

FAMILY CHARACTERISTICS AND FAMILY RESILIENCE OF ADOLESCENTS WITH MENTAL HEALTH PROBLEMS

Miranda Novak, Martina Ferić & Ljubica Paradžik

Faculty of Education and Rehabilitation Sciences, University of Zagreb

Psychiatric hospital for children and youth Zagreb



Sveučilište u Zagrebu
Edukacijsko-rehabilitacijski
fakultet



**FAM
RES
PLAN**

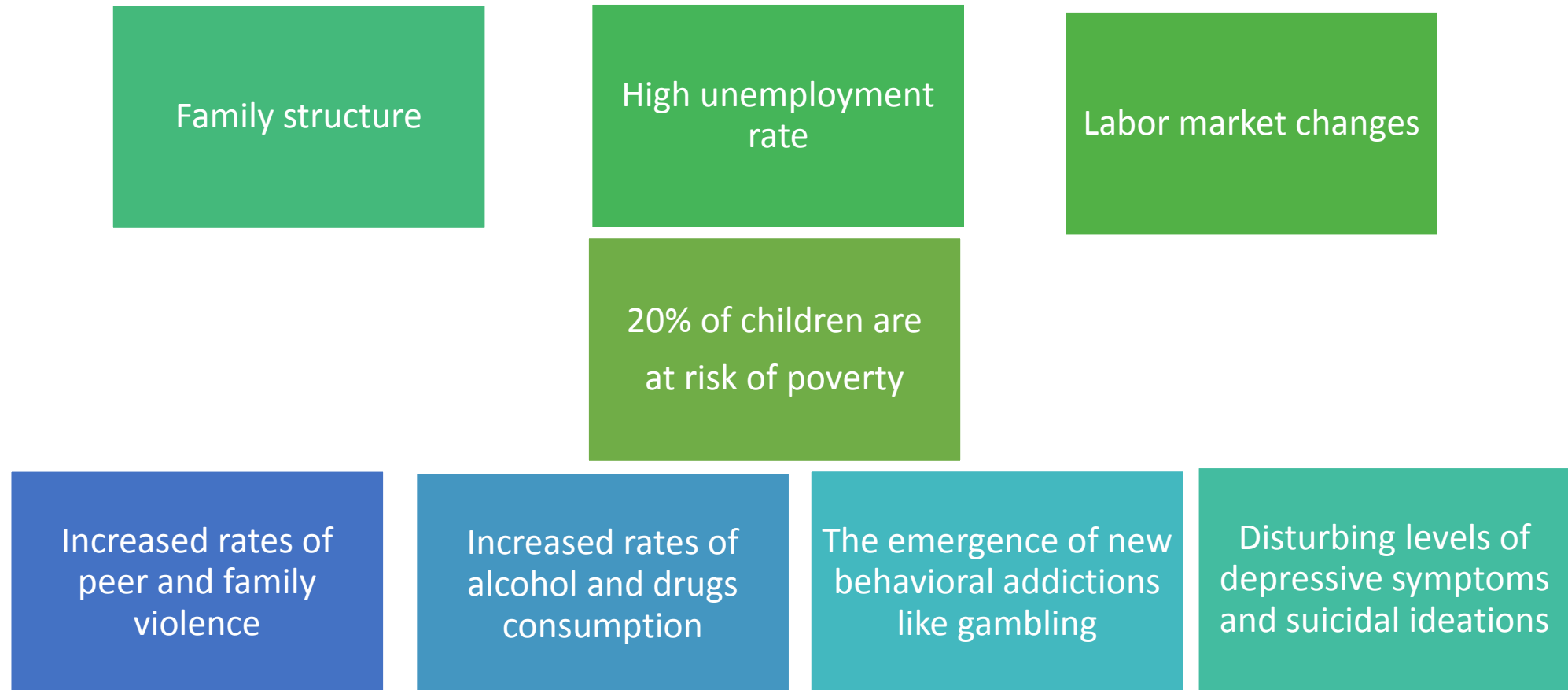


HRZZ projekt IP-2014-09-9515



7th European Conference on Mental Health

CROATIA: CHANGES AND CHALLENGES



SCIENTIFIC PROJECT

**“Specific characteristics of families at risk: contribution to complex interventions planning”
(FamResPlan)**

Time frame: 2016-2020

Funded by: Croatian Science Foundation

HRZZ projekt IP-2014-09-9515



Families whose member is a **beneficiary of interventions** in the area of: education, social welfare, mental health and/or judiciary due to specific risks/behavioral problems

Aiming total of N=200 families

RESILIENCE



Process of negotiating, managing and adapting to significant sources of stress or trauma (risk).

Assets and resources within the individual, **family** and environment (protective factors) facilitate this capacity for adaptation and 'bouncing back' (good outcome) in the face of adversity.

Across the life course, the experience of resilience will vary.

(Windle, 2011)

OBJECTIVE

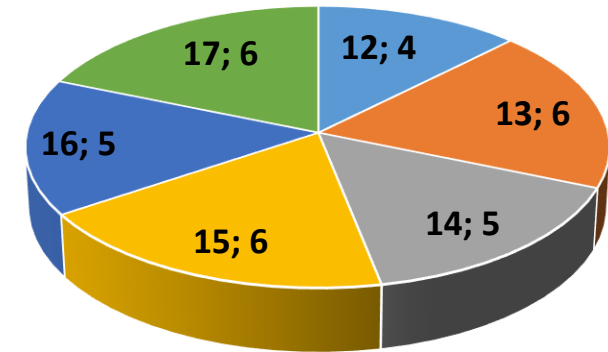
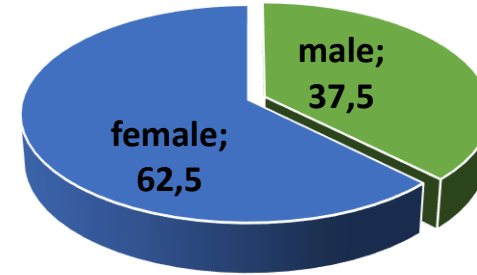
- To determine family characteristics, family risk and protective factors in the sample of adolescents being admitted in mental health clinic

METHODOLOGY

- After the intake interview, adolescent coming in facility because of mental health issue and one of the parents were asked to fulfill the battery of questionnaires
- Family resilience was measured with the Family resilience scale, adapted from FACES IV - Family Satisfaction Scale (Olson, 2010) and FRAS (Sixbey, 2005) constructed to measure three separate family dimensions: family communication and problem solving, family belief system and family organization.

SAMPLE CHARACTERISTICS

- N=32 families (child + caretaker)
- N= 32 adolescents, 28 mothers + 4 fathers



- Adolescents age range from 12 to 17 years old, mean age 14,6 years
- Parents ranged from 30 to 60 years, with a mean age of 43,6

SAMPLE CHARACTERISTICS

- All of **32 adolescents participating in the sample had some level of internalized** problems (anxiety and depression symptoms, somatic complaints, shyness):
 - 13** of them middle level of risk
 - 18** of them high level of risk
- **7** participants had **comorbid externalized problems** (aggression, violence, thefts, breaking rules, risk sexual behavior):
 - 4** of them mild and **3** of them high risk externalized problems

FAMILY CHARACTERISTICS

Living conditions

- 2 families are renting a place, 26 of them have their own property and 4 of them live with relatives, usually with grandparents

Marital status

- 19 of them are married and living together, 8 divorced, 1 have a deceased parent and 4 have specific stories

FAMILY CHARACTERISTICS

Financial situation

- 13 of 32 families have a monthly income higher than 8000 kunas
- 6 families have barely enough funds for survival, 12 of them live modestly and can't afford a lot, 13 of them have enough for good life and just 1 family has for luxuries

Parental employment

- 10 out of 32 mothers are unemployed
- 7 out of 31 fathers are unemployed

MODEL OF FAMILY RESILIENCE (WALSH, 2002)

KEY PROCESSES/PROTECTIVE FACTORS:

- **BELIEF SYSTEM**
 - making meaning of adversity
 - positive outlook
 - transcendence and spirituality
- **ORGANIZATIONAL PATTERNS**
 - flexibility
 - connectedness
 - social and economic resources
- **COMMUNICATION / PROBLEM SOLVING**
 - clarity
 - open emotional expression
 - collaborative problem solving

ASPECTS OF FAMILY RESILIENCE

Family communication

	N	Min	Max	M	SD	
Parents	32	10	49	37,84	8,96	t=3,14, p<.01**
				r=.401,	p<.01**	
Children	32	10	45	31,81	10,72	

Note:

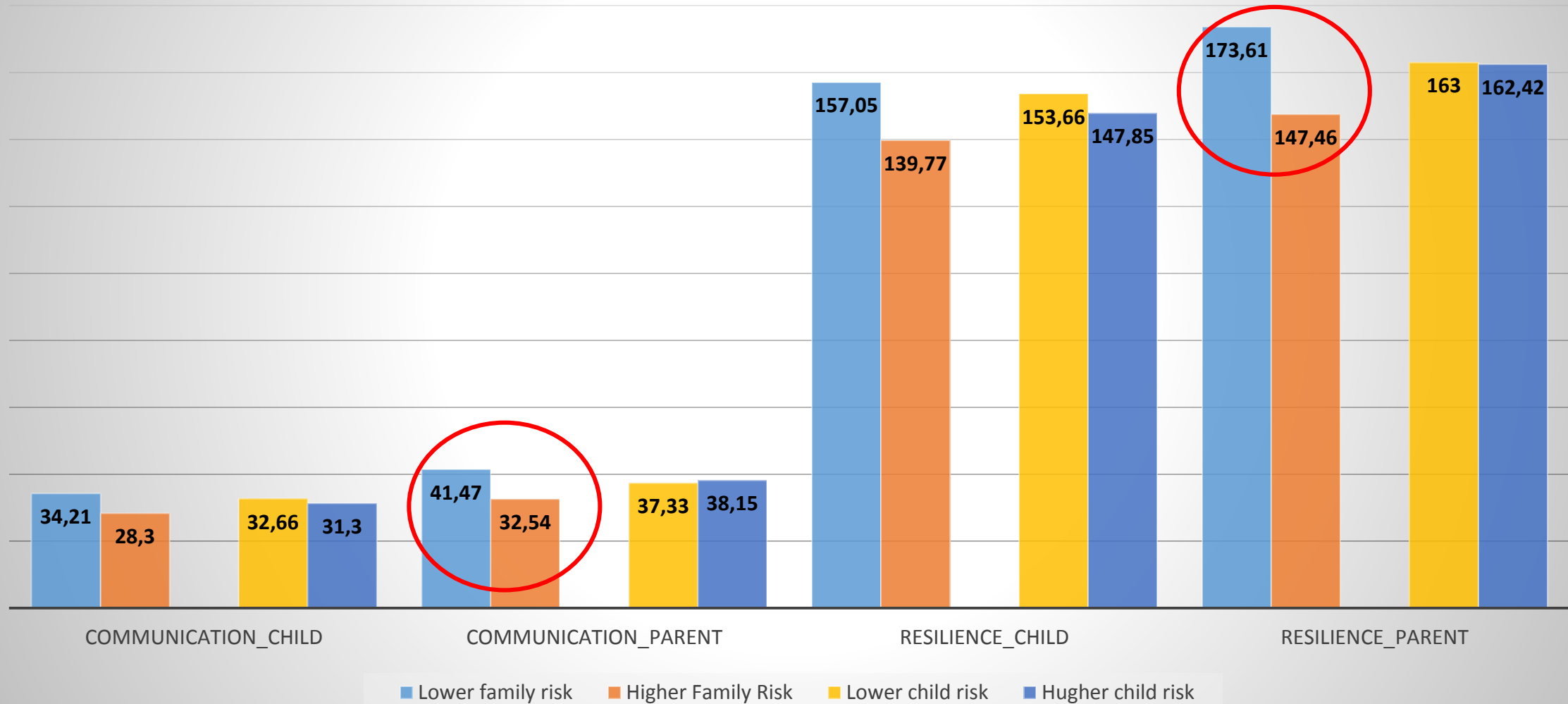
research on regular population youth with the same scale – average assessment of familia communication 39,49 (Novak, Feric, Kranzelic and Mihic, 2016)

ASPECTS OF FAMILY RESILIENCE

Belief system, organizational patterns and family problem solving

	N	Min	Max	M	SD	
Parental views on resilience	31	50	199	162,64	29,65	t= -1,88 p>.05
Childrens' views on resilience	32	82	205	150,03	34,78	

LEVEL OF RISK EFFECTS ON FAMILY RESILIENCE ASPECTS



- Results indicate significant effect of family risks but not the adolescents risk levels

CONCLUSIONS

Results are indicating that work with adolescents should also comprise the family component in order to make the interventions more effective





miranda.novak@erf.hr