

Living Again with Parents Improve Mental Health

VOCABULARY WORDS

1. Mental (Adjective) /'mentl/ relating to the brain or thinking
Example: We should always take care of our physical and mental health for our overall well-being.
2. Well-being (Noun) /wəl 'bi:ɪŋ/ the state of being happy and healthy
Example: Ever since she started yoga, her overall well-being improved.
3. Independently (Adverb) /,ɪndɪ'pendəntli/ by oneself or without needing help from others
Example: She is at her best when she works independently.
4. Conclude (Verb) /kən'klu:d/ to decide that something is true using reason
Example: It's difficult to conclude what's going to happen next because we're unsure of the turn of events.
5. Depressive (Adjective) /drɪ'presɪv/ relating to or suffering from the medical condition of depression
Example: Being unable to keep up with the demands makes the situation depressive for the young woman.
6. Quality (Noun) /'kwɑ:lɪti/ how good or bad something is, usually compared to other things
Example: The product became a household name since it is known for its high quality.



Younger adults in the UK who have returned to live with their parents have seen their **mental** health improve, according to a recent study. Going back to live with parents may not be

what many young adults had planned. But researchers found that people aged between 21 and 35 who moved back in with their parents experienced a small improvement in their mental **well-being**.

They looked at data from 2009 to 2020, which showed that 15% of about 9,700 adults in that age group had moved back to a parent's home at least once. They are sometimes called "boomerang" kids because, like a boomerang, they return to where they started — the family home.

Other studies have previously found that the mental health of adults who live with a parent — or parents — is worse than that of those who live **independently**. And others have found that it isn't always good for the parents either. However, this study **concluded** that moving back home could have a positive impact on mental health for the returning young adults, with their **depressive** symptoms reduced a little by this life change.

What might cause this improvement? People may move back in with their parents so they can save money to buy their own house, or because the cost of renting can be so expensive. Study co-author Emily Grundy also said that a parent's home may be more comfortable after time spent in expensive rented accommodation that can be cold or of poor **quality**. However, Grundy notes that not all adults in this situation can return home, and some parents are not able to welcome them back.

DISCUSSION

1. What are your thoughts on the findings of the study?
2. At what age do people in your country typically move out of their family home?
3. Do you know anyone who moved back home after living independently?
4. What challenges would you say adults living with their parents often face?
5. Do you think it's important for young adults to be able to live independently?