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### Secondary Mental Health Conditions of Rural Adults with Disabilities

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# Secondary Mental Health Conditions of Rural Adults with Disabilities

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RTC: Rural

The University of Montana



# Acknowledgements

- Consumers who are participating
- Peer Advisory Board
- CILs--Three Rivers, Wamego; Summit, Missoula; PIRS, Auburn
- Advisory Council,
  - Glen White (Kansas Univ.)
  - 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



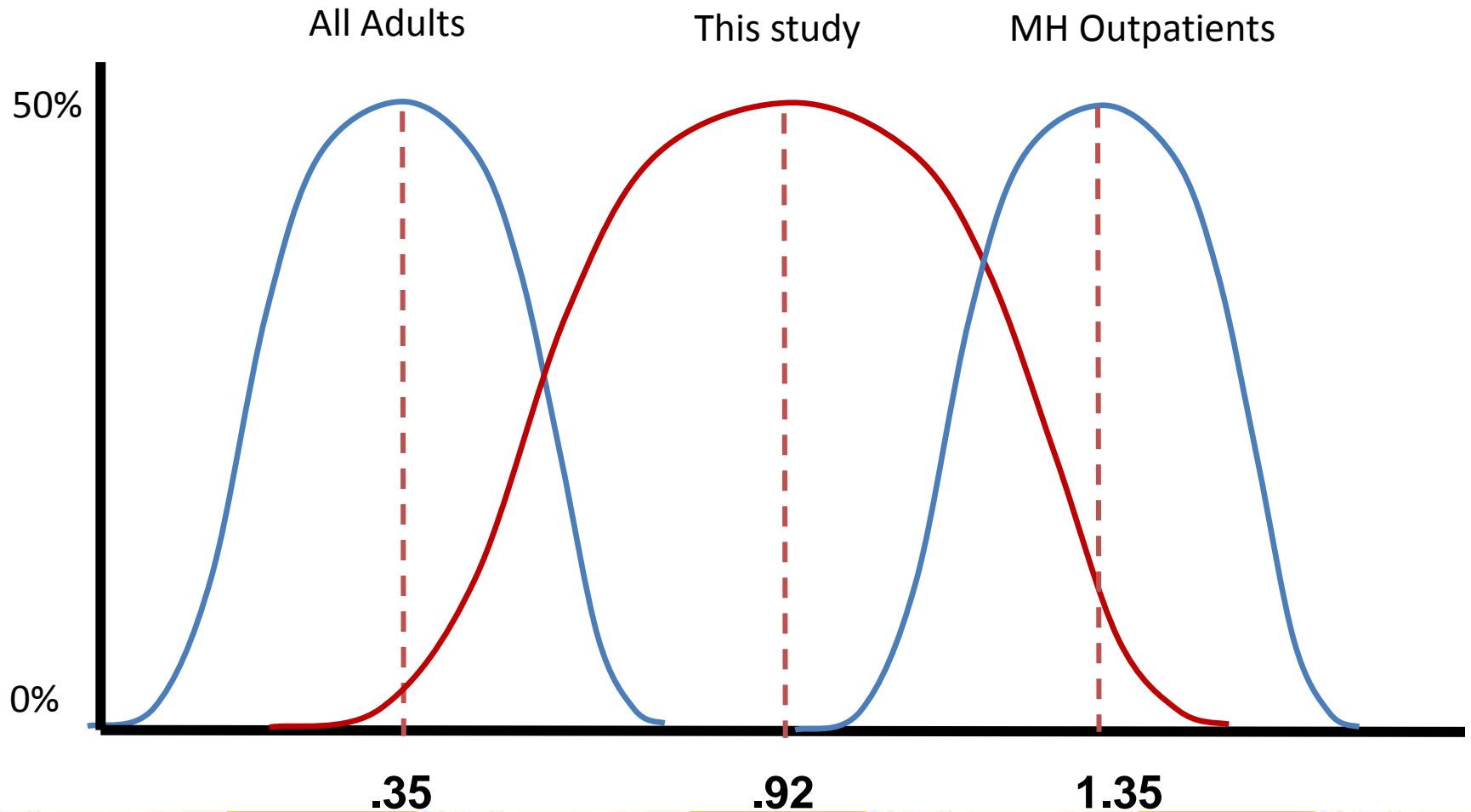


# Impairments

- 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



# Multiple Regression on GSI

Wave 1 Variables	Beta	t	p
Days of depression	.415	5.95	.000
Days worried tense or anxious	.359	5.29	.000
Overall health rating	-.234	-4.91	.000

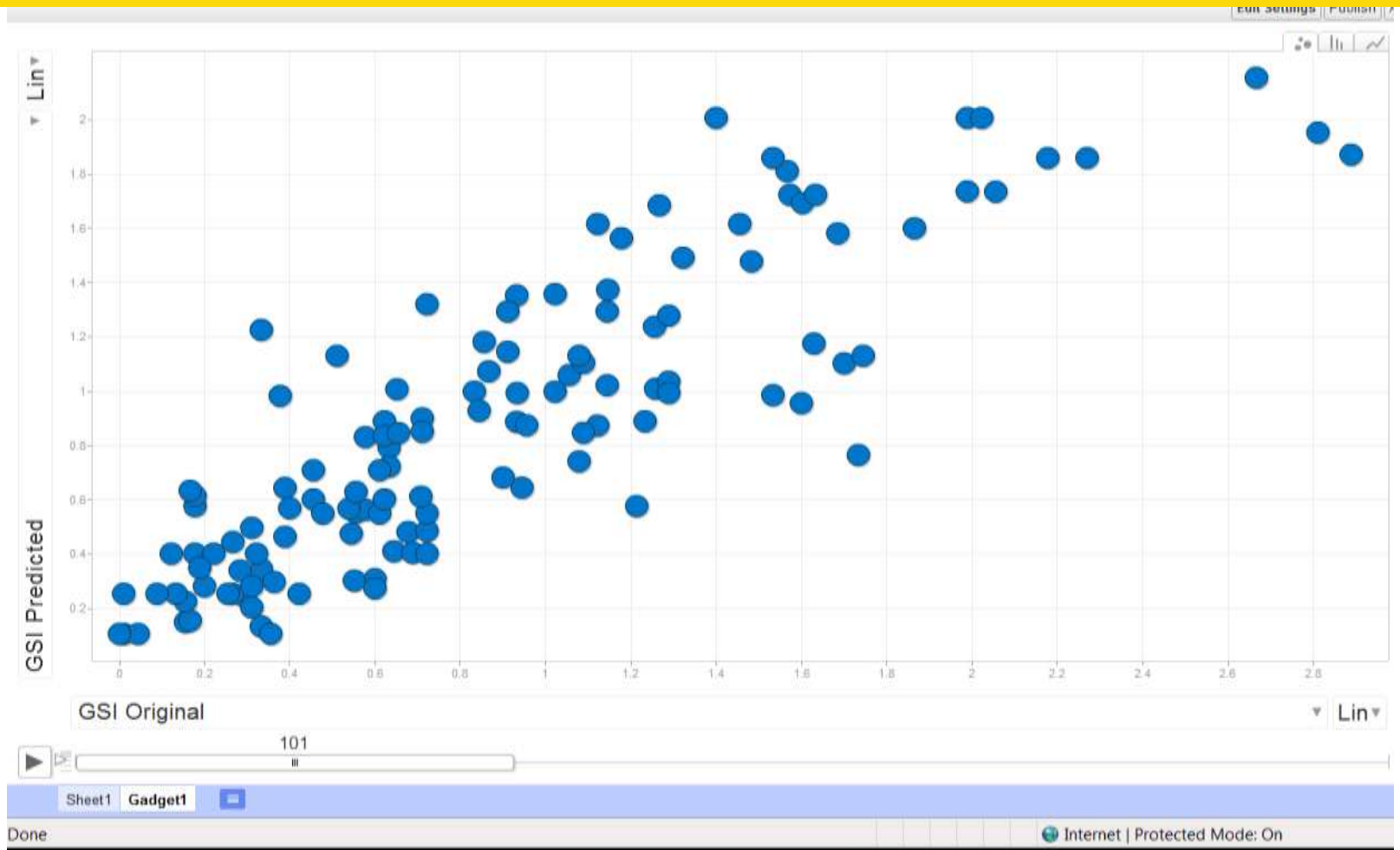


# Variance Predicted for Each Wave

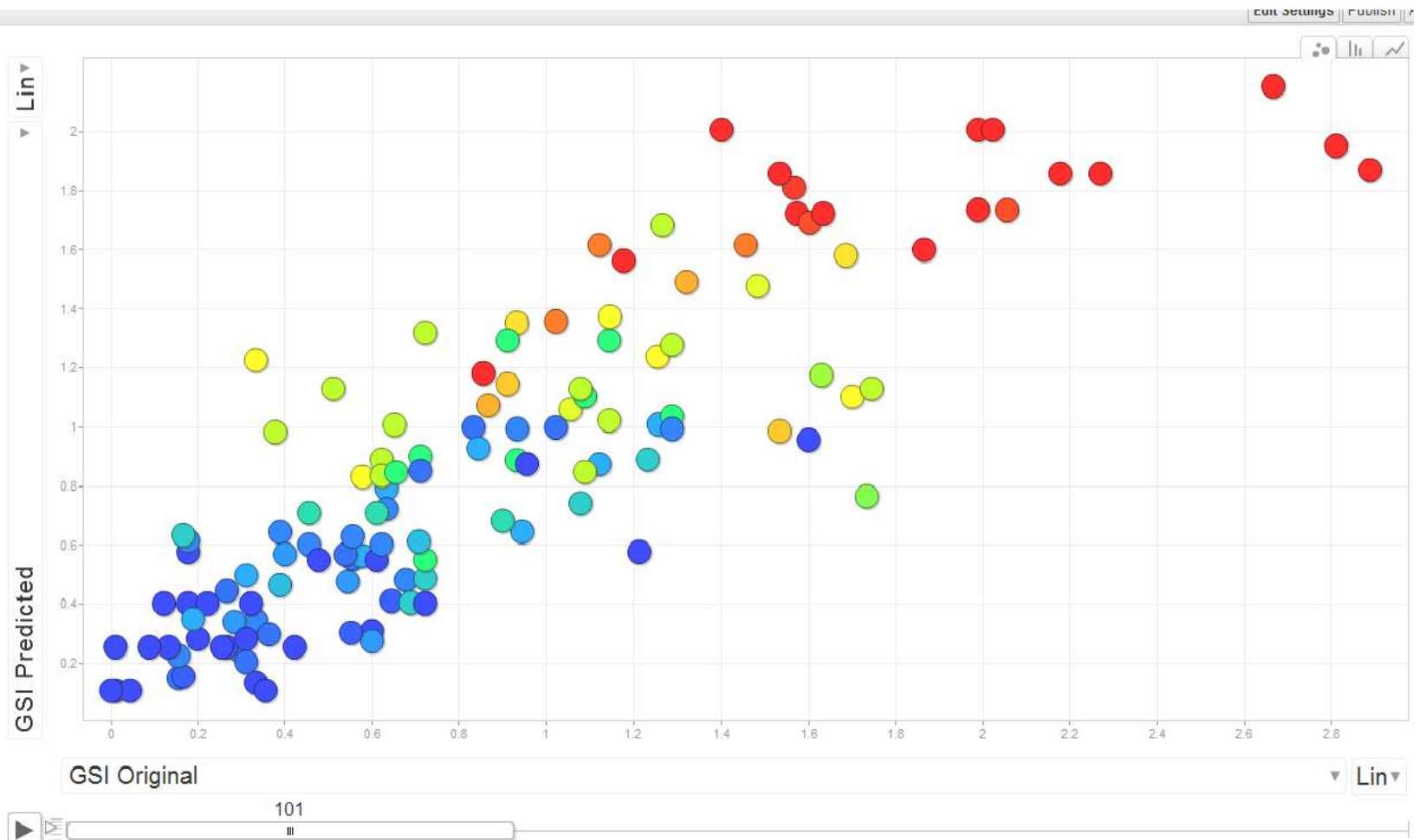
Model	Wave 1	Wave 2	Wave 3
1. Depression, Anxiety, General Health	74.1%	59.5%	74.1%
2. Model 1 plus gender	75.2%	61.6%	74.4%



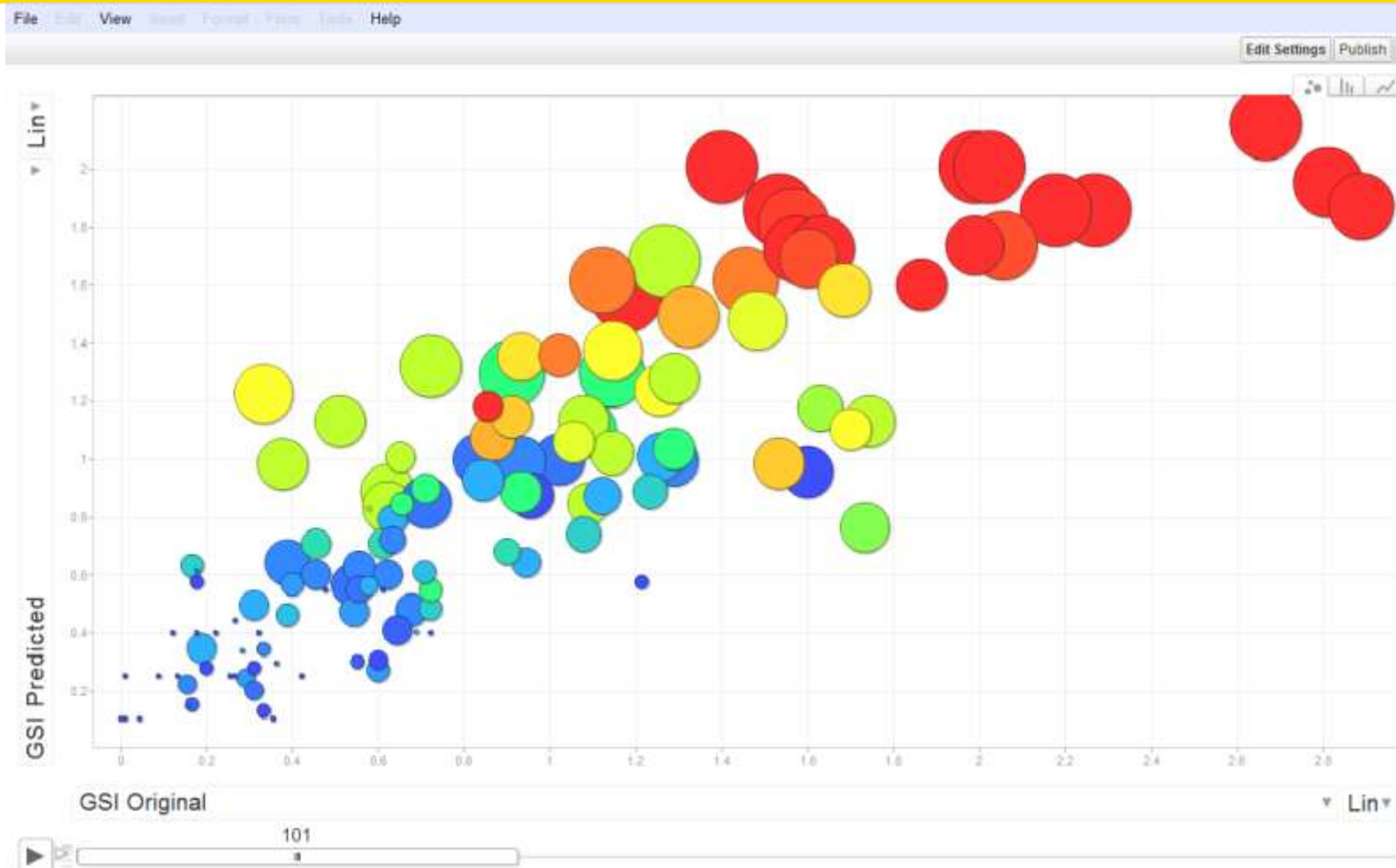
# Residual Error Variance



# Anxiety (Blue = Fewer Days)



# Depression (Small = Fewer Days)



# Individual Change over 3 Waves





# Contact Information

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