



Correlates Among Self-concept, Anxiety, Depression, Anger, and Disruptive Behavior in Vulnerable Middle School Youth

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Faculty Disclosure

Faculty Name: Jacqueline Hoying, PhD, RN,
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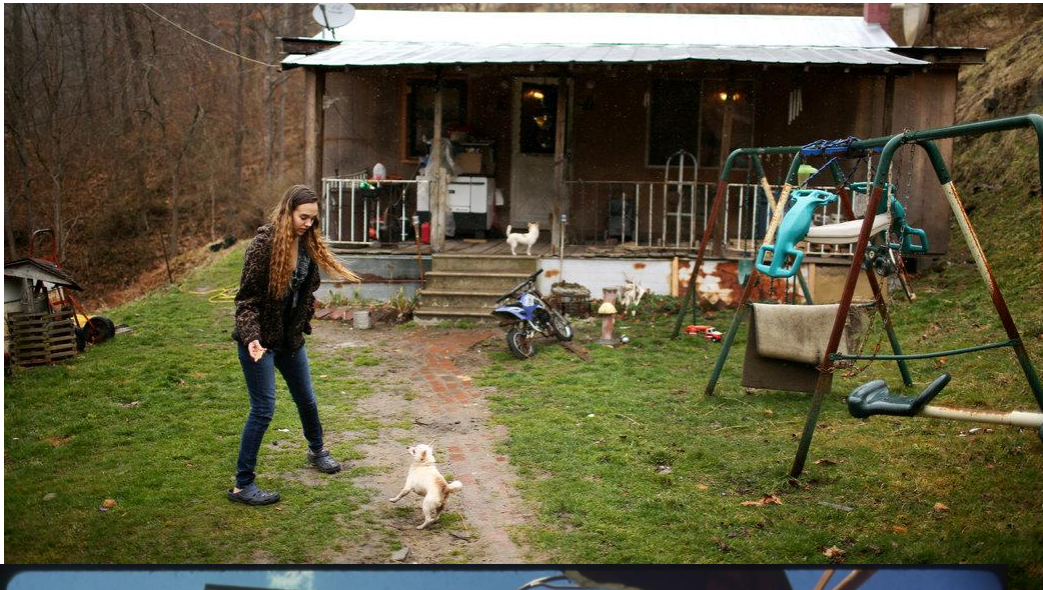


Goals and Objectives

- Session Goal:
 - Discuss the correlations of the variables in two vulnerable middle school age populations
- Session Objectives:
 - Discuss relationships among study variables including self-concept, anxiety, depression, anger, and disruptive behavior between Urban and Appalachian middle school youth
- Discuss implications for clinical and future research



Middle schools from two vulnerable environments



Vulnerable Adolescents Viewed Differently



Two sub-cultures with different stressors

URBAN

- Increased exposure to violence
- Neighborhood chaos
- Urban school districts

RURAL APPALACHIA

- Rural residence
- Unique culture environment



Similarities in Adverse Health Outcomes: Overweight/Obesity and Mental Health Concerns



**MyHood
Matters**

- Occurrence is higher in minority youth from lower socioeconomic status families

Concerns



Overweight/Obesity in Adolescents



- Childhood obesity is associated with a 70% increased prevalence of adult obesity
 - 61% increased risk factors for coronary artery disease
 - 26% increased risk of having two or more risk factors and premature death
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- U.S. overall rate 34.2%
 - African American youth 39.5%
 - Appalachian youth 38%



Mental Health Concerns in Adolescents



- Significant association exists between adolescent obesity and depression

Mental Health Disorders

- U.S. overall rate 17%
- Low-income youth 21%
- 1 in 4 adolescents experience mental health issue



Adaptive vs Maladaptive Coping

Understanding the differences and similarities in the baseline variables can assist in guiding interventions

Anxiety

Depression

Self-concept

Anger

Disruptive behavior



Anxiety in Adolescents



- Youth with anxiety and depression symptoms experience impairment in academic, social, family, and personal health accompanied by increased risk for adult anxiety and depressive disorders, and substance abuse issues
- Anxiety disorders are the most common mental health disorder
- Adolescents worry about social competence, health issues, and school performance



Depression in Adolescents



- Suicide remains the third leading cause of death among 12- to 17-year-olds
- Suicide rates for African American youth (5-11 yrs.) are significantly higher (and have increased for the first time) compared to a decrease in Caucasian peers



Self-Concept in Adolescents



- Developmentally, adolescents' become increasingly self-conscious and have heightened awareness of how they are perceived by others
- An indispensable element of mental health is the positive regard one has for self
- Self-esteem is an individual's collection of thoughts and feelings about their own worth and importance



Anger in Adolescents



- Although anger is a common and natural emotion, or internal event, problems associated with the inappropriate expression of anger remain among the most serious concerns of parents, educators, and the mental health community
- Anger, frustration, and violence in minority adolescents (particularly males) is often mistaken for behavior problems and depression



Disruptive Behavior in Adolescents

- Disruptive Behavior defined broadly as noncompliance, aggression, disruptive classroom behavior, or delinquent behavior as the primary disorder
- Anger/disruptive behavior in combination with school experiences of overt or covert discrimination and prejudice, may increase depressive symptomatology among minority students increasing mental vulnerability, academic performance issues, and/or high-risk behaviors



Methods

- A descriptive correlation design was used for this study
- Students from two middle schools in the Midwest were recruited to participate



Baseline Characteristics

	URBAN	APPALACHIAN
Age	11.54 (.62)	13.6 (.56)
Gender		
Male	11 (36%)	14 (48%)
Female	20 (65%)	15 (52%)
Ethnicity		
African American	18 (58%)	0
Hispanic	9 (29%)	0
Caucasian	4 (13%)	29 (100%)
Public Assistance		
Yes	15 (75%)	14 (48%)
No	5 (25%)	15 (52%)
I don't know	11	
Weight		
Healthy Weight	27 (87%)	15 (52%)
Overweight	3 (10%)	5 (17%)
Obese	1 (3%)	9 (31%)

Appalachian Baseline Correlations

	Anxiety	Depression	Self-concept	Anger	Disruptive Behavior
Anxiety	1	.566**	-.164	.549**	.704**
Depression	.566**	1	-.666**	.903**	.272**
Self-concept	-.164	-.666**	1	-.644**	.013
Anger	.549**	.903**	-.664**	1	.228**
Disruptive Behavior	.704**	.272**	.013	.228**	1

** Correlation is significant at the 0.01 level



Urban Baseline Correlations

	Anxiety	Depression	Self-concept	Anger	Disruptive Behavior
Anxiety	1	-.674**	-.485**	.681**	.346**
Depression	.674**	1	-.775**	.761**	.598**
Self-concept	-.485**	-.775**	1	-.713**	-.644**
Anger	.681**	.761**	-.713**	1	.811**
Disruptive Behavior	.346**	.598**	-.644**	.811**	1

** Correlation is significant at the 0.01 level



Results

- Correlations were examined at baseline among the study variables for each set of participants
- Negative and significant correlations ($p=.01$) existed between the participants' self-concept and depression and self-concept and anger. As the students' self-concept decreased, their depressive symptoms and anger increased for both groups
- Additionally, self-concept and anxiety, and self-concept and disruptive behavior were negatively correlated with the urban population. As their self-concept decreased their anxiety and disruptive behavior increased



Results

- Additionally, positive and significant correlations ($p=.01$) existed between depression and anxiety, depression and anger, and depression and disruptive behavior. This suggested that as the students' depressive symptoms increased so did the students' anxiety, anger, and disruptive behavior
- Furthermore, positive and significant correlations existed between anxiety and anger, and anxiety and disruptive behavior. As the students' anxiety increased so did their anger and disruptive behavior



Results

- Finally, positive and significant correlations ($p=.01$) existed between anger and disruptive behavior. Suggesting that as the students' anger increased so too did their disruptive behavior
- These positive and significant correlations were found in the urban and rural student groups for the same variables



Conclusions

- The middle school years are often stressful for students, specifically for youth who are from underserved areas and subject to health disparities
- Understanding similarities in baseline correlations among students who are similar can guide behavior interventions to improve healthy lifestyle choices and healthy lifestyle behaviors in middle schoolers



Conclusions

- Of particular significance is understanding the importance of the findings surrounding self-concept and realizing that positive self-concept can serve as a protective factor to support positive behavioral outcomes when guiding behavior interventions (i.e. cognitive behavioral skills building)



Future Implications

- Important to this particular age group are depression and anxiety screening, along with reducing current obesity trends
- This study underlines the similarities in vulnerable youth populations which appear dissimilar and supports the promising potential to improve mental health outcomes (e.g., anxiety, depression, and suicidal ideation), improved self-concept and decreased maladaptive coping for anger and disruptive behavior through behavior interventions for youth in real-world school settings



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