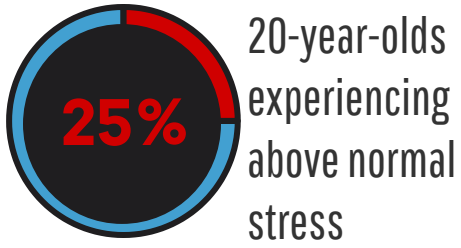
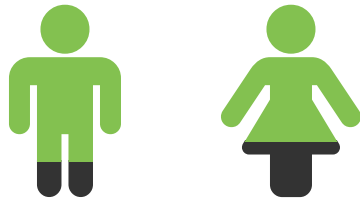


Cohort '98 at age 20: Socio-emotional well-being and key relationships



While 75% of 20-year-olds described normal levels of stress, 9% had 'mild' stress, 12% had 'moderate' stress and 4% 'severe'.

Women were more likely to be experiencing above-normal stress levels: 29% compared to 21% of men.



One quarter of 20-year-olds were experiencing depressive symptoms

Nearly one-third of young women and 23% of young men reported depressive symptoms at a potentially clinically significant level.

Sources of disagreements with parents

Helping around the house **57%**

Money **23%**

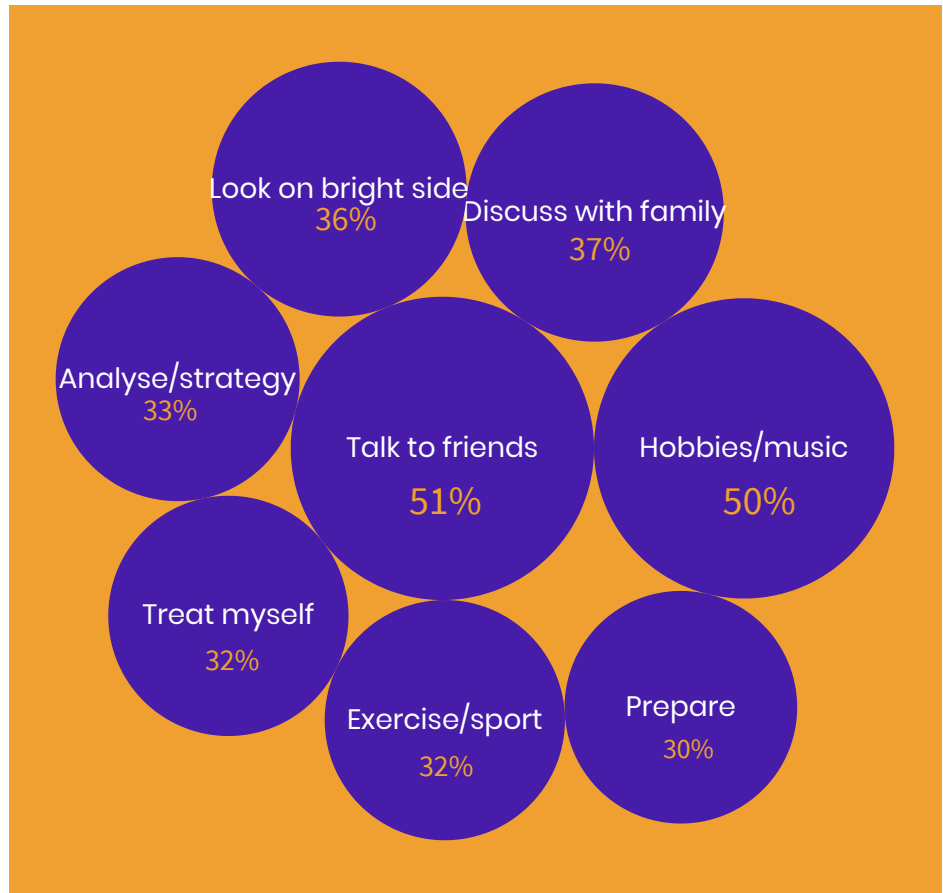
Drinking, smoking or drugs **15%**

Staying out at night **14%**

Getting a (better) job **14%**

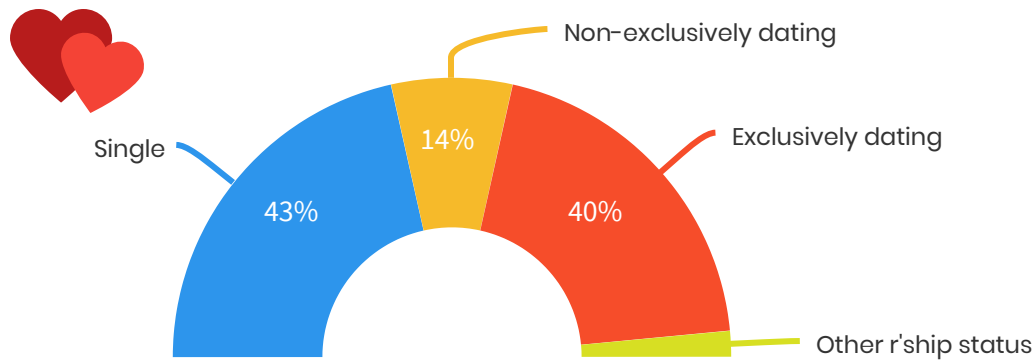
Disagreements with 20-year-olds happening monthly or more often according to parents

What 20-year-olds 'often' do to cope with stress



Friends, family and cheering oneself up with hobbies or music were popular ways of coping with stress

Most of the coping strategies that young adults "often" used were relatively constructive but 17% often 'took to the bed', 11% watched more TV and 10% often drank alcohol or smoked to help them cope with stressful situations.



Over half of 20-year-olds described themselves as being in a romantic relationship

Women were more likely to describe themselves as 'exclusively dating' (45%) than were men (35%). Men were more likely to say they were single (48% vs 38%).