

Problem Statement

According to the Centers for Disease Control and Prevention mental health encompasses one's emotional, psychological and social well-being (CDC, 2021). Mental health influences how we think, feel, make choices, handle stress and relate to others. Mental health disorders, also referred to as mental illnesses are one of the most common health conditions in the United States. More than 50% of US population will be diagnosed with a mental health disorder during their lifetime, and one in five will experience a mental illness in a given year (CDC, 2021).

There are a variety of causes and risk factors that increase the likelihood of developing mental health disorders. For example, negative parenting practices during childhood can foster or increase a child's vulnerability to emotional dysregulation, psychological distress, social incompetency and long-term mental health disorders. Having positive family relationships, specifically parent-child relationships is critical for nurturing a child's trajectory of health and well-being over their life span. Research links parental warmth to positive offspring health and well-being, and lowers risks of mental health disorders later on in life. Parental warmth is a multi-dimensional construct that assesses parental affection, nurturing, and involvement in a child's life (Chen et al., 2018).

Understanding the role in how parenting influences outcomes of mental health is crucial. Mental health disorders in adults have a large impact on the individual and society as a whole. Mental health disorders are the third most common cause of hospitalization in the United States. Suicide which is largely associated with symptoms of mental health, is the second leading cause of death between individuals ages 15-34 and the 10th leading cause of death overall (CDC, 2021). If we can better understand this research in social work, we can target parental practices for prevention and intervention strategies to improve health and well-being (Chen at al., 2018).

Research Hypothesis

In my research study, I will explore the relationship between parental warmth and mental health. I predict there will be a positive relationship between the parental warmth scale and mental health outcomes in their offspring, that as the Parental Warmth Scale score increases, the level of flourishing as an adult will increase.

I hypothesize percentage of childhood poverty and number of times a child has been hospitalized since birth will have a negative effect on the level of flourishing as an adult. I hypothesize years of education will have a positive effect on the log of flourishing. I hypothesize children who come from a family of new immigrants will have less log of flourishing compared to those that are not. I predict those who are Black will have a lower log of flourishing compared to those who are white. I predict those who live in a safe neighborhood will have increased log of flourishing than those who don't live in a safe neighborhood. I predict those who grew up never going to church will have lower log of flourishing than those who attend once a week or less.

Variables chosen from the Child Development Supplement Codebook Data Set.

SPSS Variable Name (page #)	Description of Variable	Scale	Prediction	Type of Variable	Mean Value (SD)	N for each Variable
loglanguishflourish (p. 18)	Mental Health: Emotional Well-being, Social Well-being, Psychological Well-being. A composite of all of these. Higher values indicate more	I/R	---	Dependent variable	2.60	2890

	flourishing. Lower values indicate more languishing.					
WARMTH02 (p. 11)	Parental Warmth Scale	I/R	Positive	Primary Independent	3.91 (.65)	2906
perpov (p.3)	Percentage of childhood in poverty	I/R	Negative	Independent/Control	.17 (.30)	3228
NEWIMMI (p.3)	New Immigrant to the US	Nominal	Negative	Independent/Control	.176	3563
female (p.3)	Gender is Female	Nominal	Non-direct ional	Independent/Control	.50	3563
agebirth (p.3)	Age of Mother at Birth of child	I/R	Non-direct ional	Independent/Control	28.08 (5.67)	3026
chwhite (p.3)	Race of child; white	Nominal	Excluded	Independent/Control	.46	3555
Chblack (p.3)	Race of child; African American	Nominal	Negative	Independent/Control	.41	3555
ChHispanic (p.3)	Race of child; Hispanic	Nominal	Negative	Independent/Control	.08	3555
Chrace (p.3)	Race of child; other	Nominal	Negative	Independent/Control	.05	3555
finedhd (p.3)	Total years of education for the head	I/R	Positive	Independent/Control	12.68 (3.25)	3399
Vryrelg (p.6)	Religious Practices of child; more than once a week	Nominal	Positive	Independent/Control	.11	2203
SomereIg (p.6)	Religious Practices of child; less than once a week-once in a while	Nominal	Excluded	Independent/Control	.40	2203
Lotsrelg (p.6)	Religious Practices of	Nominal	Excluded	Independent/Control	.31	2203

	child; once a week					
Norelig (p.6)	Religious Practices for the child; never	Nominal	Excluded	Independent/Control	.18	2203
safe (p.6)	Do you consider the neighborhood safe?	Nominal	Positive	Independent/Control	.90	2206

References

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- Chen, Y., ScD, Kubzansky, L. D., Ph.D, & VanderWeele, T. J., Ph.D. (2018, October 30). Parental warmth and flourishing in mid-life. Retrieved March 06, 2021, from <https://hfh.fas.harvard.edu/parental-warmth>