

Separating Fact from Myth: Prevalence of Families Living with Parental Mental Illness

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Who We Are at UMMMS:

- **Multidisciplinary group: psychology, occupational therapy, public policy, mental health law, rehabilitation**
- **Researchers, clinicians, advocates, family members**
- **Parents with mental illness**
- **Strategic Planning Group**

Why are we committed to this?

- **Parental mental illness is prevalent.**
- **Parenting is a meaningful life role.**
- **If parents do better, children will do better.**
- **There are effective treatment and rehabilitation strategies.**
- **There are opportunities for prevention, and the promotion of resilience.**
- **Inattention or inappropriate attention has life-threatening consequences.**

**How many parents with mental
illness are there?**

millions

National Comorbidity Survey

(from Kessler et al., 1997, etc.)

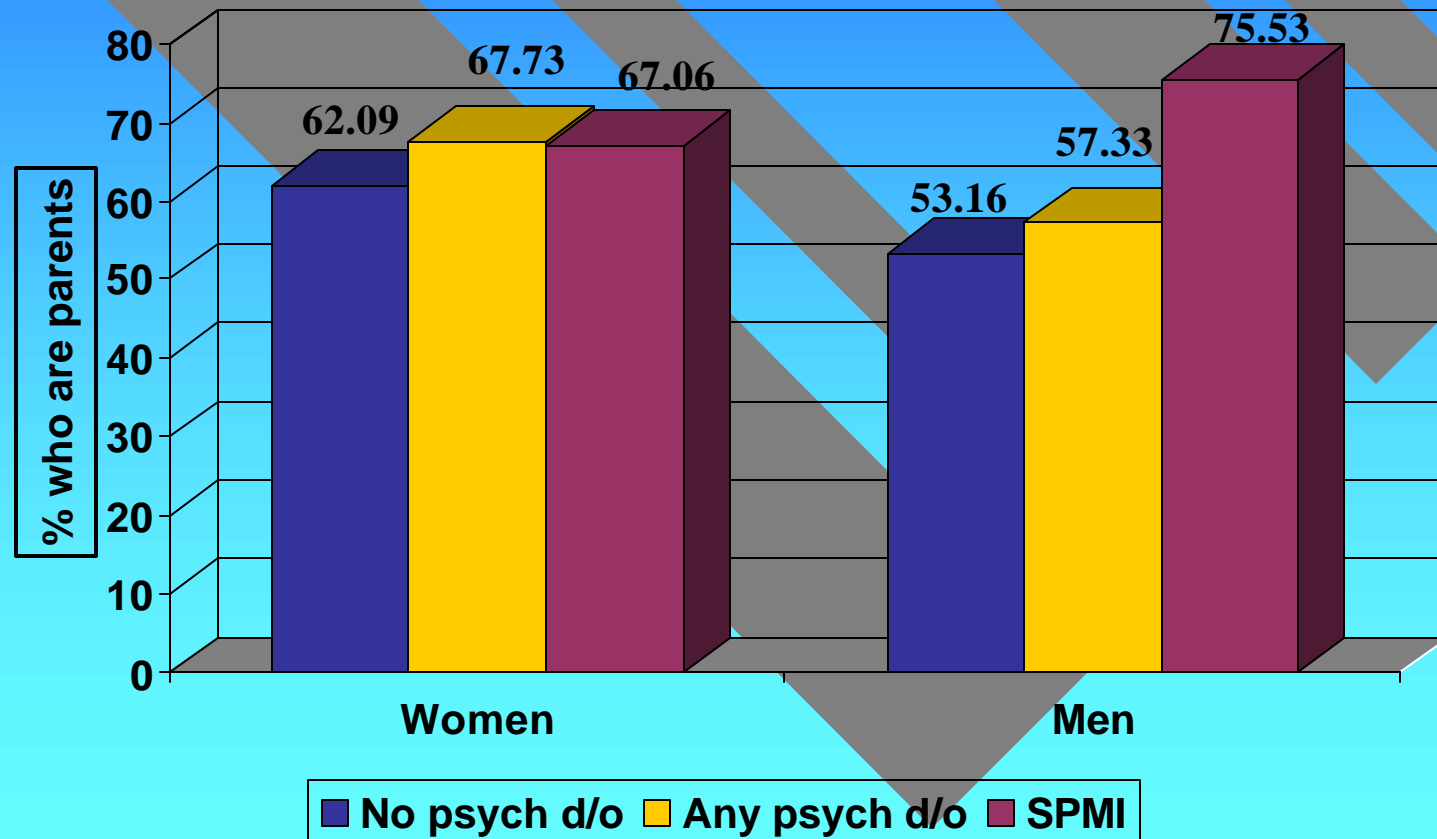
- Nationally representative sample of U.S.
- Prevalence, incidence and risk factor study
- Administered between 9/90 and 9/92
- Research diagnostic interview (DSM-III-R)
- 8,098 non-institutionalized civilian respondents age 15 -54 in Part I; 5,877 in Part II

National Comorbidity Study (NCS)

(Kessler et al, 1997, etc.)

- **Lifetime prevalence of disorder (Kessler et al, 1994)**
 - 45% of American women
 - 30% of American men
- **Prevalence of parenthood (Nicholson et al, 2000)**
 - 68% of women with disorders are mothers
 - 57% of men with disorders are fathers

NCS: Prevalence of Parenthood no diagnosis v. any diagnosis v. serious and persistent mental illness



Women and men with a lifetime prevalence of psychiatric disorder are at least as likely to be parents as are adults without psychiatric disorder.

Prevalence of Parenthood

<u>Disorders</u>	<u>% Women = Mothers</u>	<u>% Men = Fathers</u>
Affective	67%	58%
Anxiety	68%	56%
PTSD	73%	68%
Psychosis	62%	55%

The majority of adults in all diagnostic categories are parents, including those meeting criteria for affective and anxiety disorders, PTSD, and non-affective psychosis.

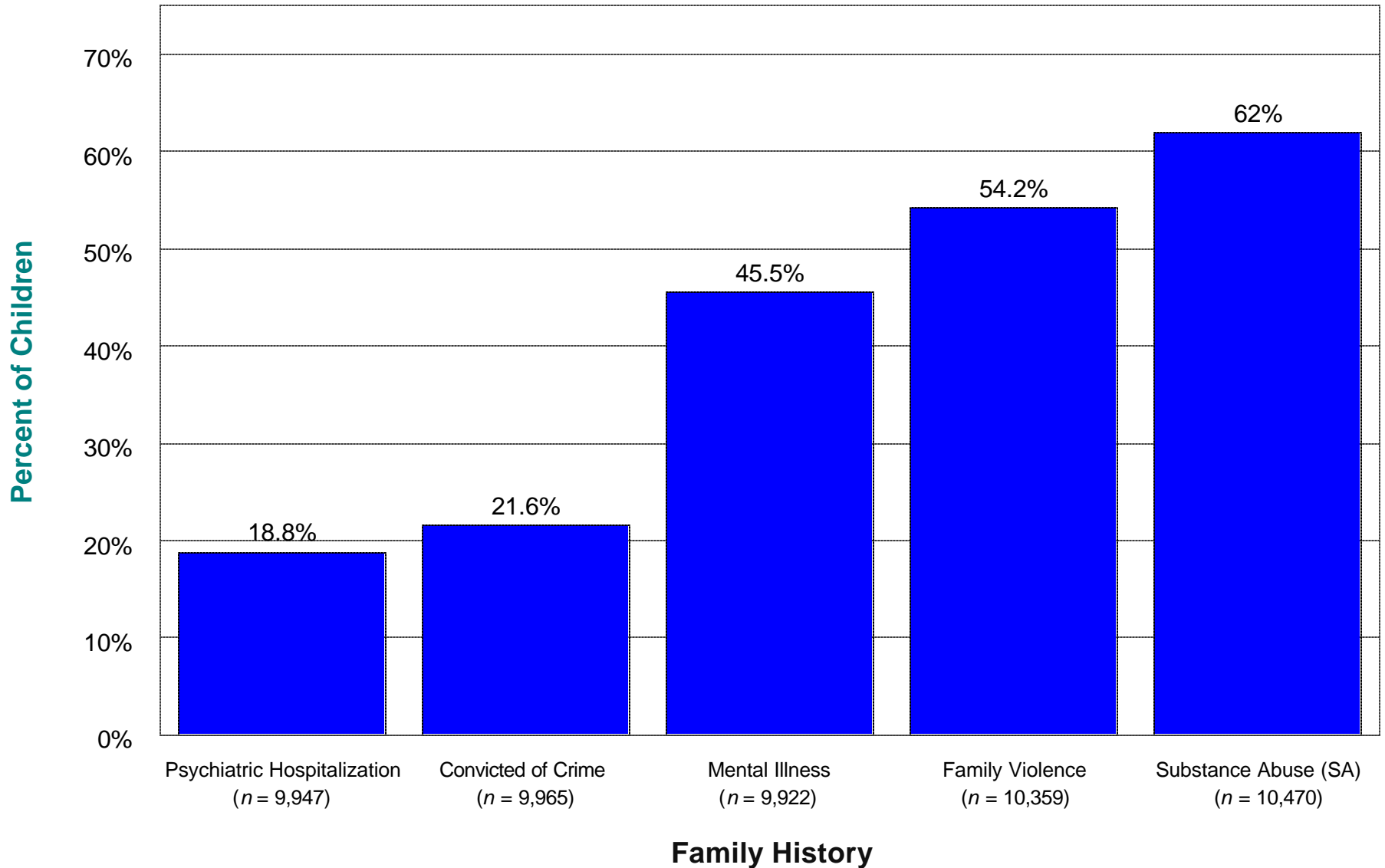
**How many children have
parents with mental illness?**

many millions

- **increased risk of problems**
- **many are resilient**

Child and Family Descriptive Study

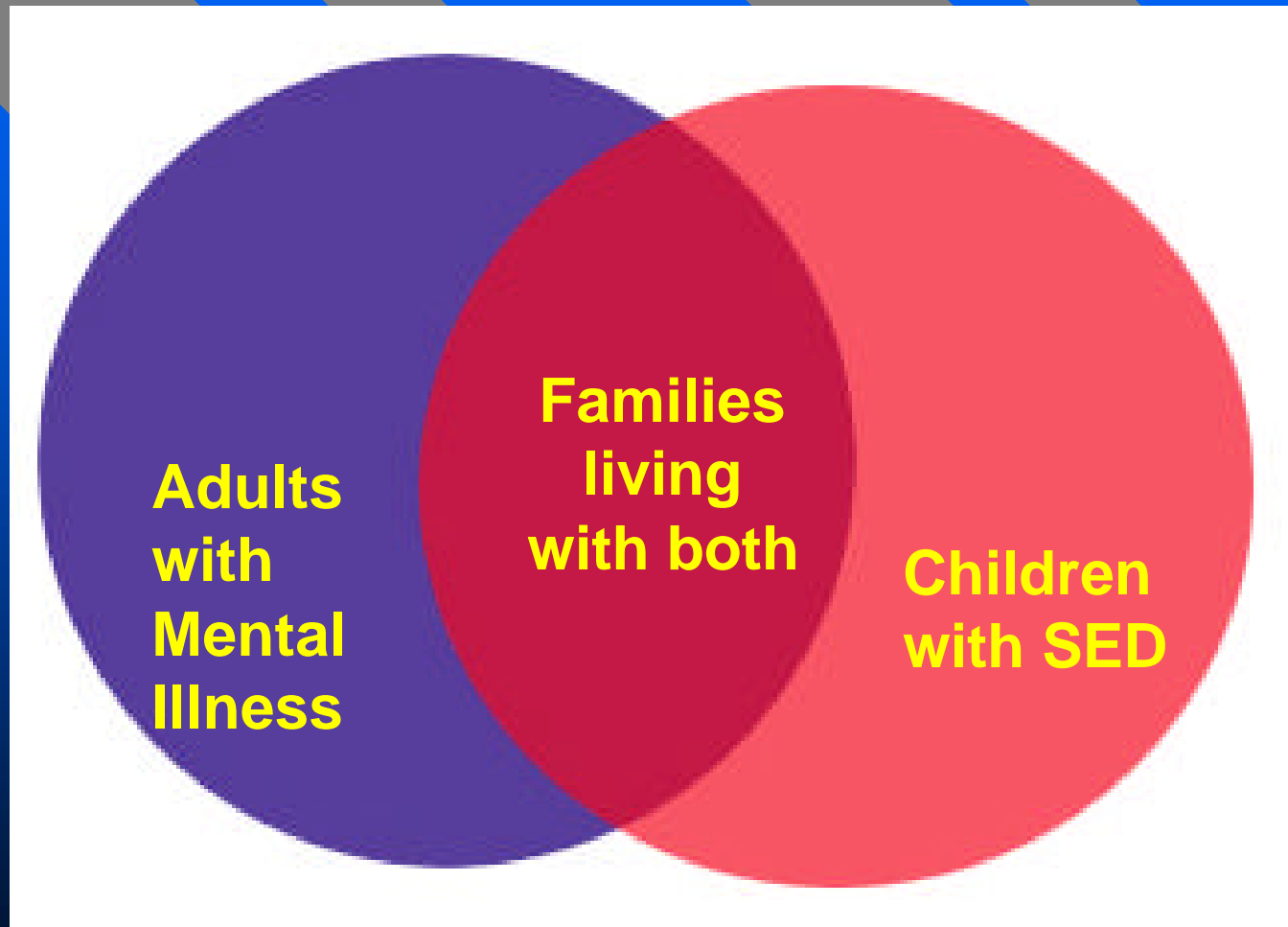
Family History



We know a great deal about children from studies:

- **Children whose parents have mental illness are at greater risk for developing problems than children whose parents do not.**
- **Many children whose parents have mental illness do well.**
- **Child outcomes appear to be related to many variables, alone or in combination with parental mental illness.**

Overlapping Issues & Needs



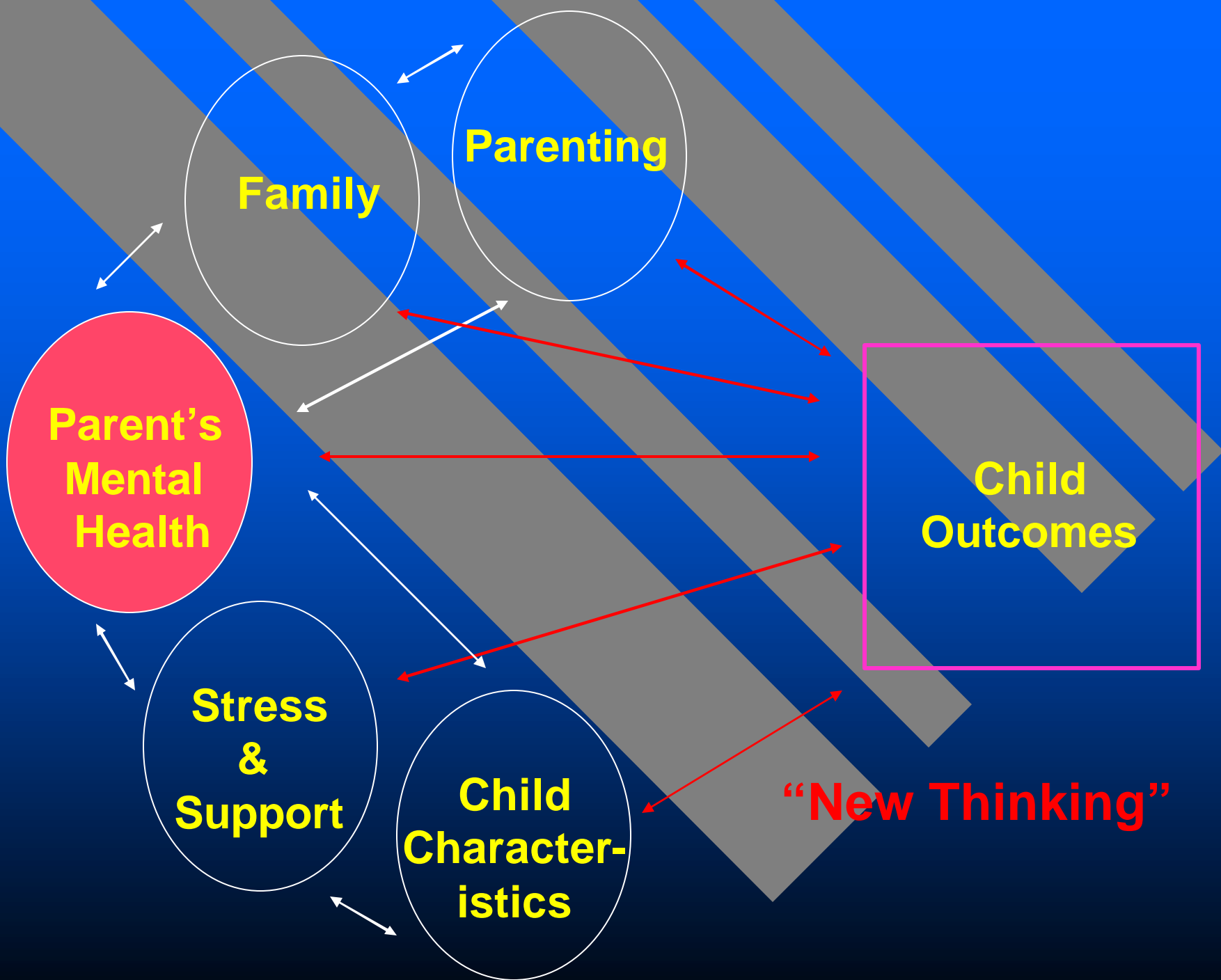
Intervention

**Parent's
Mental Illness**

**Child
Outcomes**



“Old Thinking”



intervention

**Family,
stress &
supports**

**Many
Opportunities
for Intervention
& Support**

intervention

**Parent's
Mental
Health**

**Child
Outcomes**

intervention

**Child
character-
istics**

