POSITIVE MINDS STUDY

Identifying correlates of depressive or anxiety symptoms among adolescents and young adults in South Africa using household survey data

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Background

- **Mental health in South Africa:**

    - Mental health services remain inaccessible in South Africa

    - Exacerbated by factors including:
        - Socioeconomic inequalities
        - High unemployment
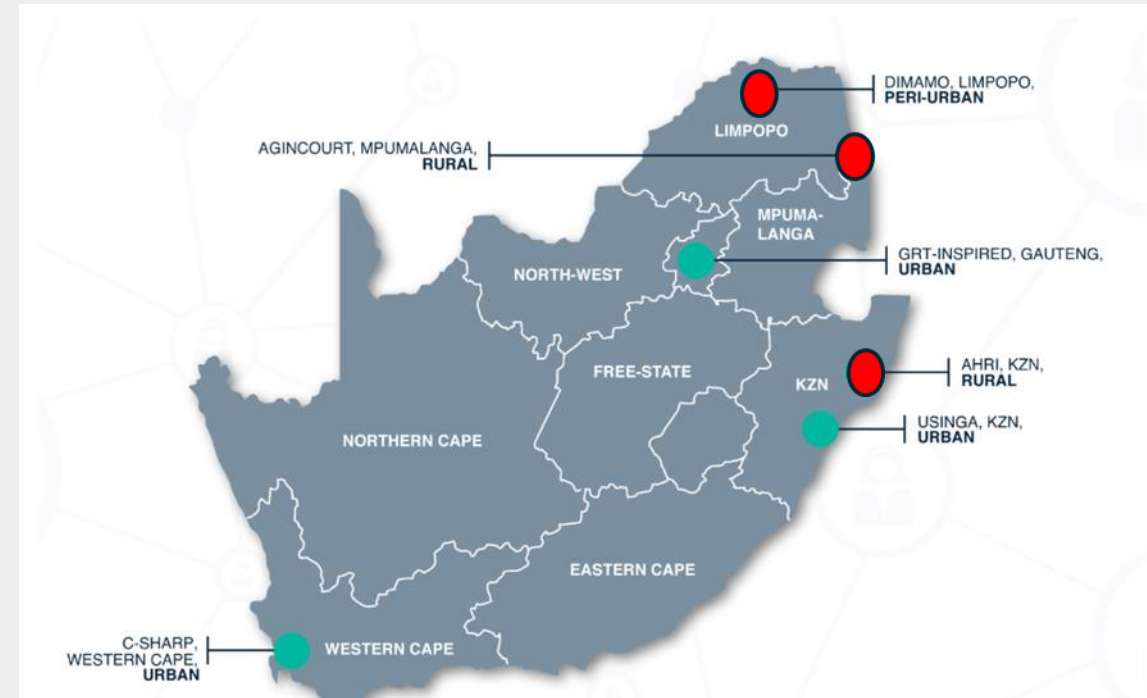   - Violence
        - High prevalence of HIV/AIDS

Background

- Scarcity of large-scale mental health research in this population
- Prevalence of common mental disorders
  - 30% depressive symptoms
  - 21% anxiety symptoms

- **Research aim**
  - Estimating the prevalence
  - Identifying correlates of common mental disorders in 15–24-year-olds in South Africa.
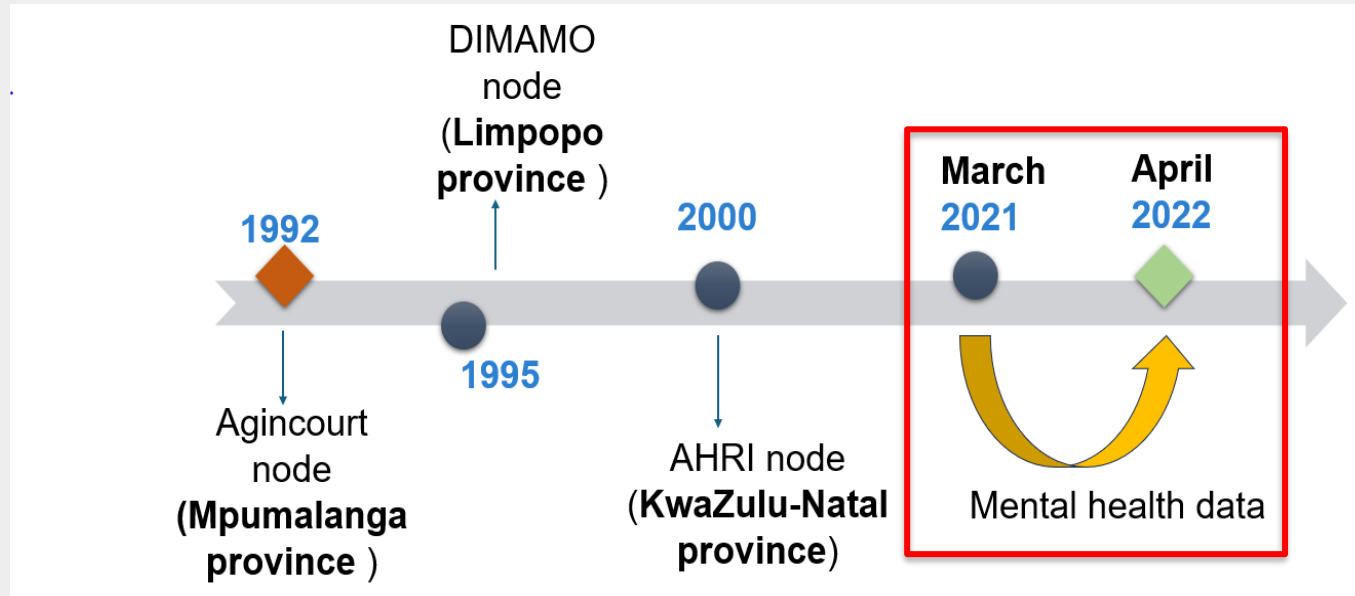
Study Design

- Secondary household survey data

- Six Health and Demographic Surveillance System nodes, South Africa

- Regular longitudinal surveillances of the whole population

Study Design

- Cross-sectional study design

- Three rural surveillance nodes

- Population: 15-24 years

Measures

- **Outcome:**
  - Common mental disorder- ≥1 mental disorder
  - Mental disorders:
    - Depressive symptoms (Patient Health Questionnaire (PHQ-2) score ≥3)
    - Anxiety disorder (Generalized Anxiety Disorder (GAD-2) score ≥3).
- **Covariates**
  - Derived from lived experience experts
  - Sociodemographic: age, sex, living with parents, ever had children, current education level, and occupation.
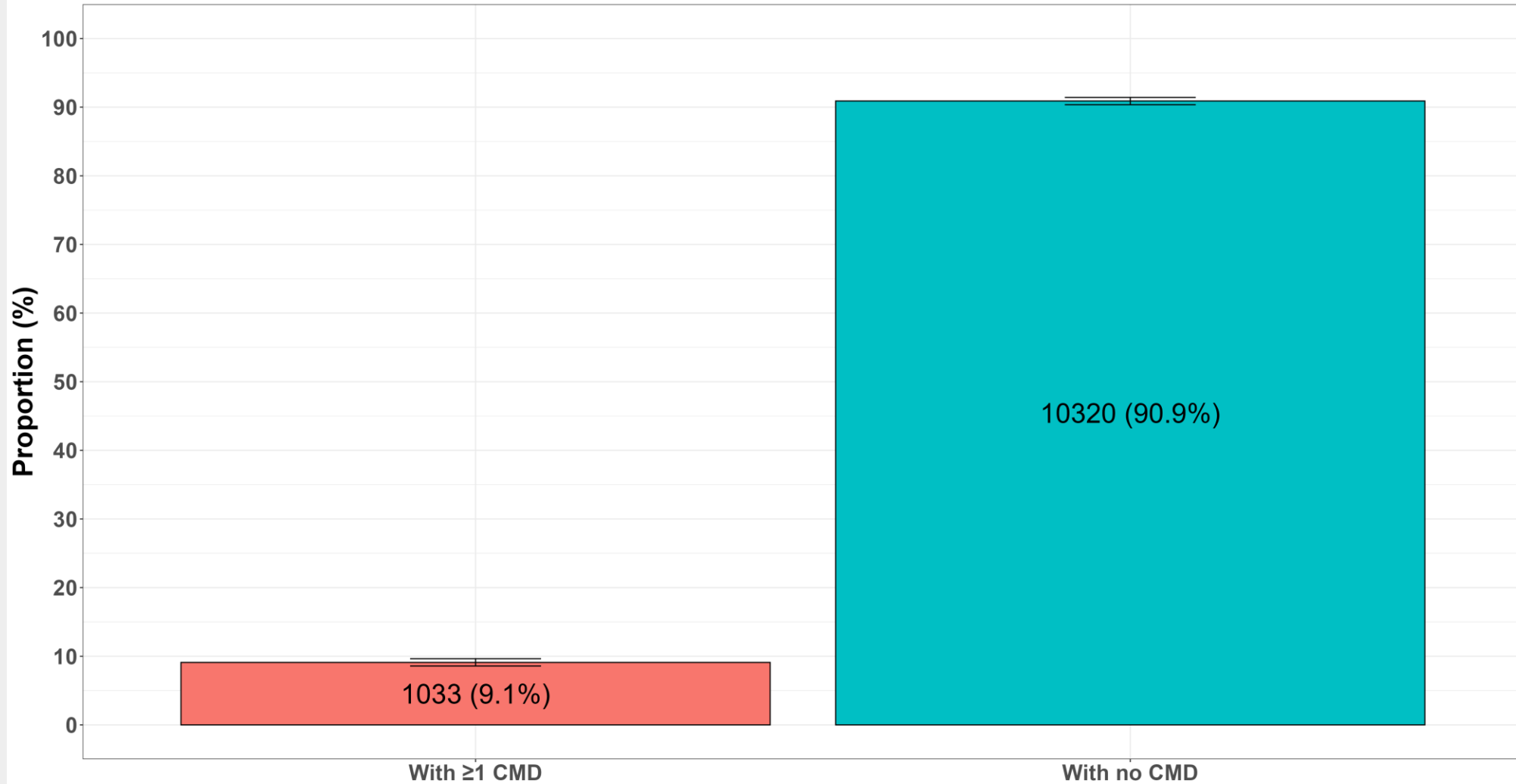
Statistical analysis

- Descriptive statistics

- Logistic regression analysis

- Adjusted for clustering by surveillance nodes

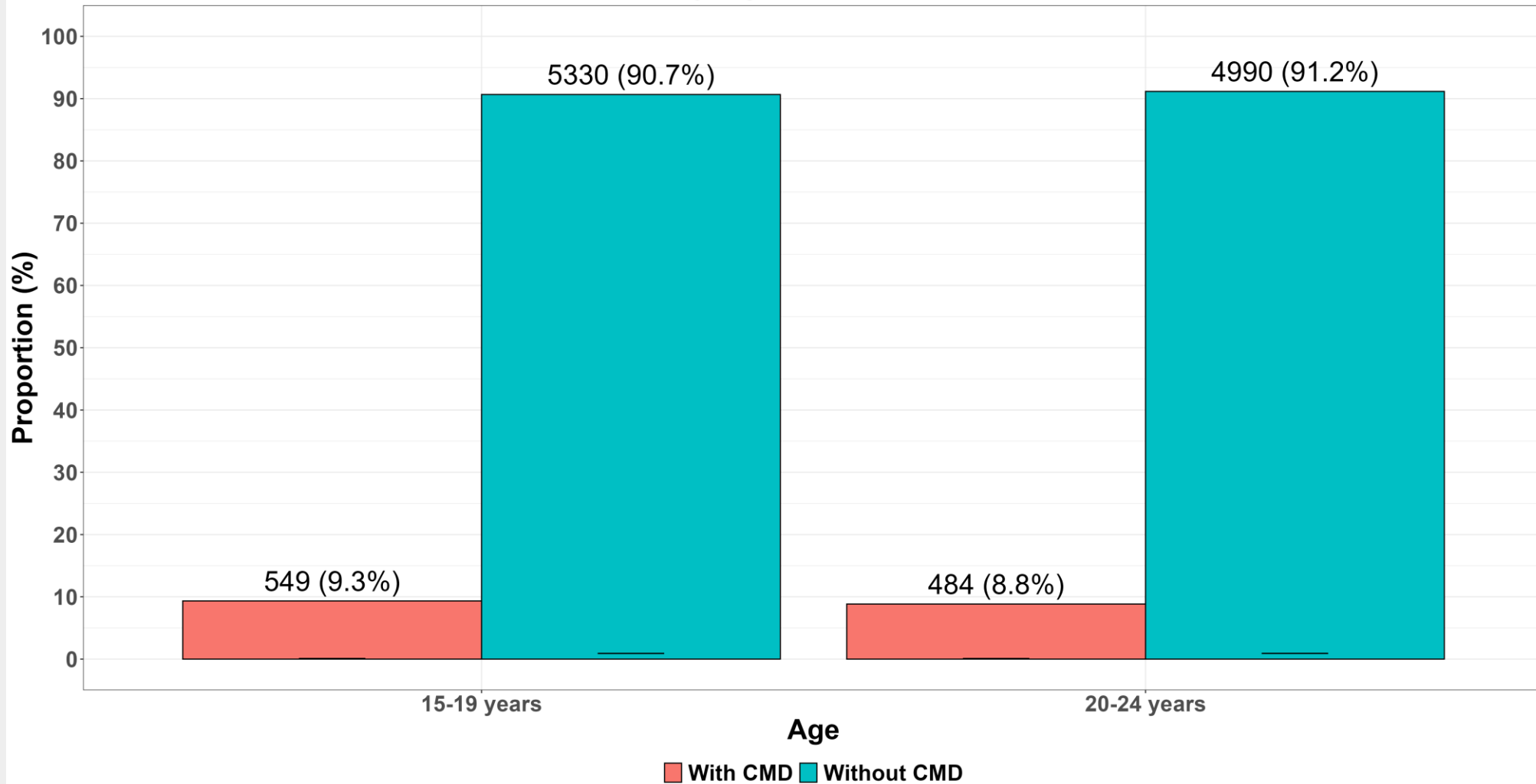- Complete case analysis and multiple imputation,

Participants characteristics (N = 11,353)

Characteristic	n (%)
Age (years): Mean (SD)	19.52 (2.68)
Sex: Female	5,951 (52.42%)
Living with parents	
Mother only	5,419 (47.73%)
Ever had children	
No	9,669 (85.17%)
Current education level (n=9 172)	
Grade 8-12	8,784 (95.77%)
Occupation (n=8 270)	
Unemployed	5,079 (61.41%)

Prevalence of common mental disorders (CMDs) (N=11,353)

Prevalence of common mental disorders (CMDs) by age (N=11,353)

Logistic regression results for complete case analysis (N=6,214)

Characteristic	OR (95% CI)	p-values
Age		
15-19 (ref)		
20-24	1.18 (1.03, 1.35)	0.018*
Sex		
Male (ref)		
Female	1.01 (0.86, 1.19)	0.927
Living with parents		
Neither parent (ref)		
Mother only	0.92 (0.83, 1.01)	0.085
Father only	0.99 (0.65, 1.51)	0.956
Both parents	0.70 (0.69, 0.71)	<0.001*

Logistic regression results for complete case analysis (N=6,214)

Characteristic	OR (95% CI)	p-values
Ever had children		
No (ref)		
Yes	1.41 (1.27, 1.56)	<0.001*
Current education level		
None/note attending/grade 0-7 (ref)		
Grade 8-12	0.91 (0.66, 1.26)	0.575
Occupation		
Unemployed (ref)		
Studying/employed	1.13 (1.04, 1.23)	0.006*

Conclusions

- Need for **socioeconomic policies** to improve mental wellbeing

- Need **longitudinal data** for identifying causal relationships

- Results can be **generalised** to rural populations only

- To access **SAPRIN second wave** mental health data

- Use of **data harmonisation**

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