

The complexity of the multi-dimensional nature of precariousness and depressed mood the multi-ethnic HELIUS cohort study

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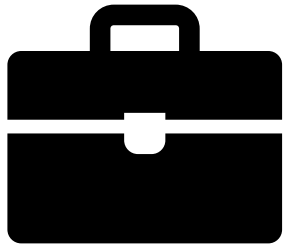




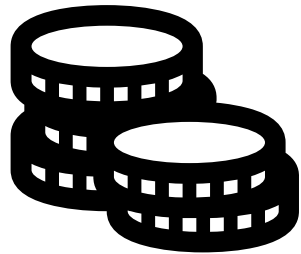
Precariousness

- A high level of insecurity and instability in the lives of individuals
- Can be experienced in different dimensions of life:

Employment



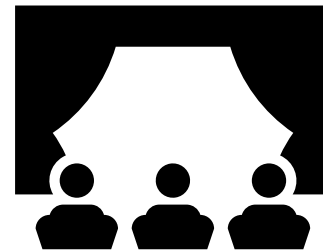
Financial



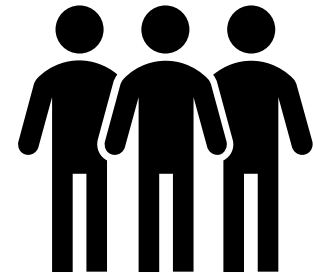
Housing



Cultural



Social



- Both objective and subjective
- Different experiences for different ethnic groups



Precariousness and depressed mood

- Important for physical and mental health, including depressed mood
- Via mechanisms such as:
 - The experience of stress
 - Health behaviours
 - Lack of social support
 - Feelings of inferiority
 - Access to health care



Objectives

To examine:

- the **multi-dimensional nature of precariousness**, and
- the **association between precariousness and depressed mood**
across different ethnic groups



Data and methods

± 22,000 participants included

- Baseline measurement
- 18-70 years

Dichotomized measures

- 13 precariousness indicators
- Depressed mood (PHQ-9 > 9)

Network analysis (non-Dutch vs. Dutch)

Multi-ethnic HELIUS cohort study

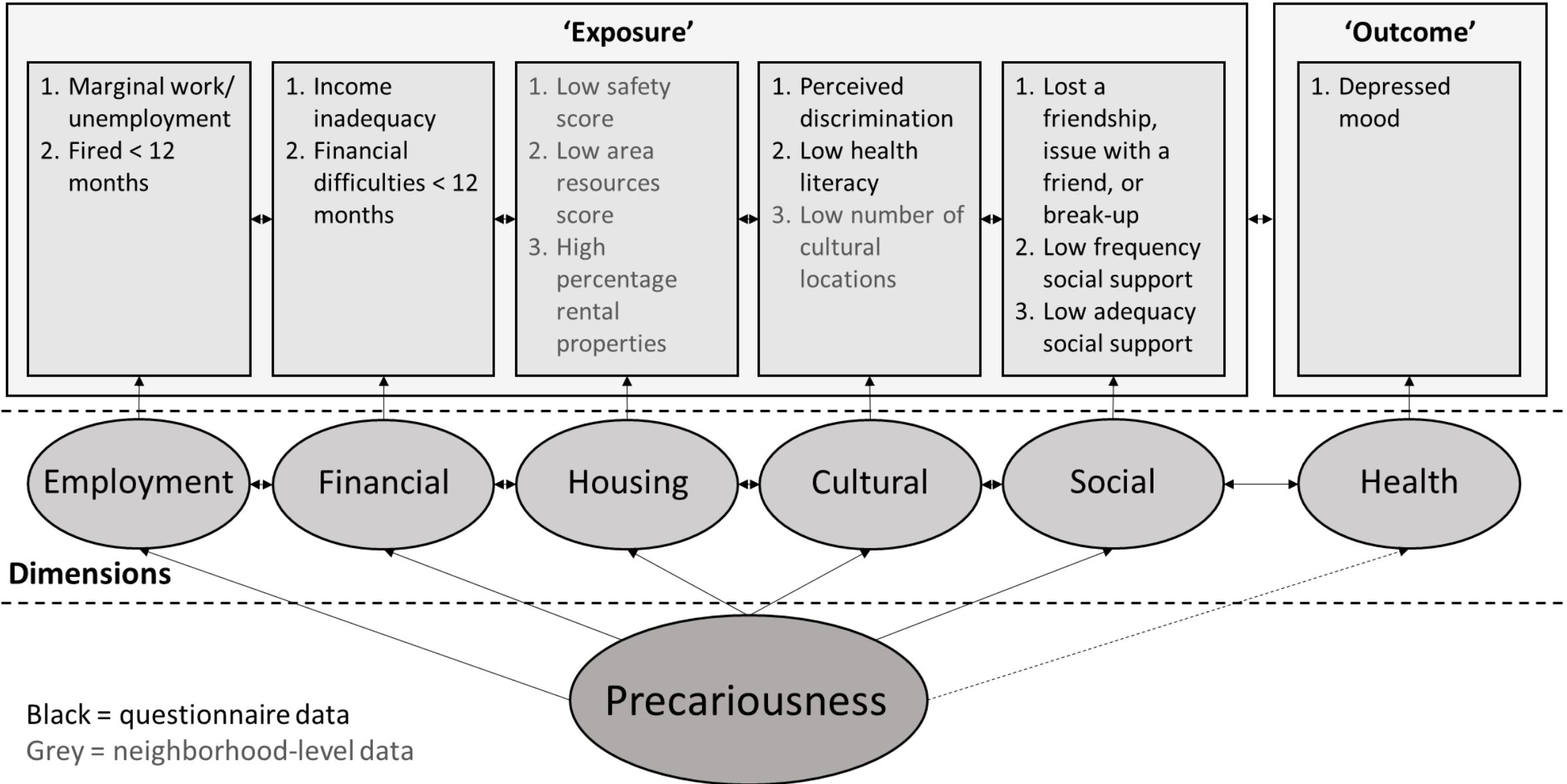
HELIUS = HEalthy Life in an Urban Setting

- Subjects randomly selected
Amsterdam municipality register
- Stratified by ethnicity
- Six main ethnic groups Amsterdam

Enriched with neighborhood-level data

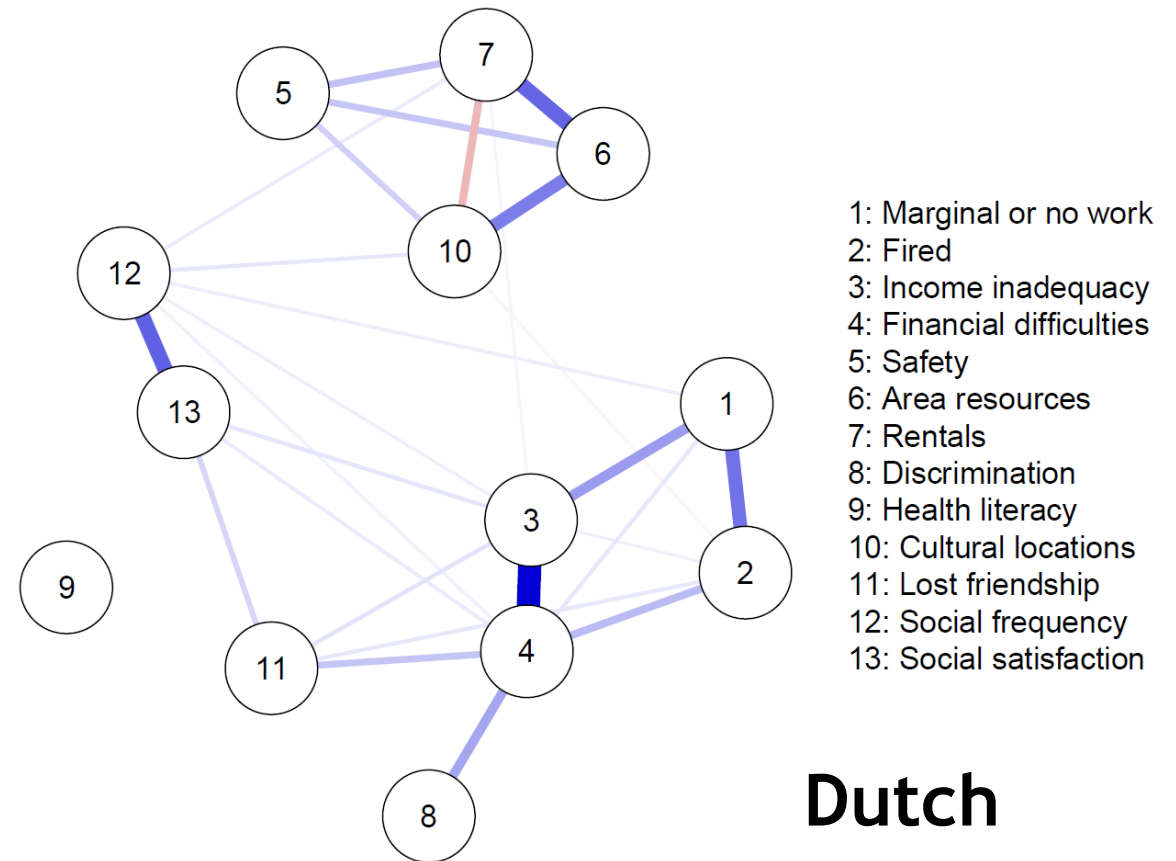
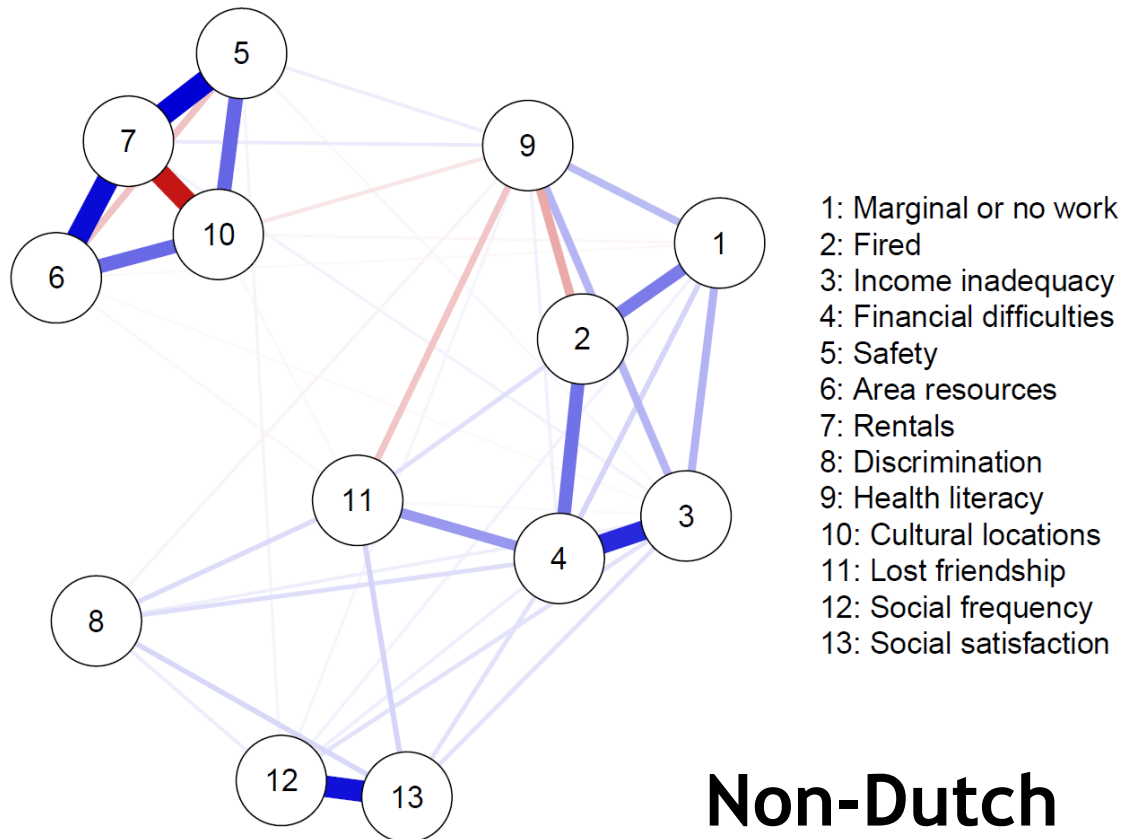


Indicators



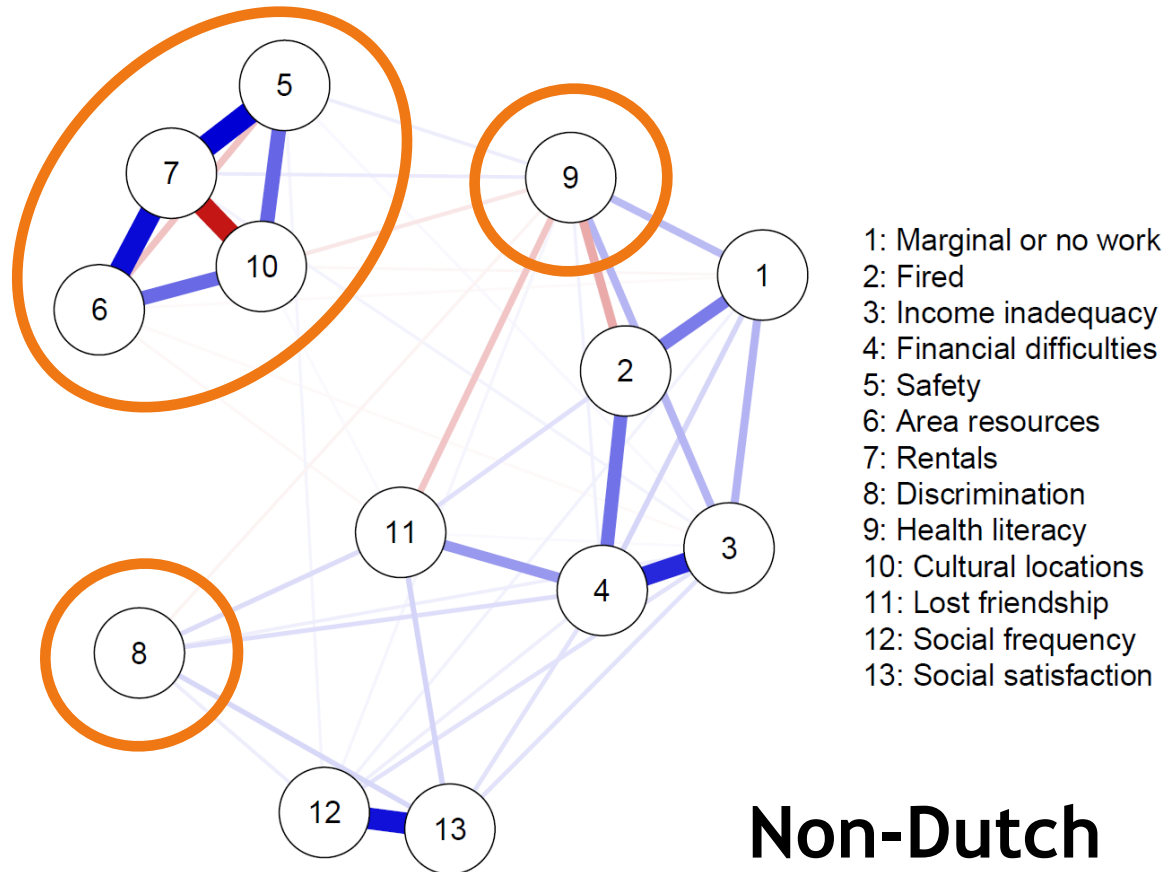


Results - without depression

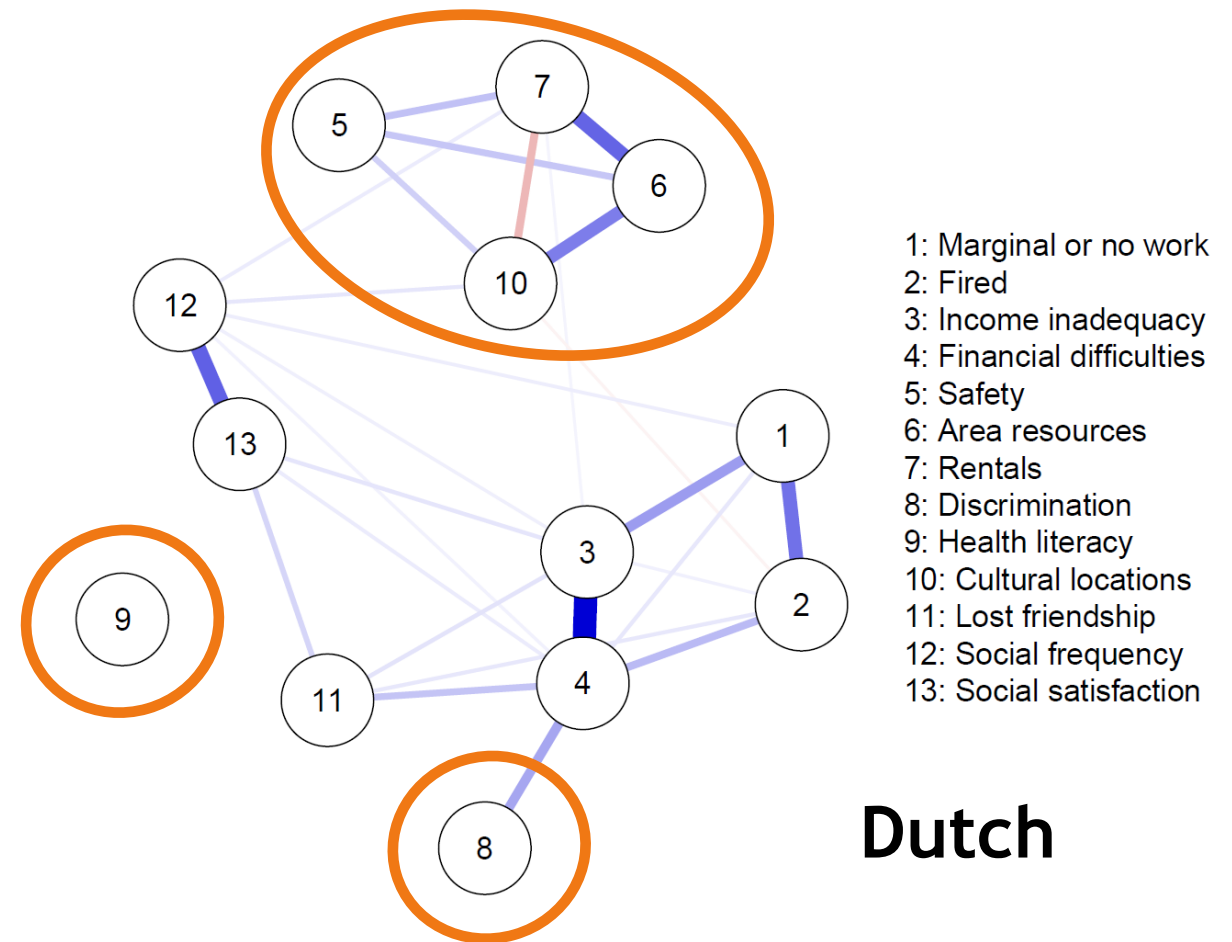




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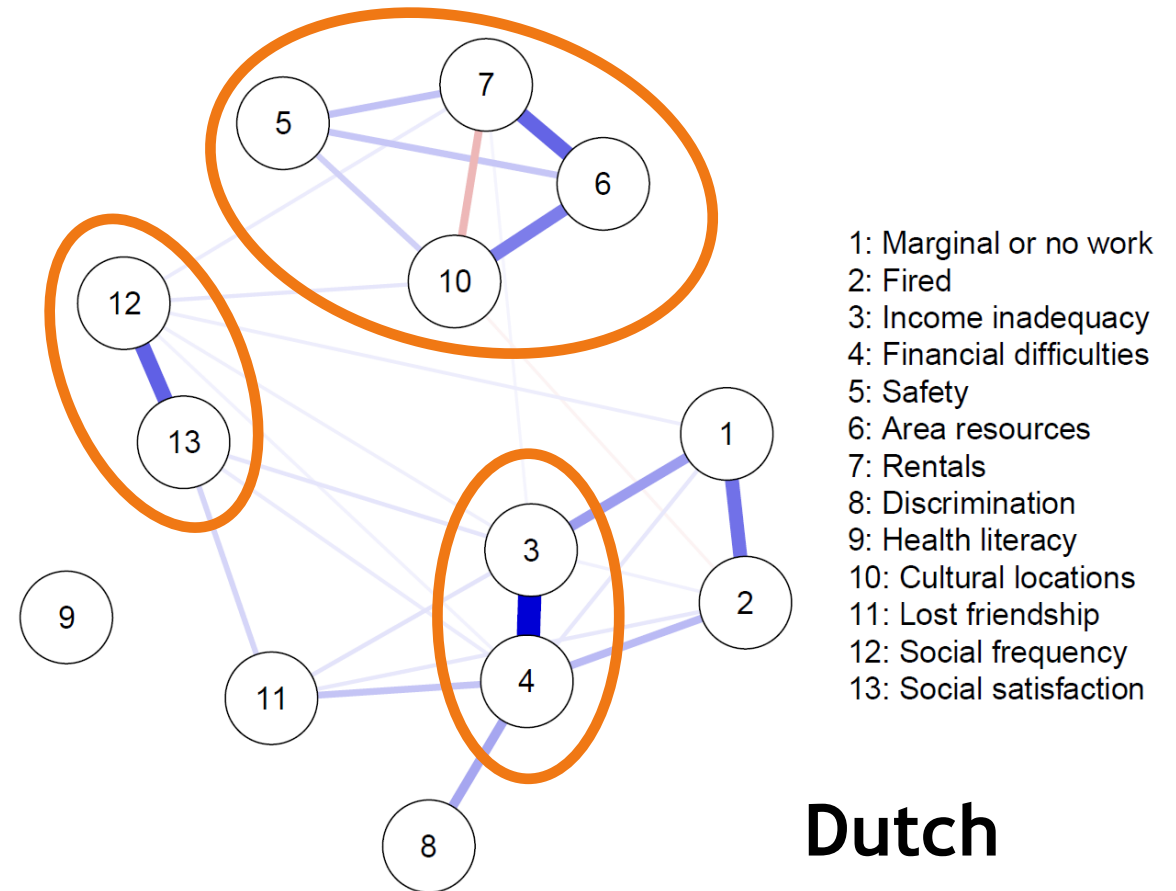
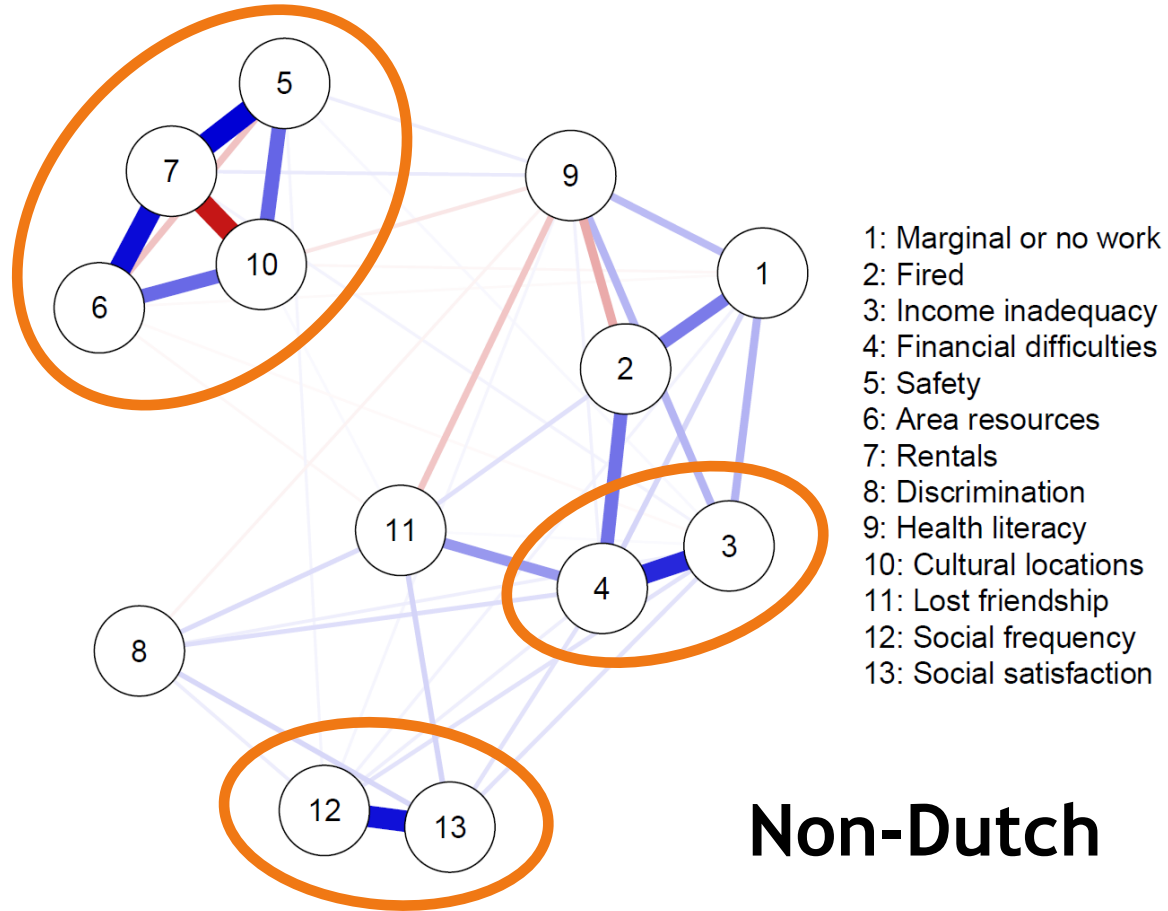
Non-Dutch



Dutch

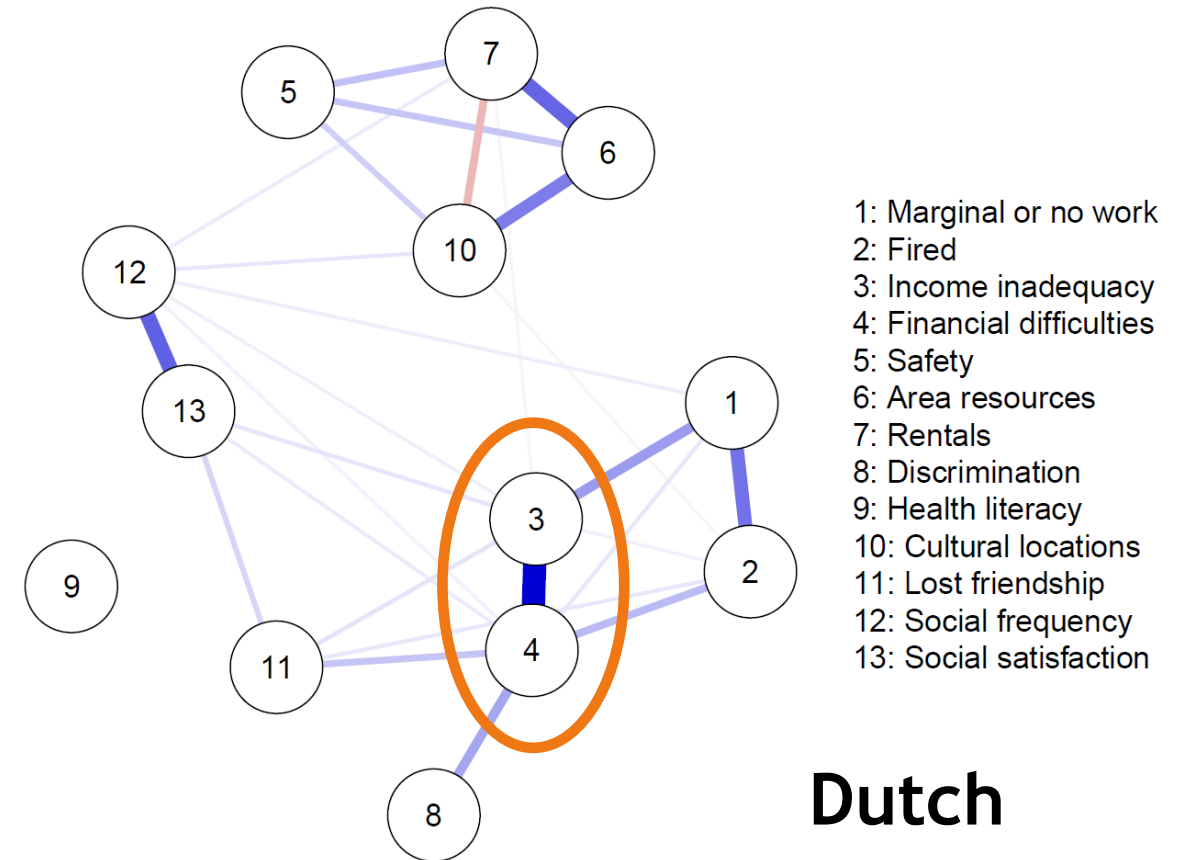
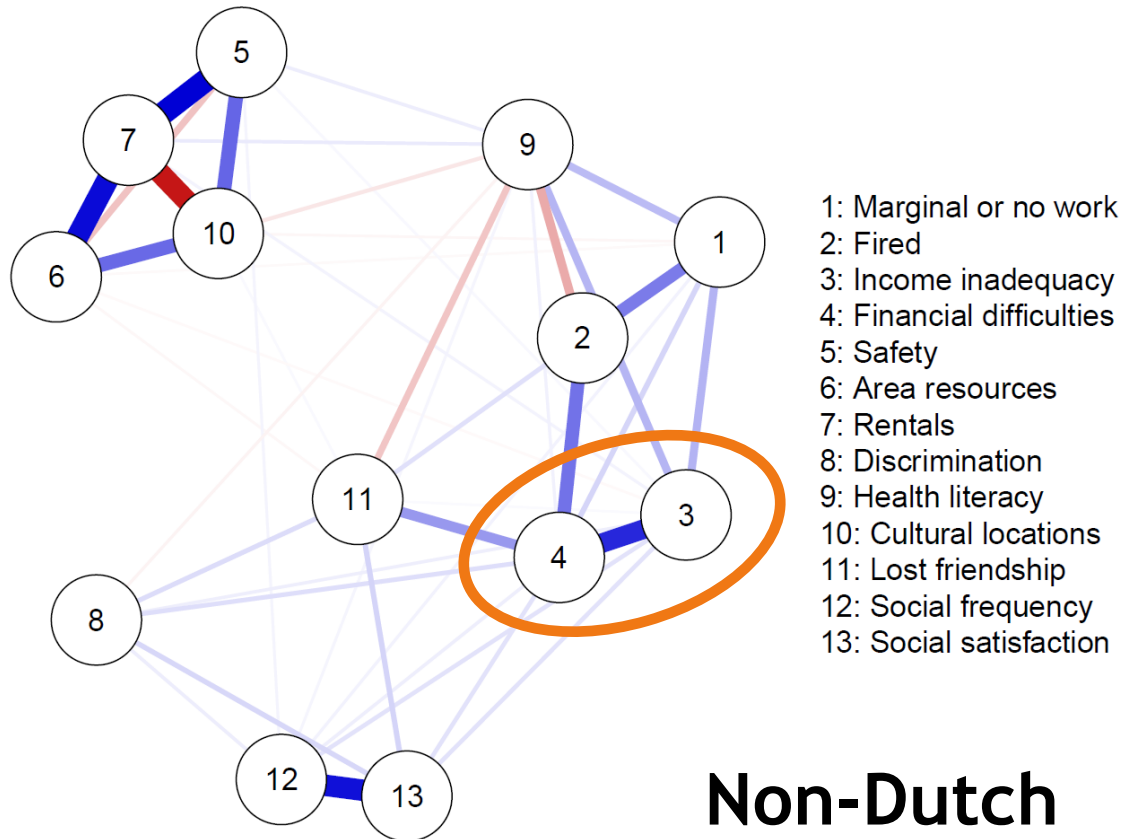


Results - without depression



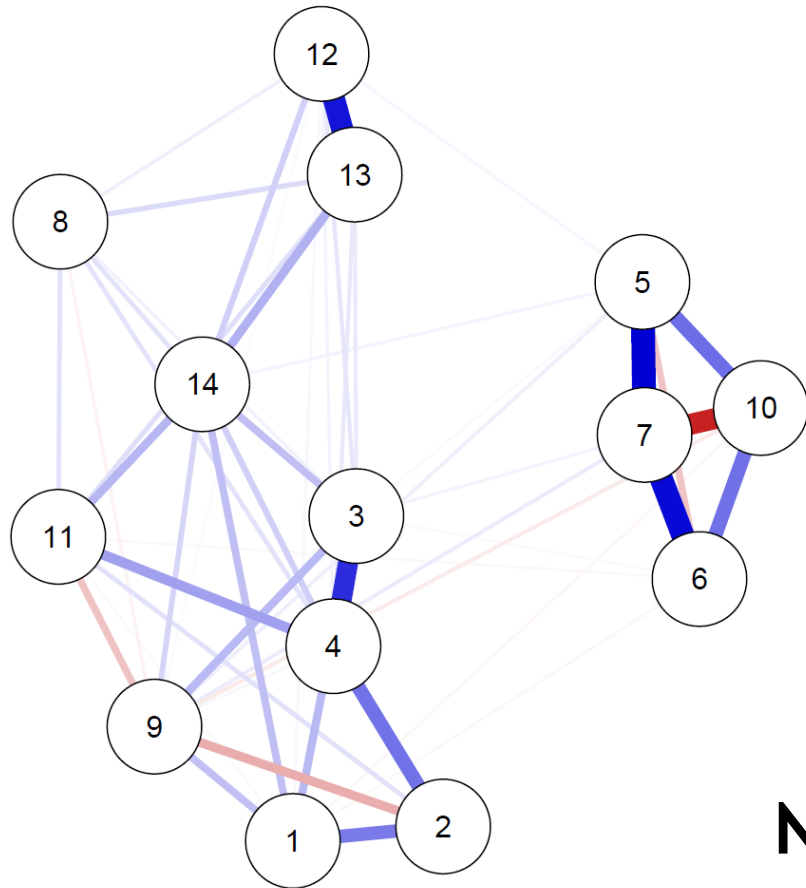


Results - without depression



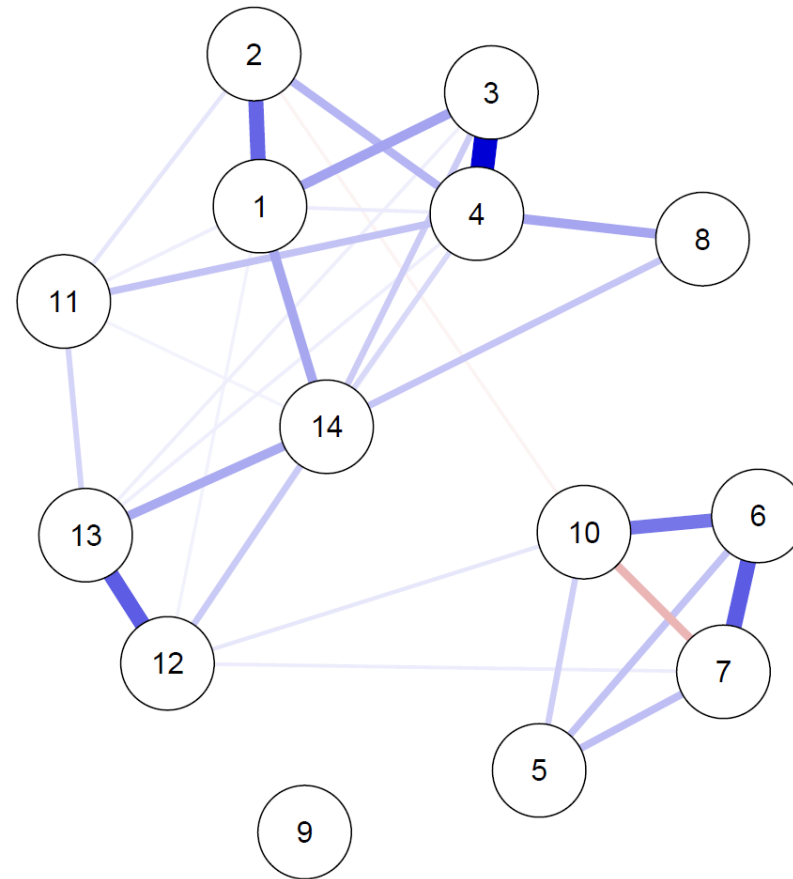


Results - with depression



- 1: Marginal or no work
- 2: Fired
- 3: Income inadequacy
- 4: Financial difficulties
- 5: Safety
- 6: Area resources
- 7: Rentals
- 8: Discrimination
- 9: Health literacy
- 10: Cultural locations
- 11: Lost friendship
- 12: Social frequency
- 13: Social satisfaction
- 14: Depressed mood

Non-Dutch

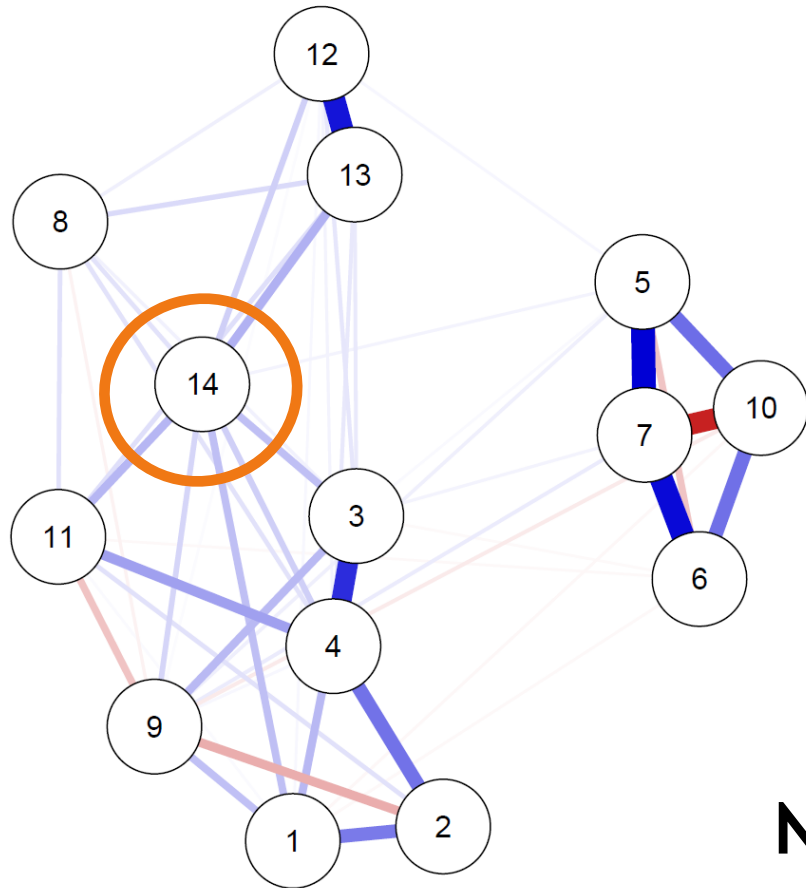


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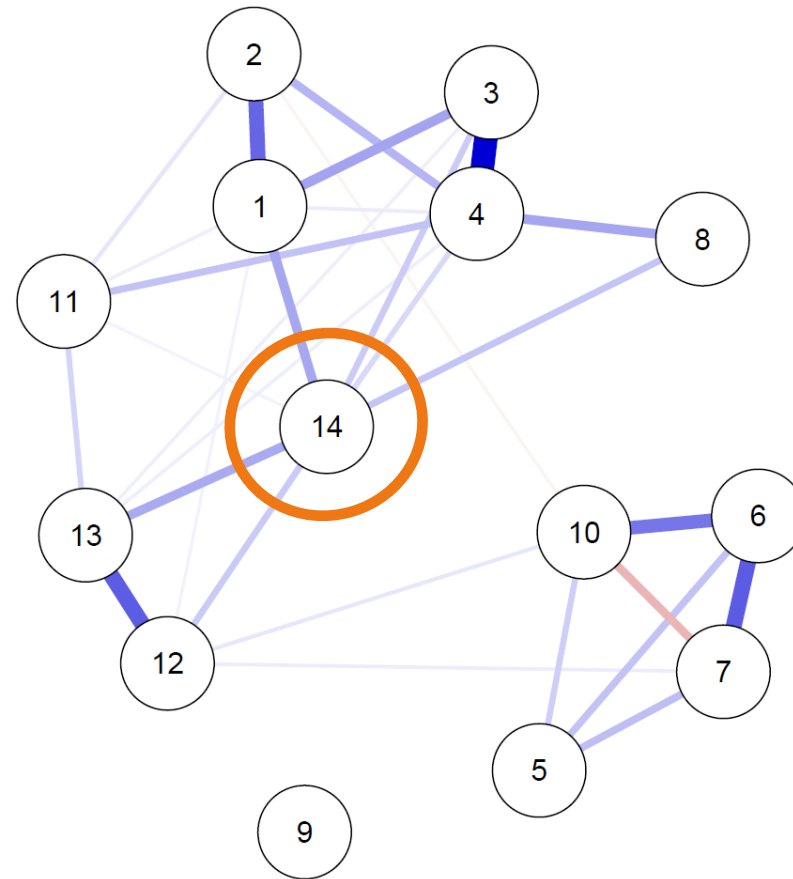


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Dutch



Conclusion

- Associations between various precariousness indicators in the various dimensions
- Generally stronger associations among the non-Dutch ethnic groups
- The financial dimension is a central dimension
 - Strongly connected to employment and the social dimension
- Health literacy and discrimination are important for the non-Dutch ethnic groups
- Depression is also central - related to many precariousness indicators
 - In both the non-Dutch and Dutch ethnic group



Thank you