

INTRODUCTION

- Youth with depressed mothers 2-5 times more likely to be depressed¹⁻³ and experience **longer, more frequent,** and **more impairing** episodes⁴⁻⁵
- Depression rates rise more rapidly among girls during adolescence and are twice as high in adult women compared to men⁶⁻⁷
- Interventions **less effective** when caregiver is currently depressed⁸
- Personalizing interventions to each specific family may increase therapeutic benefits
- Current study used **person-centered approach** to identify subtypes of mother-daughter dyadic affect and family interactions

METHOD

- $N = 79$ dyads of adolescent girls and their mothers
 - Recruited from communities in Nashville, TN and Burlington, VT to participate in family-based cognitive-behavioral preventive intervention for children and parents with history of major depressive disorder (MDD)⁹
 - Girls:**
 - Age: 9-15 years old ($M=11.6$; $SD=1.9$);
 - Race/ethnicity: 53 (66.3%) non-Hispanic White, 13 (16.3%) Black/African American, 6 (7.5%) Mixed or Other, 4 (5%) Asian, 1 (1.3%) American Indian/Alaskan Native
 - Mothers:**
 - Age: 24-57 years old ($M=41.1$; $SD=7.8$)
 - History of MDD
- Self-report measures of depressive symptoms:**
 - Center for Epidemiological Studies-Depression scale (CES-D)¹⁰ for girls
 - Beck Depression Inventory-II (BDI-II)¹¹ for mothers

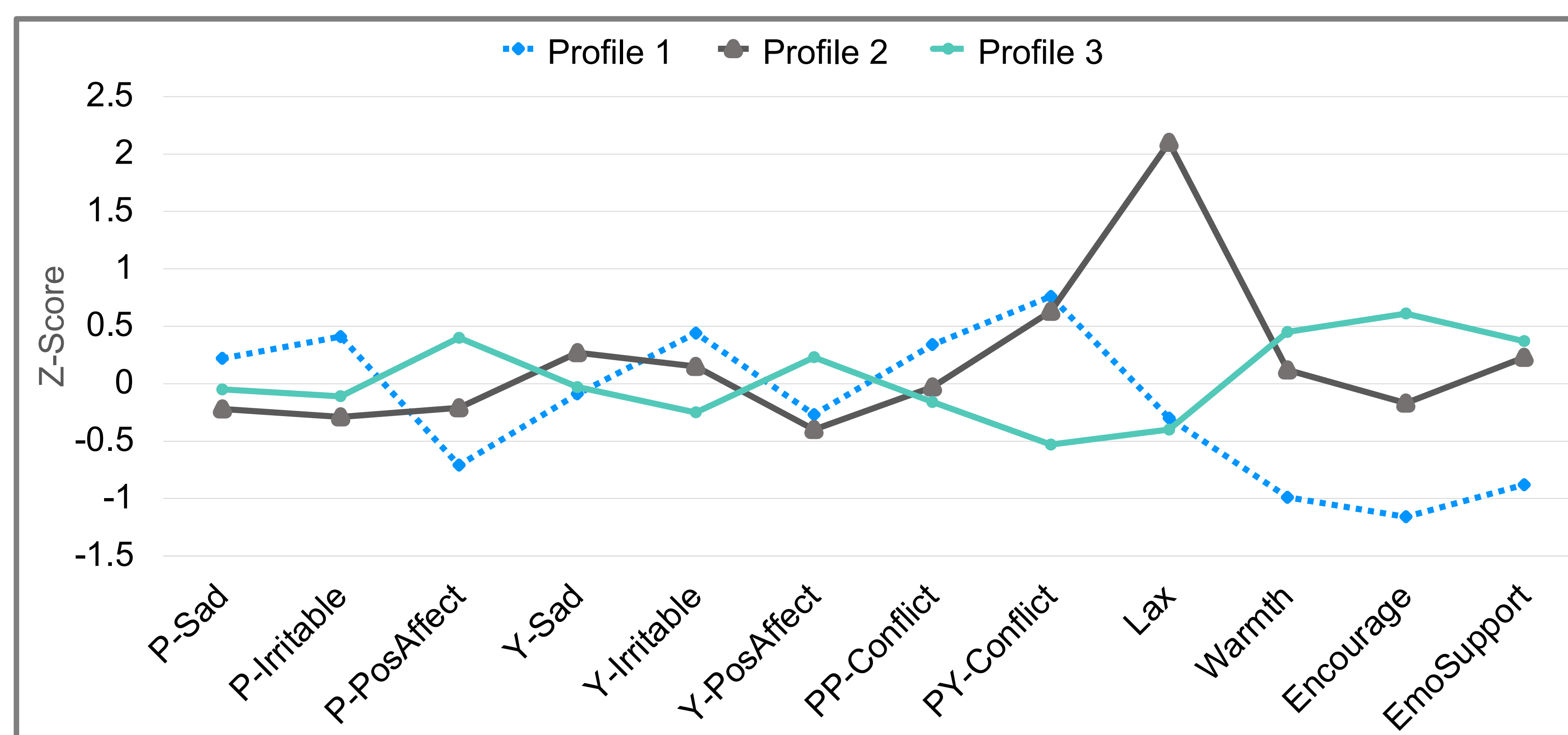
METHOD CONT.

- Latent profile analysis used the following as indicators:
 - Mother and daughter reports of depressive symptoms at baseline
 - Observed dyadic affect and family interactions during structured task

RESULTS

- Three distinct family profiles based on affect and family interactions emerged from latent profile analysis:

Profile 1 ($n=20$; 25.3%)	Profile 2 ($n=11$; 13.9%)	Profile 3 ($n=48$; 60.8%)
High irritability and low positive affect experienced by both	Low positive affect experienced by both	High positive affect experienced by both
High interparental and parent-youth conflict	Daughters experiencing more irritability and sadness compared to their mothers	Low parent-youth conflict
Low maternal laxness	High parent-youth conflict	Low maternal laxness
Very low warmth, encouragement of emotional expression, and emotional support	Very high maternal laxness	High warmth, encouragement of emotional expression, and emotional support
	High emotional support	



Distinct profiles of dyadic affect and interactions among mothers with a history of depression and their adolescent daughters could inform personalization of family-based prevention of youth depression

DISCUSSION

- Distinct profiles suggest family-specific models of depressive symptoms and family interactions
- Families may be matched to interventions targeting characteristics specific to each profile
 - Mother-daughter dyads who fit profiles 1 and 2 (high parent-youth conflict) could benefit from interventions that build effective communication skills
 - Interventions targeting maternal laxness, such as parent training for youth behavioral monitoring, might also be well suited for dyads who fit profile 2
- Future research could examine whether tailoring interventions to family-specific models of affect and interactions **may improve intervention effects** and **mitigate the intergenerational transmission risk of depression**



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