

Well-Being

The PRLS found that Latter-day Saints, Evangelicals, and Historically Black Protestants are similarly high in feeling “a deep sense of spiritual peace and well-being” at least once a week³⁶ (fig. 10). Of these, Latter-day Saints have the smallest difference between the generations, with 62% of Millennial+ Latter-day Saints feeling “a deep sense of

spiritual peace and well-being” at least once a week compared to 67% of earlier generations. Evangelical Protestants and Historically Black Protestants have identical percentages with 53% of Millennial+ feeling a deep sense of spiritual peace and well-being at least once a week compared to 64% of earlier generations.

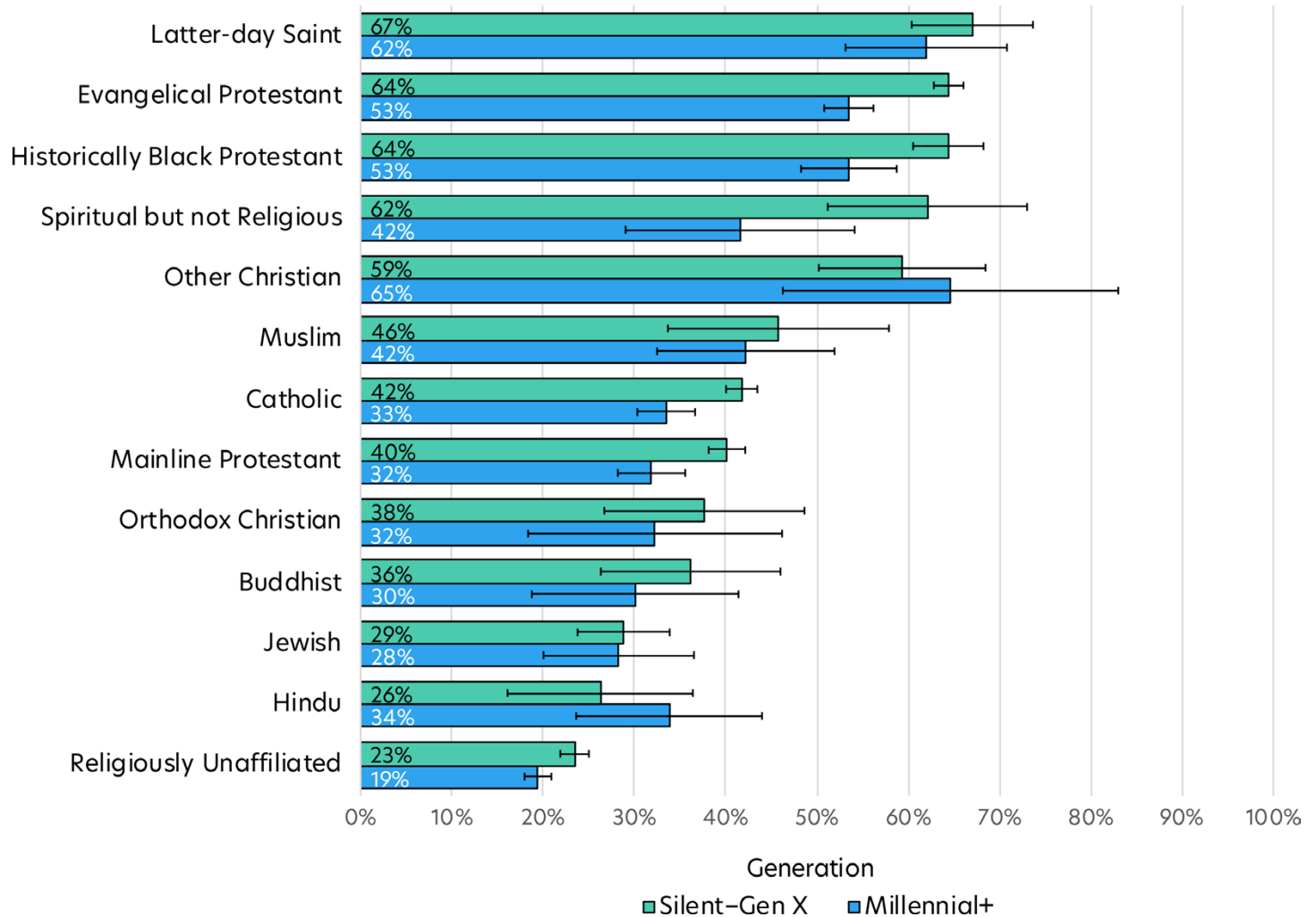


Figure 10. Percentage Who Feel a Deep Sense of Spiritual Peace and Well-Being at Least Once a Week (Pew Religious Landscape Study, 2024; n=35,210)

36. PRLS question: “How often do you feel a deep sense of spiritual peace and well-being?” with “At least once a week” as a response category.

Latter-day Saints are also among the most likely to say their family lives are “very good” or “excellent.”³⁷ For earlier generations, Jews are higher than Latter-day Saints, and for Millennial+, Hindus are higher than Latter-day Saints (fig. 11).³⁸ Similarly, Latter-day Saint Millennial+ are the most likely of any religion to say they are “very happy” with their lives. For earlier generations, Latter-day Saints and Historically Black Protestants have similarly high levels of happiness, with 34% indicating they are “very happy” (fig. 12).

Latter-day Saint Millennials and Gen Z are the most likely of any religion to say they are “very happy” with their lives.

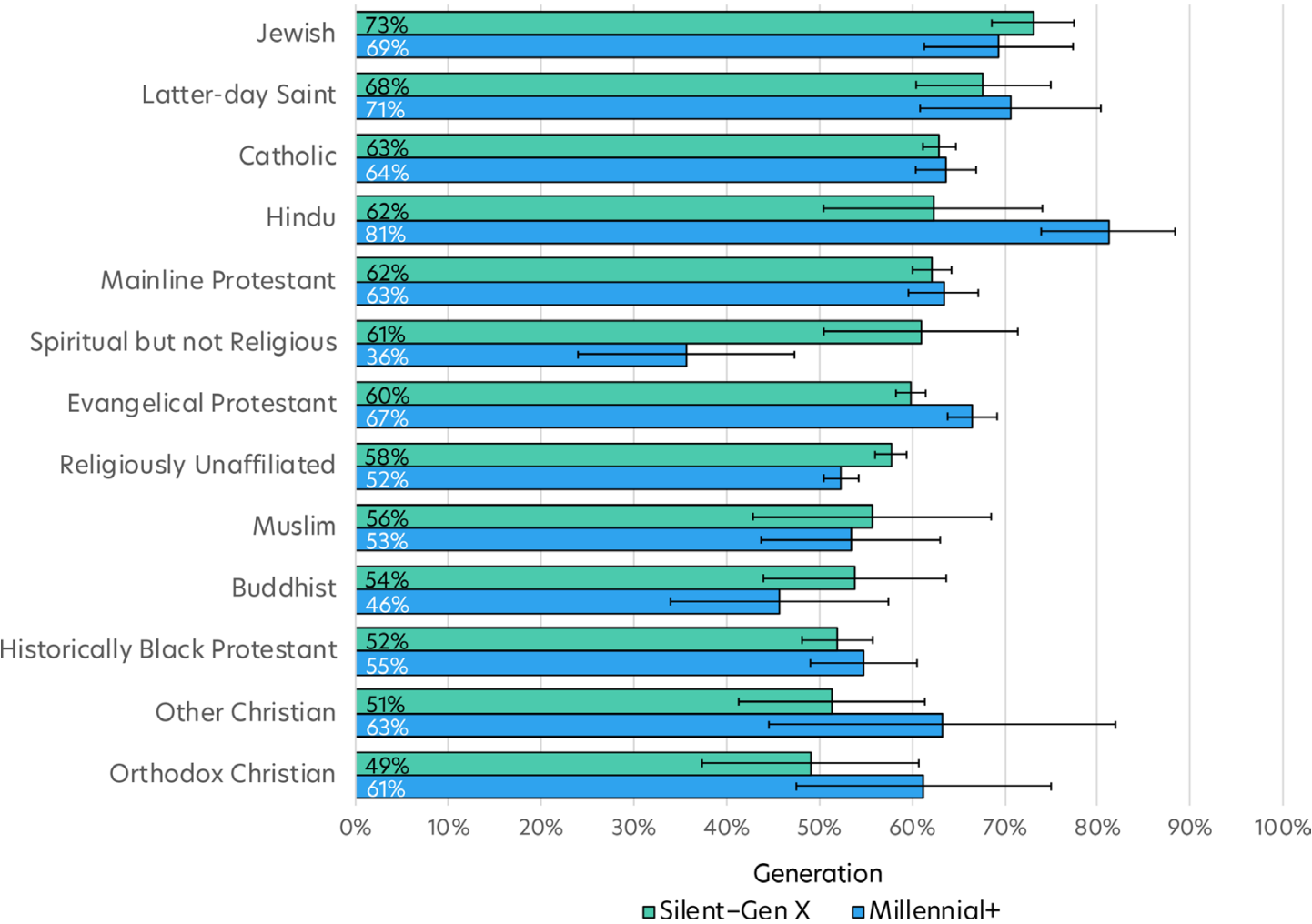


Figure 11. Percentage Who Say Their Family Lives Are “Very Good” or “Excellent” (Pew Religious Landscape Study, 2024; n=35,702)

37. PRLS question: “Would you say your family life is . . .” with “Excellent” and “Very good” as response categories.
 38. Difference could be attributed to differences in demographic characteristics across religion, such as gender or race. For the well-being measures we also conducted multiple regression analyses controlling for gender and race. Controlling for these made little difference and findings without using controls held.

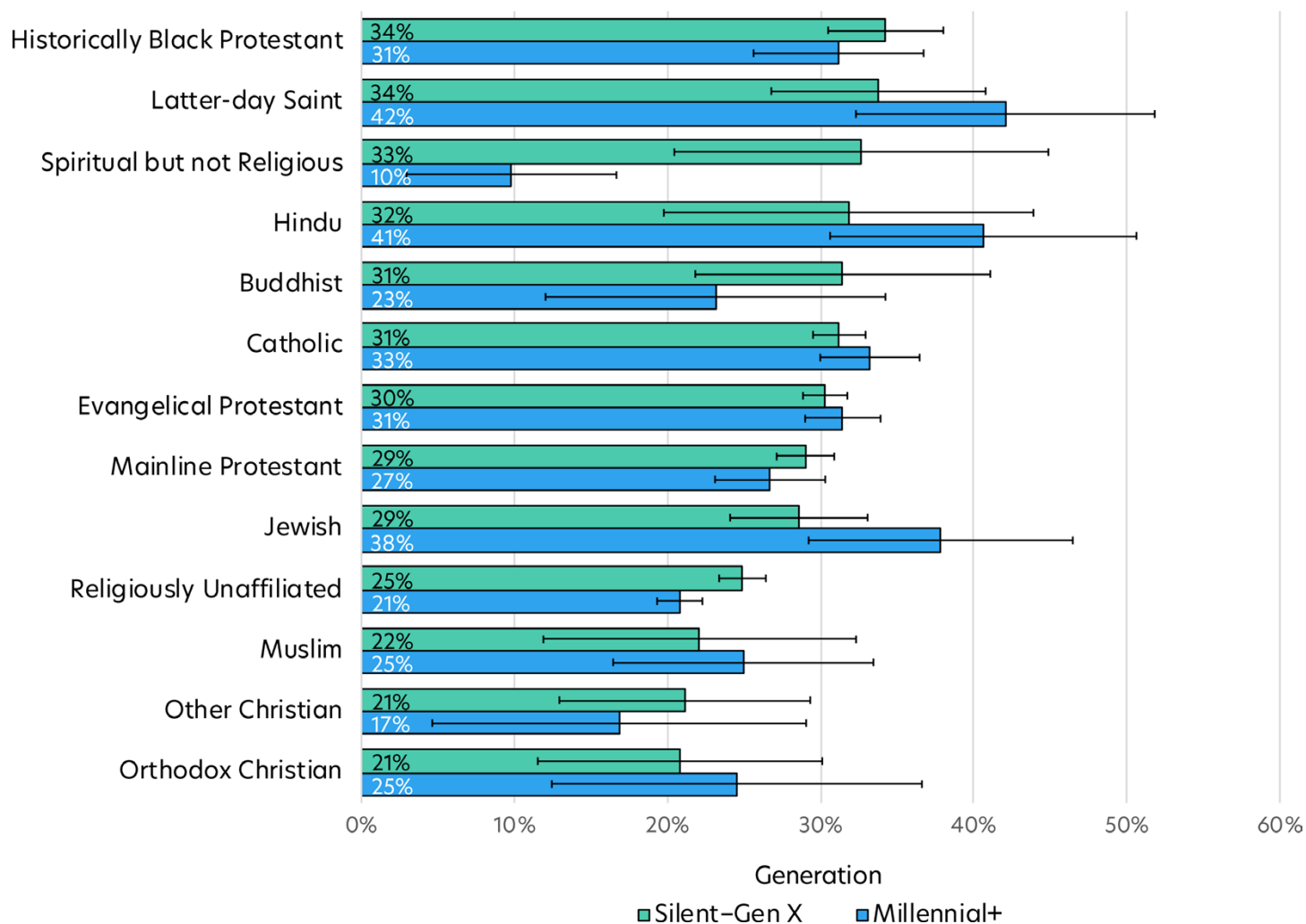


Figure 12. Percentage Who Say They Are “Very Happy” with Their Lives (Pew Religious Landscape Study, 2024; n=35,682)

An interesting finding emerged for those who are “Spiritual but not Religious.” Across these three indices—well-being, quality of family life, and general happiness—they have the greatest gap between generations, earlier generations being relatively high on these indices but Millennial+ having some of the lowest levels. For example, 33% of earlier generations of those who are “Spiritual but not Religious” indicate they are very happy with their lives compared to just 10% of those who are Millennial+, the lowest level of any religious group (fig. 12). Similarly, while 61% of earlier generations of “Spiritual but not Religious” say their family lives are “very good” or “excellent,” only 36% of Millennial+ say the same, again the lowest of any religious group (fig. 11). Other research on Gen Z has

similarly found lower levels of well-being for those who are spiritual but not religious.³⁹

In addition to the PRLS, we used the Healthy Minds Study⁴⁰ to compare mental health across religions. This is a large national survey of college students conducted every other year. We used the 2021–2022 data because this was the last year student religion was captured. This is one of the largest national datasets that contains a

39. Addison V. Clevenger and W. Justin Dyer, “Mental Health Across Religious and Spiritual Categories: A Longitudinal Study Among Parents and Their Children,” *Religions* 17, no. 4 (2026): 482, <https://doi.org/10.3390/rel17040482>.

40. “The Healthy Minds Study: Student Survey,” The Healthy Minds Network, accessed April 27, 2026, <https://healthymindsnetwork.org/hms/>.

sufficient number of Latter-day Saints (3,521) and also has multiple indicators of well-being. Using these data, we examined the level of risk for depression and anxiety as well as the percentage of those who attempted suicide in the last year. Figures 13–15 display the results, which suggest Latter-day Saints are similar to those of other faiths

in their risk for depression, anxiety, and suicide attempts. Indeed, the 95% confidence intervals overlap with almost all other religious faiths, with those of no faith having significantly higher percentages than Latter-day Saints and those of most other faiths.

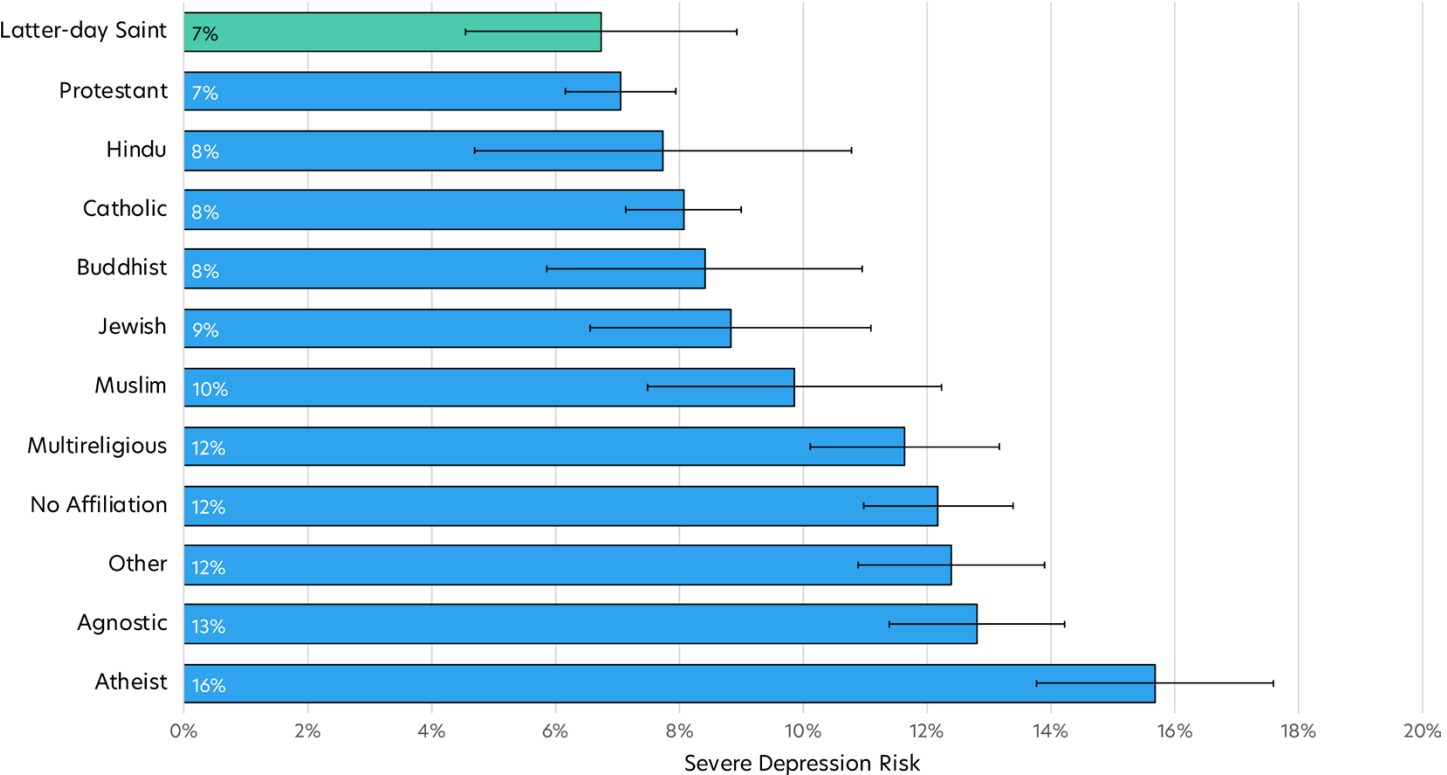


Figure 13. Percentage at Severe Risk for Depression (Healthy Minds, 2021–2022; n=80,822)

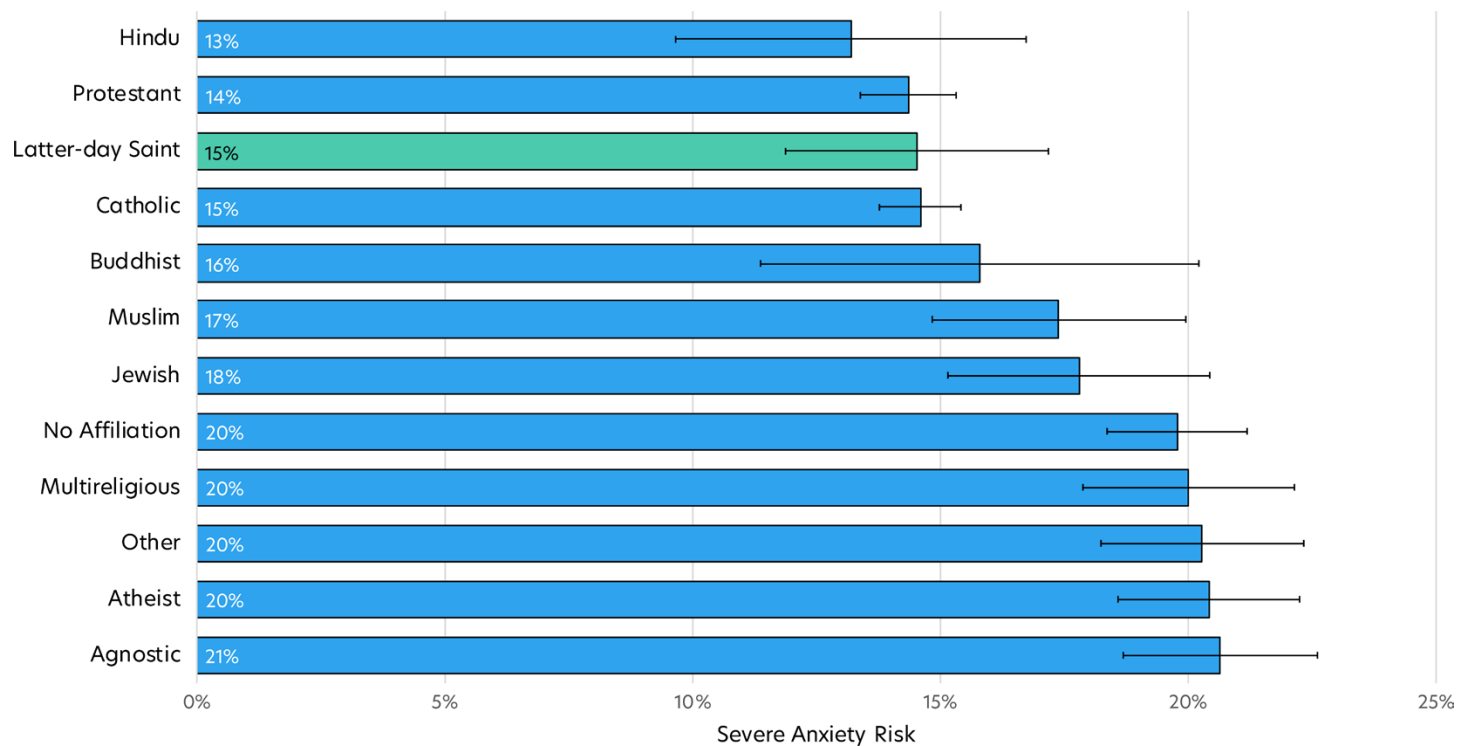


Figure 14. Percentage at Severe Risk for Anxiety (Healthy Minds, 2021–22; n=85,011)

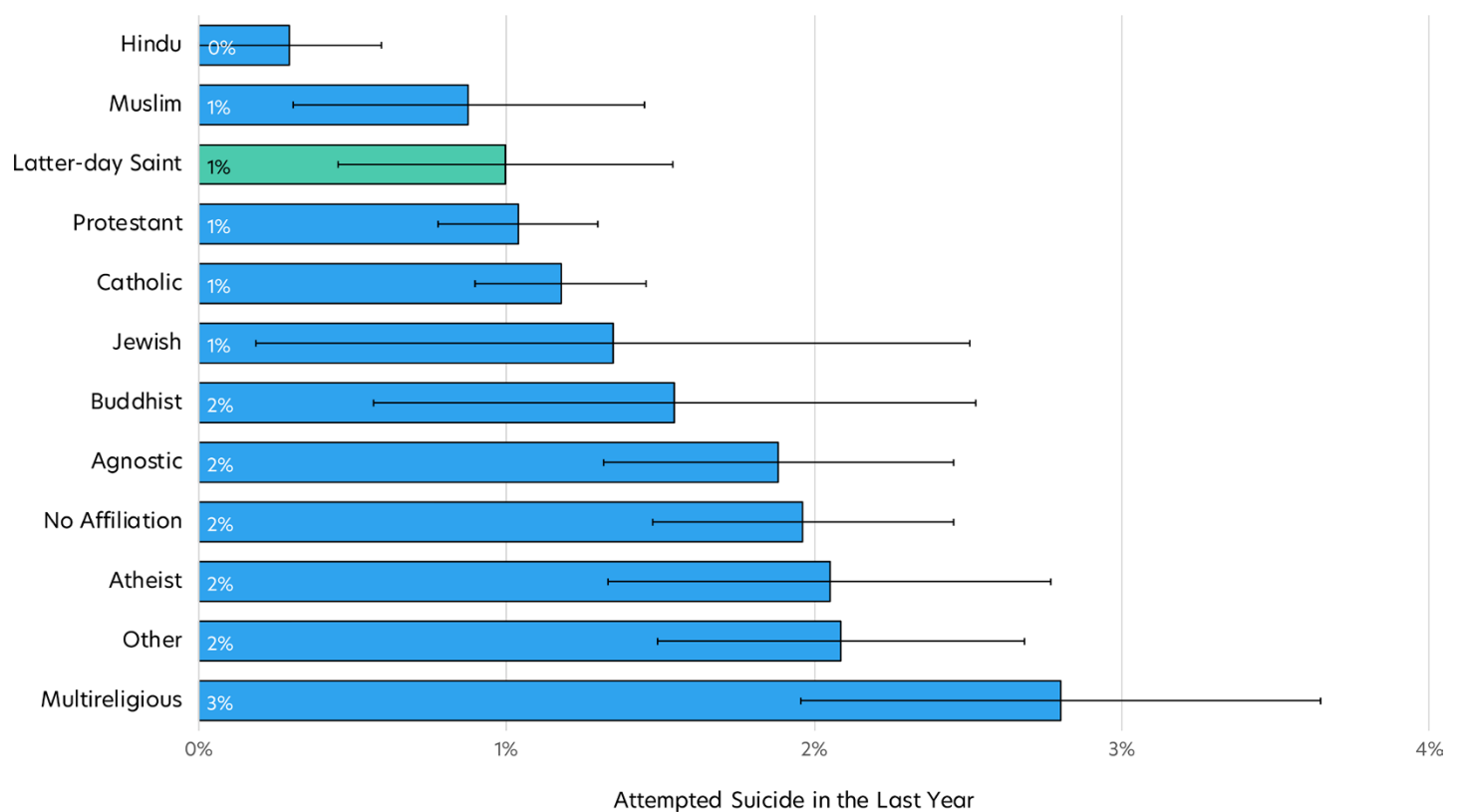


Figure 15. Percentage Who Attempted Suicide in the Last Year (Healthy Minds, 2021–2022; n=85,769)