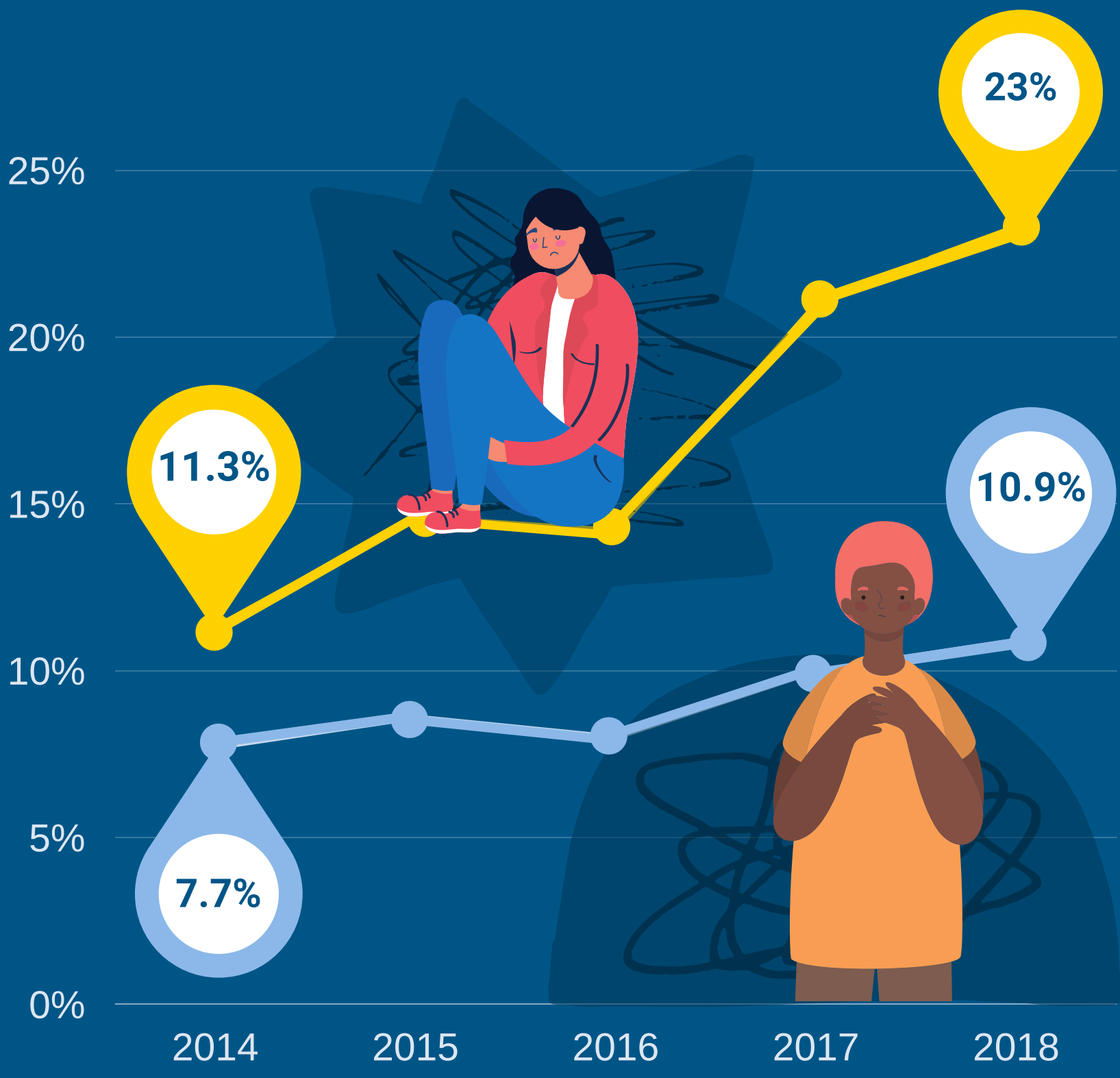


Serious psychological distress: Young adults among the most impacted in California

A new UCLA Center for Health Policy Research study looks at rising levels of serious psychological distress (SPD) among adult Californians over a five-year period, by various structural factors and socioeconomic status.

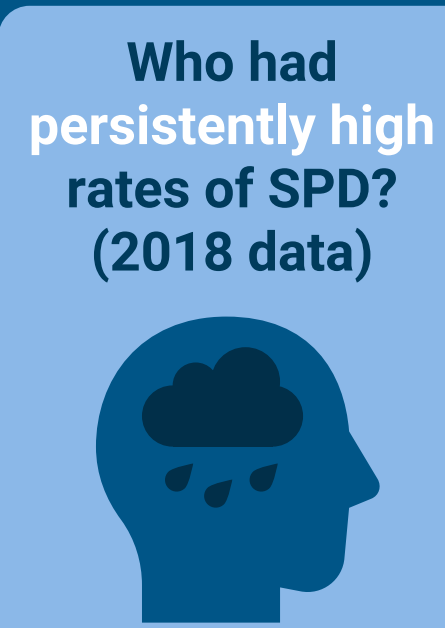
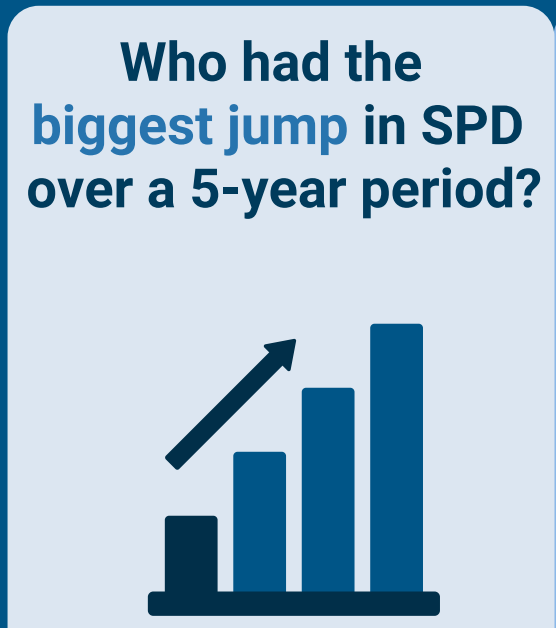


Adults ages 18–24 had both a persistently high level of SPD over time and an increase in SPD from 2014–2018

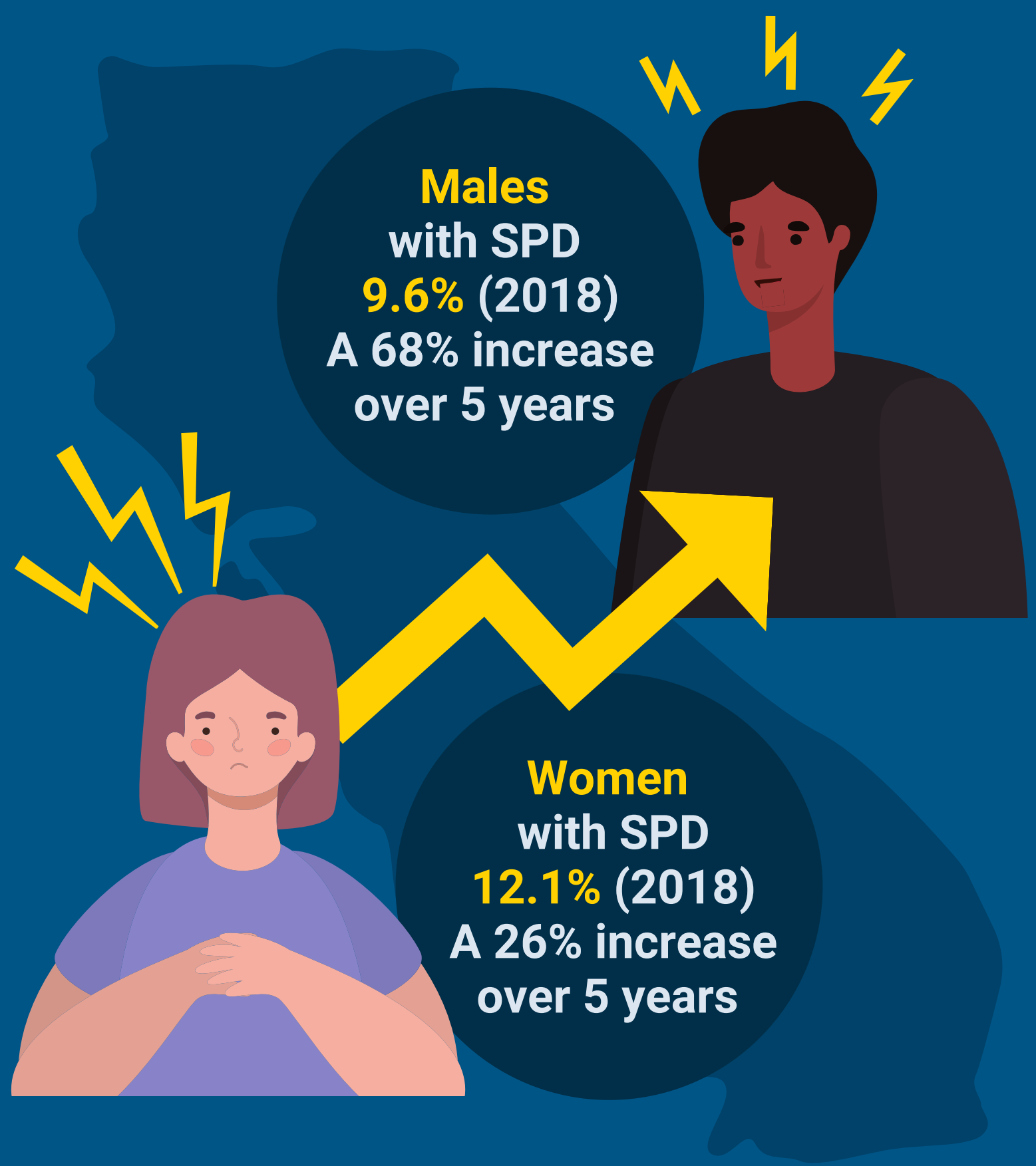


104% increase in adults in California ages 18–24

42% increase in all adults in California



Category	Who had the biggest jump in SPD over a 5-year period?	Who had persistently high rates of SPD? (2018 data)
Age	+104% 18–24 year olds	23% 18–24 year olds
Race/Ethnicity	+171% Asians	11.6% Latinos
Sexual orientation	+44% LGB people	31% LGB people
Education	+65% College graduates	14.7% Adults, some college
Poverty level	+79% Wealthier (≥300% FPL)	15.8% Poorest (0–99% FPL)
Job level	+103% Part-time workers	23.5% Unemployed



Note: 5-year percentage increases are rounded to the nearest whole number.
Source: California Health Interview Survey 2014–2018. From the policy brief *Serious Psychological Distress on the Rise Among Adults in California*.