

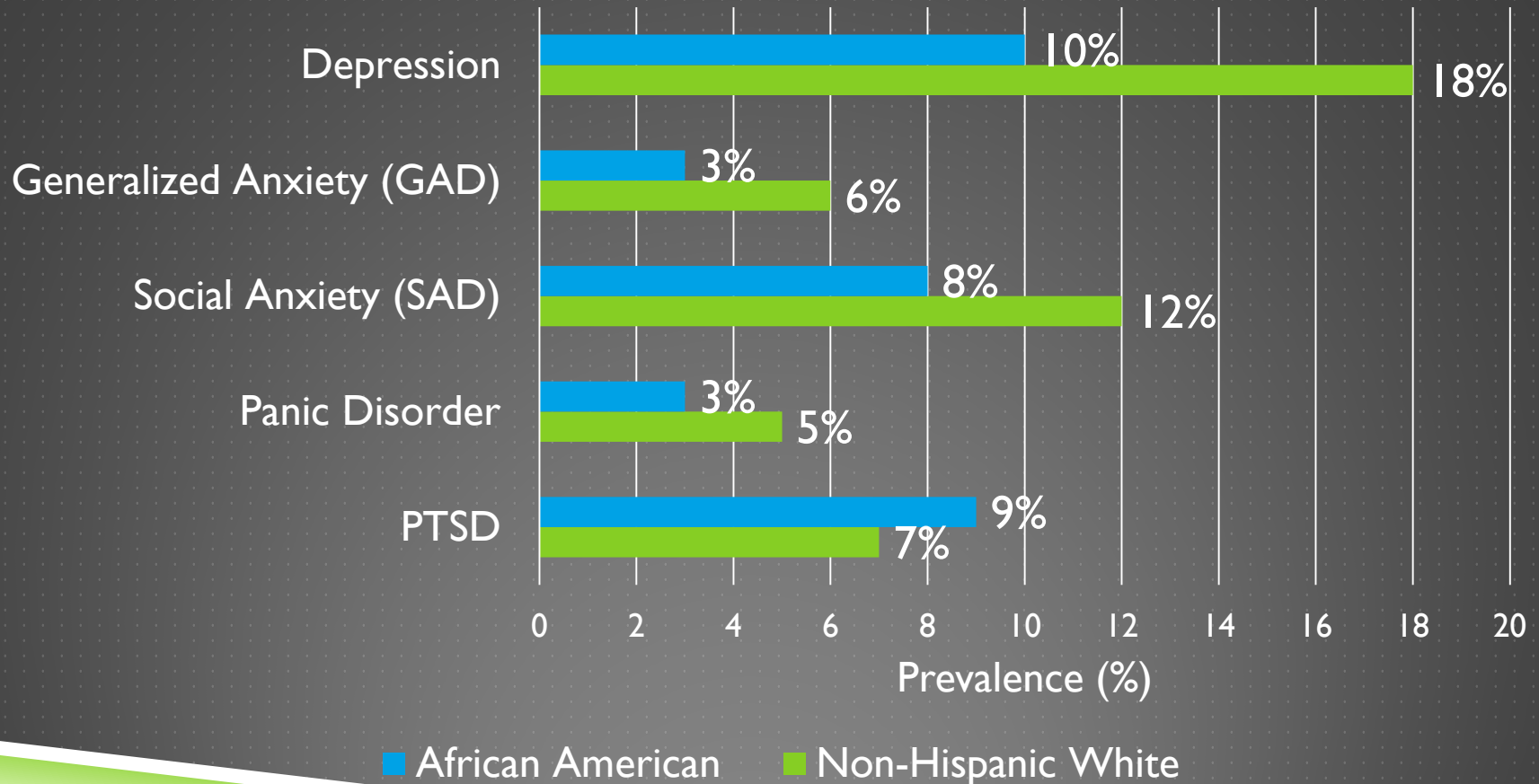


OLDER AFRICAN AMERICANS' EXTENDED FAMILY & CHURCH SUPPORT NETWORKS & DEPRESSIVE SYMPTOM TYPOLOGIES

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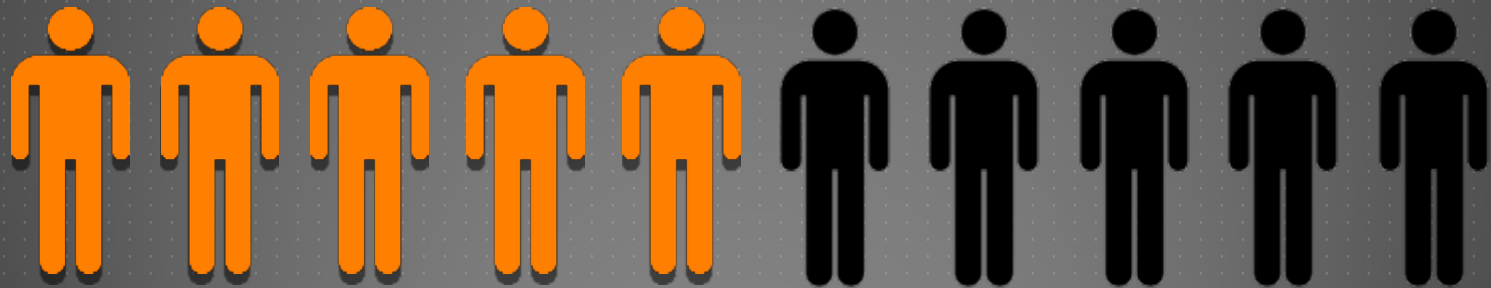
Edward R. Roybal Institute on Aging
University of Southern California

STATISTICAL PORTRAIT OF MAJOR PSYCHIATRIC DISORDERS IN THE U.S.



DEPRESSIVE SYMPTOMS AMONG OLDER ADULTS

5 out of 10 older adults experience depressive symptoms



DEPRESSIVE SYMPTOMS AMONG OLDER ADULTS

- ▶ 1 in 10 older adults who report moderate to severe depressive symptoms will develop depression within 12 months
- ▶ Depressive symptoms are associated with increased disabilities and caregiving burden
- ▶ Depressive symptoms can vary greatly between individuals and populations

DEPRESSIVE SYMPTOM TYPOLOGIES

- ▶ Patterns or clusters of depressive symptoms
- ▶ Delineated by symptom severity and type
- ▶ Lack information on depressive symptom typologies among minorities





SECTIONS SEARCH

Los Angeles Times

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Chimpanzees need friends too — their stress levels show it



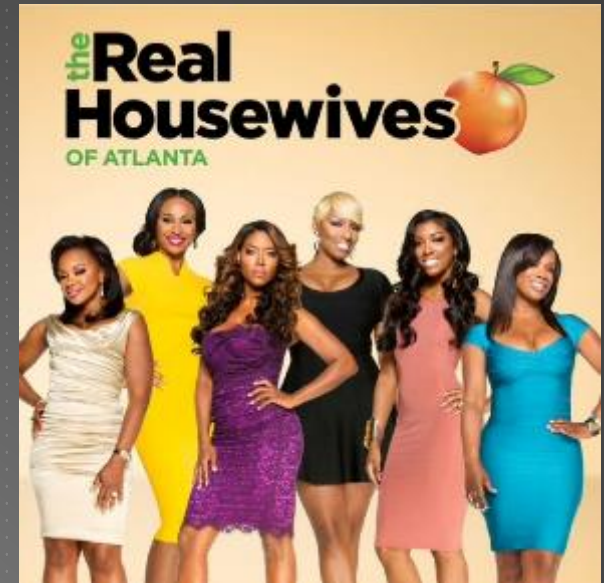
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Lacking social support is
equivalent to smoking 15
cigarettes a day.

WHAT ARE NEGATIVE SOCIAL INTERACTIONS?

- ▶ Conflict
- ▶ Criticisms
- ▶ Excessive demands
- ▶ Being taken advantage of



NEGATIVE SOCIAL INTERACTIONS

- ▶ Detrimental to mental and physical health and psychological well-being
- ▶ Effects of negative interactions tend to offset positive effects of social support



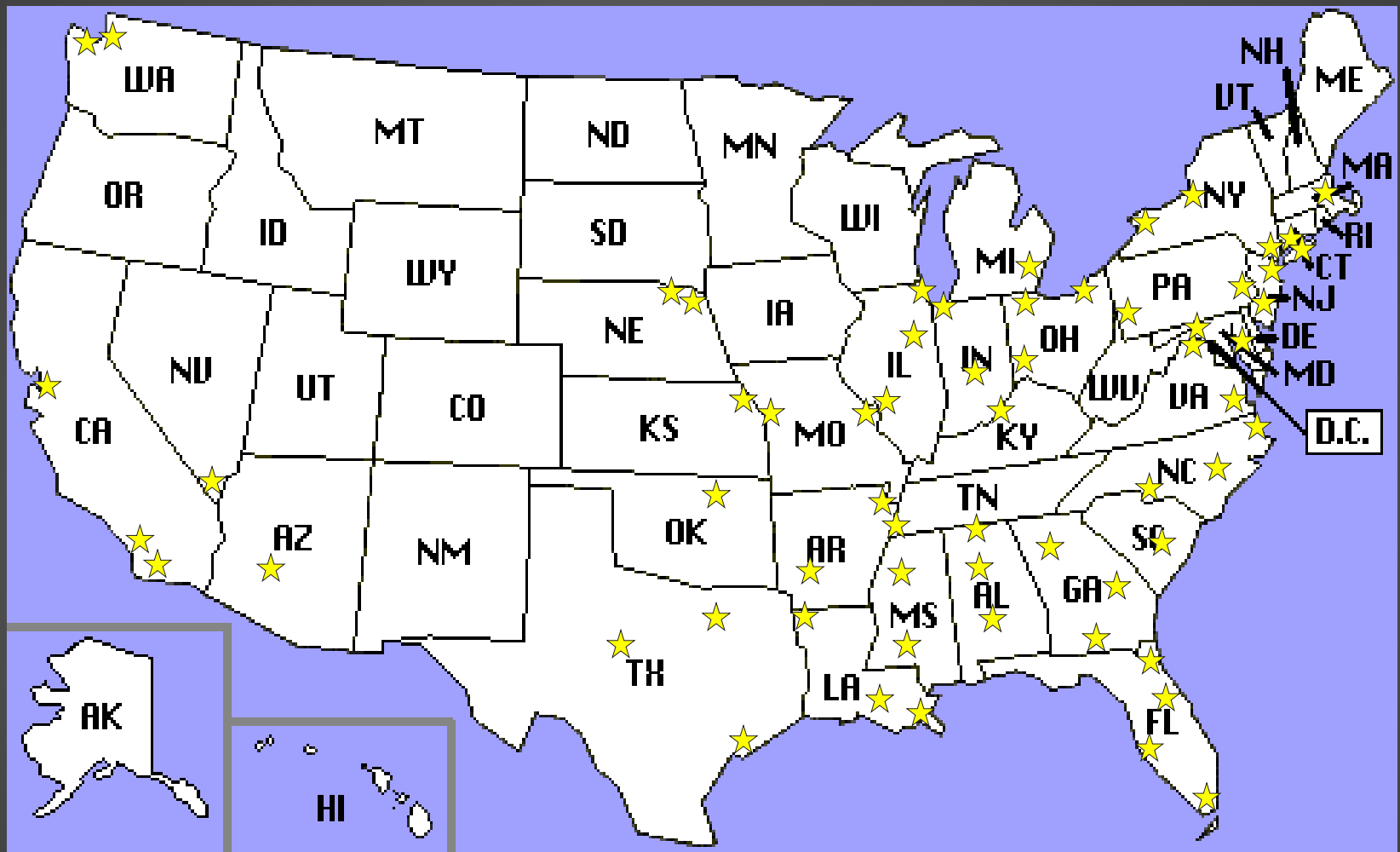
STUDY METHODS & FINDINGS

RESEARCH QUESTIONS

1. What depressive symptom typologies (DST) exist among older African Americans?
2. Are church-based and extended family support networks associated with depressive symptom typologies (DSTs)?

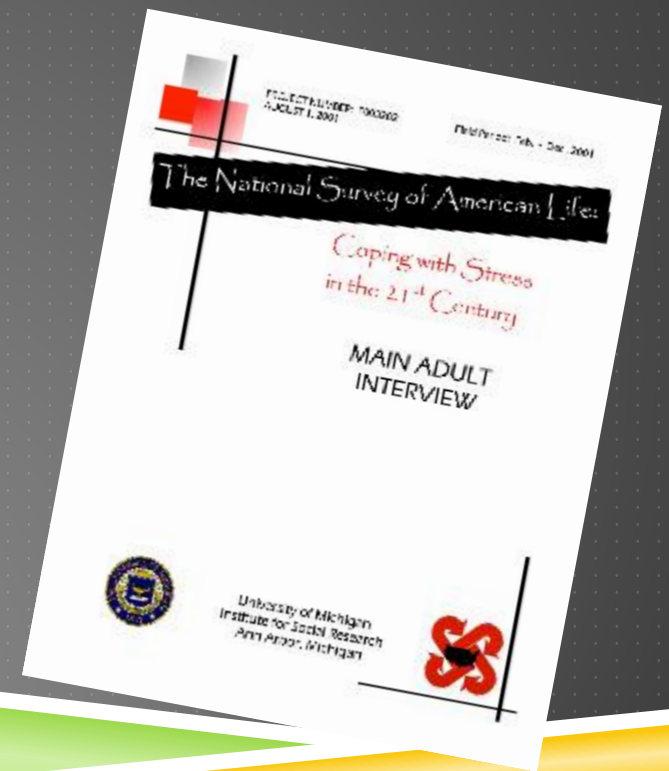


NSAL Sampling Area



SAMPLE

- ▶ National Survey of American Life: Coping with Stress in the 21st Century
- ▶ Aged 50+ (M = 63 years)
- ▶ N = 1,135 African Americans (43% men)



MEASURES – CHURCH-BASED & EXTENDED FAMILY SUPPORT NETWORKS

- ▶ Frequency of contact (1 item)

- ▶ Emotional support (3-item index)

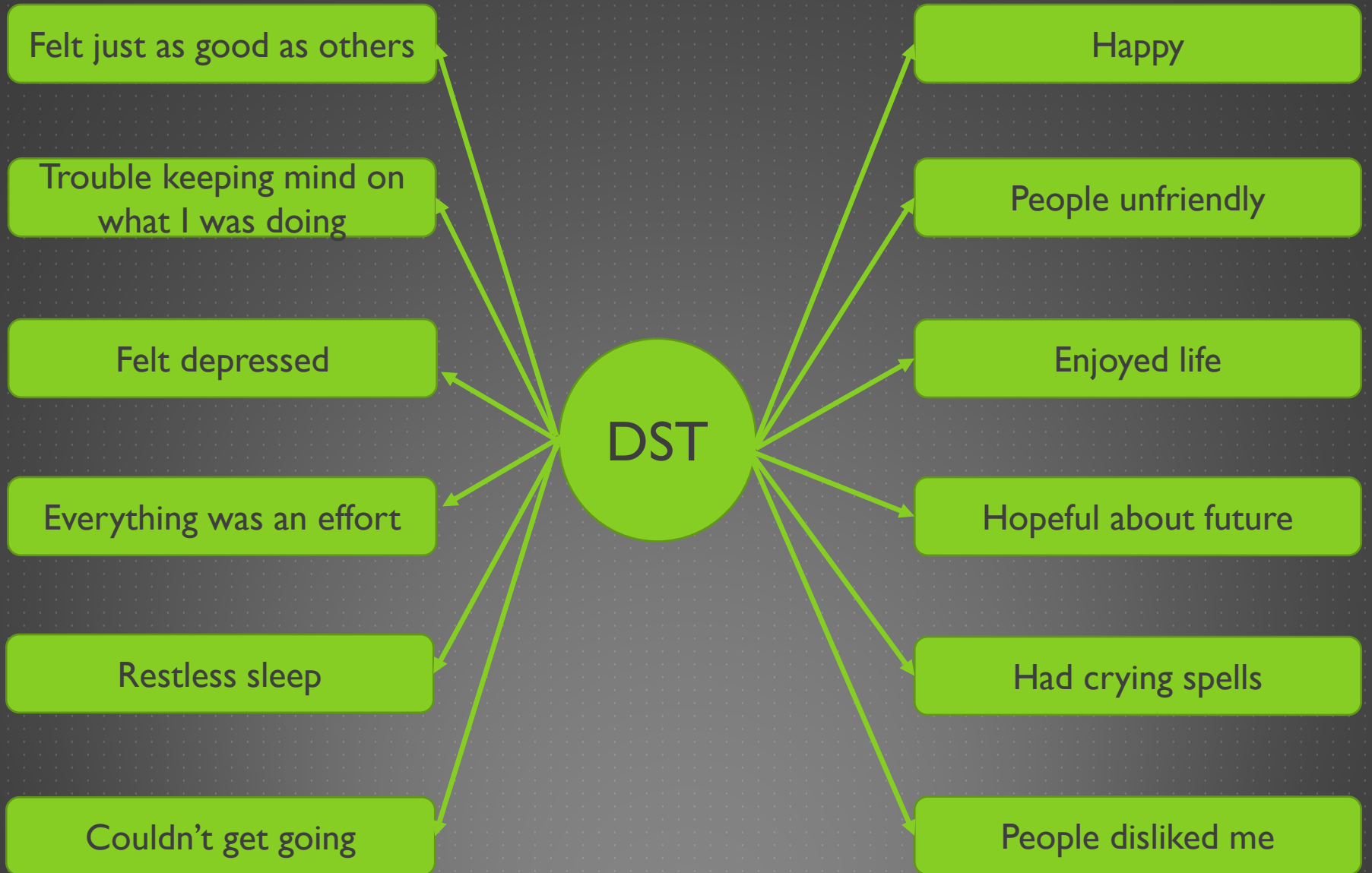
Ex: Other than your spouse/partner, how often do your family members make you feel loved and cared for?

- ▶ Negative interactions (3-item index)

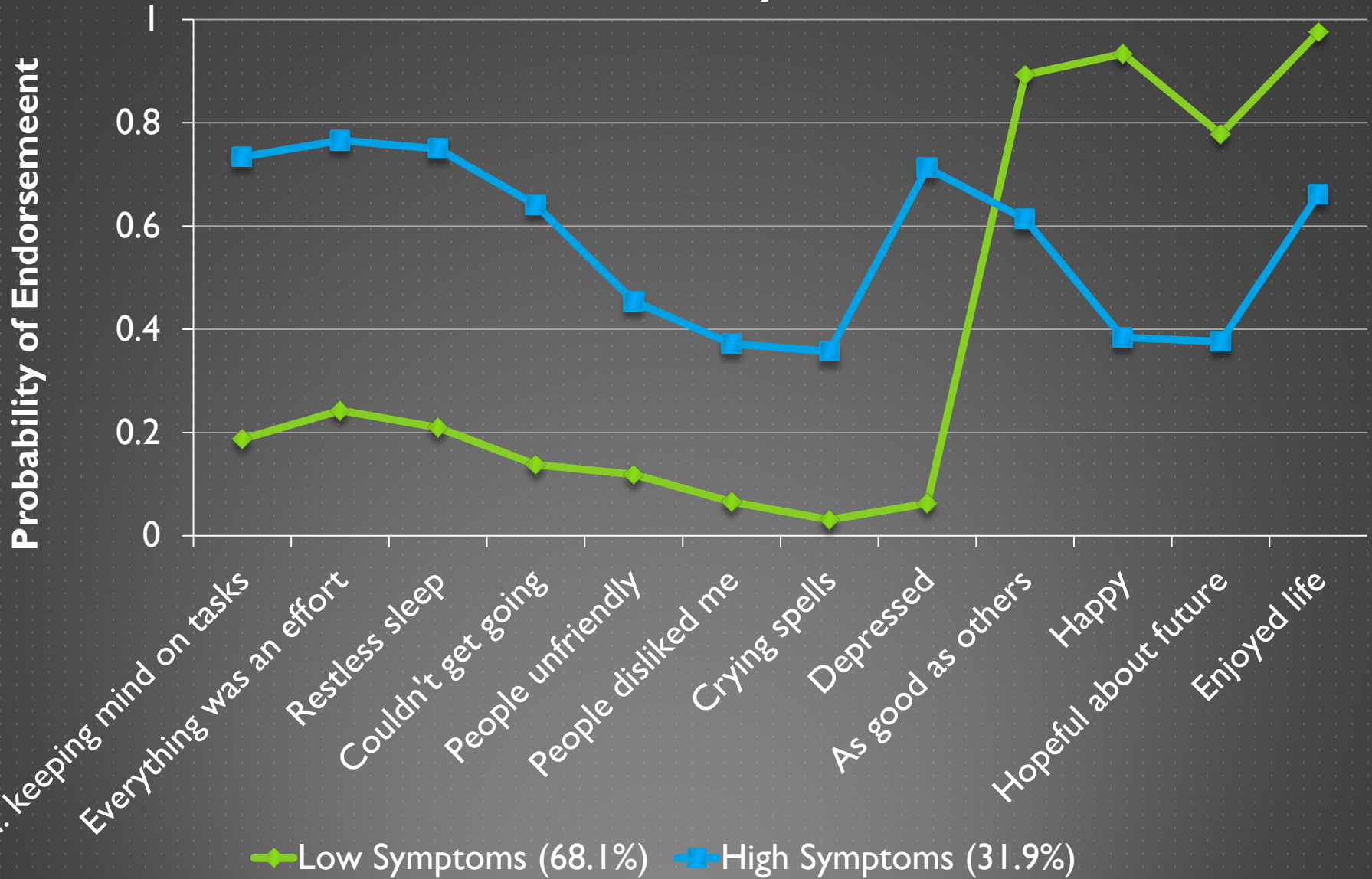
Ex: Other than your spouse/partner, how often do your family members make too many demands on you?

LATENT CLASS ANALYSIS (LCA)

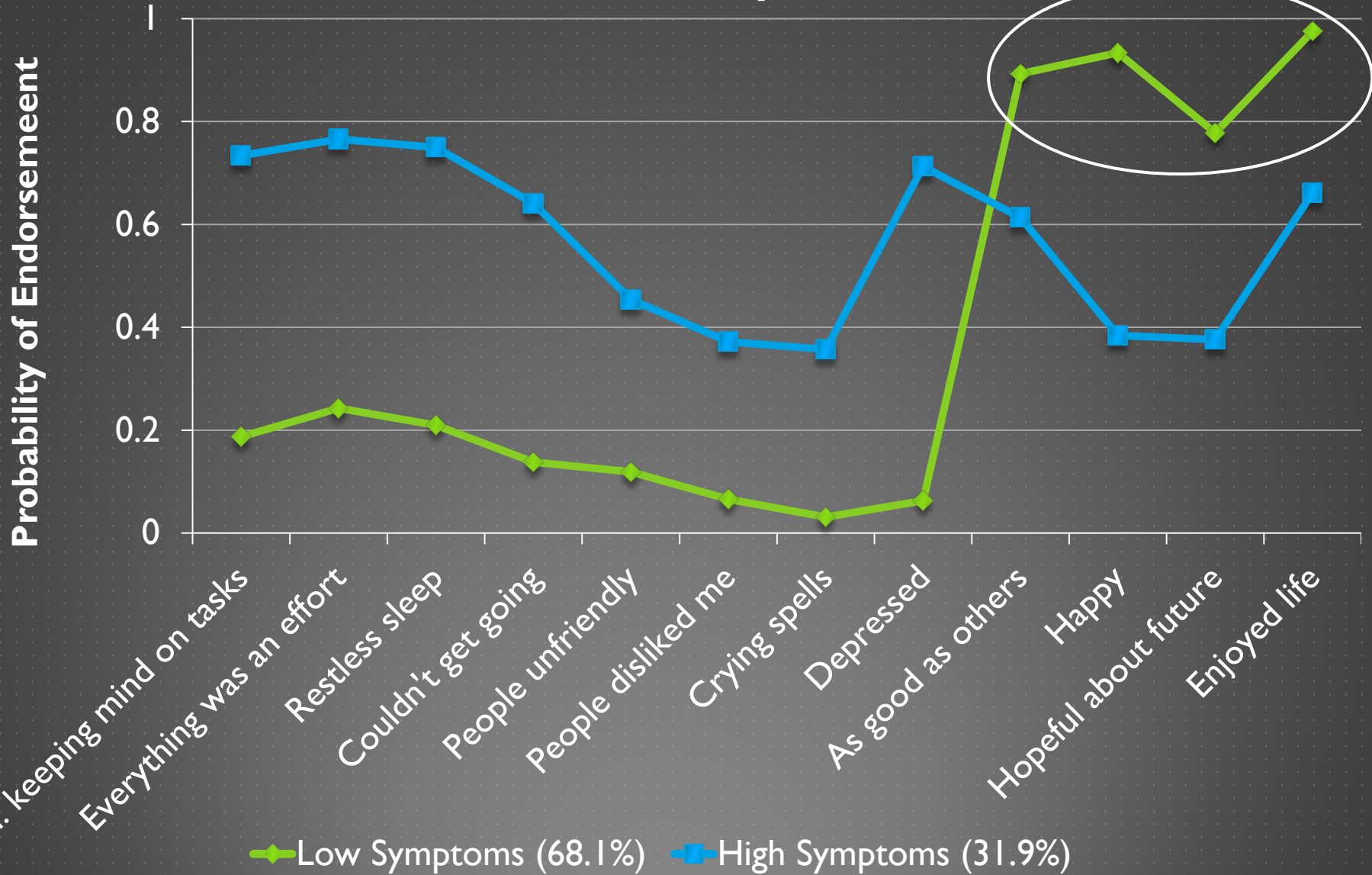
- ▶ Type of structural equation modeling
- ▶ Person-centered approach rather than variable-centered approach
- ▶ Groups people based on their response to items within a scale



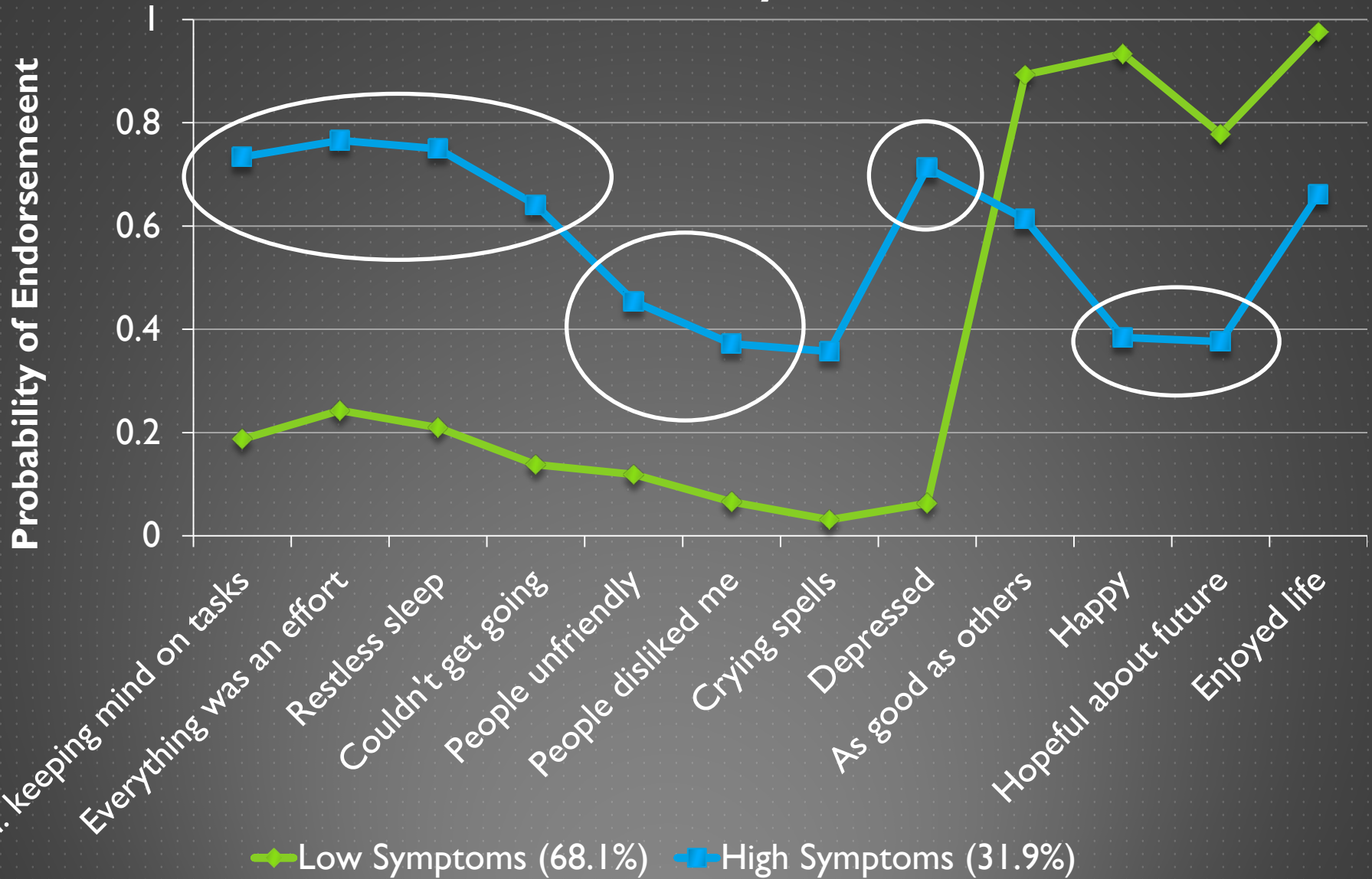
Conditional Item Probability Profile for DSTs



Conditional Item Probability Profile for DSTs



Conditional Item Probability Profile for DSTs



DEMOGRAPHIC PROFILE OF TYPOLOGIES

	Low DST	High DST
Women	56%	57%
Age	63 years	62 years
Education***	12 years	11 years
Married/cohabiting**	47%	36%
Family Income***	\$23.5K	\$14.9K

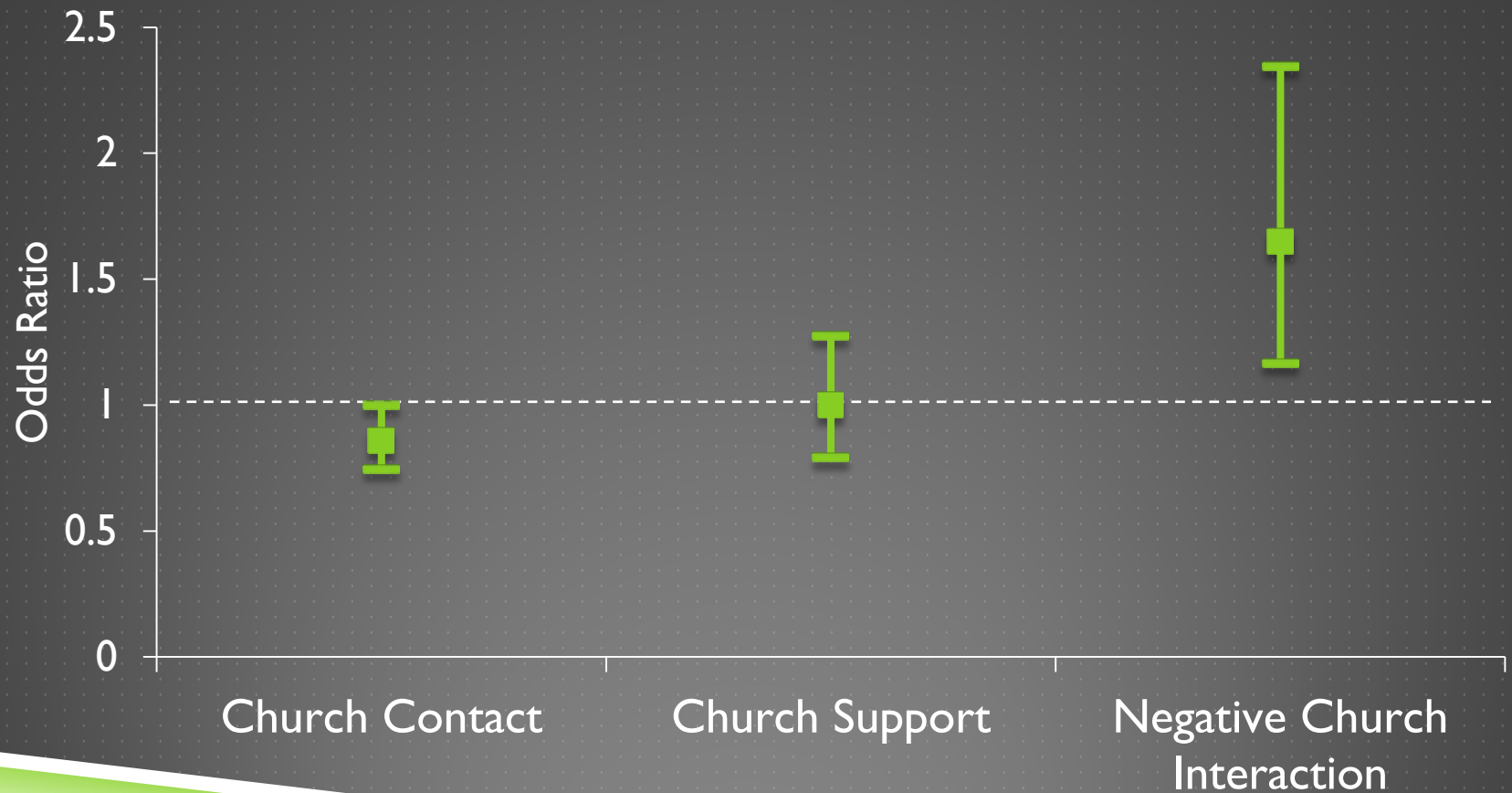
p<.01, *p<.001

SUPPORT NETWORK PROFILE OF TYPOLOGIES

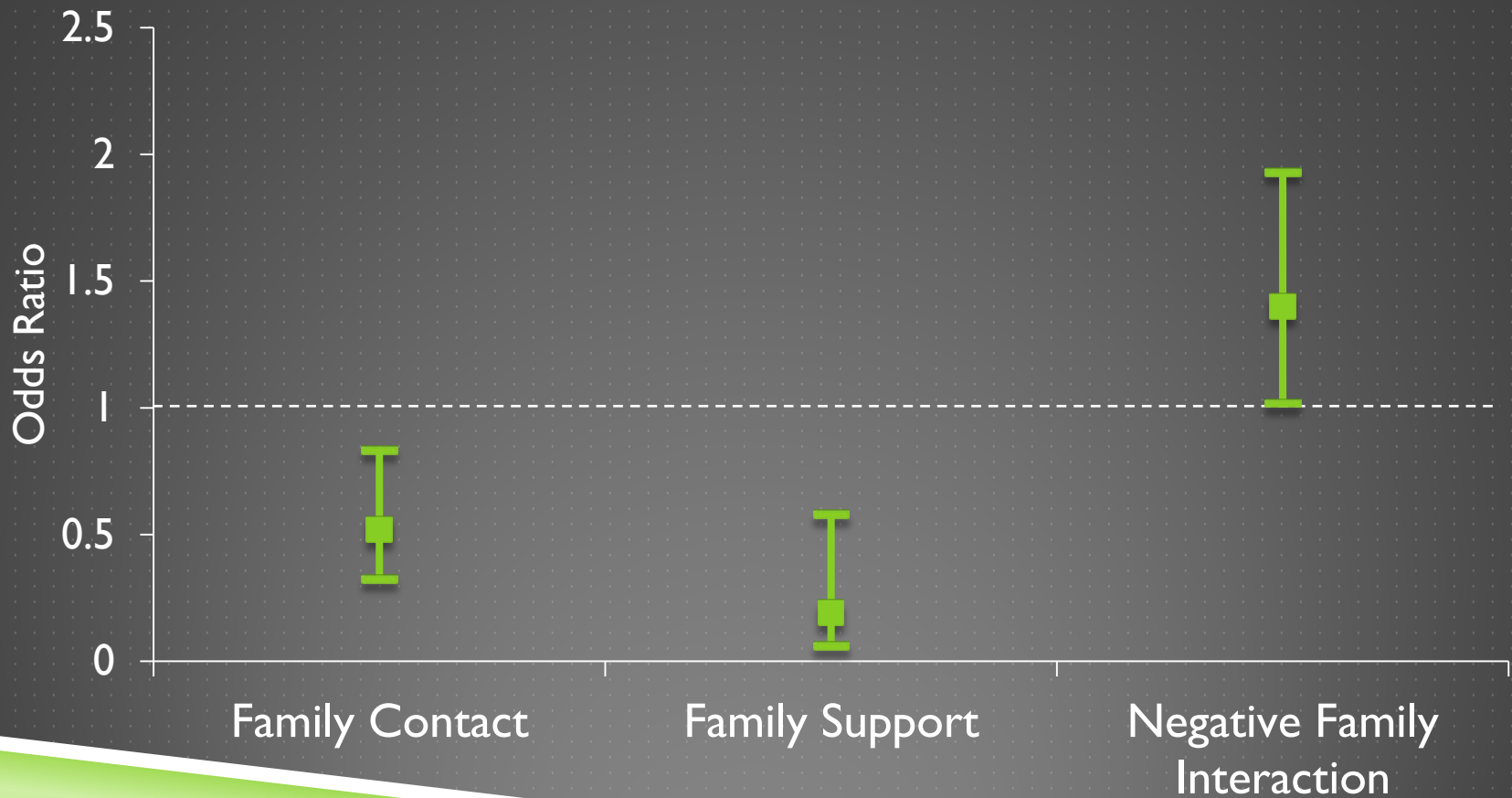
	Low DST	High DST
Church-Based		
Emotional Support	3.02	2.97
Frequency of Contact*	4.31	4.03
Negative Interaction*	1.44	1.61
Extended Family		
Emotional Support*	3.26	3.10
Frequency of Contact*	6.18	5.99
Negative Interaction*	1.56	1.81

* $p < .05$

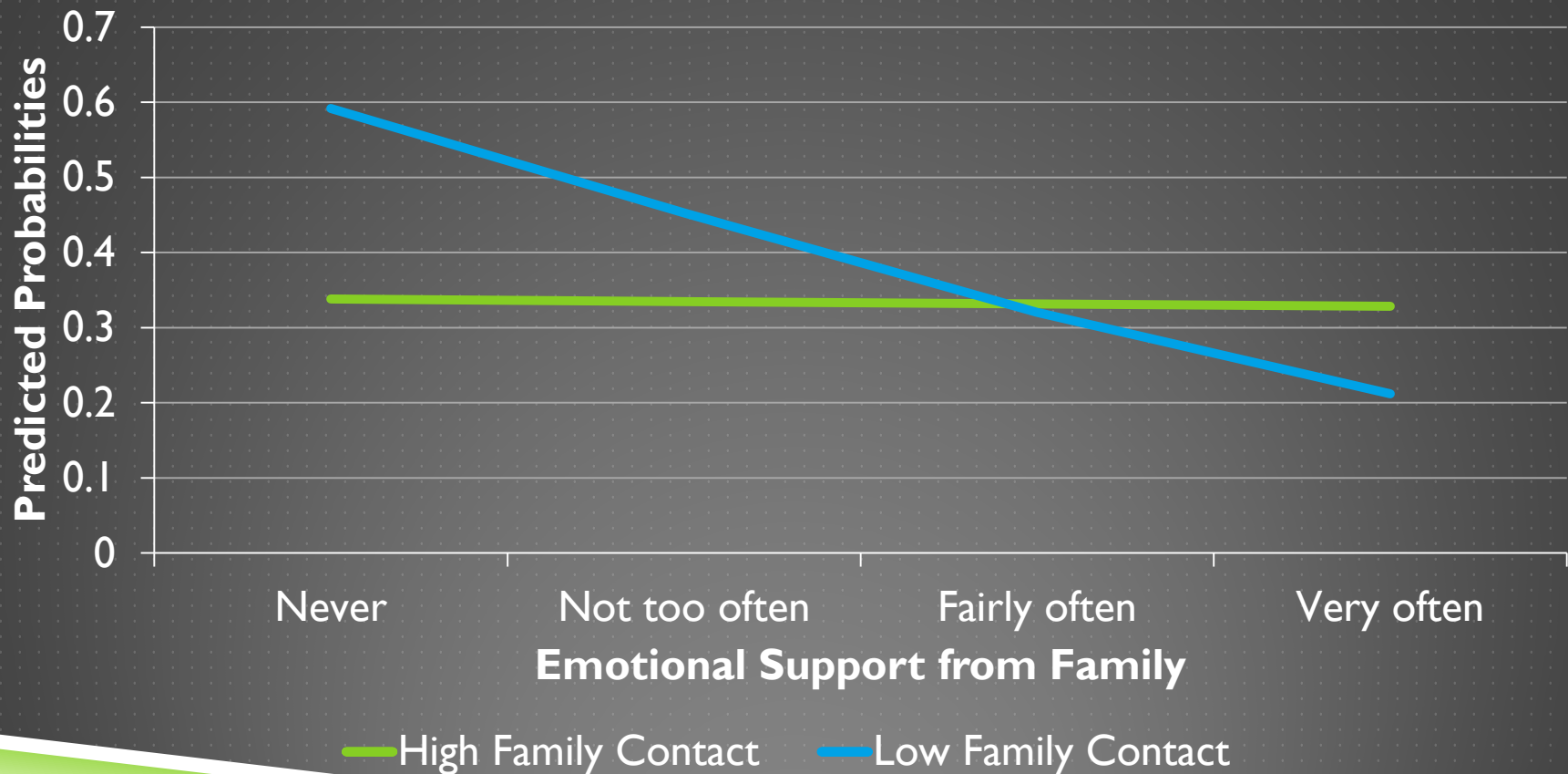
EFFECTS OF CHURCH-BASED SUPPORT NETWORKS ON HIGH DST (ADJUSTED OR, 95% CI)



EFFECTS OF FAMILY SUPPORT NETWORKS ON HIGH DST (ADJUSTED OR, 95% CI)



EFFECT OF FAMILY SUPPORT*FAMILY CONTACT ON HIGH DST



STUDY SUMMARY

- ▶ 2 depressive symptom typologies exist among older African Americans
- ▶ More frequent contact with family & church members and receiving emotional support from family members protected against being in the High DST

STUDY SUMMARY

- ▶ Negative interaction was a risk factor for being in the High DST
- ▶ Family support can compensate for lack of contact with family

ACKNOWLEDGEMENTS

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THANK YOU
&
QUESTIONS?

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MULTIVARIATE ANALYSIS

Demographics	Logit	SE
Women	-.29	.30
Age	-.02	.02
Education	-.11*	.05
Family Income	-.33*	.15
Married/Cohabiting	-.14	.24
Chronic Phy. Conditions	.19***	.05
Church Attendance	.19	.14

EMOTIONAL SUPPORT

Other than your spouse/partner, how often do your family members...

- A. make you feel loved and cared for?
- B. listen to you talk about your private problems and concerns?
- C. express interest and concern in your well-being?

1=never, 2=not too often, 3=fairly often, 4=very often

FREQUENCY OF CONTACT

How often do you see, write, or talk on the telephone with family or relatives who do not live with you?

1=never, 2=hardly ever, 3=a few times a year, 4=at least once a month, 5=a few times a month, 7=nearly everyday

NEGATIVE INTERACTIONS

Other than your spouse/partner, how often do your family members...

- A. make too many demands on you?
- B. criticize you and the things you do?
- C. try to take advantage of you?

1=never, 2=not too often, 3=fairly often, 4=very often

CES-D

- ▶ I felt that I was just as good as other people.
- ▶ I had trouble keeping my mind on what I was doing.
- ▶ I felt depressed.
- ▶ I felt that everything I did was an effort.
- ▶ I felt hopeful about the future.
- ▶ My sleep was restless.
- ▶ I was happy.
- ▶ People were unfriendly.
- ▶ I enjoyed life.
- ▶ I had crying spells.
- ▶ I felt that people disliked me.
- ▶ I could not get “going.”