

White Liberals More Likely to Have Mental Health Problems, Study Shows

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White liberals are significantly more likely than other groups to have a mental health condition, according to a Pew Research Center survey.

The Pew study, which [The Washington Free Beacon](#) notes was published last year but only gained attention in a recent article, showed that white liberals of all ages were more likely to be diagnosed with a mental health condition than moderates or conservatives, with the disparity particularly pronounced among those aged 18-29, according to [Evie Magazine](#).

Among young white liberals, 46% reported being diagnosed with a mental health condition, a rate much higher than

young white moderates (26%) and young white conservatives (21%).

Broken down by ideological identification to an even greater extent, young white people who identified as "very liberal" were almost one and a half times more likely to report mental health problems than those who identified merely as liberal.

The study also showed that young white females who identified as liberal or very liberal were by significant margins the most likely to report a mental health diagnosis at 56%, compared to 28% of young moderate women and 27% of young conservative women.

A similar disparity, although less extreme, was also found among young white men, with 34% reporting mental health problems, compared with 22% of moderate white males and 16% of conservative white males.

"I didn't write this thread to mock white liberals or their apparently disproportionate rates of mental illness (and you shouldn't either)," said Zach Goldberg, the doctoral candidate who consolidated the study's information in a series of visuals and posted them to [Twitter](#). "Rather, this is a question that's underexplored and which may shed light on attitudinal differences towards various social policies."

In examining Goldberg's thread, Evie Magazine's Elizabeth Condra argued that "building resiliency against hardship is the best weapon against depression and anxiety, yet progressive ideology forces its followers to wallow in feelings of helplessness and victimhood. Instead of empowering women and minorities with self-knowledge, strength of character, and resilience to hardship, progressivism encourages victims to stay in a place of fear and helplessness."

Condra stressed that "white individuals are usually at the forefront of these movements, whether or not they're the group being adversely affected," but observed that "white guilt and savior narratives are pretty much as bad as any genuinely racist agenda because it robs the very group they're trying to help of their own voice." Article source: https://www.newsmax.com/politics/white-liberals-mental-health-study/2021/04/20/id/1018293/?ns_mail_uid=2ea8a676-b4db-406e-8ef9-d2a44476c2f2&ns_mail_job=DM210655_04202021&s=acs&dkd_nbr=010502fldskv