Do Adult Mental Health Services Need to be Developmentally Appropriate?

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INTRODUCTION

Background

- State level adult mental health administrators express little belief in needing developmentally appropriate services for *young* adults, and few such programs exist across the country

Study Questions

- Does individual functioning differ across adult age groups within individuals with psychiatric disorders?
- Is the rate of developmental change different in younger than older adults with psychiatric disorders?

Statistical Methods

- Weighted data-nationally representative (Kessler, 1994).
- Preliminary findings (unadjusted variance)
- **Question 1** 1st 2 age groups (younger) & 2nd 4 age groups (older) compared with Chi-square
- **Question 2** Multiple regression and Quangles

Methods

National Cormorbidity Study

- Nationally representative household sample (n=8,098)
- Used CIDI to assess DSM-III-R disorders
- Interviews conducted 1990 - 1992
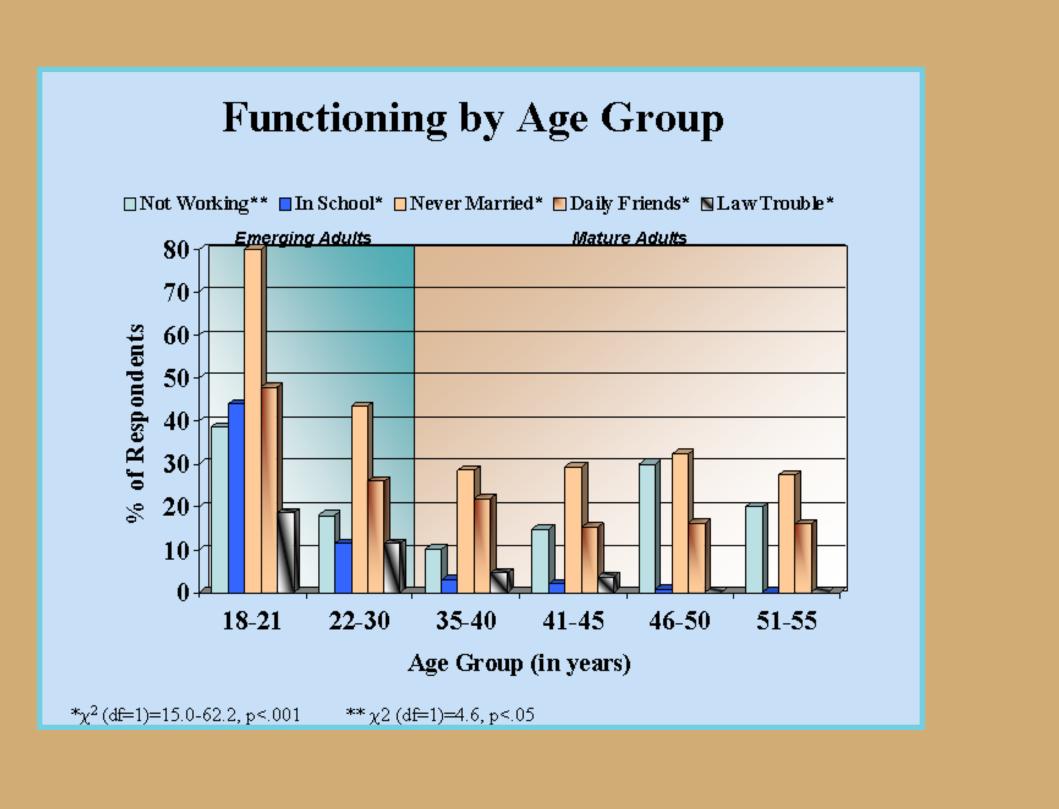- Ages 15-54

Quangles?

- Detects a single shift in mean level of a sequence of observations (e.g. rates over an age range).
- The observed rates for each age produce a sequence of rates over the age range, with a minimum and maximum rate value.
- Rates (e.g. not working) are transformed into an angle Θ, by the formula:
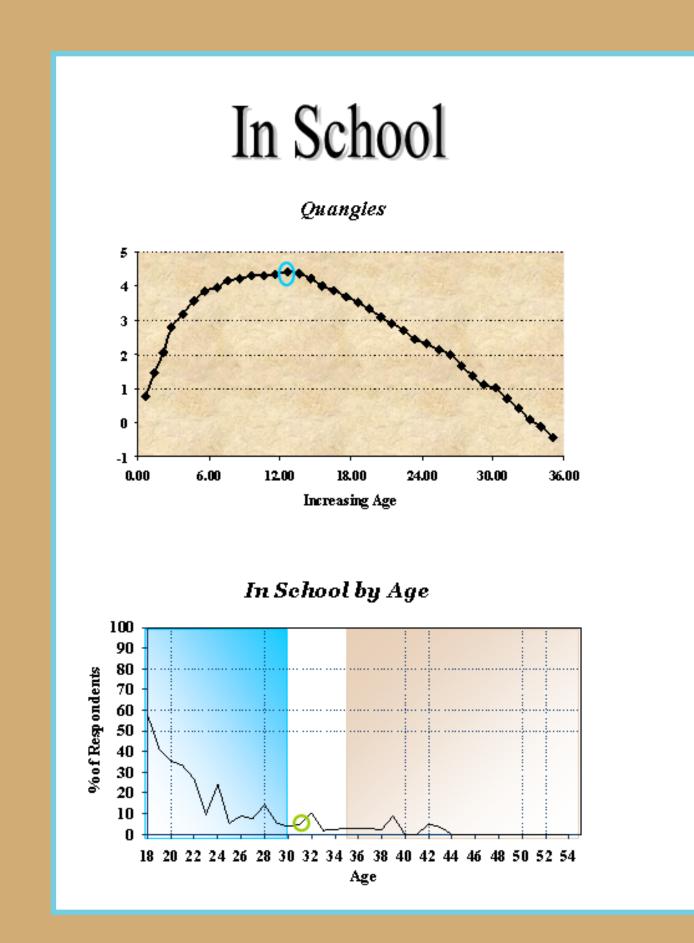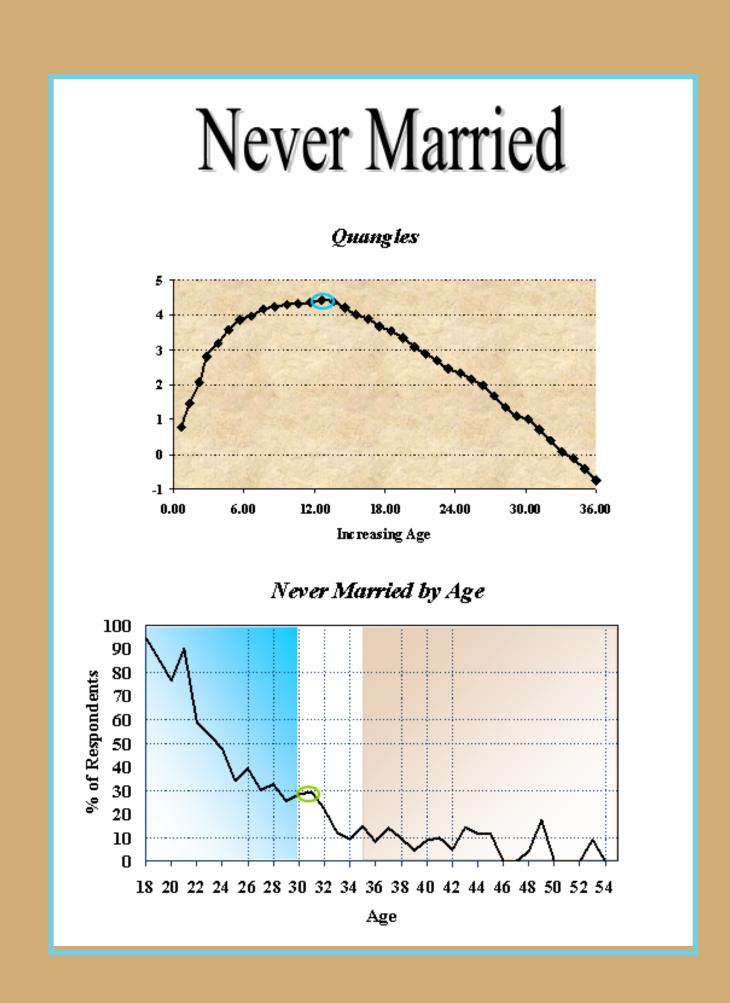
$$\Theta = \pi/2 + (\pi * (\Delta(t,k)-min)/(max-min))$$

- A unit vector is then constructed, with co-ordinates $(\cos(\Theta), \sin(\Theta))$, for each rate and these vectors are summed and plotted.
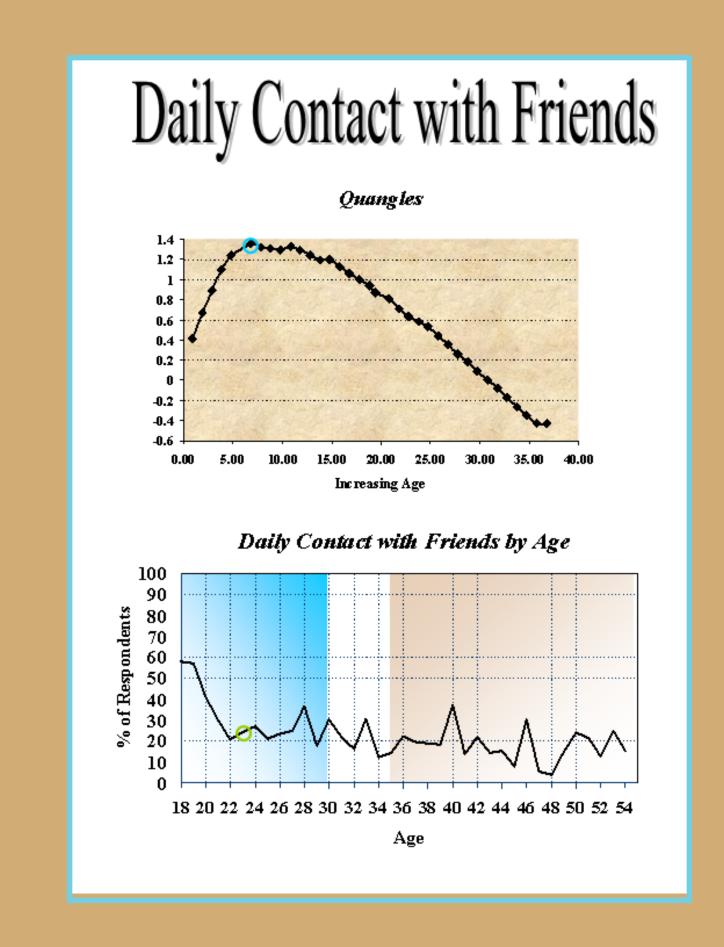
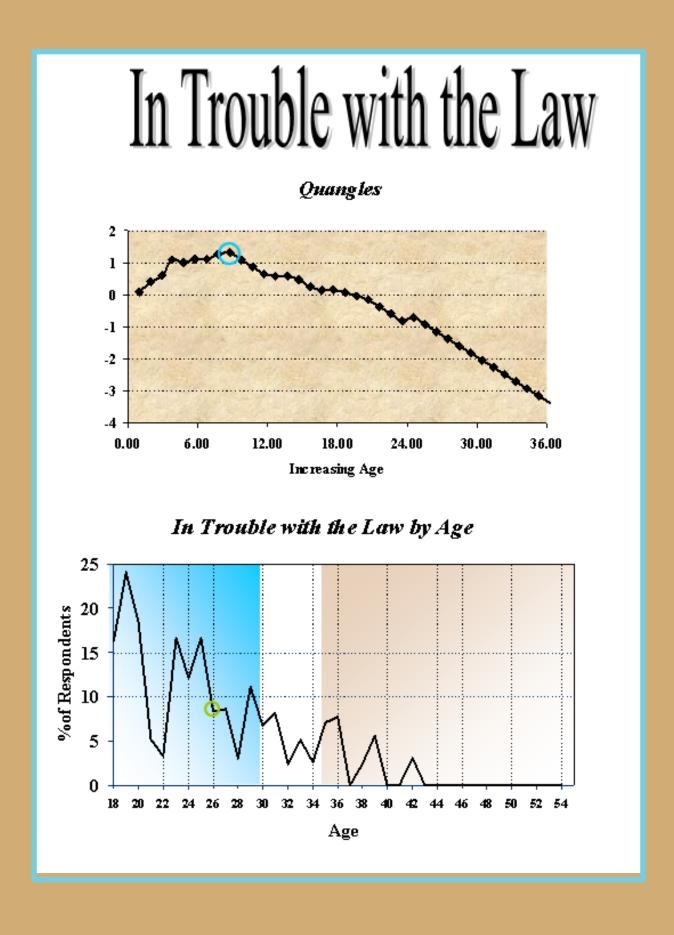Kotz, Samuel, and Norman L. Johnson, eds. *Encyclopedia of Statistical Sciences.* New York: J. Wiley, 1981

This Analysis

- 1110 subjects with a current psychiatric diagnosis
- Significant age differences in race but not gender *see Table 1*

Table 1
Demographics by Age Group

	18-21 yr olds N=174	22-30 yr olds N=372	35-40 yr olds N=228	41-45 yr olds N=150	46-50 yr olds N=130	51-55 yr olds N=56	Total
	% of age groups						
White Non Hispanic	67.8	72.3	78.9	80.0	80.8	91.1	75.9
Black	10.9	13.2	11.4	7.3	8.2	5.4	10.8
Hispanic	13.8	10.5	7.5	10.0	8.2	3.6	9.5
Other Race	7.5	4.0	2.2	2.7	3.8	.0	3.8
Male[†]	40.2	32.5	38.6	35.6	30.2	26.8	34.8

* $x2(df=15)=29.2$, $p=.015$
† $x2(df=5)=7.4$, $p=.10$

RESULTS

Functioning by Age Group

*x^2 (df=1)=15.0-62.2, p<.001   **x^2 (df=1)=4.6, p<.05

In School

Never Married

Daily Contact with Friends

In Trouble with the Law

In Trouble with the Law
Males Only

Multiple Regression: Age in model (Adjusted R^2=.045 $F(1,452)$=22.2, p<.001)
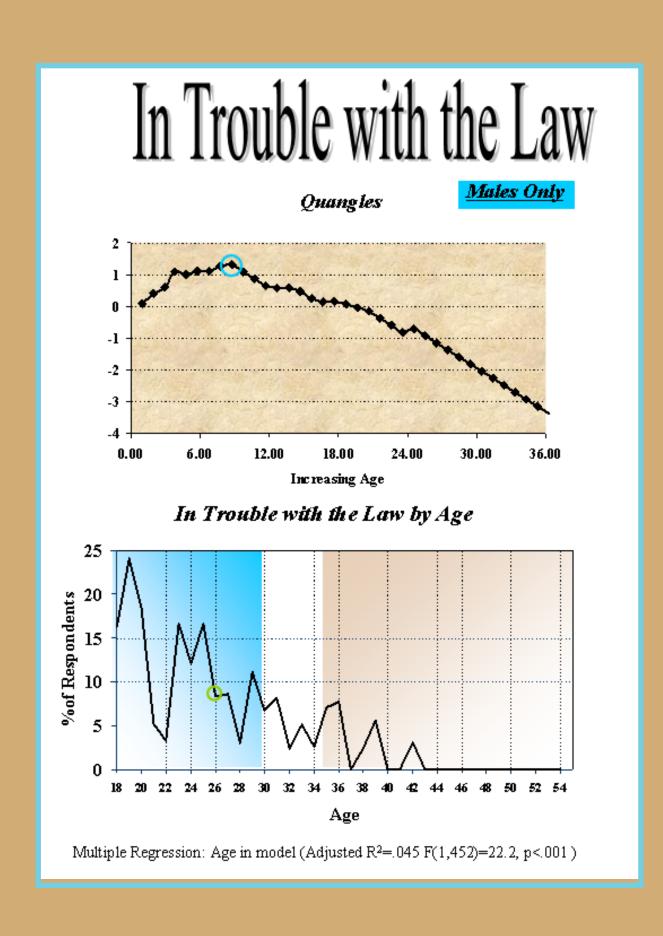
Conclusions

- Important developmental changes in functioning occur between emerging adulthood and older adulthood.
- Rapid changes occur during emerging adulthood, with less variability among older individuals.
- Adult mental health services need a developmental perspective
- Specialized services or approaches for young adults are needed

REFERENCES:

Cochran, W. G. (1952). The Chi-square tests of goodness of fit. Annals of Mathematical Statistics, 23, 315-345.

Kessler, R. C. (1994). The National Survey of the United States. International Review of Psychiatry, 6(4), 365-376.