The Long-Term Impact of Parental Mental Health on Children’s Distress Trajectories in Adulthood

Data · https://bridges4mentalhealth.org/hub/data/the-long-term-impact-of-parental-mental-health-on-childrens-distress-trajectories-in-adulthood/

This study uses data from two sources over a span of ten years to explore how childhood experiences with parental mental health issues influence adult distress. Results indicate that individuals exposed to poor parental mental health consistently experience higher levels of distress throughout adulthood compared to those without such exposure. Longer and more severe exposures to parental mental health problems lead to even higher levels of adult distress. Individuals exposed to both maternal and paternal mental health issues experience the highest levels of distress in adulthood. Overall, these findings highlight that parental mental health during childhood significantly predicts lifelong distress, with variations in these experiences contributing to diverse mental health trajectories.

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