

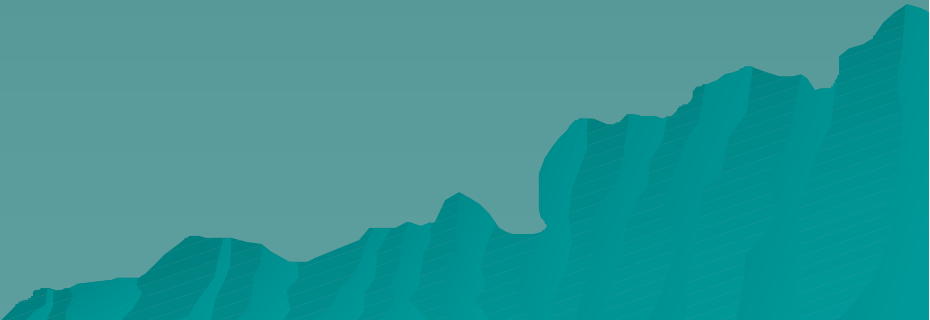
Unmet Needs and Challenges in Addressing Depression in Parents

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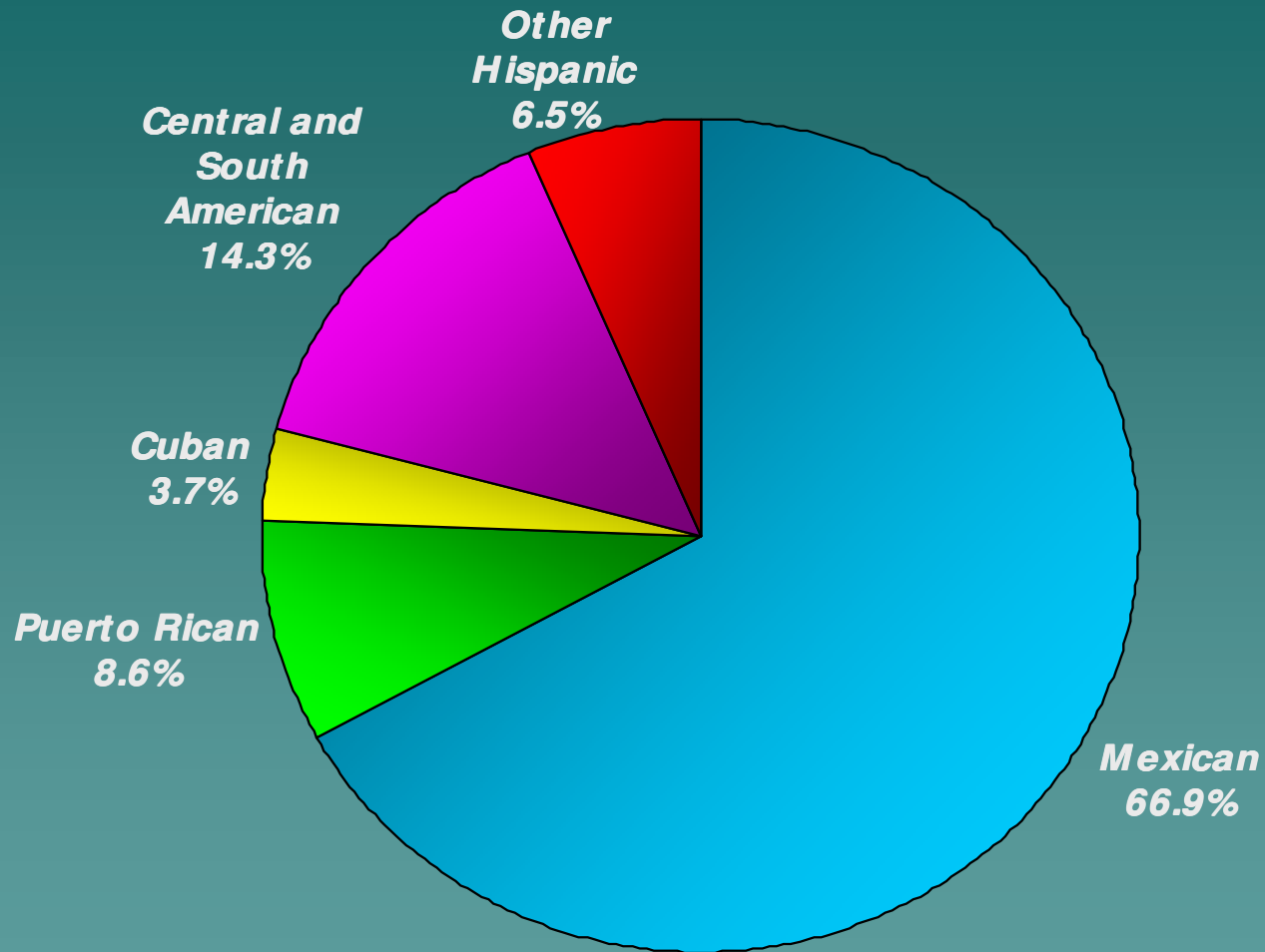
April 14, 2008

A stylized silhouette of a mountain range in shades of teal, located at the bottom right of the slide.

Aims of Presentation

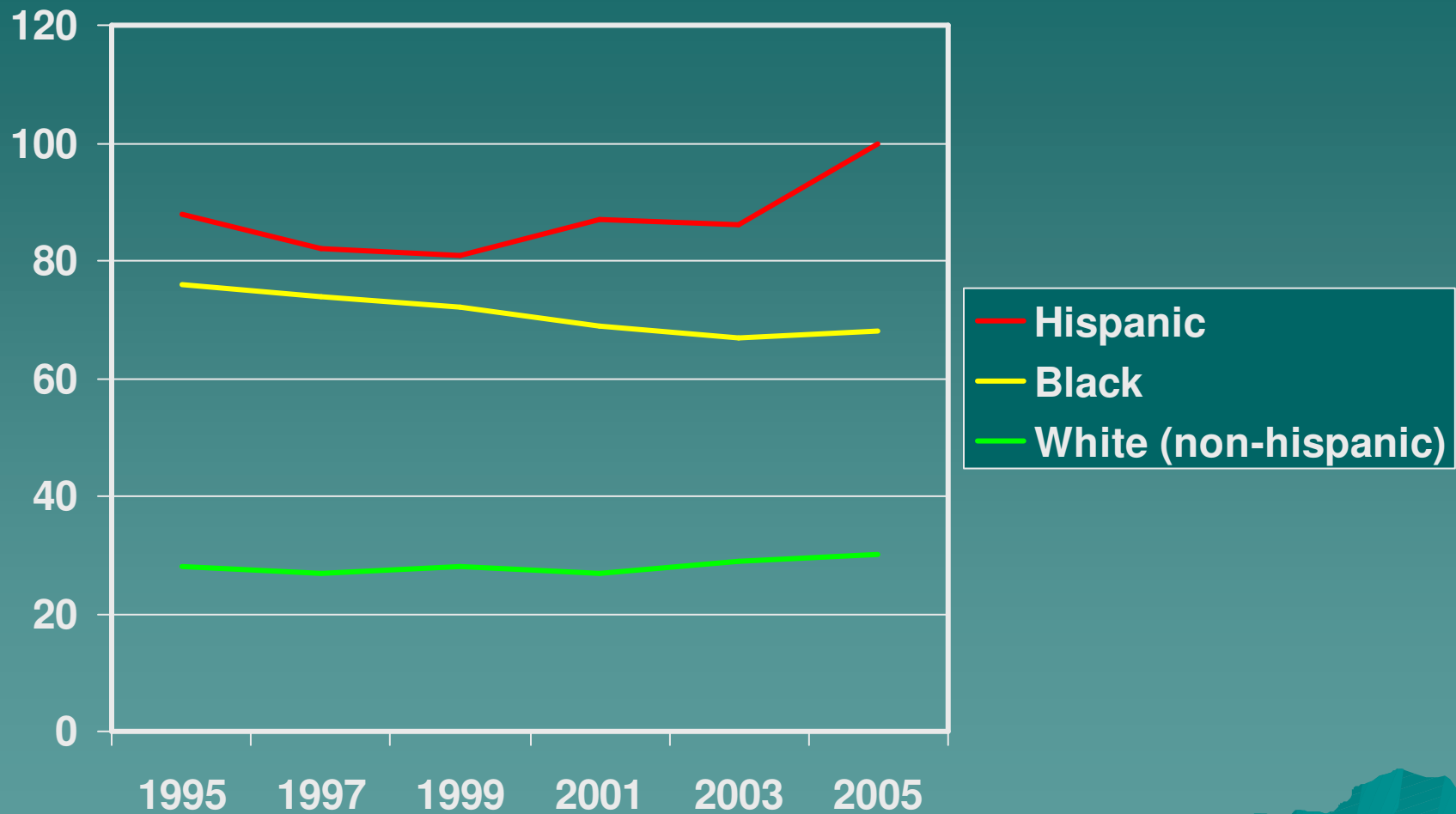
- u Overview of the issues
 - u Gaps in knowledge
 - u Challenges in addressing the issues
 - u Recommendations
- 
- A decorative silhouette of a mountain range in shades of teal, located at the bottom right of the slide.

Percent Distribution of Hispanics by Type: 2002

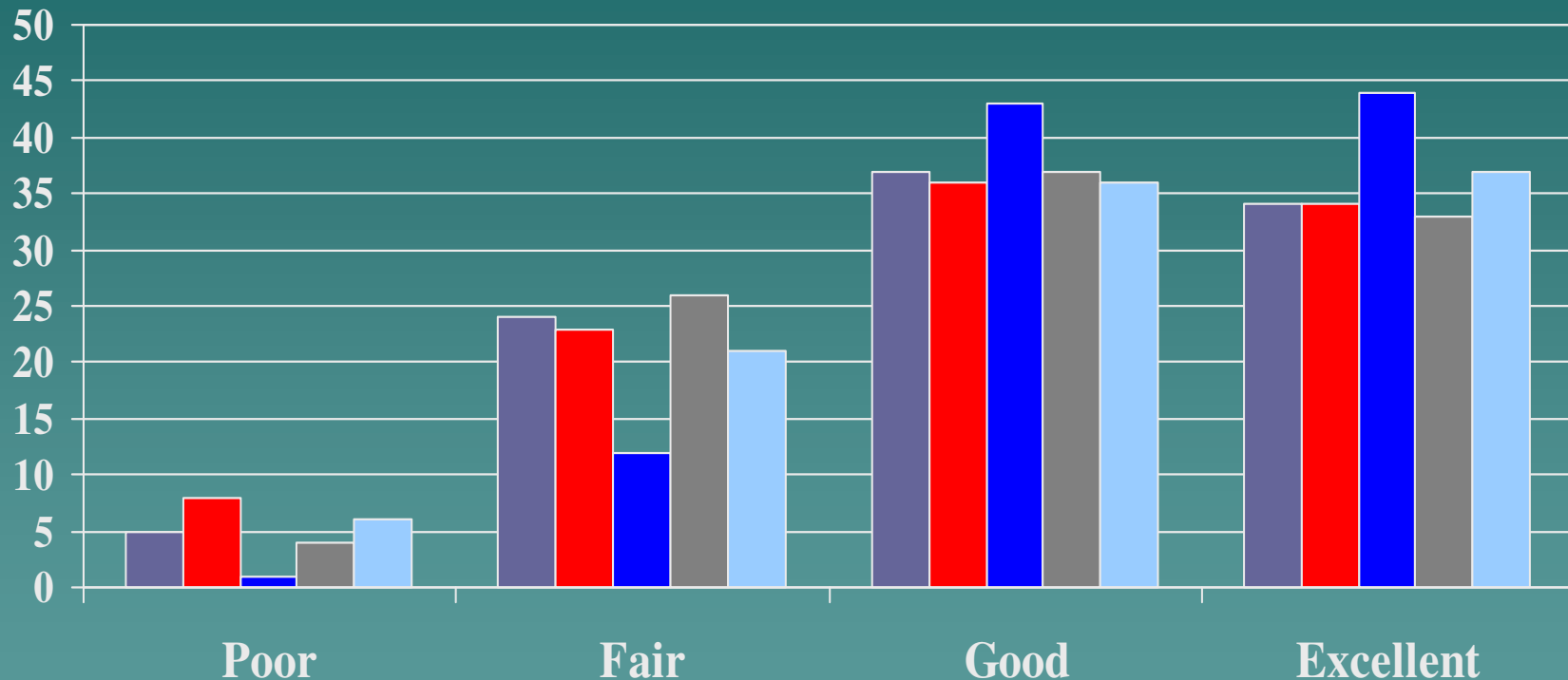


Source: Current Population Survey, March 2002, PGP-5

In the family way: Birth rates per 1,000 unmarried women aged 15-44



Spanish Proficiency – Spoken Language

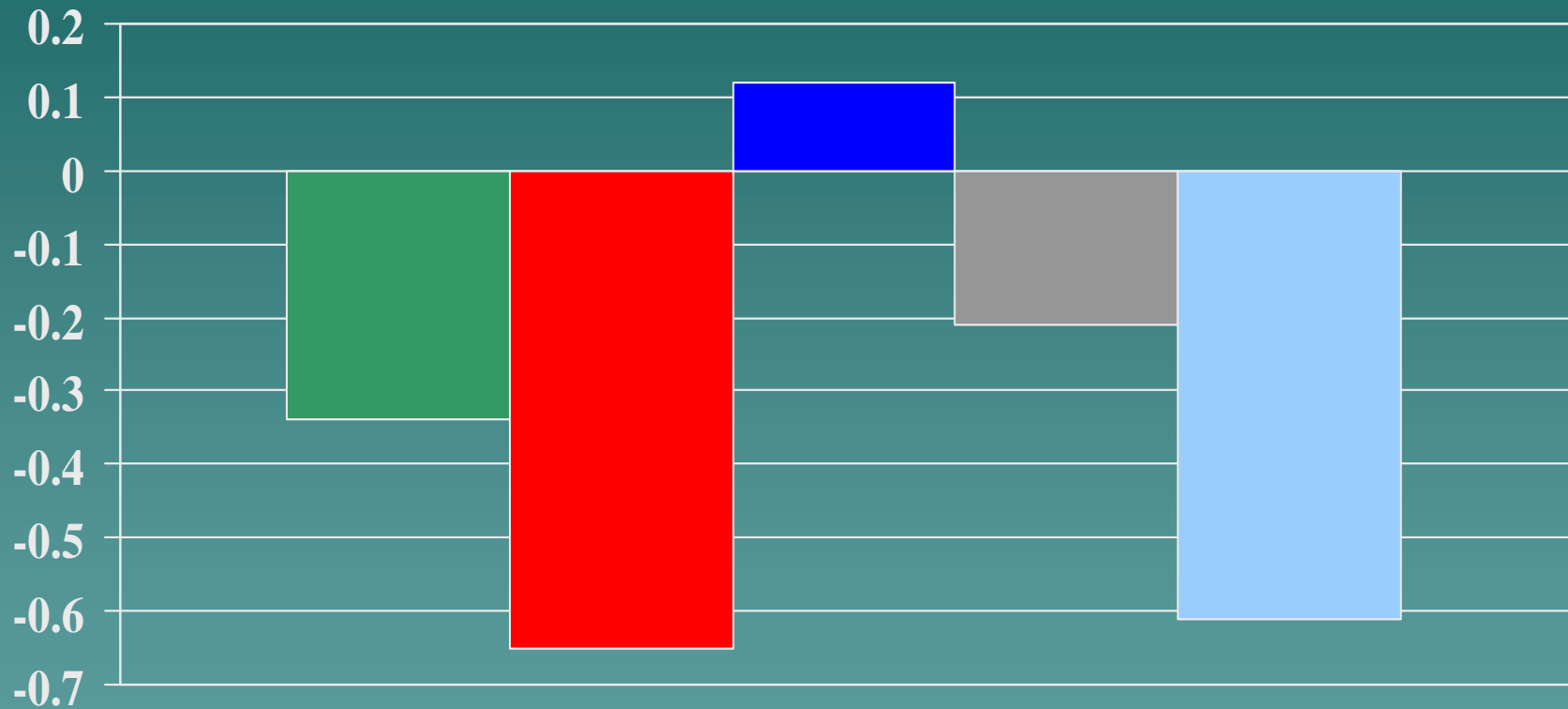


■ Total ■ Puerto Rican ■ Cuban ■ Mexican ■ Other Latinos

$F = 2.995$ $p = 0.012$

Cubans are most Spanish proficient, with the other groups being similar.

Socio-cultural Change: Difference in Social Position



■ Total ■ Puerto Rican ■ Cuban ■ Mexican ■ Other Latinos

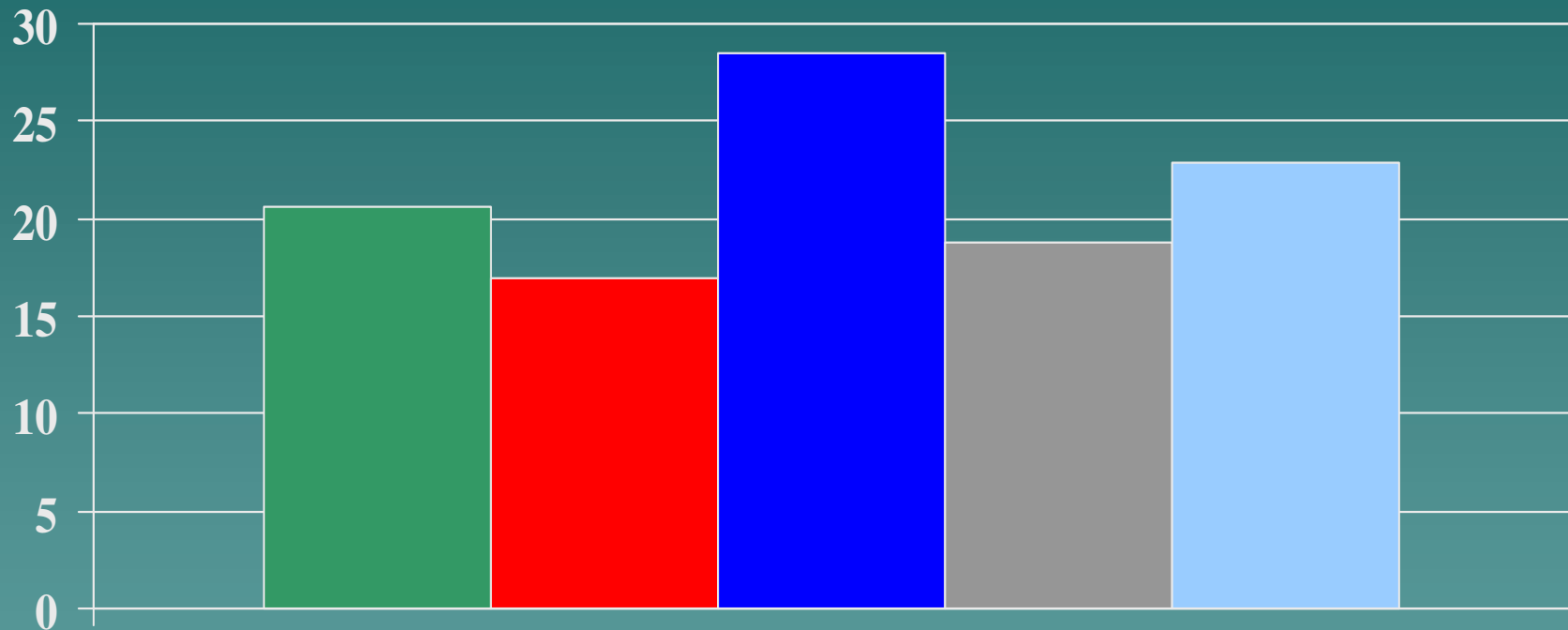
Puerto Ricans and Other Latinos report a significant decline.
Cubans on average report a slight increase in social position in the US.

Reasons for Migration

Reason for Move	% Very Important				p
	Puerto Rican	Cuban	Mexican	Other Latinos	
Employment	64	52	75	66	.000
Join Family	51	52	48	52	.72
Improve Future for Children	77	85	84	79	.04
Political Situation	9	91	17	34	.000
Seek Medical Attention	21	17	8	12	.004
Seek Education	60	57	56	62	.41
Family Problems	9	6	8	5	.02

The reasons for coming to the US were diverse. Cubans and some other Latinos had strong political motivations. All groups came to improve the future for their children. Minorities came for medical care and due to family problems.

Migration: Age When Came to US



Mean Age in Years

■ Total Sample ■ Puerto Rican ■ Cuban ■ Mexican ■ Other Latinos

Puerto Ricans were significantly younger than the other groups.
Cubans were significantly older than the other groups

Depression in Latinos

Vega, Chen, Williams (2007) Addictive Behaviors

- u Prevalence of major depression is lower among Latino adults and similar among adolescents to Euro-American Whites, but risk factors are time in U.S. residence and age or arrival for immigrants, and U.S. nativity (proxy for assimilation)
- u U.S. born Latino adolescents more likely to have anxiety, and 4 or more DSM-IV disorders than Euro Americans (NHSDA)

Challenges

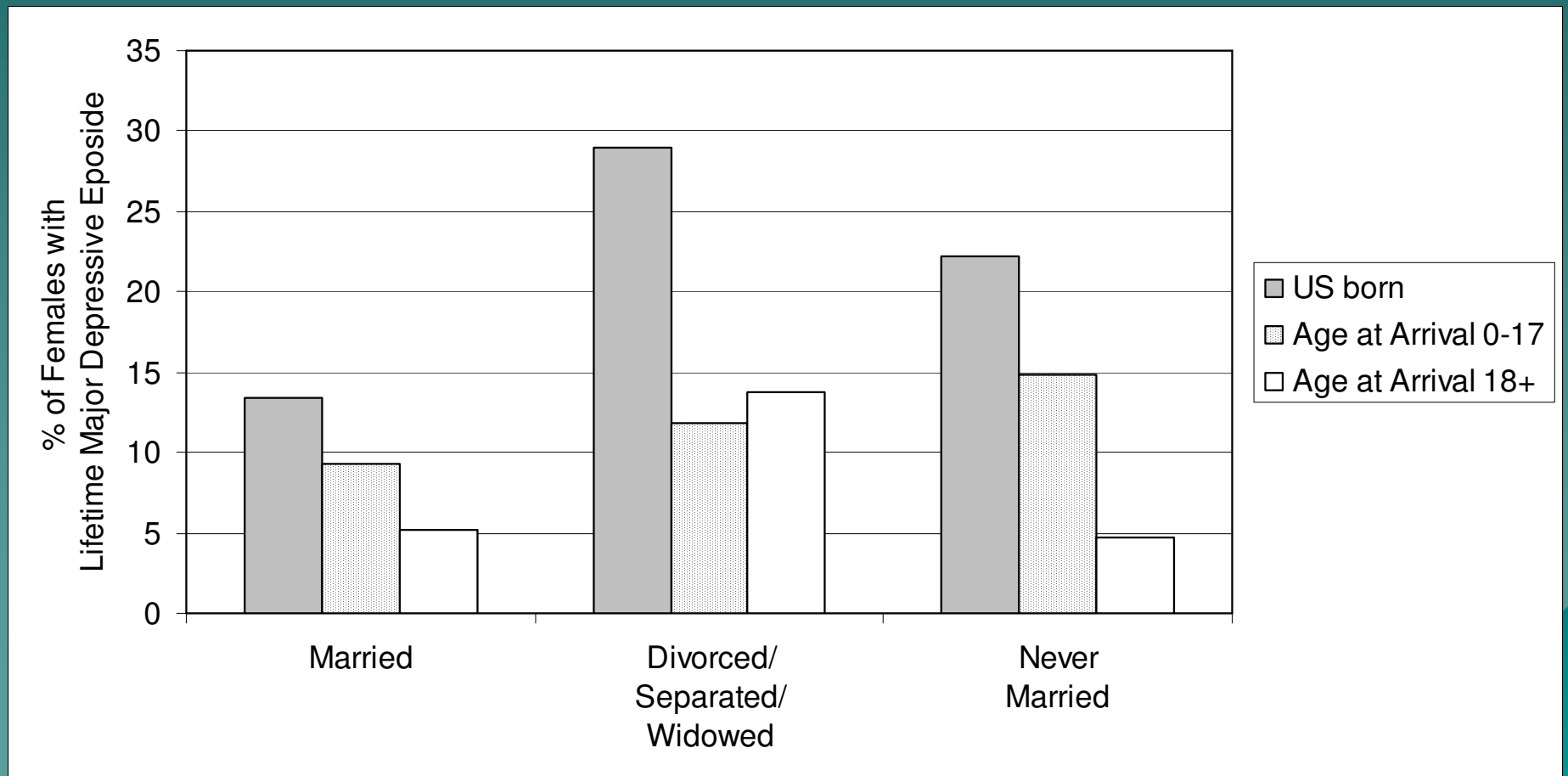
- u Rapid intergenerational increase in one parent households: from 20 to 40% two generations forward from immigration
- u Out of wedlock births accelerating, especially among teenage girls, portend more female headed households in poverty
- u Access to care: 35% with no health insurance
- u Most depression received in primary care \
- u 70% of depression presented as somatic symptoms – problems of detection

M.A. lifetime prevalence of major depressive episode in Mexican origin– DSM III-R

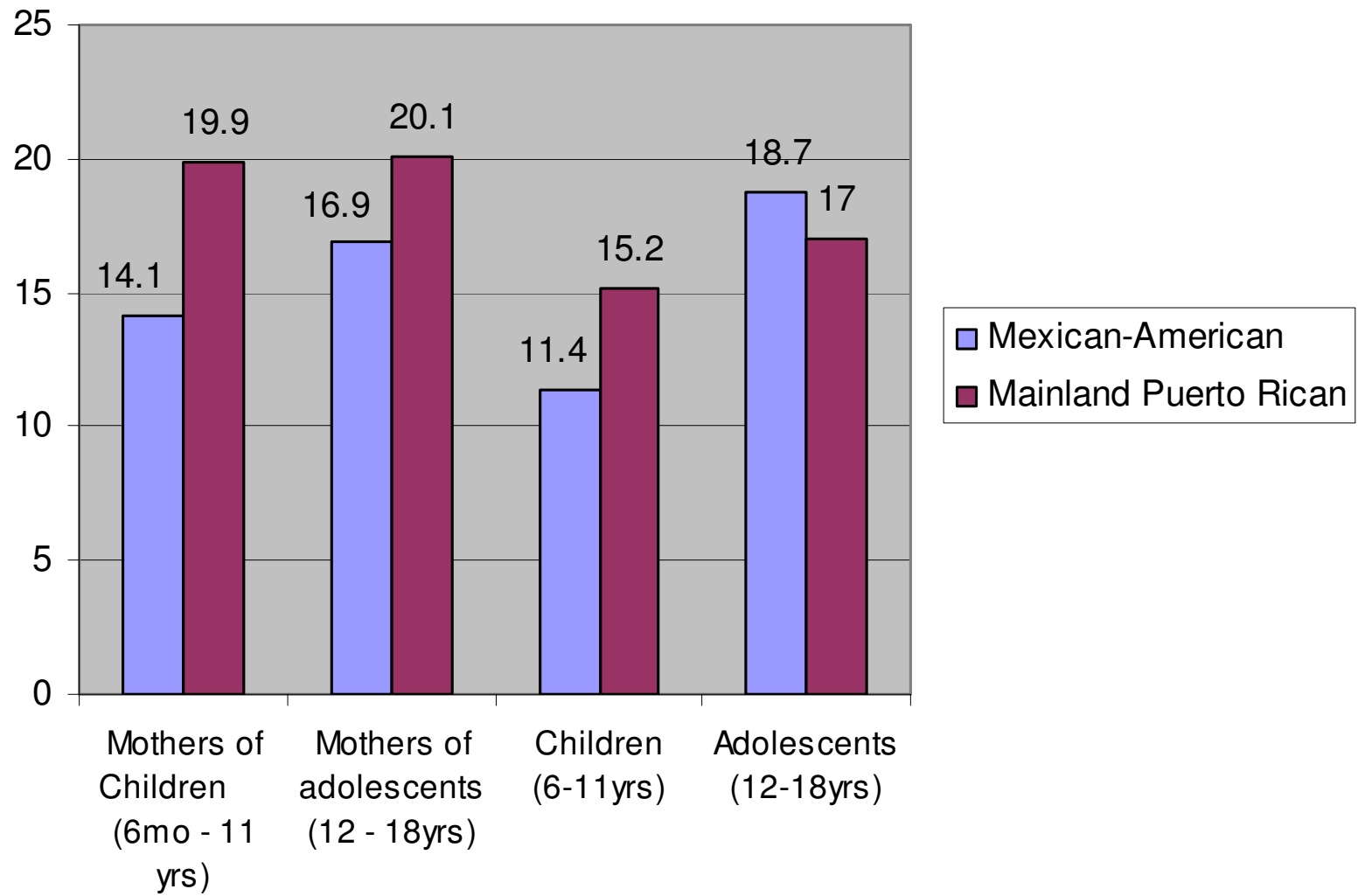
(Vega et al., Arch Gen Psych.1998)

u	Immigrants <13 yrs	3.2
u	Immigrants >13 yrs	7.9
u	Native-born	14.4
u	Mexico City	7.8
u	NCS – U.S. rates	17.2
u	Replication of these results in the NESARC and the NLASS	

Lifetime DSM-III-R major depressive episode prevalence for females by marital status, nativity, and age at arrival



Percentage of Children Rated in Poor Health



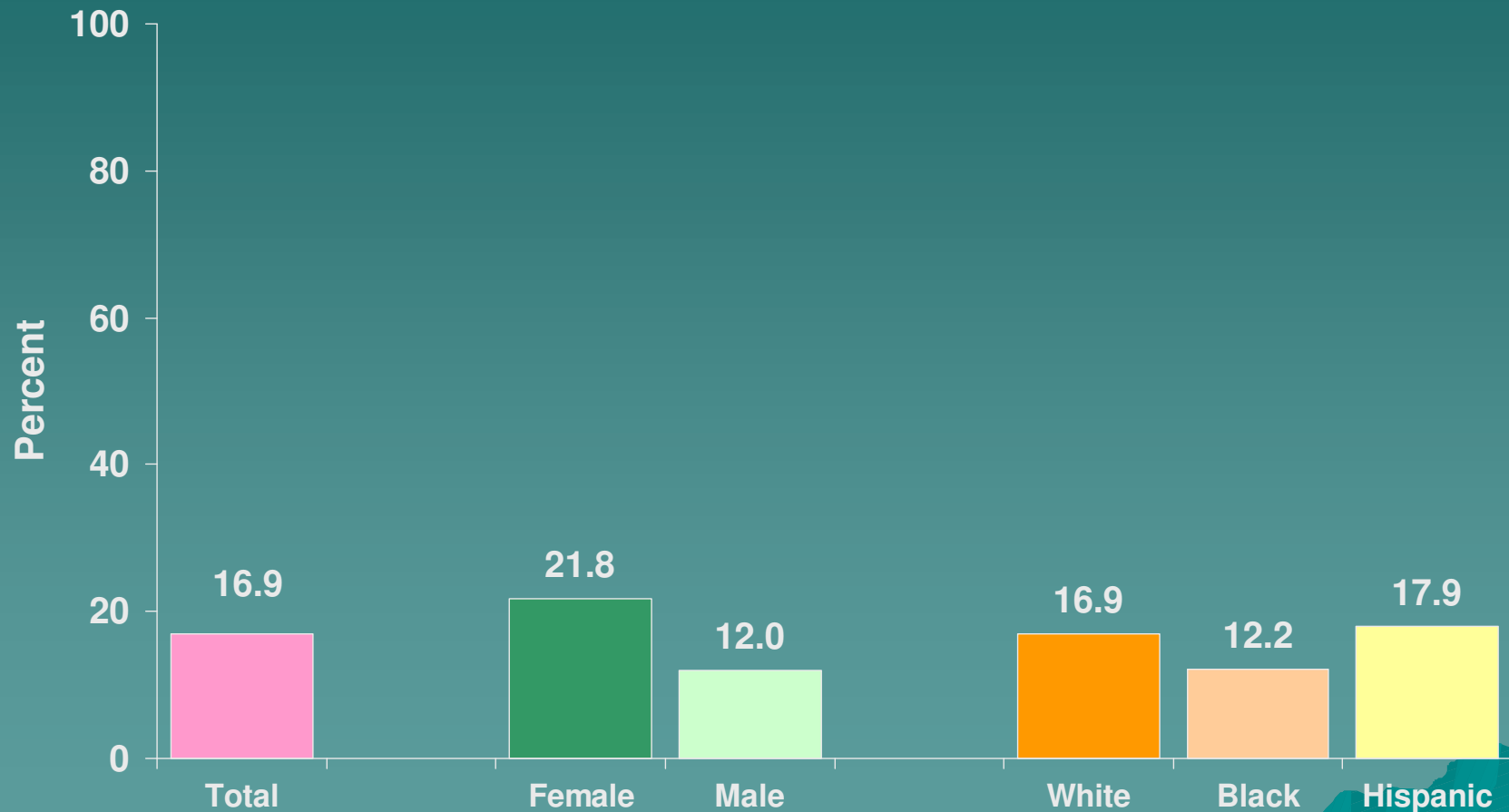
Latina/o Adolescent Suicide

Percentage of students by race/ethnicity and sex

Felt Sad or hopeless				Seriously considered			Made a suicide plan		
	Female	Male	Total	Female	Male	Total	Female	Male	Total
Latino	44	25.9	35.4	23.4	12.9	18.1	20.7	14.6	17.6
Black	30.8	21.7	26.3	14.7	10.3	12.5	12.4	8.4	10.4
White	33.3	19.6	26.2	21.2	12	16.5	18.6	13.9	16.2

Source: Centers for Disease Control and Prevention, 2004. Data from: self-report survey. 15,214 students, grades 9-12: administered February-December 2003; 43 states

Percentage of High School Students Who Seriously Considered Attempting Suicide,* by Sex** and Race/Ethnicity,*** 2005



* During the 12 months preceding the survey

** F > M

*** W, H > B

Source: National Youth Risk Behavior Survey, 2005

Percentage of High School Students Who Made a Plan about How They Would Attempt Suicide,* by Sex** and Race/Ethnicity,*** 2005



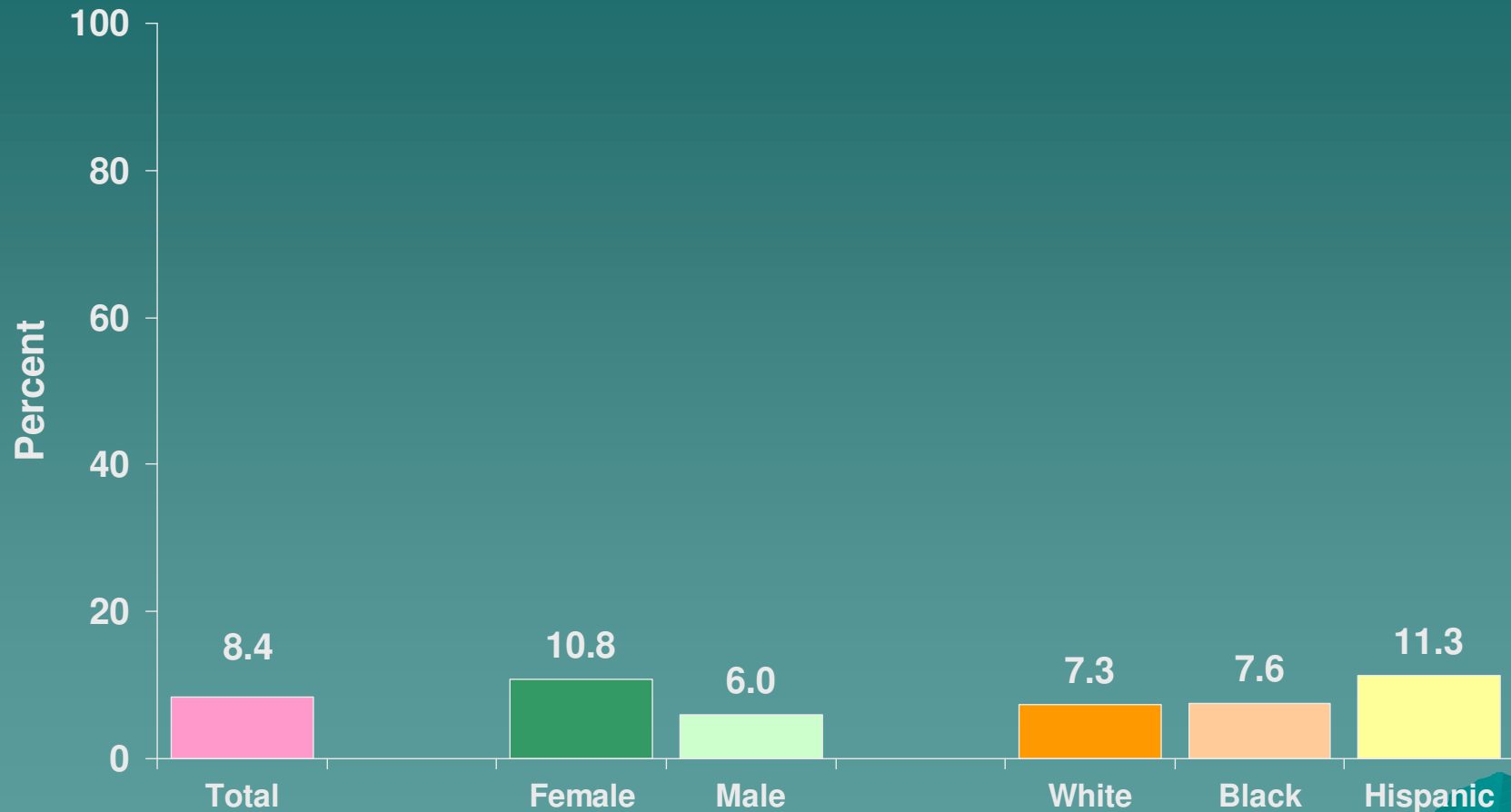
* During the 12 months preceding the survey

** F > M

*** H > W > B

Source: National Youth Risk Behavior Survey, 2005

Percentage of High School Students Who Actually Attempted Suicide,* by Sex** and Race/Ethnicity,*** 2005



* One or more times during the 12 months preceding the survey

** F > M

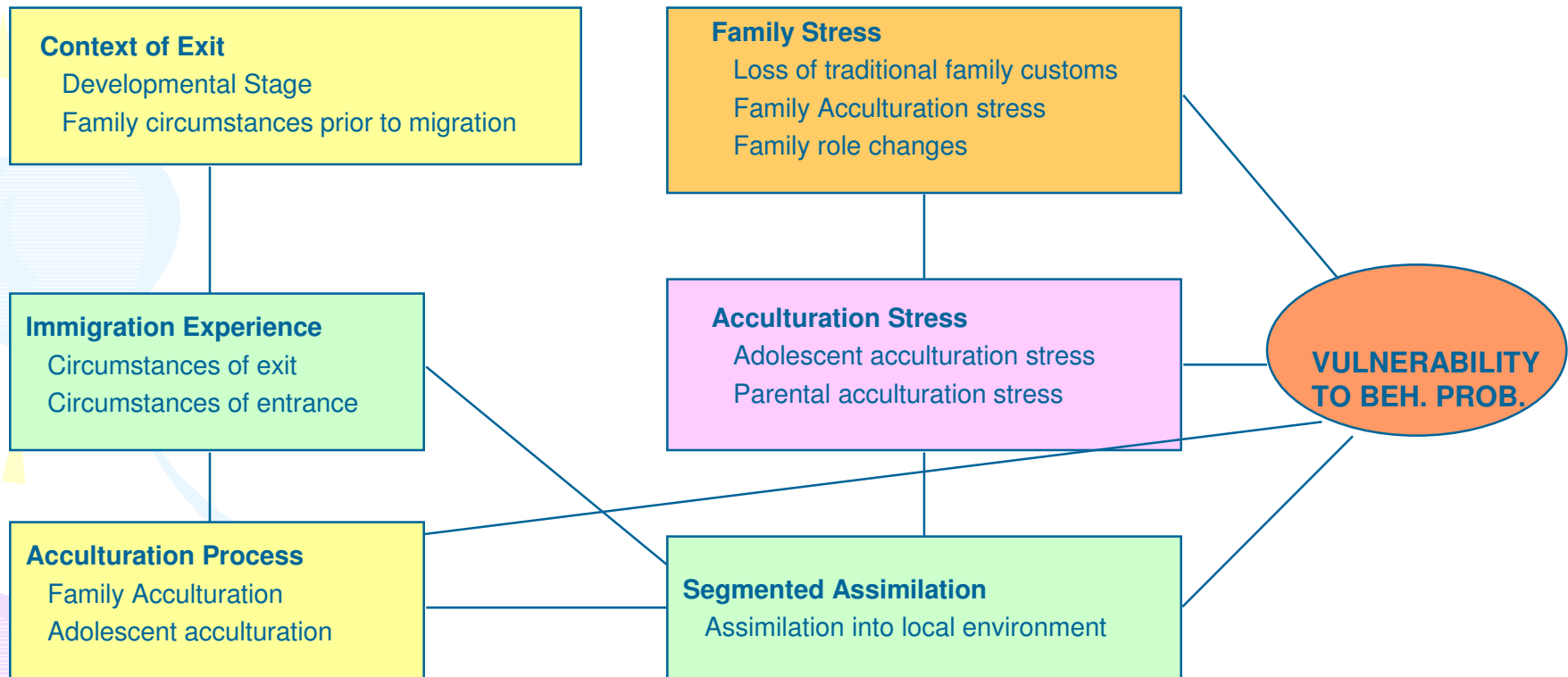
*** H > W, B

Source: National Youth Risk Behavior Survey, 2005

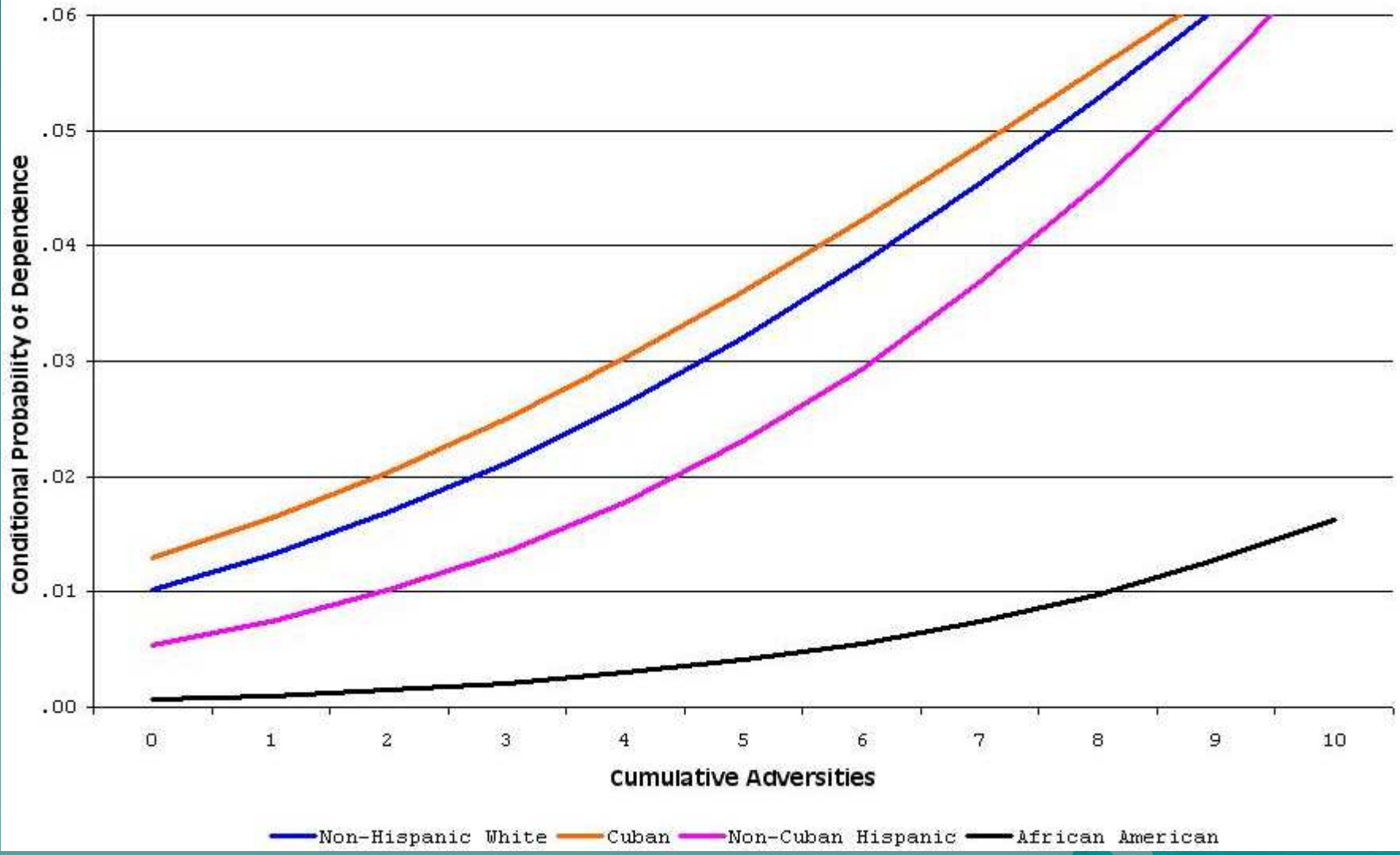
Parent-child Depression

- u The link (O.R.'s 2 to 3) between mother and child depression is well established (Canino et al., 1990)
- u Weissman et al. reported from the Star*D that a 50% maternal response to treatment (7 or lower on Hamilton) was the threshold for child improvement (JAMA, 2008)
- u Acculturation in Latinos directly related to intergenerational increases in risk
- u Existing treatments effective with Latinos

LATINO SOCIAL ADAPTATION AND VULNERABILITY TO BEHAVIORAL PROBLEMS



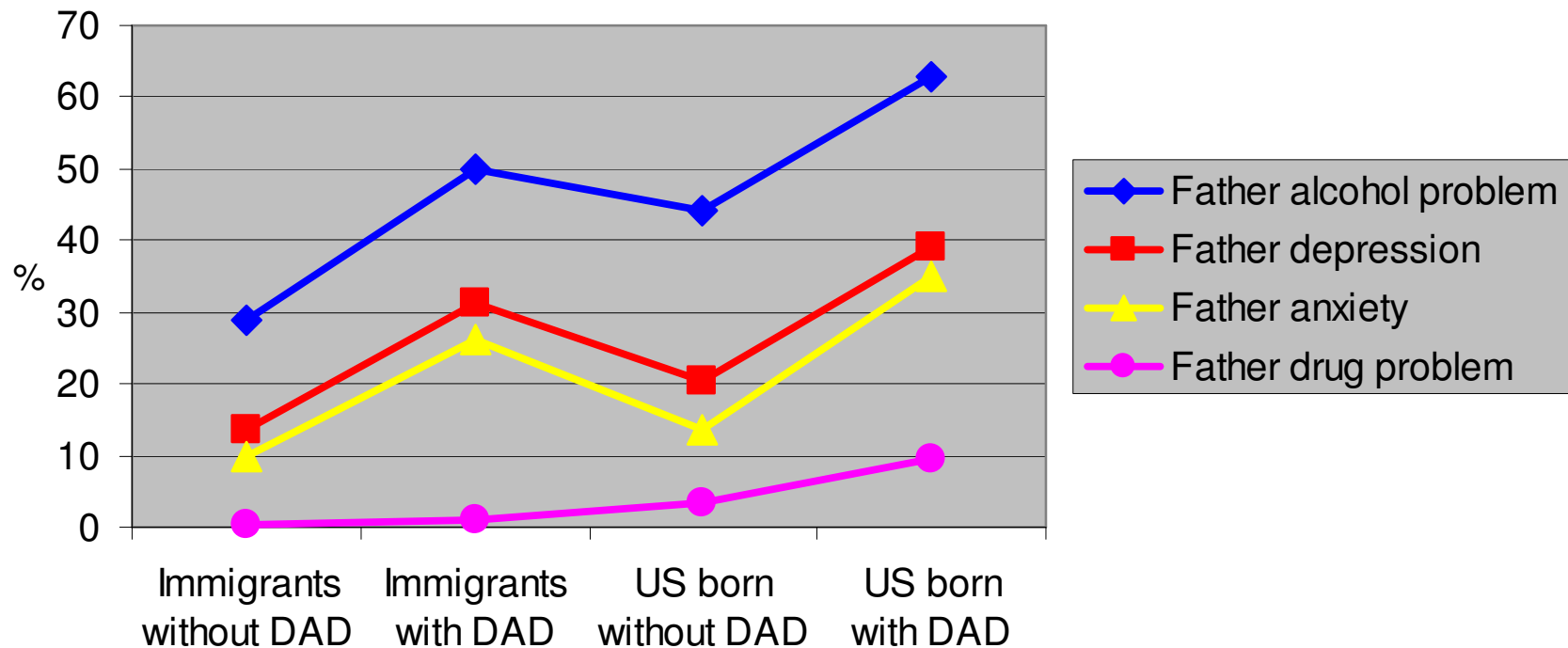
Cumulative Adversity and Drug Dependence at Age 18



Parent-child Issues

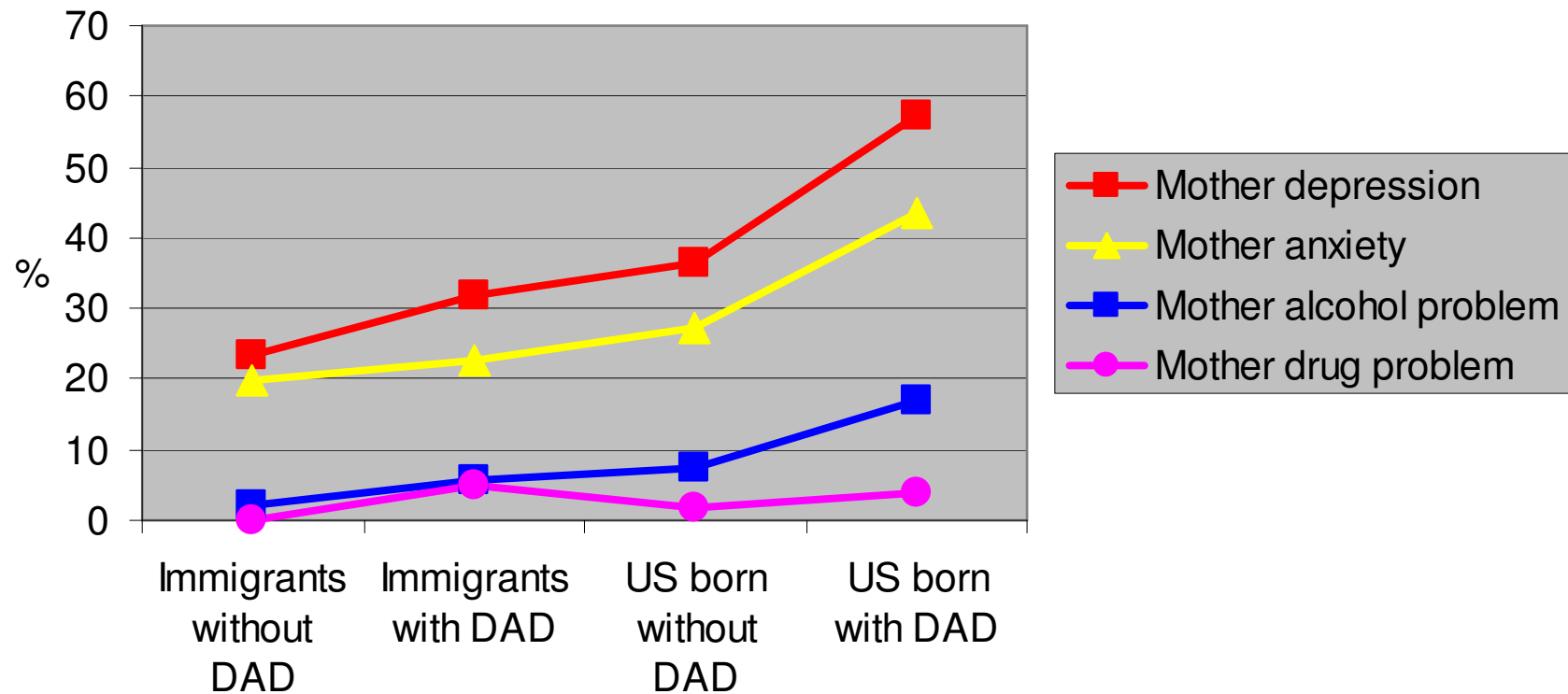
- u Family reformation post immigration-40% experience prolonged or permanent separation of family members – emotional cutoff and poor communication
- u Parenting styles change: movement toward permissive parenting intergenerationally
- u Low supervision time replaced by authoritarian parenting in immigrants which results in intergenerational “acculturation” conflicts and behavioral problems

Mental Health Risk Factors of Father by Nativity and Drug Abuse/Dependence Diagnosis



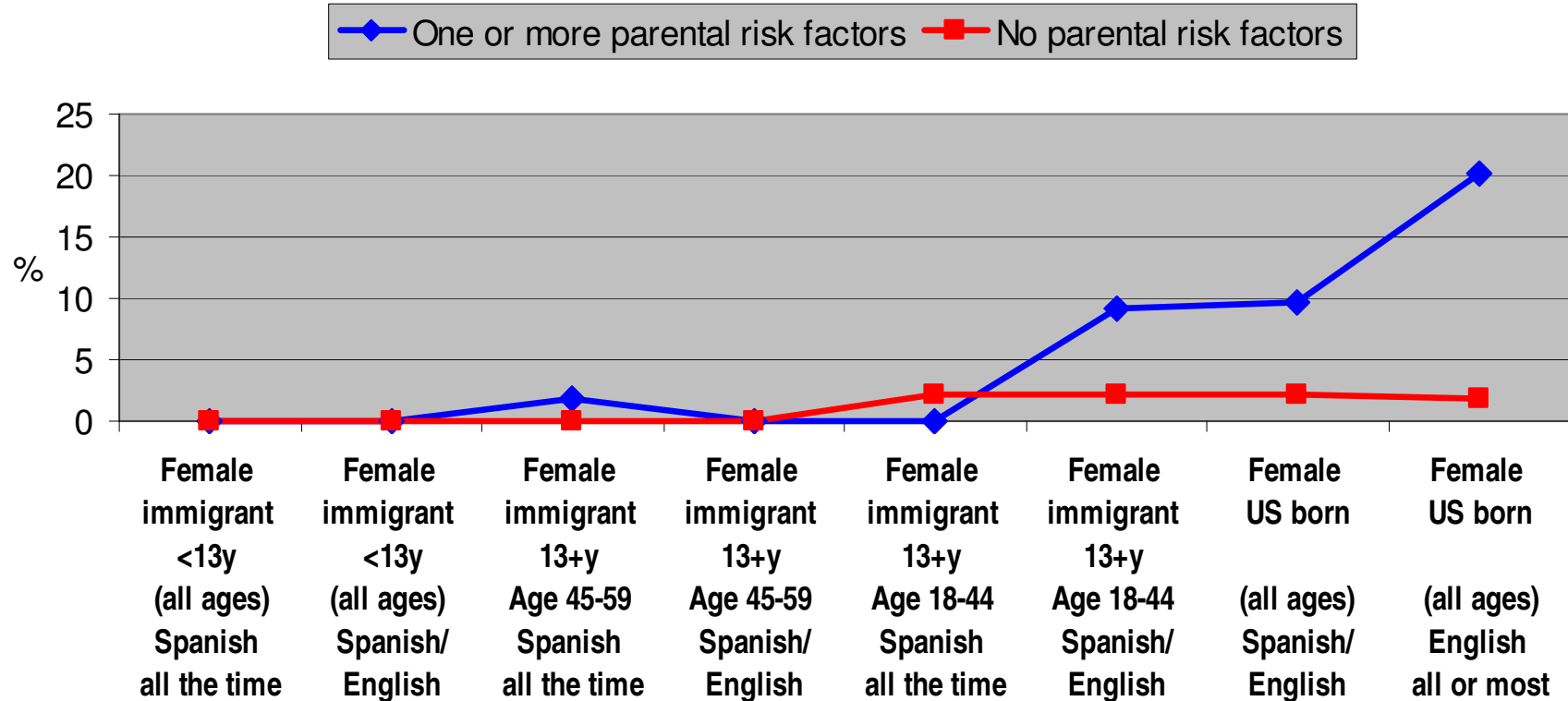
- US born w/ DAD vs w/o DAD differences and immigrant w/DAD vs w/o DAD differences DAD significant for father alcohol, depression, anxiety.
- US born w/ DAD have significantly greater absolute levels of father w/ drug problem (10%) than immigrant w/ DAD (1%).

Mental Health Risk Factors of Mother by Nativity and Drug Abuse/Dependence Diagnosis



- US born w/ DAD vs US born w/o DAD have greater differences in mother risk factors (all $p < 0.05$ except drug problem) than Immigrant w/ DAD vs Immigrant w/o DAD (all NS).
- US born w/ DAD have greater absolute levels of mother risk factors.

Females: Alcohol Abuse/Dependence Rate by Parental Risk, Nativity, Time in Country, Age, and Language Preference



Only 3 subgroups show any effect of parental risk factors:

- Female US born English all or most (high acculturation): 20% vs 2% ($p < 0.001$),
- Female US born Spanish/English (low acculturation): 10% vs 2% ($p = 0.04$).
- Female immigrant 13+ y Age 18–44 Spanish/English (high acculturation): 9% vs 2% (suggestive but NS)

Recommendations

- u Universal use of depression screening measures in primary care for every visit – patient completes in waiting room and included in medical record for treating physician
- u Physician training about how to explain depression and pharmacologic treatments
- u Early detection, referral, treatment of kids with developmental problems, early signs of behavioral and mental health problems
- u Implementation of brief family interventions (BSFT)

