

## TOP INFLUENCES FOR DEPRESSION

Understanding risk and protective factors is essential to addressing mental health problems in the community. Addressing mental health problems directly may not be possible. Instead, prevention efforts should promote the understanding of underlying risk and protective factors and focus on reducing risk factors and strengthening protective factors specific to the community.

Every mental health problem is associated with many risk and protective factors. No community can address all factors at once. As part of the Strategic Prevention Framework (SPF) process, we prioritize the top risk and protective factors for the problem your community plans to address. It is beneficial to consider importance and changeability of a factor when determining which factor to prioritize.

It is important to recognize that the underlying factors driving a mental health problem in one community may differ from the factors driving that same problem in another community. Additionally, underlying factors for one mental health problem may differ from another even in the same community.

The top predictors of symptoms of depression in this document are the most influential combination of factors among Allegan County High School students however it is important to point out that other predictors in the overall survey are also important regarding depression symptoms.

**37%** of Allegan County High School have experienced symptoms of depression. Students were classified as experiencing symptoms of depression if they indicated having felt sad or hopeless almost every day for two weeks or more in a row that they stopped doing some usual activities during the past 12 months.

Within the importance and changeability matrix, these all have high importance scores. Evidence based programs and practices can only make a difference if they are a good match for both the mental health problem and the underlying risk and/or protective factors that drive changes in that problem. Other items to consider when prioritizing areas to address are magnitude, severity, and trends.



## PAST 12-MONTH DEPRESSION SYMPTOMS

Using data from the Allegan County 2019-2020 MiPHY questionnaire, IBH Analytics used a dominance analysis to determine the relative importance of factors in relation to experiencing symptoms of depression in the past 12-months. Dominance analysis determines the importance of each predictor/factor and how each contributes to the likelihood of depression symptoms in the past 12 months. The list of dominance is in ranked order of each predictor in our final model.

1. Adverse Childhood Events
2. Ability to ask parents for help
3. Number of sexual partners
4. Gender (Assigned at birth)
5. Sexual Orientation
6. Past 7-day physical activity
7. Bullied at school
8. Enjoyed being at school
9. Race/Ethnicity

\* Adverse Childhood Events (lifetime) = Death of a parent or care giver, mental abuse, physical abuse, sexual abuse, saw violence in your home or neighborhood, lived with a person who had a mental illness or had attempted suicide, lived with an alcoholic or drug user, lived with a person who went to jail or prison.

# Most influential predictors in past 12-month **DEPRESSION** for Allegan County High School students

## 1. Adverse Childhood Events

- High school students who experienced 3 to 5 adverse childhood events in their lifetime were **3.2** times more likely and students who experienced 6 or more adverse childhood events in their lifetime were **12.2** times more likely to experience symptoms of depression than students who did not experience an adverse childhood event.

## 2. Ability to ask parents for help

- High school students who answered mostly not true to the statement “If I had a personal problem, I could ask my mom or dad for help.” were **4.3** times more likely and students who answered definitely not true to the statement were **3.2** times more likely to experience symptoms of depression than students who answered definitely true to the statement.

## 3. Number of sexual partners

- High school students who had sexual intercourse with 1 to 3 people in their lifetime were **2.6** times more likely and students who had sexual intercourse with 4 or more people in their lifetime were **4.5** times more likely to experience symptoms of depression than students who did not have sexual intercourse.

## 4. Gender (Assigned at birth)

- High school females were **2.3** times more likely to experience symptoms of depression than males.

## 5. Sexual Orientation

- High school students who identified as Gay, Lesbian, or Bisexual were **3** times more likely to experience symptoms of depression than students who identified as Heterosexual (straight) or weren't sure.

## 6. Past 7-day physical activity

- High school students who were physically active for a total of 60 minutes for 0 to 2 days during the past week were **2.3** times more likely to experience symptoms of depression than students who were physically active for a total of 60 minutes for 6 or 7 days during the last week.

## 7. Bullied at school

- High school students who were bullied at school during the past 12 months were **2.4** times more likely to experience symptoms of depression than students who were not bullied at school.

## 8. Enjoyed being at school

- High school students who Never, Seldom, or Sometimes enjoyed being at school over the past year were **2.2** times more likely to experience symptoms of depression than students who Almost always or Often enjoyed being at school over the past year.

## 9. Race/Ethnicity

- High school students who identified as Hispanic/Latino or Two or more races were **1.8** times more likely to experience symptoms of depression than students who identified as White.

\* Adverse Childhood Events (lifetime) = Death of a parent or care giver, mental abuse, physical abuse, sexual abuse, saw violence in your home or neighborhood, lived with a person who had a mental illness or had attempted suicide, lived with an alcoholic or drug user, lived with a person who went to jail or prison.

Source: Dominance Analysis and Allegan County 2019-2020 MiPHY

