ASSESSMENT OF PSYCHOSOCIAL WELL-BEING OF PHILADELPHIA YOUTH

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About the Proud Teens of Philly Program

Proud Teens of Philly (PTOP) is a Teen Pregnancy Prevention (TPP) program funded by the Office of Population Affairs (OPA)

Provides sexual health education to youth ages 12-19 in high-risk Philadelphia communities.

Over 1500 youth reached in 3 years
ETHNICITY AND RACE OF Y2 PARTICIPANTS

Y2 - July 1st 2021 - June 30th 2022
Stressors for Youth

• Youth face many stressors. Some include but are not limited to:
  - Community violence
  - Loss of a loved one due to death
  - Divorcing parents
  - Substance abuse in the home
  - School related pressure
  - COVID-19 Pandemic
Conducted a SEW assessment for 83 PTOP participants to better understand participant needs

- Participants were given the assessment on the last implementation session of the program

- Assessment consisted of items from:

  - The Generalized Anxiety Disorder 7-item assessment
  - The Adverse Childhood Experiences questionnaire
  - The Kutcher Adolescent Depression Scale
Types of Questions Asked

GAD 7: “Over the last 2 weeks, how often have you been bothered by feeling nervous, anxious or on edge?”

- 0= “Not at all” 3=“Nearly every day”.

ACES questionnaires: “Prior to your 18th birthday was a biological parent ever lost to you through a divorce, abandonment, or other reasons?”

- “Yes” or “No” responses

Kutcher Adolescent Depression Scale: “Over the last week, how have you been “on average” or “usually” regarding feeling worried, nervous, panicky, tense, keyed up, anxious?”

- 0=“Hardly ever” 3=“All of the time”
Sample included both middle and high school (8th and 10th grade) students from Y2 of program. Students submitted the assessment completely anonymously and were allowed to skip any item they did not wish to answer. Scores for each assessment were calculated according to assessment scoring guidelines.
Results

55.4% (n=46) of students reported dealing with depression

68.7% (n=57) of the students reported having mild to severe anxiety

Anxiety (75th percentile=33.7%) was more prevalent among this sample compared to depression (75th percentile=25.3%)
9.4% (5.8 million) of children (3-17 years old) reported being diagnosed with anxiety between 2016-2019

4.4% (2.7 million) of children (3-17 years old) reported being diagnosed with depression between 2016-2019

Since 2007 the percentage has increased for both anxiety and depression

(CDC, 2023)
Next Steps

- Linking youth to appropriate resources
  - Created a toolkit (in English and Spanish) comprising adolescent wellness, community violence, grief and loss, and public benefits resources for PTOP participants

- Knowing/recognizing the signs of anxiety and depression in youth

- Provide interventions (community or school-based) to promote healthy lifestyle behaviors and optimal youth development to mitigate adverse experiences
School-based Interventions

- School-based interventions such as in-school screening, use of community consultants, and parent outreach can improve mental health outcomes in youth and support family access to mental health services.
Further Research

• There are other issues youth face:
• Relationships
• Bullying
• Social isolation
• Gender and sexual identities
• Exposure to gun violence/ community violence, etc.
• Special attention needs to be given to these topics to better understand the social emotional needs of today’s youth
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References

