic has negatively impacted their mental health. On top of day-to-day mental health struggles, many are concerned and unsure about what lies ahead for them.”

Close to a third of Gen Zers rated their overall mental health as “bad” in 2022. One out of four reported having more bad days than good each month, with an average of about 10 tough mental-health days in the span of one month.

The survey revealed, “More than two in five have a diagnosed mental health condition. Of those, more than one out of four (26%) were diagnosed during the pandemic (from March 2020 or later). The biggest mental health issue Gen Z deals with is anxiety. Nine out of ten Gen Z with diagnosed mental health conditions struggle with anxiety, and nearly eight out of ten (78%) are battling depression.”

Of the surveyed Gen Zers, 27 percent suffered from ADHD, 20 percent from PTSD, and 17 percent from OCD. Overall, 57 percent of Gen Zers diagnosed with mental-health conditions “are taking medication, and those who aren't on their parents' insurance pay \$528 a year out-of-pocket for their medication (about \$44 a month).”

About one in five claimed they were doing therapy, which was costing those who aren't on their parents' insurance about \$1,788 a year. While expensive, 87 percent of Gen Z who are getting therapy find it helpful, and 39 percent go to therapy once a week or more.

Generation Z has grown up with social media, with many having their own accounts since they were 10



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or younger. The top sites Gen Z use are YouTube, Instagram, and Snapchat.

A recent [review](#) on social-media use and its connection to mental health found “the prominent risk factors for anxiety and depression” were enhanced by the time spent on social media, the type of activity they engage in on social media, and overall addiction to social media.

Concerning Gen Zers use of social media, the survey shared that this generation is “willing to talk to others more about their mental health, they’re also more transparent online.” One in three reportedly post about their mental health on social media. Others have logged off to care for themselves. And 57 percent have taken a break from social media, going offline for about 10 weeks.

The report claimed, “Some in the generation have gone a step further and completely deleted social media for their mental health. Since 2020, one out of three Gen Z have deleted their accounts. While some have stayed off social media, about one-quarter (24%) admitted that they ended up reactivating their accounts.”

Most concerning was that Gen Z is quite worried about the future. “Nearly 90% of Gen Z does not feel like their generation has been set up for success, and 75% feel they have a disadvantage compared to other generations.”

It was reported that their biggest concerns have to do with finances and work. Sixty-six percent do not feel financially stable, while 50 percent do not feel ready to join the workforce. Add to that, 89 percent of Gen Z are worried about their personal finances, and 70 percent are concerned about the economy. Gen Zers also worry about their personal health/mental illness, the environment, and politics.

Every generation has faced challenges in the world around them, and Gen Z — like the Greatest Generation, the Silent Generation, Baby Boomers, Generation X, and Millennials — will have to find their way in life. However, this survey has revealed that the government-forced Covid-19 isolation with quarantines, lockdowns, and social distancing is a major cause of their mental health crisis.

The question now is how Gen Z moves forward in handling their future, as they will one day be leaders with the opportunity to change our world, hopefully for the better.



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