Do Adult MH Services Need to be Developmentally Appropriate?

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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 training developmentally targeted programs 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
- Preliminary findings (unadjusted variance)
- Question 1: 1st 2 age groups (younger) & 3rd 4 age groups (older) compared with Chi-square
- Question 2: Multiple regression and Quangles

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:
  \[ θ = \arcsin \left( \frac{1 - \text{rate}}{1} \right) \]
- A unit vector is then constructed, with co-ordinates (cos(θ), sin(θ)), for each rate and these vectors are summed and plotted.

National Cohort Study

- Nationally representative household sample (n=4,030)
- Used CDI to assess DSM-III-R disorders
- Interviews conducted 1990-1992
- Ages 18-54

This Analysis

- 1130 subjects with a current psychiatric diagnosis
- Significant age differences in race but not gender—see Table 1

<table>
<thead>
<tr>
<th>Age Group</th>
<th>White</th>
<th>Black</th>
<th>Hispanic</th>
<th>Other</th>
</tr>
</thead>
<tbody>
<tr>
<td>18-24</td>
<td>130</td>
<td>50</td>
<td>20</td>
<td>50</td>
</tr>
<tr>
<td>25-34</td>
<td>120</td>
<td>40</td>
<td>15</td>
<td>45</td>
</tr>
<tr>
<td>35-44</td>
<td>100</td>
<td>30</td>
<td>20</td>
<td>30</td>
</tr>
<tr>
<td>45-54</td>
<td>80</td>
<td>20</td>
<td>10</td>
<td>20</td>
</tr>
</tbody>
</table>

ACKNOWLEDGEMENT

The Substance Abuse and Mental Health Data Archive and Inter-University Consortium for Political and Social Research at the University of Michigan provided these data.

RESULTS

Functioning by Age Group

- % of respondents

<table>
<thead>
<tr>
<th>Age Group</th>
<th>18-24</th>
<th>25-34</th>
<th>35-44</th>
<th>45-54</th>
<th>55-64</th>
</tr>
</thead>
<tbody>
<tr>
<td>In School</td>
<td>80%</td>
<td>75%</td>
<td>70%</td>
<td>65%</td>
<td>60%</td>
</tr>
<tr>
<td>Never Married</td>
<td>80%</td>
<td>75%</td>
<td>70%</td>
<td>65%</td>
<td>60%</td>
</tr>
<tr>
<td>Daily Contact with Friends</td>
<td>80%</td>
<td>75%</td>
<td>70%</td>
<td>65%</td>
<td>60%</td>
</tr>
<tr>
<td>In Trouble with the Law</td>
<td>20%</td>
<td>25%</td>
<td>30%</td>
<td>35%</td>
<td>40%</td>
</tr>
</tbody>
</table>

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: