



Youth, social mobility, education and depression

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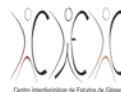
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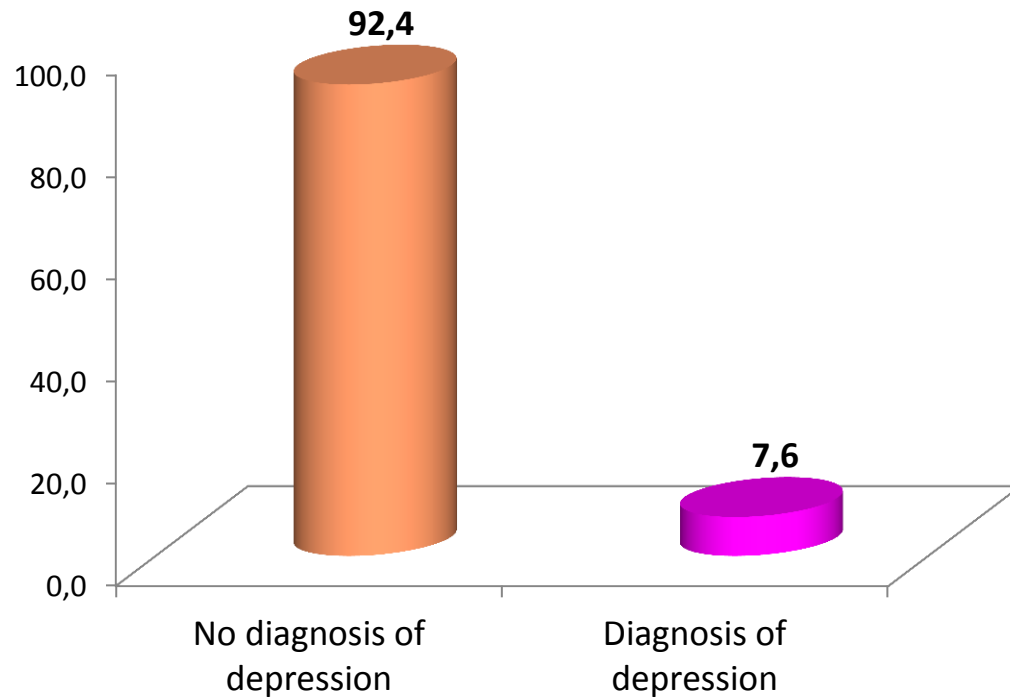
<http://epiteen.iscsp.ulisboa.pt/en/>



- The research followed the trajectories of a cohort of youngsters of both sexes born in 1990, in the city of Oporto, a universe of 2943 individuals, and it was launched by the Institute of Public Health of the University of Oporto.
- Surveyed at 13, 17 and 21 years old.
- This presentation is an outcome of the preliminary results of a longitudinal research.
- We examined the relationship between **youngster's social and educational background, social mobility, educational success**
- **The presentation is only focused on youngsters that once in their life time were diagnosed with depression**

Methodological considerations

- **This presentation seeks to explore five educational mobility profiles:**
- **(1) Upward educational mobility (UEM)**
- **(2) Low educational reproduction (LER)**
- **(3) High educational reproduction (HER)**
- **(4) Intermediate educational reproduction (IER)**
- **(5) Transitional downward educational mobility (TDEM)**



- The proportion of diagnoses of depression for the total sample is 7.6%, compared to 92.4% of young people without depression.

Variables analyzed

General and methodological framework

Education mobility profile

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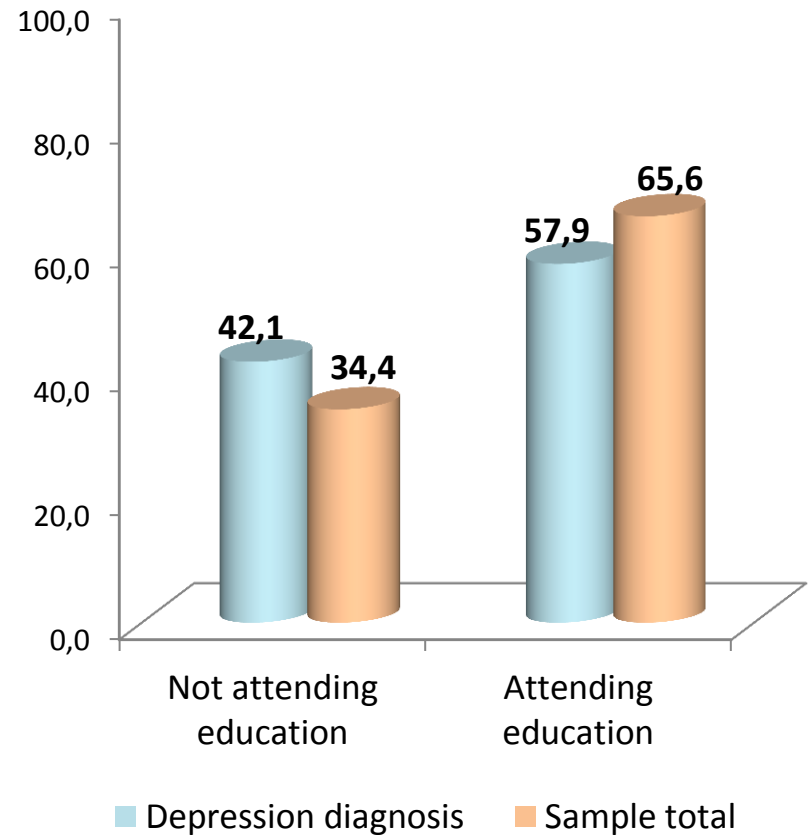
Diagnosis of
depression in
youngsters

Gender

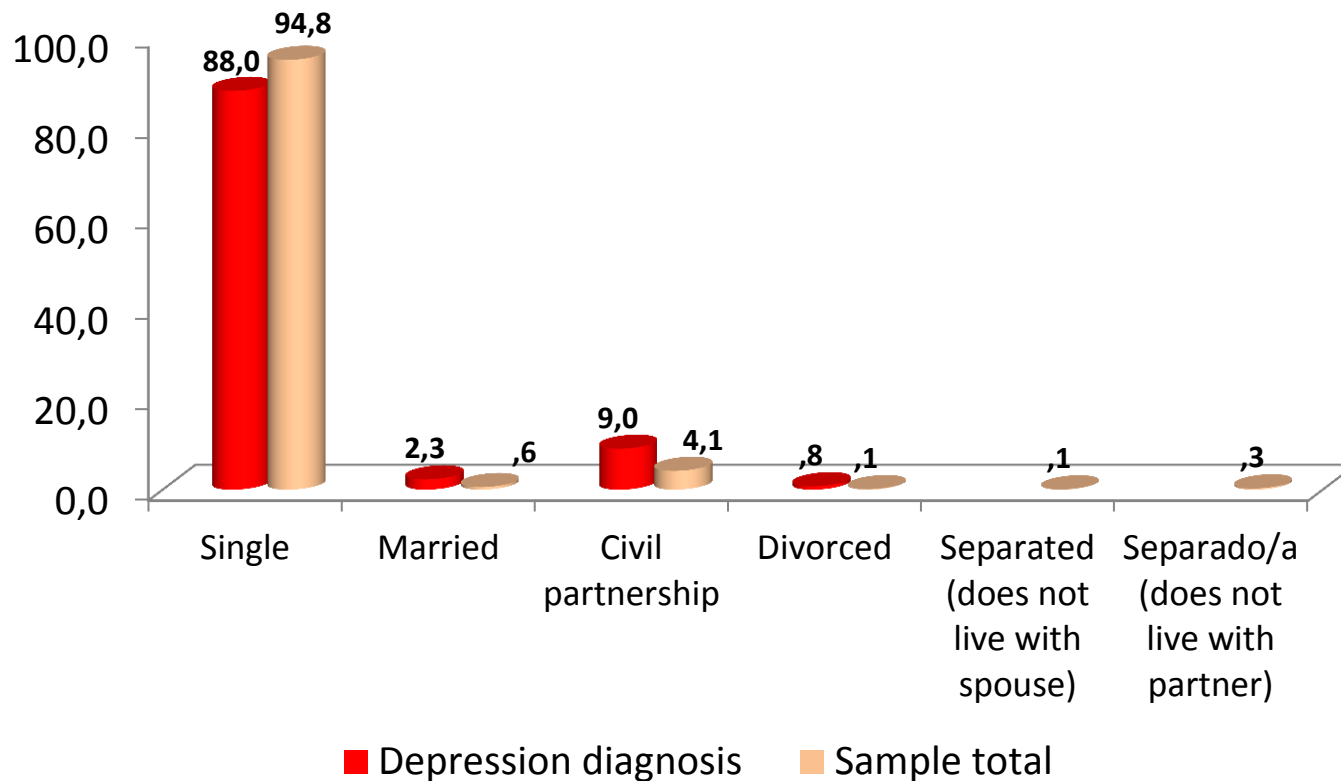
Reading habits ,
schooling and
retention

General and methodological framework – who are these youngsters?

- 57.9% of these youngsters diagnosed with depression are still at school or have a university degree, compared with 65.6% of the total sample.
- A high percentage of 42.1% are drop-outs and are working or searching for work.



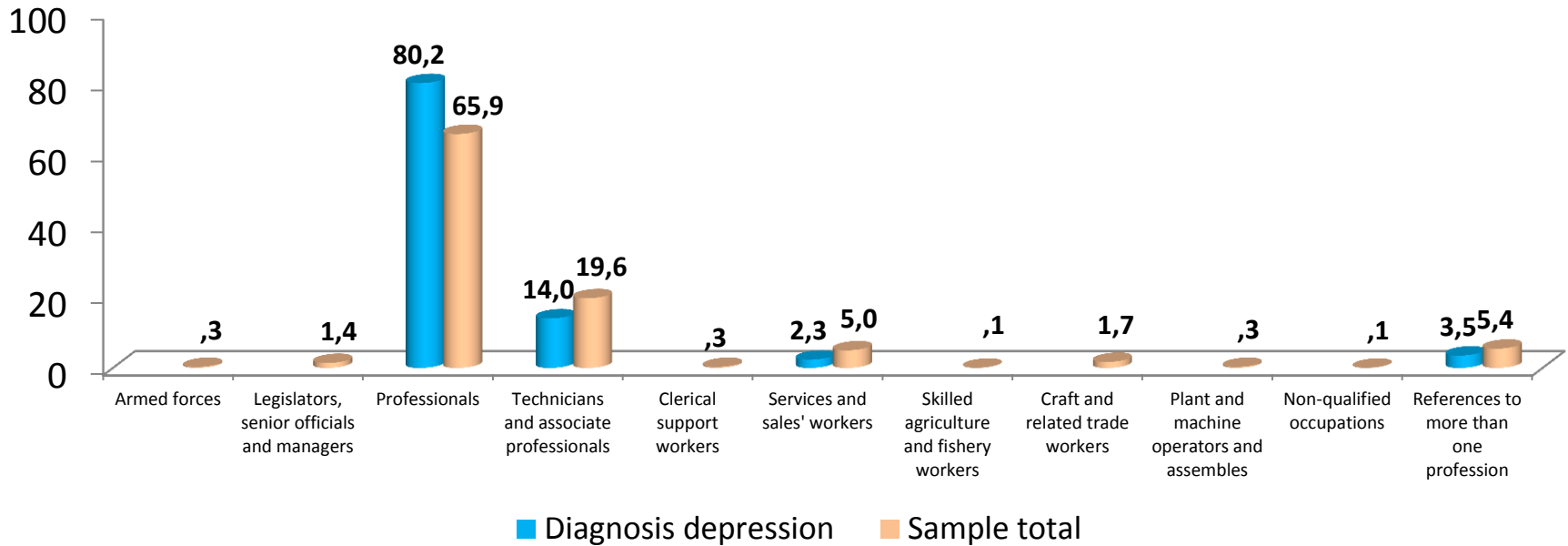
- At 21 years old, young people diagnosed with depression are mostly single (88.0%) and a small percentage lives in common law marriage (9.0%)



General and methodological framework – who are these youngsters?

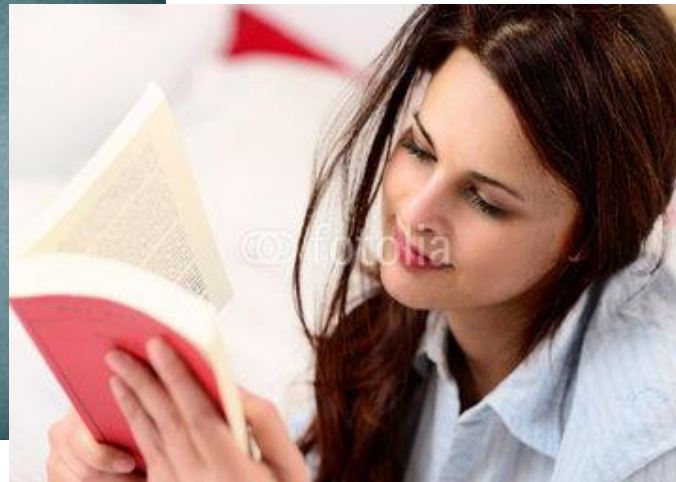
- Parents are mostly employees, however, the children reveal generally upward social mobility.
- Suggests a tendency for young people to increase their levels of educational attainment, especially in terms of university education.

The higher incidence of depression in this group of young people occurs in the trade sectors and sellers (usually poorly paid sectors)

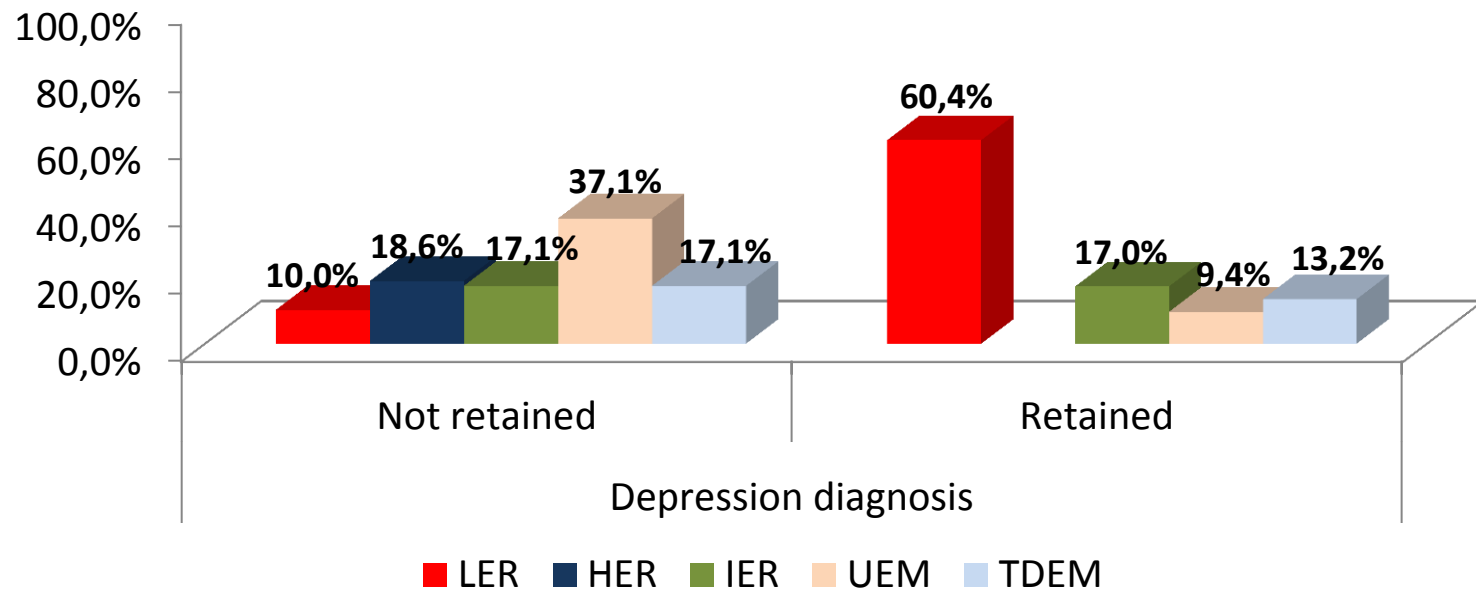


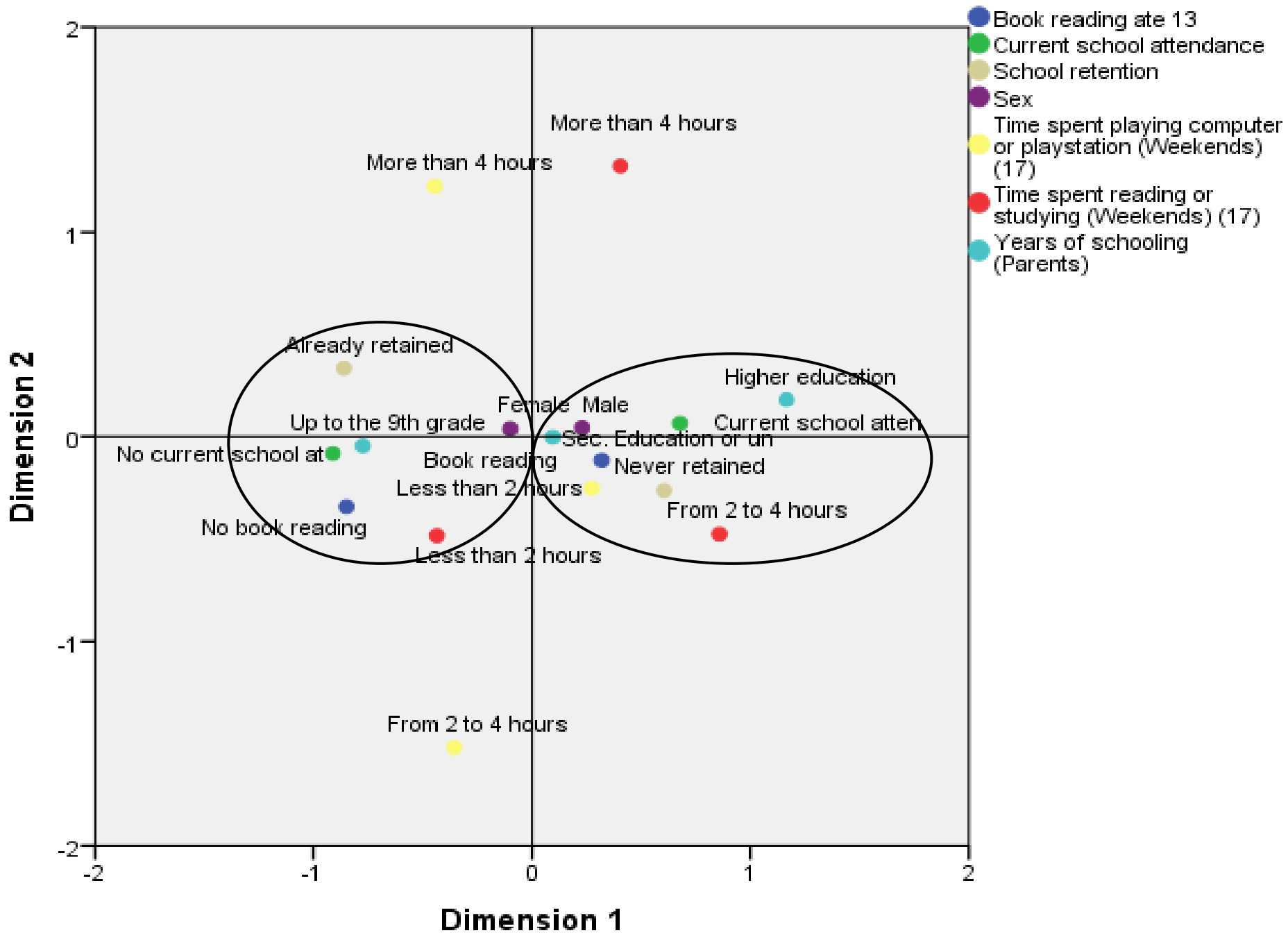
Although there is a distribution of young people with DD for all types of income / household classes, 28.8% obtained a net monthly income of around 501-1000 euros and 18.6% earn a yield up to 1,500 euros.

Habits of reading / education and incidence of depression



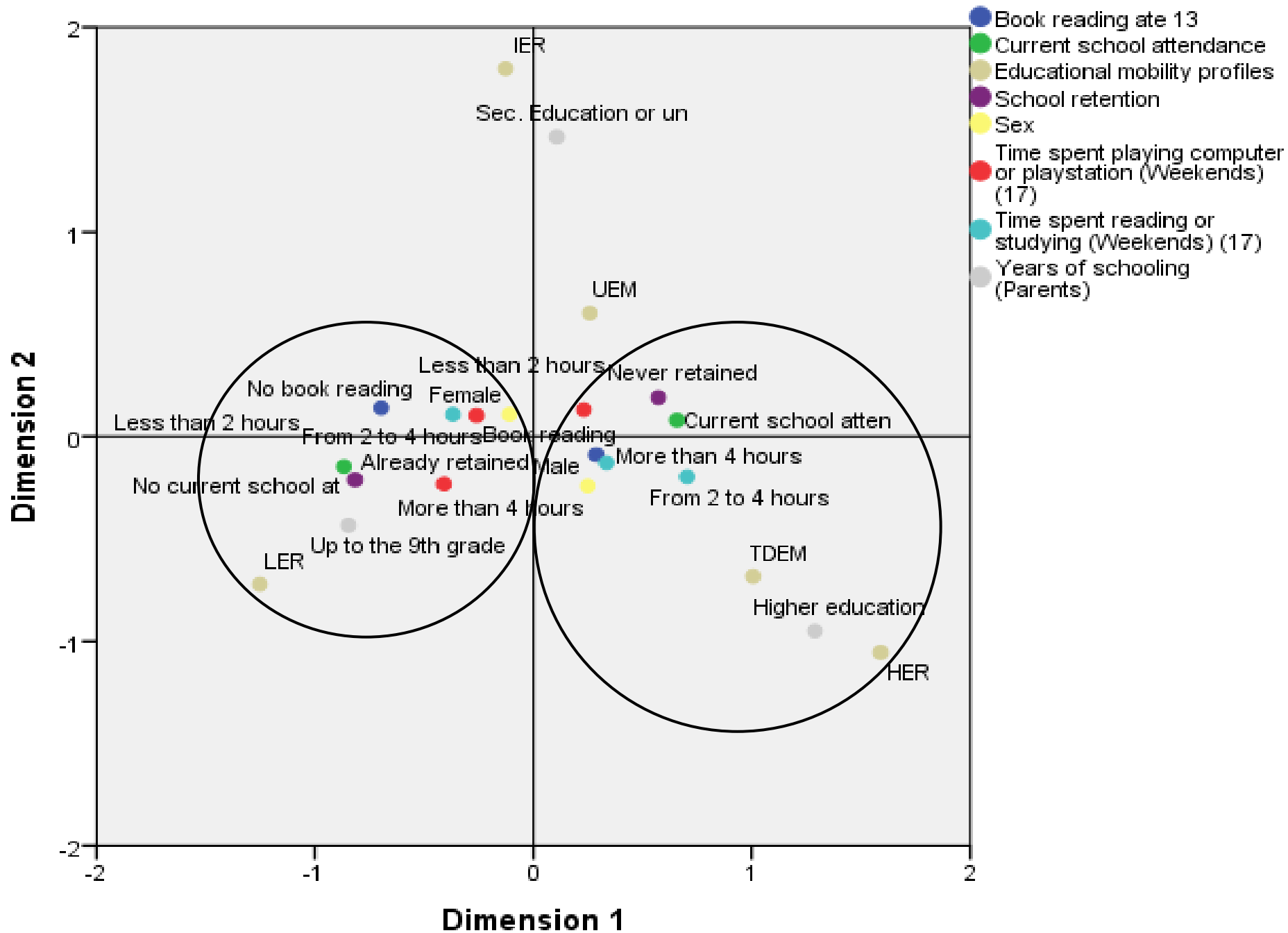
School retention and educational mobility profiles





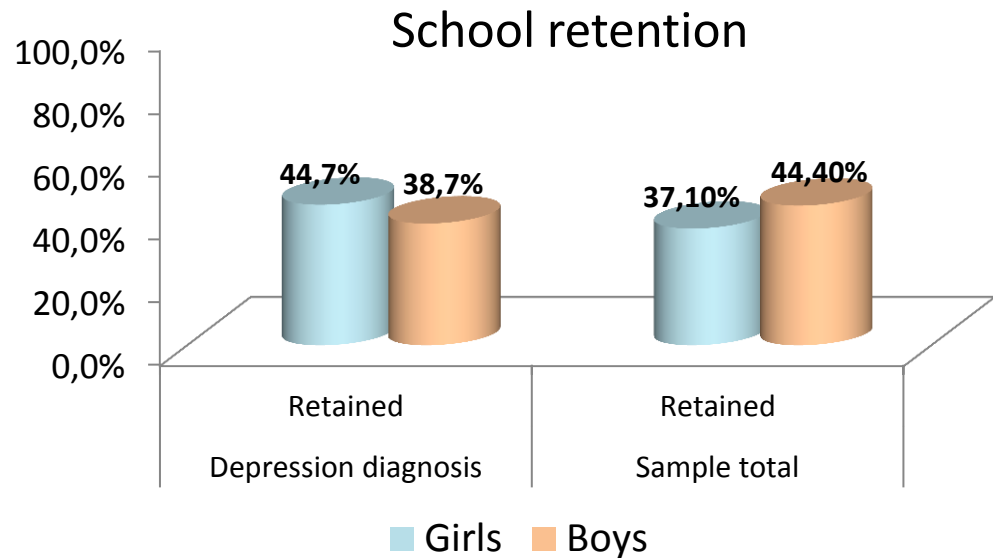
GENDER DIFFERENCES





The intersection between school retention, sex and diagnosis of depression shows that boys with depression are less often retained (38.7%) in relation to the total sample (44.4%)

Girls show an inverse phenomenon. The girls with depression diagnosis have higher rates (44.7%) of retention than those without this diagnosis (37.10%)

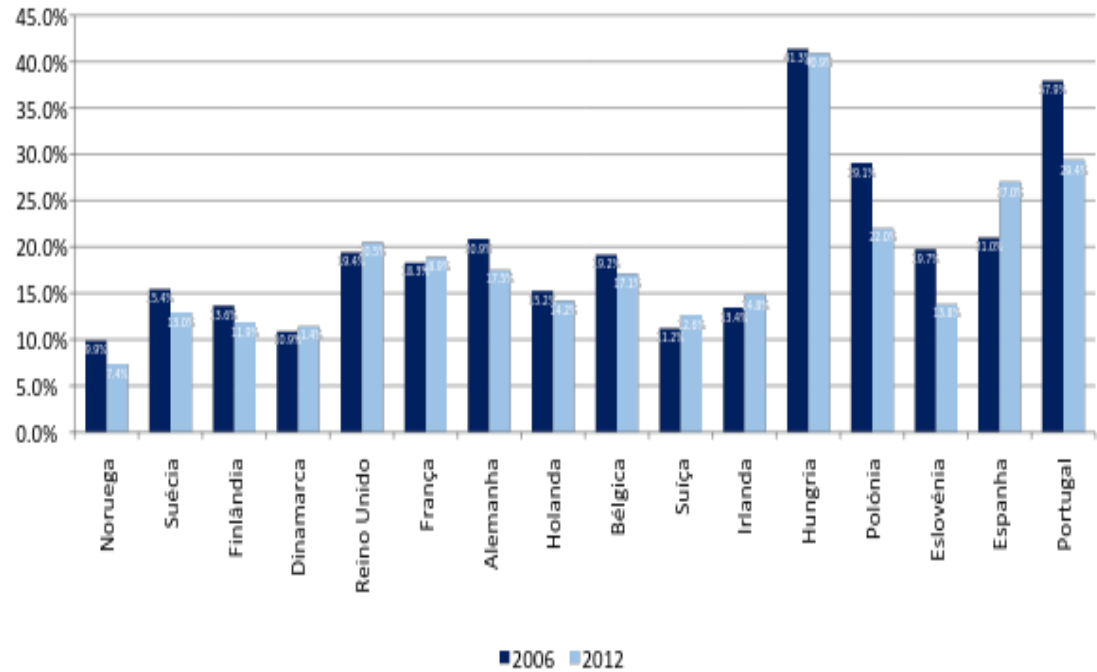


INCIDENCE OF DEPRESSION



Incidence of depression

- The *Epidemiological Study of Mental Health* carried out in 2014 reveals that the depressive disorders in Portugal affect 1/5 of the population and represents 19.3% , with an annual prevalence of 7.9%. Portugal is one of the EU Countries with more incidence of depression.

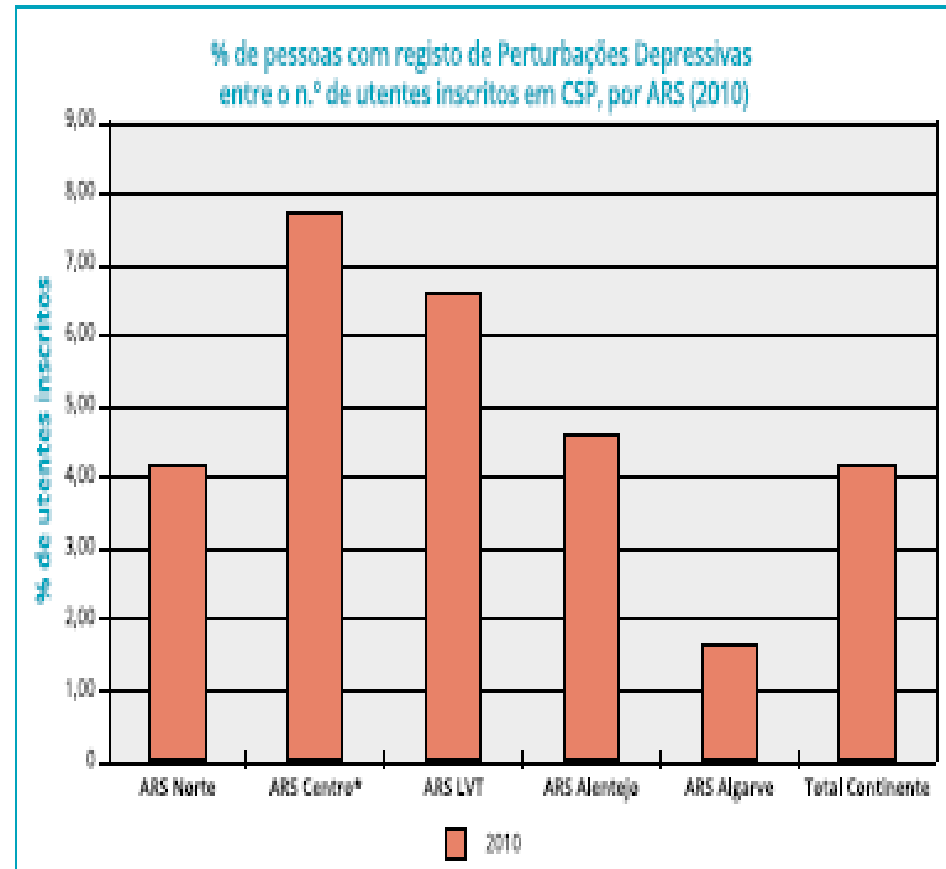


Source: Rute Lemos , Infraestrutura das atitudes sociais e políticas dos Portugueses, European Social Survey 7, 2012

Incidence of depression by regions (Portugal)

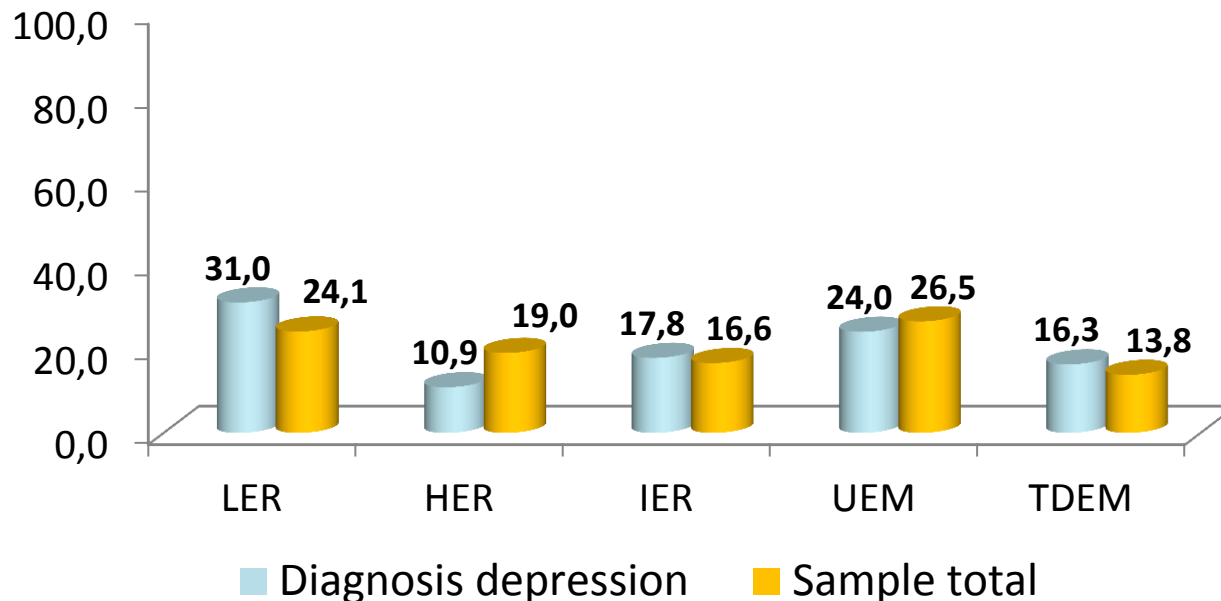
The northern region, from which the young people of this study come from, presents low rates of depression, revealing **concordance with the results of the European study.**

The youngsters have only 7.9% of incidence of depression.

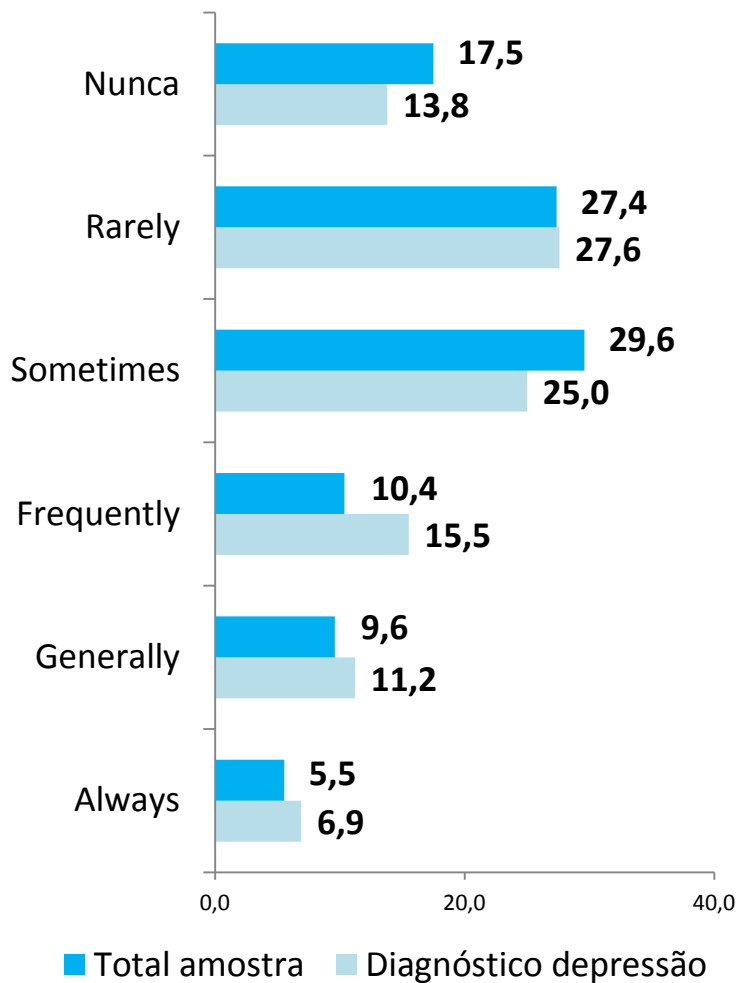


* Faltam dados dos ACES Beira Interior Sul e Pinhal Interior Sul da ULS Castelo Branco
Fonte: SIM@GNS/SIARS (ACSS) 2013

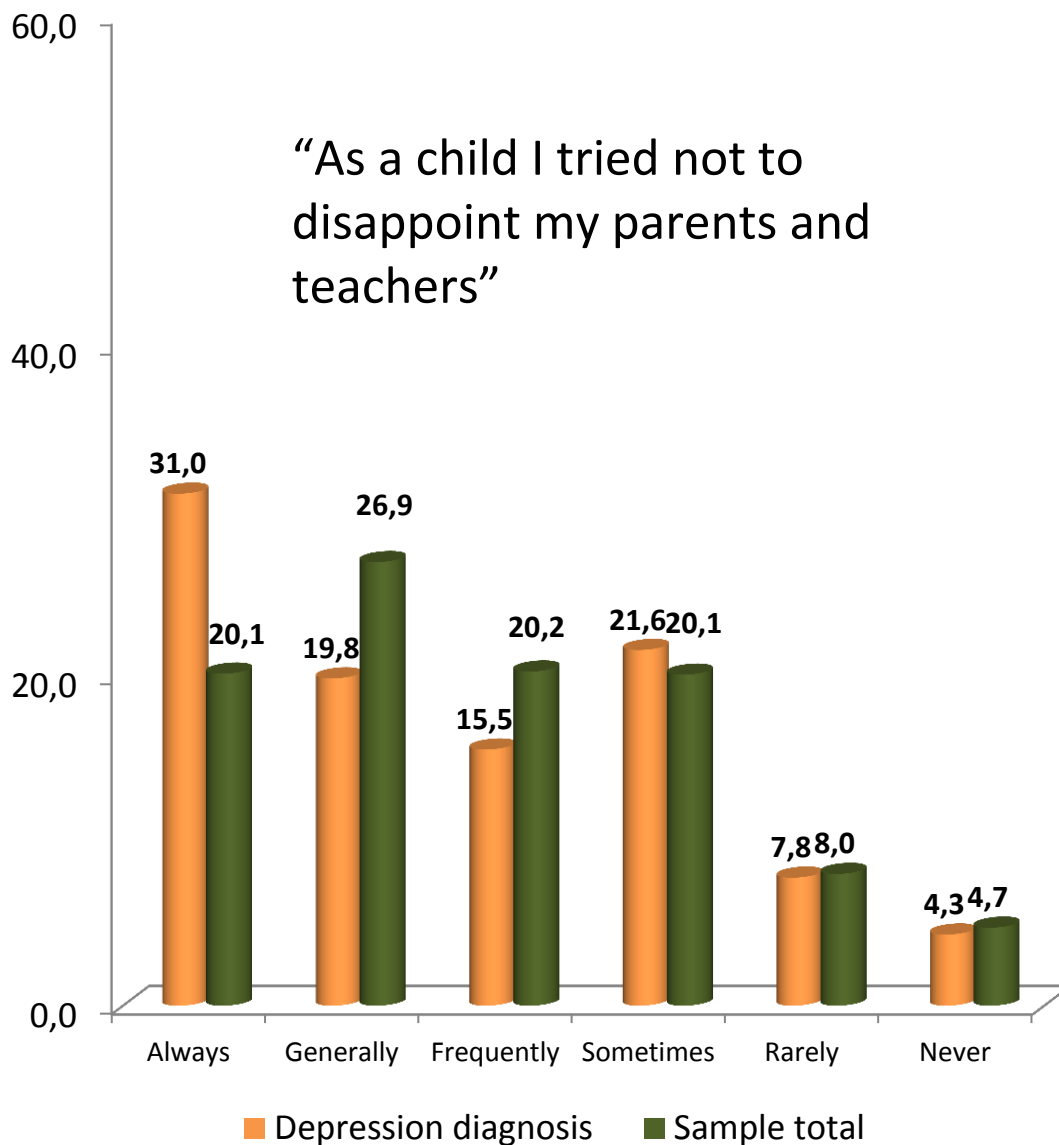
- Mental health is related to social class and education: the high educational reproduction profile (HER) indicates the lowest depression percentage (10%)
- Young people with upward educational mobility tend to adopt behaviors that have positive impact on mental health - probably due to parental lifestyle (i.e., impact of cultural habits and sociability).
- The reverse happens to the low educational reproduction profile (LER), which shows poorer mental health (31%)



“I hate not being better”



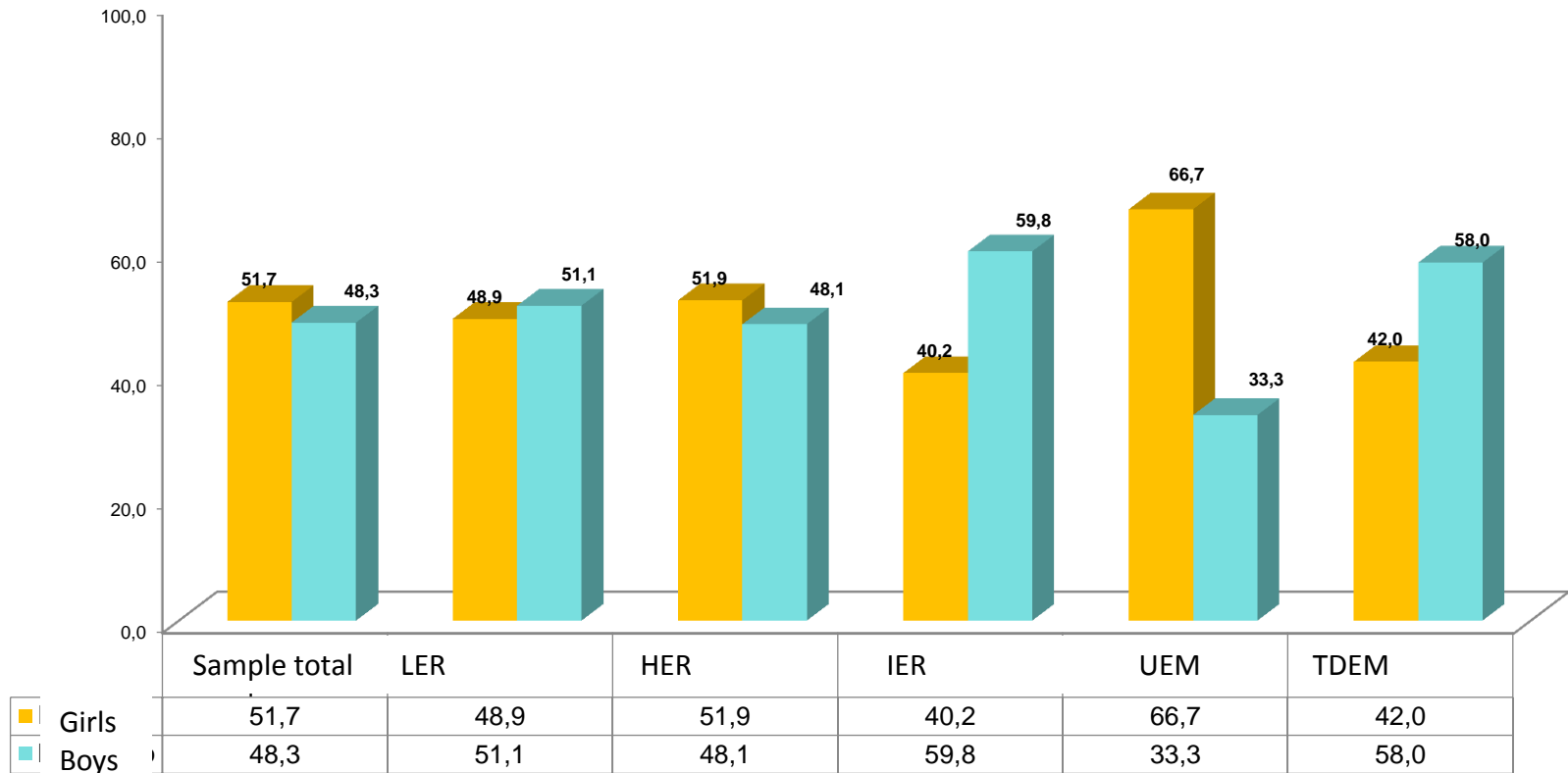
“As a child I tried not to disappoint my parents and teachers”



Main Findings

The preliminary analysis of the data allowed to find 4 profiles (2 female and 2 male) in youngsters that once in their lifetime were diagnosed with depression.

Diagnosis of depression per educational mobility profile and sex



Girls Profile 1

High level of retention
School dropout
Few or no reading habits
Already working or searching for a job
Higher depression diagnosis in all profiles
Low educational reproduction

Girls Profile 2

No history of retention
Continuous schooling
High propensity for reading and school progress
Not working
Never engaged in risk behaviour
Major depression levels at UEM and HER

High level of retention
Early school leaving
Little or no habits of reading
High habits of games
Risk behaviors/ aggressiveness, in some cases with detention
Lower rate of depression than girls
Low educational reproduction

Boys Profile 1

No history of retention
Continuous schooling
Higher orientation for reading and low for games
No or low risk involvement
Major depression than girls in these groups, specially on the TDEM and IER profiles

Boys Profile 2