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The risk and protective factors against depression among young adult females in care centers

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Introduction: This research looks at the risk and protective factors against depression for females in care centers. Research suggests that individuals, who have been isolated and abused as children are prone to mental health adversities, like depression. The women residing in care centers are susceptible to developing depression due to these developmental adversities and lack of support. Research concerning minorities, like the females in care homes, is still lacking and is needed to improve mental health and increase resiliency. Depression is the fourth leading cause of disability worldwide and is major health concern.

Aim: This research aims to assess potential risk and protective factors (spirituality, coping strategies and social support) against depression for females (aged 18-30) in care centers. This is a non-experimental correlational study that compared the relationship between two variables (depression, protective and risk factors) without manipulation of variables.

Materials & Methods: The study included 85 participants using convenient sampling. Four questionnaires were distributed throughout four centers (two for social rehabilitation centers, two for orphan care homes) in the city of Riyadh; Beck Depression Inventory, Coping Strategies, multidimensional Scale of Perceived Social Support, and Spiritual Well-being Scale. The questionnaires were filled by participants in their allocated center.

Results: The results concluded that high levels of depression corresponded with low levels of social support ($r=-0.422$, $p=0.00$), and low scores on a two coping strategies; spirituality ($r=-0.259$, $p=0.039$) and confrontation ($r=-0.309$, $p=0.013$). High levels of depression corresponded high levels for three coping strategies; self-blame ($r=0.336$, $p=0.005$), acting out ($r=0.313$, $p=0.015$) and isolation ($r=0.398$, $p=0.001$). Higher depression scores are reported in social rehabilitation centers than orphan care homes ($m=26$, $SD=12.602$ vs. $m=16.9$, $SD=11.780$, $p<0.0005$).

Conclusion: It is recommended that social support and coping strategies mentioned are implemented within care and rehabilitation plan. Such plans could help to reduce or prevent depressive symptoms in young women residing in these care centers.

Biography

Bayan Alqadheeb, BSc, is a Saudi clinical psychologist graduated from Princess Norah University.

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