

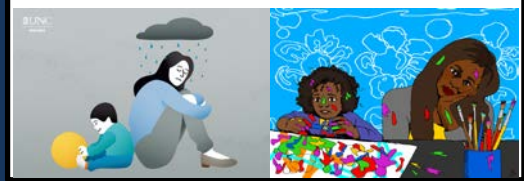


Socio-Demographic and Coping Correlates of Depressive Symptoms among Low-Income and Ethnic Minority Mothers

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Background/Significance

-In published studies, 15% to 75% of low-income and ethnic minority mothers report high levels of depressive symptoms in published studies.
-Few studies have explored socio-demographic and coping correlates of depressive symptoms in vulnerable mothers to inform preventive interventions.



Purpose

To assess the relationship between socio-demographic variables, coping and depressive symptoms and identify the strongest predictors of depressive symptoms in mothers at-risk.

Measurements:

Depressive Symptoms
Centers for Epidemiologic Studies Depression Scale
Low Income: < 200% below poverty
Coping Style Question: "State two things you do to help you feel better when you a depressed or down mood?"

Methods:

Design: Descriptive, Cross-sectional design
Sample: Convenience, (N = 117)
Ages: 21-45 years (Mage = 33.6 years)
Setting: Urban Community Sites
Racial Distribution
Black/African American (74.4%), Hispanic (11.1%), Biracial/Mixed (7.7%)
White/Caucasian (6.0%), other (.9%)
Data Analysis: Percentages, Descriptive Statistics, Pearson R, Multiple Regression
Income: At least 78.6% < 200% US poverty line
Education: 52.6% < High School

Results:

High Depressive Symptoms
Prevalence: 36.2% ≥ 16 on CES-D Scale
Correlations w Depressive Symptoms
Income (r = -.269, p < .05)
Coping Styles (r = .266, p < .05)
Household Head (r = .216, p < .05)
Relative Importance of Predictors
Income: (R² change = .04, F(1, 80) = 4.12, p < .05)
Coping Styles: (R² change = .05, F(1, 80) = 4.30, p < .05)
-Use of **Social Support Seeking** was related to lower levels of depressive symptom (p < .01)
-Use of **Emotion-Focused Coping only** was associated with higher levels of depressive symptoms (p<.01)

Conclusions:

Coping styles and income levels independently predicted levels of depressive symptoms. Interventions to reduce depressive symptoms can target coping strategies such as social support and support access to economic resources in the community.

