

Young people's perspectives on the meaning and determinants of mental health: Implications for developing & evaluating guaranteed income and inter-sectoral policies

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With recognition that VCC is situated on unceded Coast Salish Territory

Overview



- Share preliminary findings of qualitative meta-synthesis of youth views on the meaning and determinants of mental health
- Implications for guaranteed income (GI) and inter-sectoral policies

Young people's distress in the world as it is today



- Depression is the leading cause of disability for young people between 10 and 19 (Belfer, 2008)
- Suicide is the third leading cause of death among adolescents world wide (World Health Organization, 2014)
- Emergency department visits increased by 66% & hospitalization rates increased by 55% for mental health issues between 2007 and 2017 (Canadian Institute for Health Information, 2018)
- Canadian college-university students (N=43,780 students) reported between 45-75%: hopelessness, lonely, very sad, overwhelming anxiety, exhausted, so depressed difficult to function in previous year (National college survey, 2016)

Why youth views?



- Ongoing lack of attention among adult ally researchers and policy makers to youths' attention to the social determinants of health (Harden et al., 2001; Shucksmith et al. 2008)
- Mental health- socially constructed (Ott et al.2011; Cited in Wells et al., 2011)
- Youth voice absent in mental health care planning (Gampetro et al. 2012; Fleming and Boeck, 2012 cited in Hall et al., 2016;)
- Need to engage young people as “human beings” vs “human becomings” to address current issues in wider community development initiatives (Goodwin & Young 2013)
- Need to address differing cultural perspectives (Wells et al., 2011; Garcia and Saewyc, 2007)
- Many definitions of mental health/wellbeing with taken for granted assumptions (Lal et al. 2014)

Why is there a need for a meta-synthesis of qualitative studies exploring the meaning and determinants of youth mental health?



- Lack of integration of youth views studies in a way that a) addresses contradictory findings across quantitative studies (that have explored the relation between socio-economic factors and youth mental health) (Laliberte, 2015); b) fosters an integrated understanding of youth views on the meaning of mental health and implications for integrated inter-sectoral policies in mental health promotion initiatives

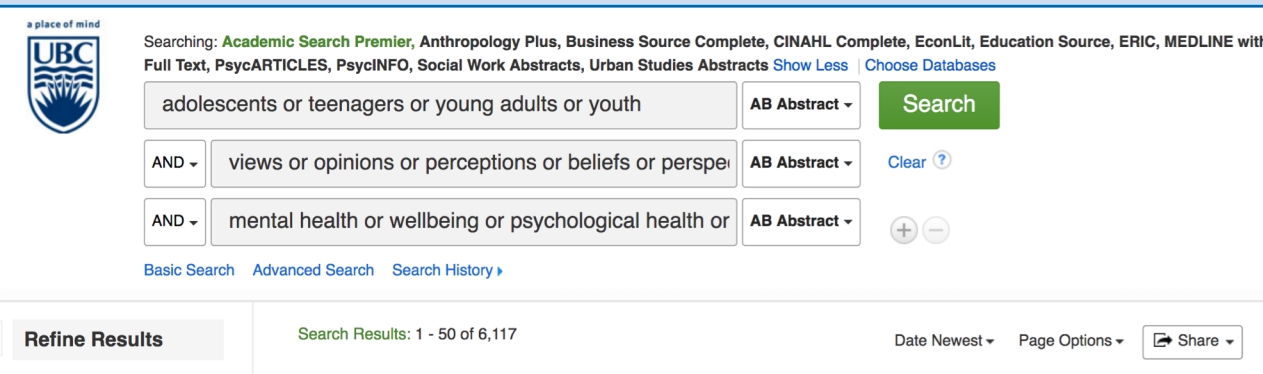
Meta-synthesis of qualitative studies

- Previous 10 years: Oct 2009-September 2018
- 11 interdisciplinary data bases (e.g. Psycinfo, Academic Search Complete, ERIC, Academic Search Premier, Econlit, Social Work Abstracts, CINAHL, Medline, Urban Studies)=6,117

The screenshot shows the UBC library search interface. At the top left is the UBC logo with the tagline 'a place of mind'. The search bar contains the text 'adolescents or teenagers or young adults or youth'. Below the search bar, there are three rows of search criteria, each with an 'AND' dropdown and an 'AB Abstract' dropdown. The first row contains 'views or opinions or perceptions or beliefs or persp'. The second row contains 'mental health or wellbeing or psychological health or'. To the right of the search bar is a green 'Search' button. Below the search bar is a 'Clear' button. At the bottom of the search bar, there are links for 'Basic Search', 'Advanced Search', and 'Search History'. Below the search bar, there is a 'Refine Results' button. To the right of the 'Refine Results' button, it says 'Search Results: 1 - 50 of 6,117'. To the right of that, there are dropdowns for 'Date Newest' and 'Page Options', and a 'Share' button.

- N=2 integrative reviews (2001; 2009)
- N=10 peer reviewed youth views' studies reviewed thus far
- Included diverse youth groups in terms of their cultural backgrounds, socio-economic status, experiences of mental health (some with mental health issues reflecting on wellbeing)
- Currently reviewing data bases for youth views on relation between SDOH and youth mental health

Meta-synthesis: youth views on mental health



a place of mind
UBC

Searching: Academic Search Premier, Anthropology Plus, Business Source Complete, CINAHL Complete, EconLit, Education Source, ERIC, MEDLINE with Full Text, PsycARTICLES, PsycINFO, Social Work Abstracts, Urban Studies Abstracts [Show Less](#) [Choose Databases](#)

adolescents or teenagers or young adults or youth AB Abstract ▾ Search

AND ▾ views or opinions or perceptions or beliefs or perspective AB Abstract ▾ Clear ?

AND ▾ mental health or wellbeing or psychological health or AB Abstract ▾ + -


[Basic Search](#) [Advanced Search](#) [Search History](#) ▶

Refine Results Search Results: 1 - 50 of 6,117 Date Newest ▾ Page Options ▾ [Share](#) ▾

- Search terms: “Adolescents or teenagers or young adults or youth”
- “Views or opinions or perceptions or beliefs or perspective”
- “Mental health or well-being or psychological health or emotional health”
- Data bases:
 - Anthro plus
 - Business Source complete
 - CINAHL Complete
 - EconLit
 - Education Source
 - ERIC
 - Medline w full text
 - Psycharticles
 - Psycinfo
 - Social work abstracts
 - Urban studies abstracts
 - Academic Search Premier
- Yielded 6,117 articles
- Inclusion criteria:
 - Qualitative study focus primarily on seeking youth views on mental health in a positive sense
 - Examples of quotes to support thematic analysis
- Exclusion criteria:
 - Youth with mental illness
 - Youth views on mental illness, formal mental health system
 - Quantitative studies exploring associations between SDOH and MH outcomes

Meta-synthesis: youth views on determinants of mental health

- Search terms: “Adolescents or teenagers or young adults or youth”
- “Views or opinions or perceptions or beliefs or perspective”
- “Mental health or well-being or psychological health or emotional health”
- Determinant of health:
 - Education
 - Social inclusion
 - Culture
 - Employment, jobs, labour
 - Income
 - Nature, environment
 - Built environment
- Data bases (same)

a place of mind
 Searching: [Academic Search Premier](#), [Anthropology Plus](#), [Business Source Complete](#), [CINAHL Complete](#), [EconLit](#), [Education Source](#), [ERIC](#), [MEDLINE with Full Text](#), [PsycARTICLES](#), [PsycINFO](#), [Social Work Abstracts](#), [Urban Studies Abstracts](#) [Show Less](#) [Choose Databases](#)


adolescents or teenagers or young adults or youth AB Abstract ▾ Search

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AND ▾ housing AB Abstract ▾ + -

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adolescents or teenagers or young adults or youth AB Abstract ▾ Search


AND ▾ views or opinions or perceptions or beliefs or perspe AB Abstract ▾ Clear ?

AND ▾ employment or job or career or work or labour AB Abstract ▾

AND ▾ mental health AB Abstract ▾ + -

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a place of mind
 Searching: [Academic Search Premier](#), [Anthropology Plus](#), [Business Source Complete](#), [CINAHL Complete](#), [EconLit](#), [Education Source](#), [ERIC](#), [MEDLINE with Full Text](#), [PsycARTICLES](#), [PsycINFO](#), [Social Work Abstracts](#), [Urban Studies Abstracts](#) [Show Less](#) [Choose Databases](#)

adolescents or teenagers or young adults or youth AB Abstract ▾ Search

AND ▾ views or opinions or perceptions or beliefs or perspe AB Abstract ▾ Clear ?

AND ▾ income AB Abstract ▾

AND ▾ mental health Select a Field (optional) ▾ + -

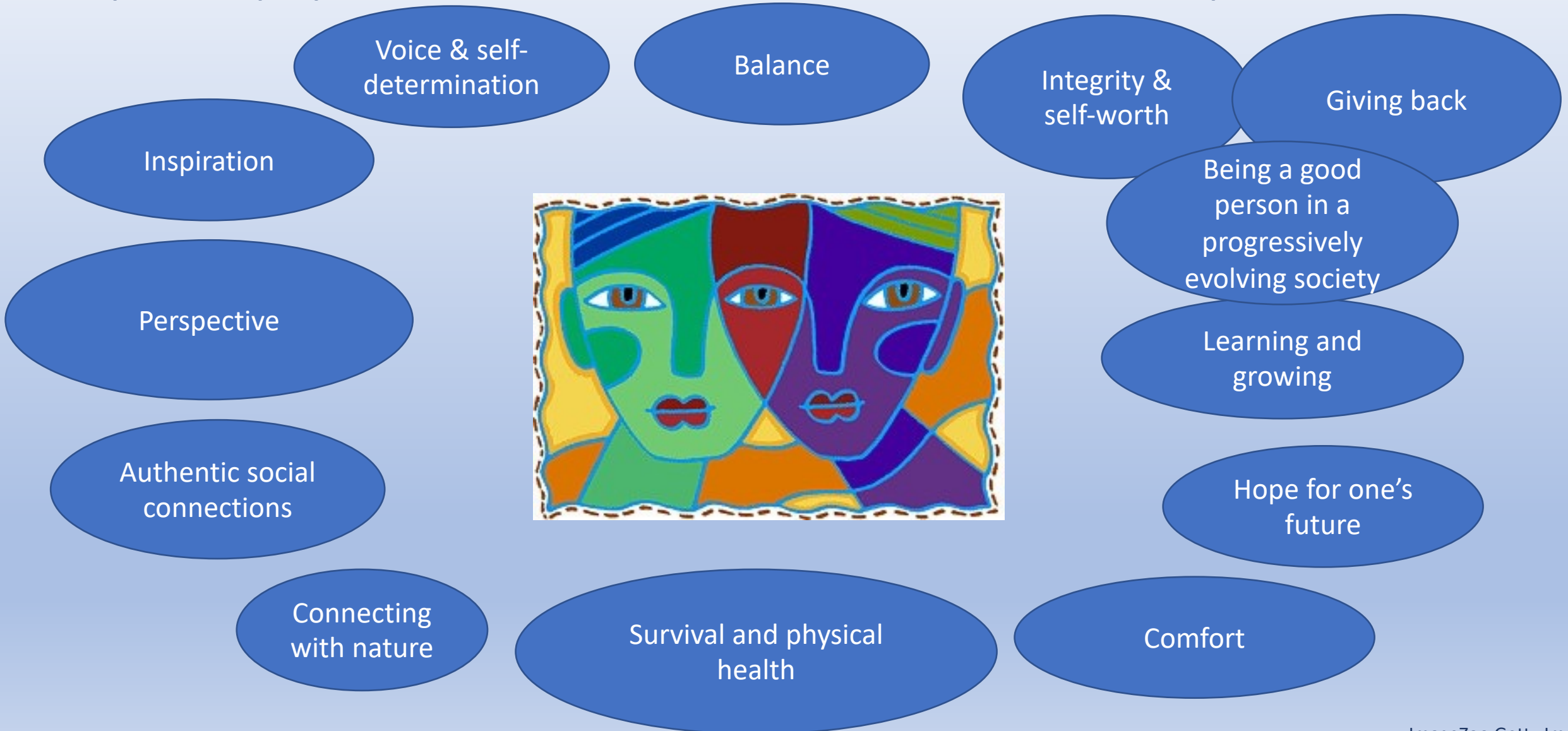
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“Mind- describes your whole life” – relational view of mental health



Youth mental health needs framework: Tool for policy/praxis-oriented mental health promotion

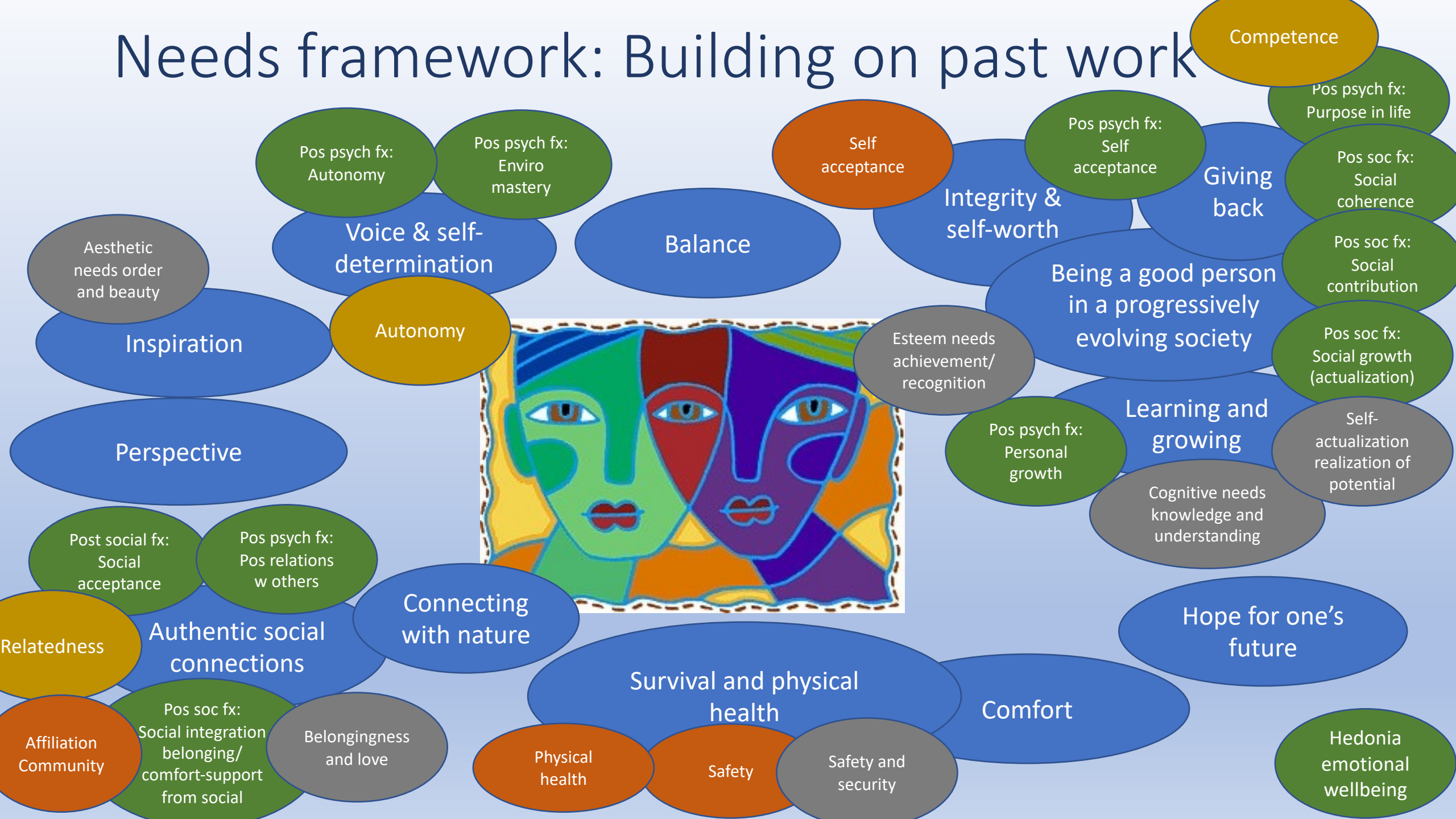


Needs framework: Building on previous work

- **Key for next page:**

- **Green** Tripartite Positive Mental Health Framework in a dual continua model of mental illness/mental health (Keyes, 2010)
- **Orange** Circumplex of goals/aspirations (Kasser et al., 2007)
- **Grey** Maslow's hierarchy of needs including two types of needs: growth needs and deficiency needs (Noltemeyer et al., 2012)
- **Mustard** Theory of motivation/psychological needs theory (Deci & Ryan, 2000)

Needs framework: Building on past work



Extending current theories: Insights from young people

- Helps bring more attention to young people's needs: e.g. a previous systematic review of foster children's needs showed a dominant focus on children's problems instead of their needs with some using these terms interchangeably (Steenbakkers et al., 2018)
- This fills a key gap in previous theories that seek to explain the relationship between structural factors and, in this case, youth mental health. For example,
 - Risk and protective factor frameworks list several factors, including the outcomes of structural factors such as "positive emotions" without explaining specifically how structural factors relate to mental health outcomes. Furthermore, listed "factors" include a mixture of needs (e.g. the need for control and autonomy, self esteem) and outcomes (emotional distress) without distinguishing the relationship between these factors, including how wider structural (social/economic) processes relate to needs and mental health outcomes.

Extending current theories: Insights from young people

- Extends basic psychological needs theory (Deci & Ryan, 2000) that includes: competence, autonomy, and relatedness, to include other inter-related needs
- Extends ways needs have been framed in previous work:
 - Challenges how Steenbakers et al. have combined “self esteem, the need for prestige and accomplishment, autonomy, mental health and coping” within a “psychological needs” category by bringing a relational perspective to these needs such as autonomy being shaped by the ways that social processes enable autonomy and recognizing many additional and inter-related needs.
 - By categorizing “education, leisure and employment” within self-actualization, this individualizes social processes such as education & employment with self-actualization
 - Shifts focus from “motivation” in motivation theory developed by Deci and Ryan to framing these experiences as ultimately psychological/mental health needs

Extending current theories: Insights from young people

- Helps to address how previous theories of how structural factors impact youth mental health neglect explaining specifically how social/economic processes influence youth mental health. E.g. Within previous risk and protective factors frameworks, individual and structural factors, along with “mental health” and emotions (positive) are listed as factors at individual, community, and structural levels without explaining how these factors inter-relate (e.g. review National Collaborating Centre for Healthy Public Policy, 2014). A needs perspective helps to understand the relationship between structural factors that combine with young people’s action to either enable or disable young people in realizing their mental health needs.
- Helps to inform previous mental health indicator frameworks

A world for young minds to thrive: Implications for developing/evaluating GI and inter-sectoral policies

What percentage of young people...

- Have access to key resources such as organic non GMO food, safe comfortable housing with electricity, heat, water, safe transportation & health care to enable their need to survive and to support their physical health (and in turn their mental health)?
- Have time/space to get perspective on what's important in life?
- Live in social, cultural, natural, built environments that they feel inspired by?
- Enjoy their learning and feel engaged and inspired by their educational experiences?
- Are engaged in work and/or life activities that enable them to express their unique capacities and interests in ways that feel meaningful to them? What percentage of young people get jobs within their desired field of study?
- Have a sense of hope for their future?
- Feel like they know what their unique strengths are and are able to give back to their communities?
- Experience social environments where they are valued for their uniqueness and connect based on our common humanity?
- Feel connected with nature?

(These indicators have been further developed from previous work of Laliberte & Varcoe)

Guaranteed
Livable Income

Universal Basic
Services

Labour and industry
policy

Co-governance

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