Secondary Mental Health Conditions of Rural Adults with Disabilities

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Charles Asp

RTC: Rural
The University of Montana
Acknowledgements

• Consumers who are participating
• Peer Advisory Board
• CILs--Three Rivers, Wamego; Summit, Missoula; PIRS, Auburn
• Advisory Council,
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  – Billy Altom (APRIL)
  – Charles Drum (OHSU)
• Cheryl Gagne, Boston Psychiatric Rehabilitation Institute
• National Institute on Disability and Rehabilitation Research
Purpose

• To examine the incidence of mental symptoms reported by a population based sample of adults with disabilities.
• To develop a brief screening instrument to identify adults with disabilities who are experiencing elevated mental health symptoms.
• To examine how this screening instrument performs over time.
Sampling Frame

- Randomly selected 2000 households in three rural zip codes within the service area of three CILs
- Sent a letter in two waves about 3 weeks apart that had people self-identify disability status based on American Community Survey questions.
- 3 survey waves collected (July, October, January)
Measures

- Demographics
- American Community Survey disability questions
- Symptom Checklist 90-R
  - General Severity Index (Avg. across all items)
- Health Related Quality of Life Module (HRQOL-14)
  - During the last 30 days, for about how many days have you felt:
    - Sad, blue or depressed (avg = 10.9 days)
    - Worried, tense or anxious (avg = 11.4 days)
  - Subjective health rating (5 point, avg = 3).
Sample

• Letter and post-card mailed to 6000 randomly selected households across three rural communities. Repeated after 3 weeks.
  – 190 people returned the post-card
  – 166 returned a survey at any wave
  – 128 (77%) returned all three surveys
Demographics

- Age = 54.4 years
- 59.4% women
- 50% completed one year of College (Avg = 13.8)
- Race
  - 82.8% Caucasian
  - 14% Native American
  - 3.6% other
- 17.4% Veterans
- 38.2% Interested in peer support
Impairments

- 68.8% Neck or back pain
- 59.2% Arthritis
- 45% Eye/vision problems
- 42% Emotional problems
- 33.8% Hypertension
- 30.6% Fractures/joint injury
- 22.9% Hearing problems
- 21% Lung breathing problems

- 16.6% Diabetes
- 14% Heart problems
- 13.4% Spinal cord injury
- 5.1% Stroke
- 3.2% TBI
- 2.5% Multiple Sclerosis
- 33.1% Other
SCL-90 General Severity Index

All Adults  This study  MH Outpatients

0%  50%  0%

.35  .92  1.35
## Multiple Regression on GSI

<table>
<thead>
<tr>
<th>Wave 1 Variables</th>
<th>Beta</th>
<th>t</th>
<th>p</th>
</tr>
</thead>
<tbody>
<tr>
<td>Days of depression</td>
<td>.415</td>
<td>5.95</td>
<td>.000</td>
</tr>
<tr>
<td>Days worried tense or anxious</td>
<td>.359</td>
<td>5.29</td>
<td>.000</td>
</tr>
<tr>
<td>Overall health rating</td>
<td>-.234</td>
<td>-4.91</td>
<td>.000</td>
</tr>
</tbody>
</table>
### Variance Predicted for Each Wave

<table>
<thead>
<tr>
<th>Model</th>
<th>Wave 1</th>
<th>Wave 2</th>
<th>Wave 3</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Depression, Anxiety, General Health</td>
<td>74.1%</td>
<td>59.5%</td>
<td>74.1%</td>
</tr>
<tr>
<td>2. Model 1 plus gender</td>
<td>75.2%</td>
<td>61.6%</td>
<td>74.4%</td>
</tr>
</tbody>
</table>
Residual Error Variance
Anxiety (Blue = Fewer Days)
Depression (Small = Fewer Days)
Individual Change over 3 Waves
Contact Information

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