

Intergenerational social mobility and depressive symptoms: evidence from a Filipino birth cohort

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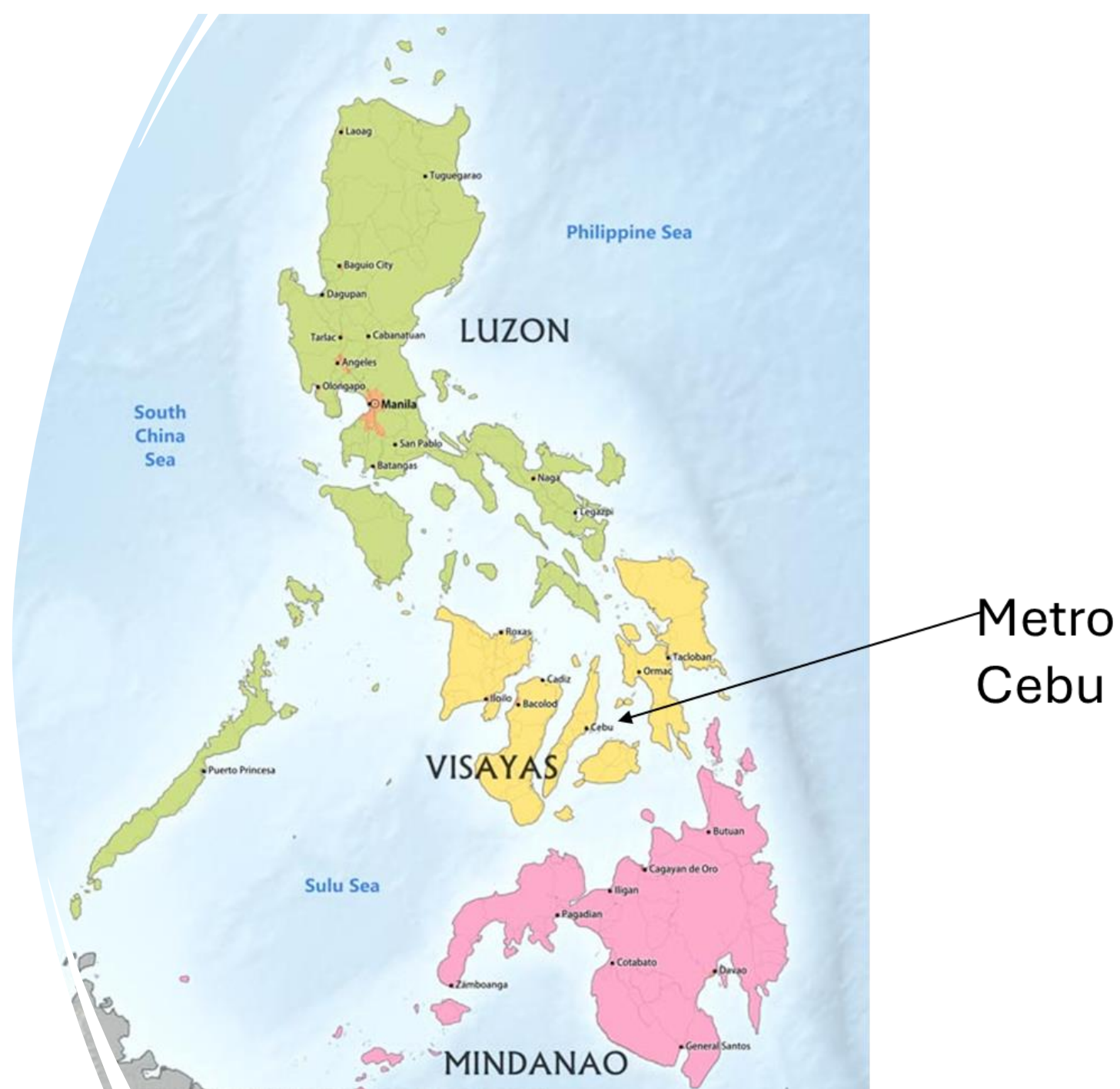
Background

- Mental health disorders currently represent a significant and increasing public health concern
- Lower socioeconomic position is a known risk factor for mental ill health
 - Less known about social mobility
- Recent systematic review suggested there is evidence for associations*
 - Two studies from low- or middle-income countries
- We aimed to assess if and how social mobility was associated with depressive symptoms

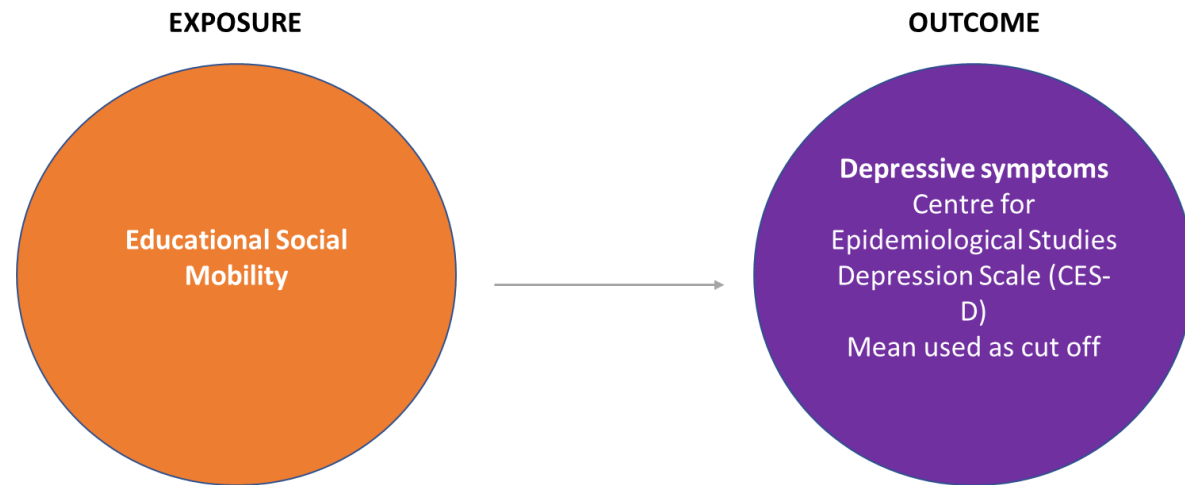
*Islam S, Jaffee SR. Social mobility and mental health: A systematic review and meta-analysis. Social Science & Medicine. 2024;340:116340.

Cebu Longitudinal Health and Nutrition Survey

- Birth cohort in a metropolitan area of the Philippines
- Initiated in 1983
- Recruited 3327 pregnant women of whom 3080 had singleton live births and were followed up
- ~1900 remain as of 2005, ~1300 in 2018

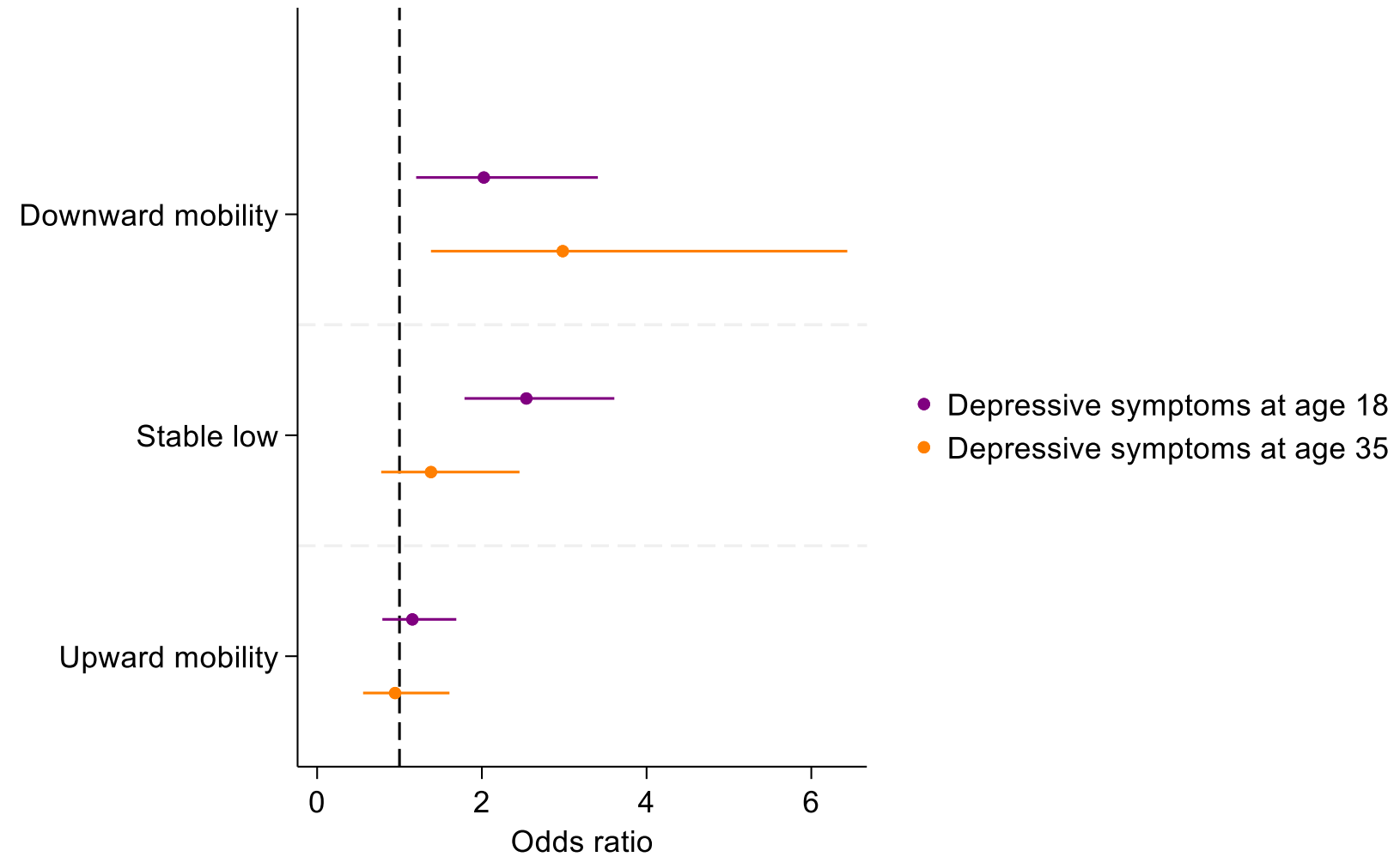


Methods



- Educational social mobility
 - Completion of high school = higher educational level
 - Mobility determined by individual education in relation to parents education
 - E.g. upward mobility = low parental education, higher individual education
- Depressive symptoms:
 - CES-D scale
 - 16 questions, max score of 32
- Analysis:
 - Multiple imputation
 - Logistic regression, adjusted for sex and urbanicity

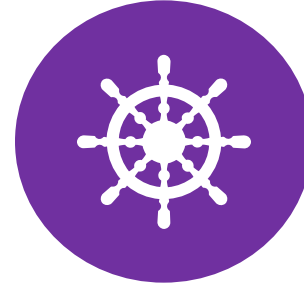
Educational Social Mobility



Discussion



Loss of social status and unexpected changes in socioeconomic circumstances which can be disruptive and stress inducing



Reduced locus of control for downwardly mobile participants



Lower education may be associated with reduced job prospects and subsequent lower income



Role of stigma



Future Research/ Limitations



Additional
work
exploring by
sex



Explore
causality



Validation of
tools



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