

The public health significance of prior homelessness: findings on multimorbidity and mental health from a nationally representative cross-sectional survey.

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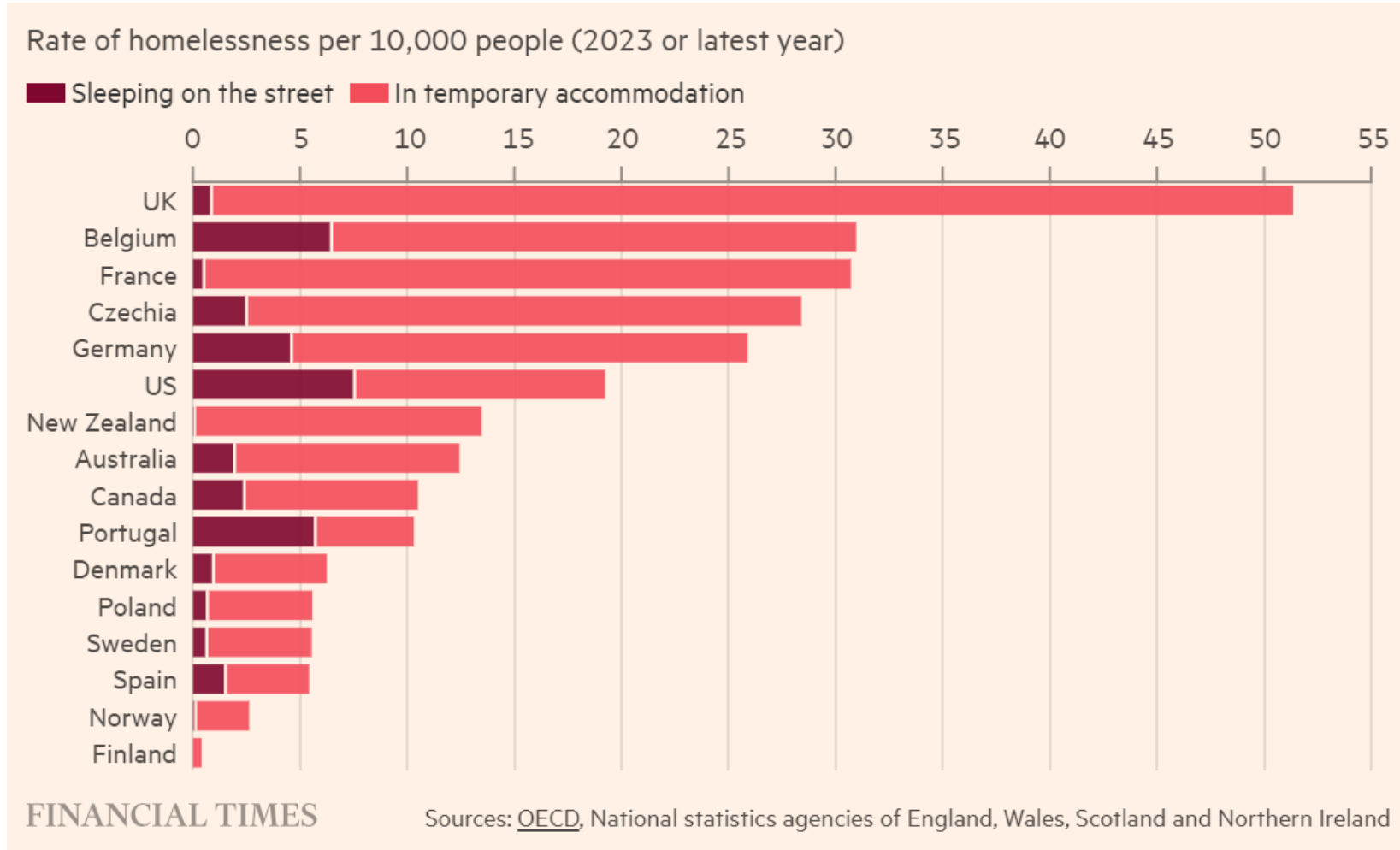


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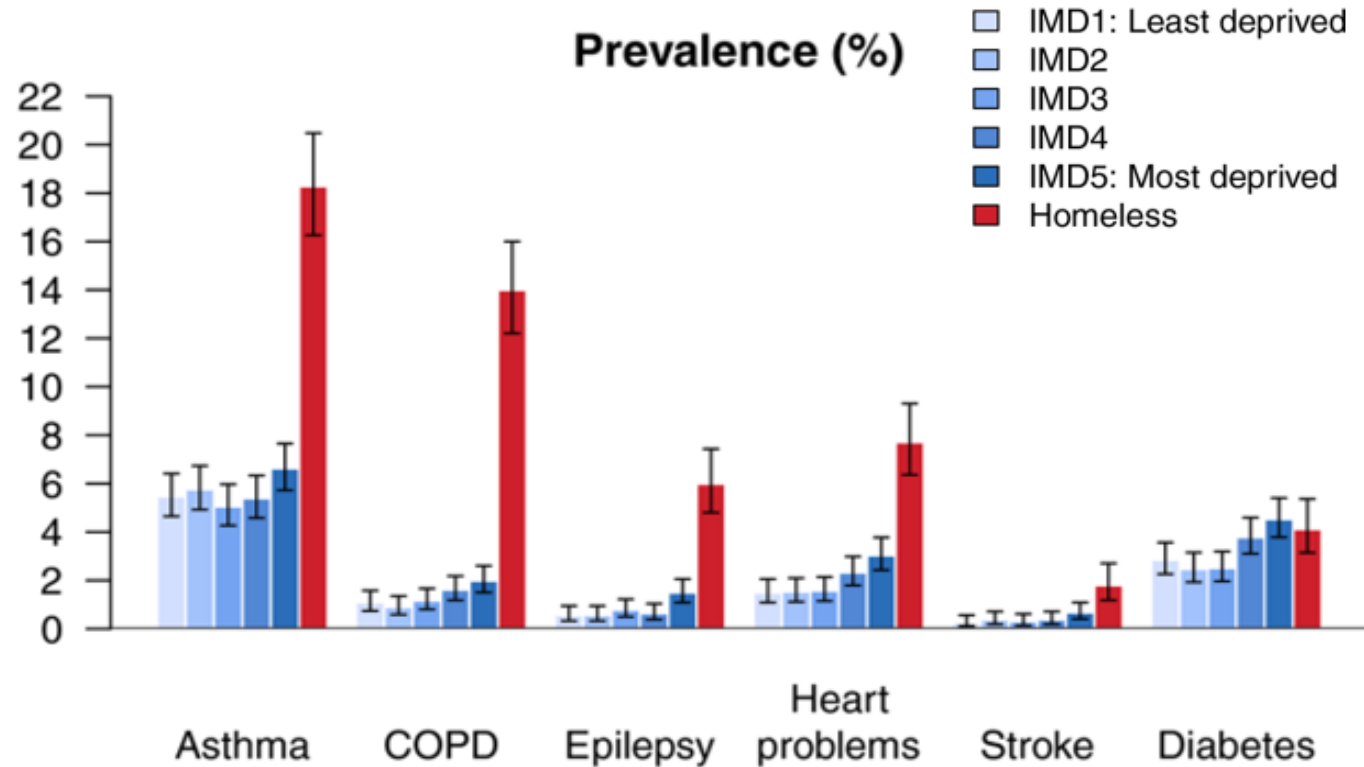
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Background



Background



Lewer, D., Aldridge, R. W., Menezes, D., Sawyer, C., Zaninotto, P., Dedicoat, M., ... & Story, A. (2019). Health-related quality of life and prevalence of six chronic diseases in homeless and housed people: a cross-sectional study in London and Birmingham, England. *BMJ open*, 9(4), e025192.

Evidence gap

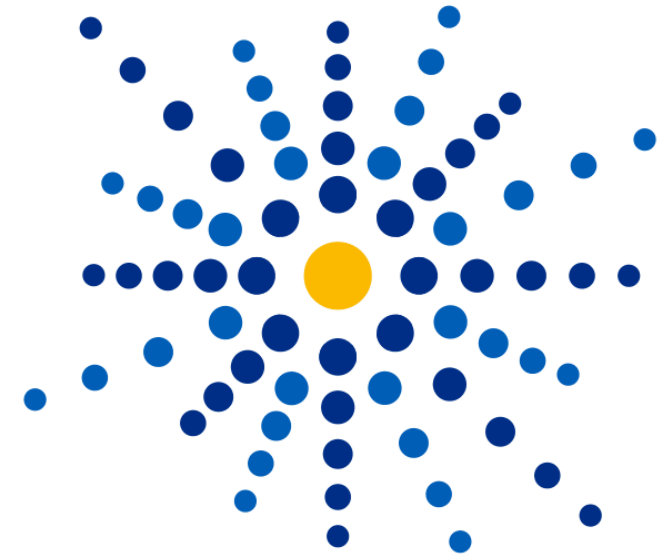
→ The health of formerly homeless people living in private households.

Study aim

→ To investigate associations between prior experiences of homelessness and co-occurring common mental disorders, physical health problems, and alcohol/substance dependence (multimorbidities).

Methods

- Survey-weighted, complete-case analysis of a nationally representative private household survey in England (2007 & 2014, N=13,859)
- Structured and validated scales:
 - Common mental disorders
 - Alcohol and substance dependence
- Self-reported:
 - Previous homelessness
 - Adverse experiences
 - Physical health conditions
- Consultations with people with lived experience of homelessness



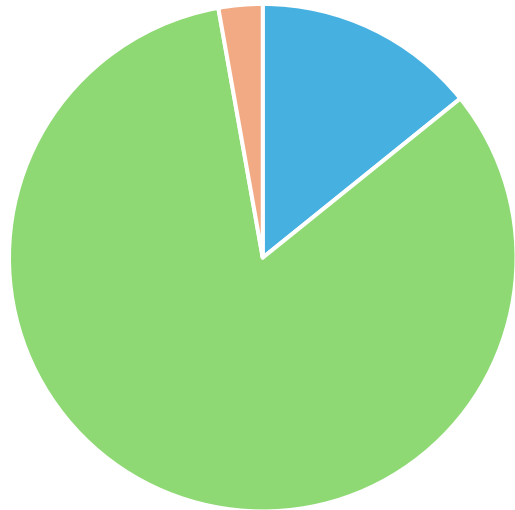
Mental Health and Wellbeing in England

Adult Psychiatric Morbidity Survey 2014

A survey carried out for NHS Digital by NatCen Social Research and the Department of Health Sciences, University of Leicester

Homelessness in a private household survey

Most recent experience of homelessness

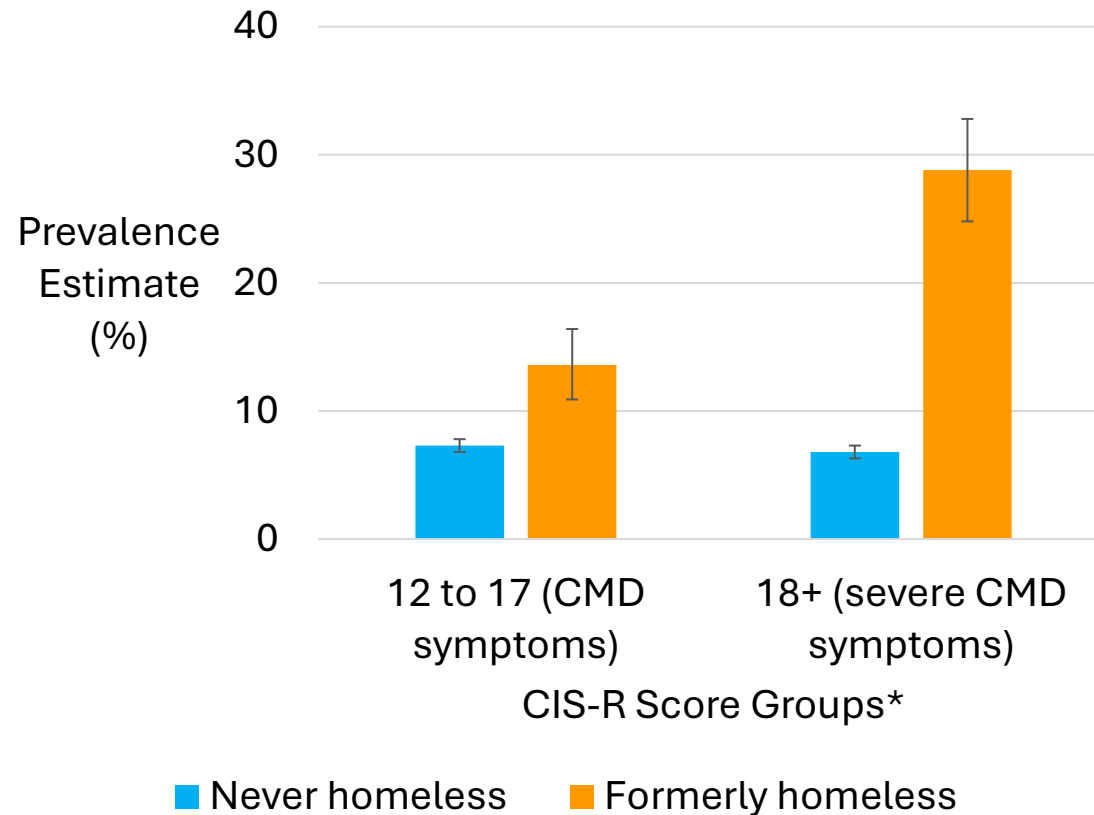


- More than six-months ago (aged < 16)
- More than six-months ago (aged ≥ 16)
- In last six-months

N=535 participants reported a previous experience of homelessness

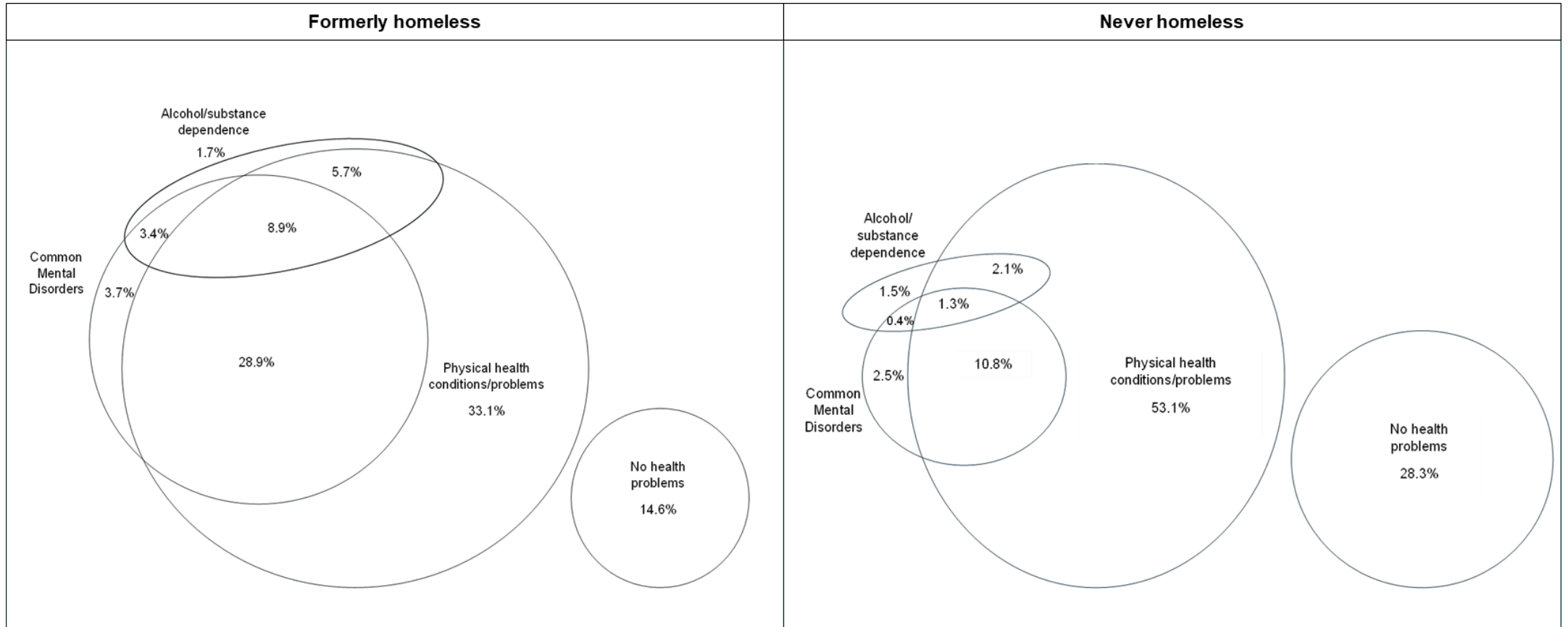
Survey-weighted prevalence=3.6%
(95% CI 3.3-4.0)

Common mental disorders



*The Clinical Interview Schedule-Revised: validated scale asking after common mental disorder symptoms in the last month and week

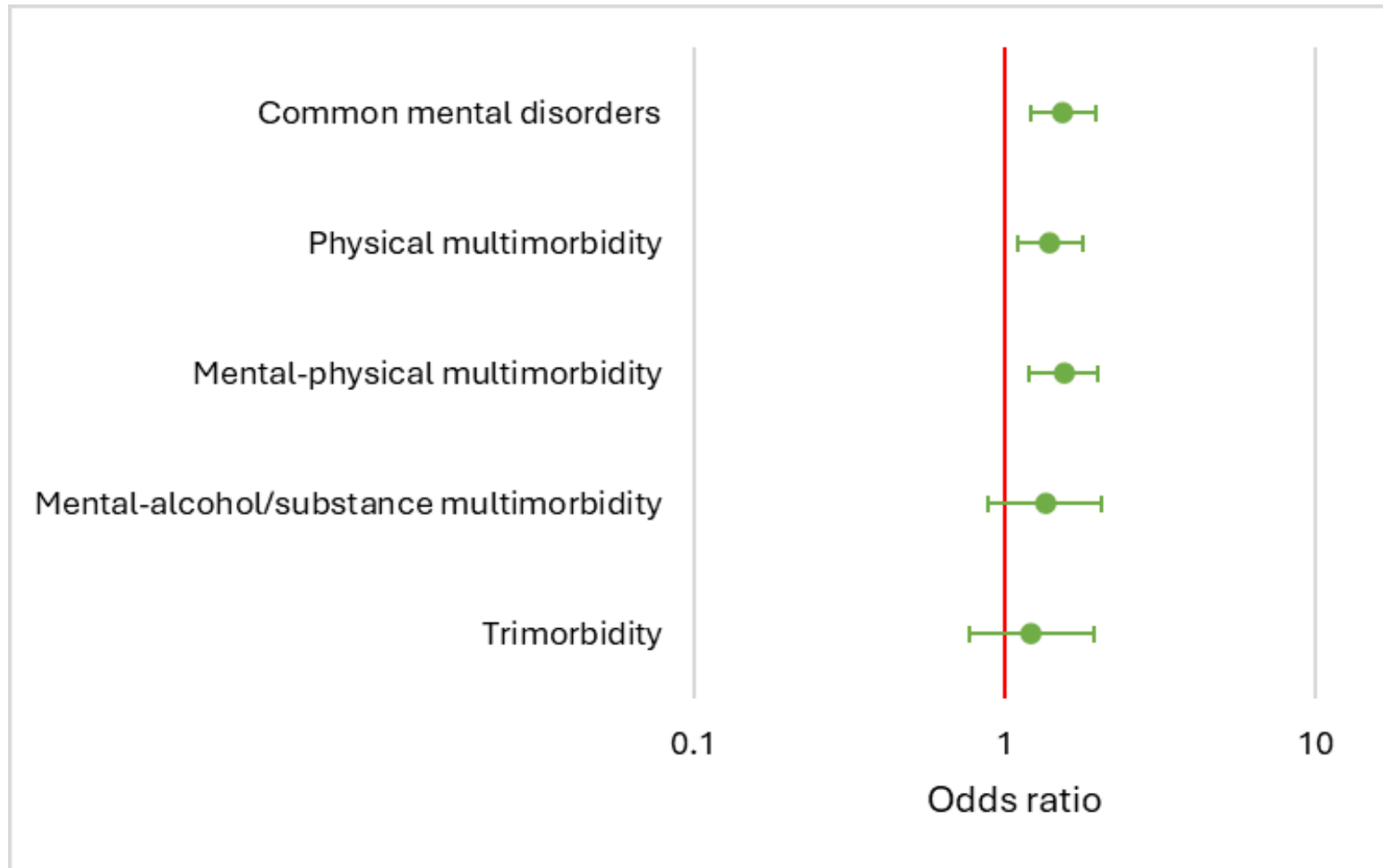
Multimorbidities



Quasi-proportional Euler diagrams illustrating overlaps between health problems, by former homelessness.¹

¹All proportions are survey-weighted; proportion sizes in the diagram are approximate.

Logistic regression



- **Unadjusted associations between former homelessness and health**

- **Adjusted model 1:** age, sex, ethnicity, marital status, survey year, educational attainment, employment status, smoking status

- **Adjusted model 2:** adjusted model 1 + adverse experiences (debt in past year, problems with police involving court appearance, violence in the home, sexual abuse, bullying, living in an institution up until age 16, expelled from school, running away from home)

*Odds ratios are presented on a log-scale

Population attributable fractions

	Population attributable fraction (95% CI)
Common mental disorders (CMD)	6% (5-7)
Physical multimorbidity	2% (1-2)
Mental-physical multimorbidity	7 % (6-8)
Mental-alcohol/substance multimorbidity	17% (12-22)
Trimorbidity	16% (10-21)

Conclusions

- **Key strength:** Nationally representative household survey data using structured, validated scales for health conditions.
- **Key limitation:** Cross-sectional, observational data.
- **Key takeaway:** Prior experience of homelessness is associated with severe inequities in mental, physical, and substance dependence multimorbidity, highlighting the importance of homelessness prevention and longer-term integrated care for this group.

Chilman, N., Schofield, P., McManus, S., Ronaldson, A., Stagg, A., & Das-Munshi, J. (in press). The public health significance of prior homelessness: findings on multimorbidity and mental health from a nationally representative survey. *Epidemiology and Psychiatric Sciences*.

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