Supplement for Unhappiness is no longer hump-shaped in age, and happiness isn't U-shaped in age… In 82 Countries

By David Blanchflower and Alex Brysonn

Changes in Despair by Age (U.S. Women)

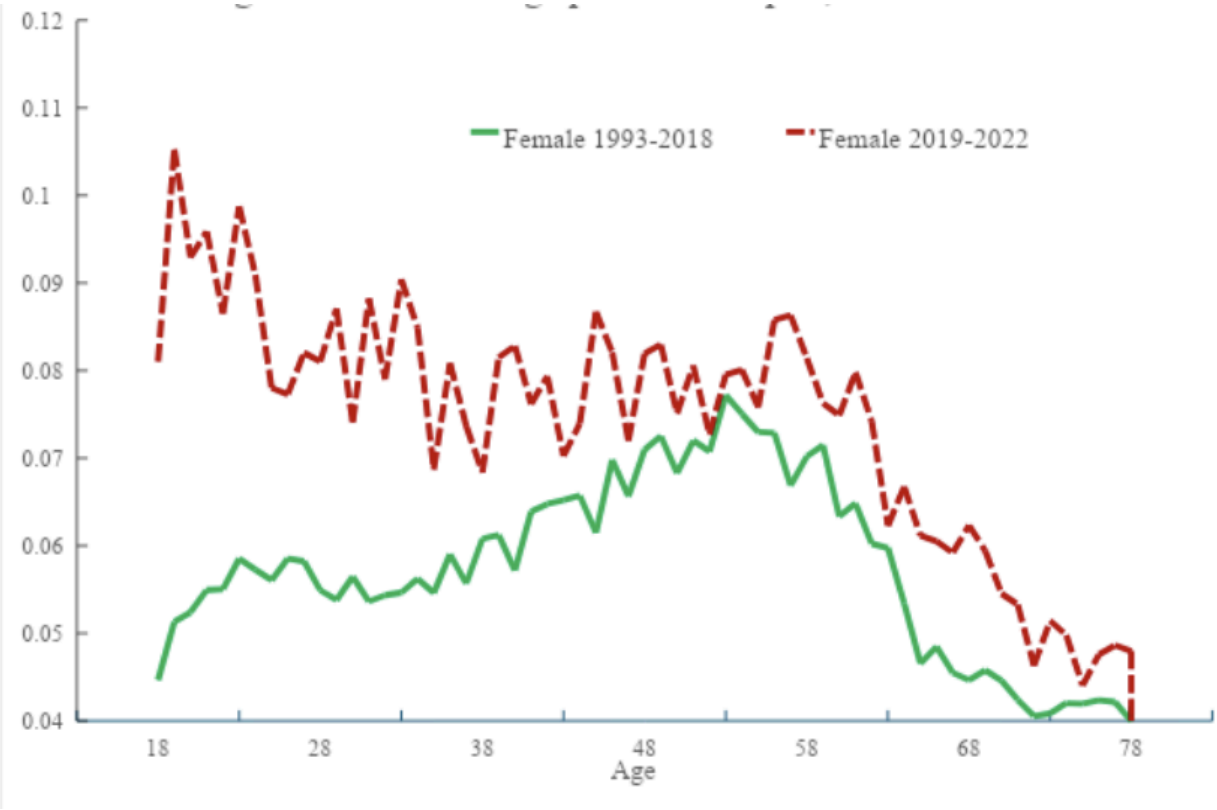


Figure 1. *Female age profile in despair. Age on the X-axis, percent reporting 30 days of poor mental health in the last 30 days on the Y-axis. Source: [Behavioral Risk Factor Surveillance System (BRFSS) surveys.]*

Changes in Despair by Age (U.S. Men)

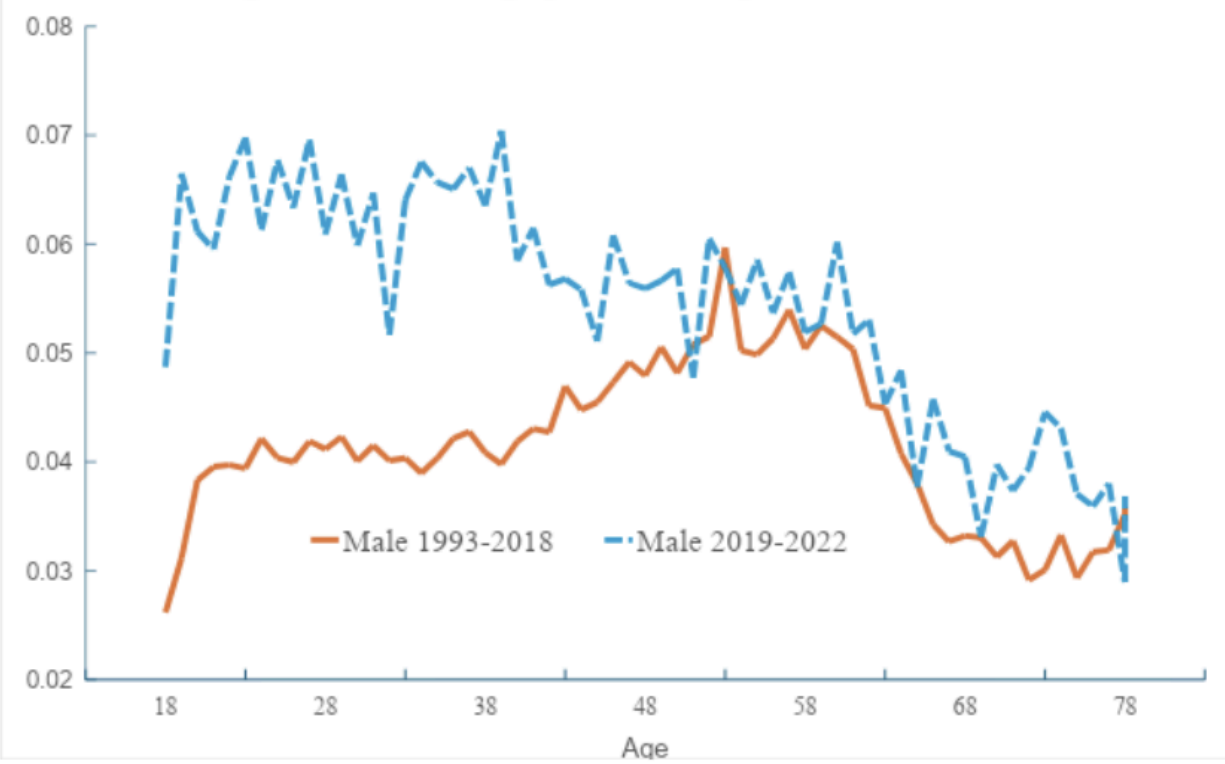


Figure 2b. *Male age profile in despair. Age on the X-axis, percent reporting 30 days of poor mental health in the last 30 days on the Y-axis. Source: Behavioral Risk Factor Surveillance System (BRFSS) surveys.*

Changes in Anxiety by Age, United Kingdom (2018-2021)

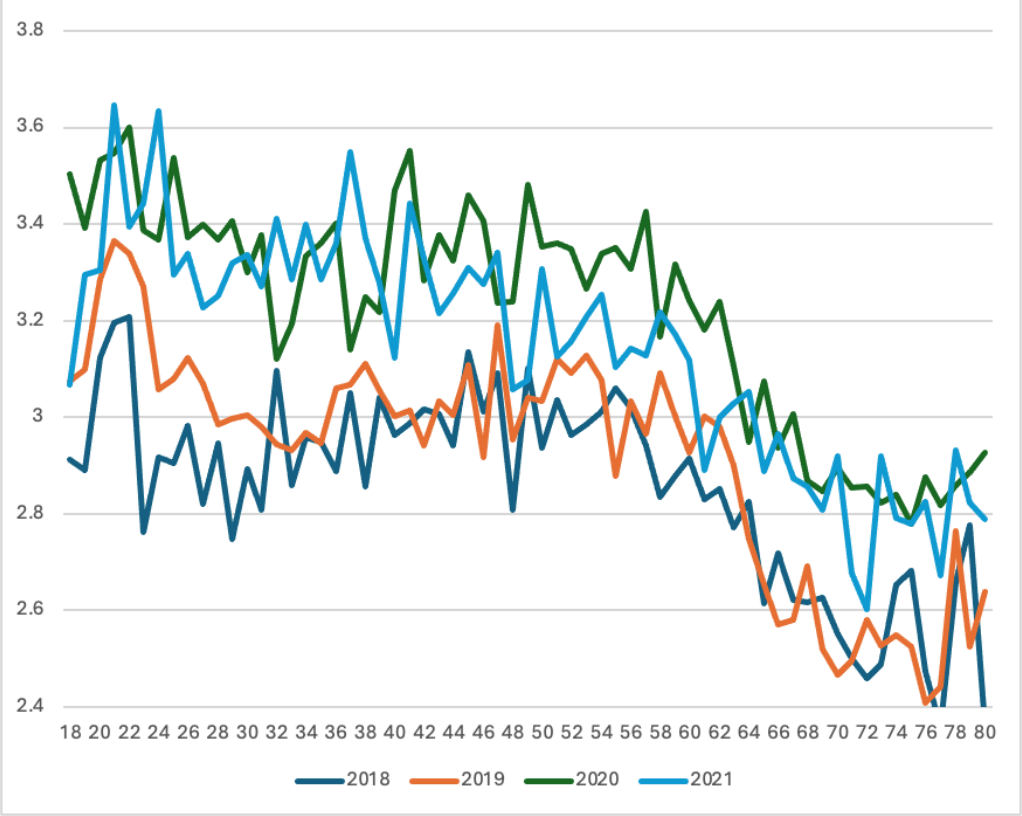


Figure. Changes in anxiety by age. Source: labour force survey in the UK.