Reframing Discourse: Using BRFSS Data to Deconstruct Influences of Parenthood on Depression and LGBTQ+ Mental Health

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INTRODUCTION

- Mental illness affects 17% of adults in the USA with 16.1 million adults experiencing at least one major depressive episode\(^1\).
- Depression is projected to be the second leading cause of global burden by 2020\(^2\), with social determinants of health such as SES in high-income countries leading to a reduced prevalence in depression\(^3\).

METHODS

Sample Selection

- **Complete Cases Across All Variables**: 371,268 cases who did not answer section D, E, F, G, H.
- **Complete Cases Across All Variables**: 317,268 cases who did not answer section D, E, F, G, H.

RESULTS

A. Stepwise Models 1

<table>
<thead>
<tr>
<th>Variables</th>
<th>Constant: (b)</th>
<th>Exp((b))</th>
<th>C&amp;S R(^2)</th>
<th>Adjusted R(^2)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Parent to Residential Child</td>
<td>-2.013**</td>
<td>0.134**</td>
<td>0.096</td>
<td>0.083**</td>
</tr>
<tr>
<td>Non-Parent/No Res. Child</td>
<td>-1.107**</td>
<td>0.349</td>
<td>0.145</td>
<td>0.005**</td>
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- **Non-Parent/No Res. Child**
- **Parent to Residential Child**

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- **Non-Parent/No Res. Child**
- **Parent to Residential Child**

B. Stepwise Models 2

<table>
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<tr>
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<td>0.098</td>
<td>0.088**</td>
</tr>
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- **Non-Parent/No Res. Child**
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C. Key Variables in Full Models

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- **Non-Parent/No Res. Child**
- **Parent to Residential Child**

HYPOTHESES

Hypothesis 1

- There is no association between parenthood and mental health status between persons 18 years old, living in the United States.

Hypothesis 2

- There is a positive association between parenthood and mental health status between persons 18 years old, living in the United States.

Hypothesis 3

- There is no association between parenthesis and mental health status between persons 18 years old, living in the United States.

REFERENCES


CONCLUSIONS

- Significant results for controlling socioeconomic variables confirm: Structural interventions that remove wage gaps\(^4\), systemic racism, and career education as preventative public health are supported by the full model. Policy efforts should be centered on wage improvements and the removal of gender and sexual orientation discrimination that is still legal in at least 17 states in the United States\(^5\). Sexual Orientation and Gender Identity (SOGI) measures need continued wide-scale use to have more credible results in research data.

NOTES

1. 2017–2018 BRFSS Data to Deconstruct Influences of Parenthood on Depression and LGBTQ+ Mental Health. Kate Luxion, MFA, MPH. luxionk@georgetown.edu.

CONTACT INFORMATION

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