

“Financial COVID-19”: Risk and Resilience Perspectives on Youth Mental Health

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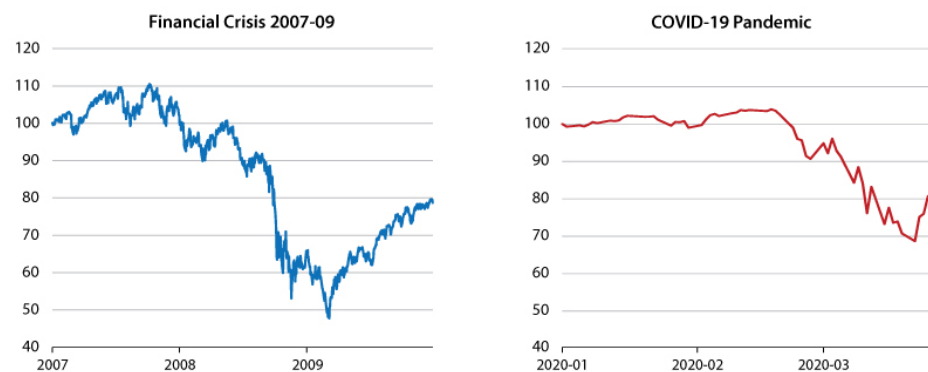
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Overview

- What is the “Financial COVID-19”?
- Financial COVID-19 and adult mental health
- ABCD Study findings on financial COVID-19 and adolescents’ mental health
- Perspectives on resilience

Macro-level economic impact of COVID-19

Figure 1
S&P 500

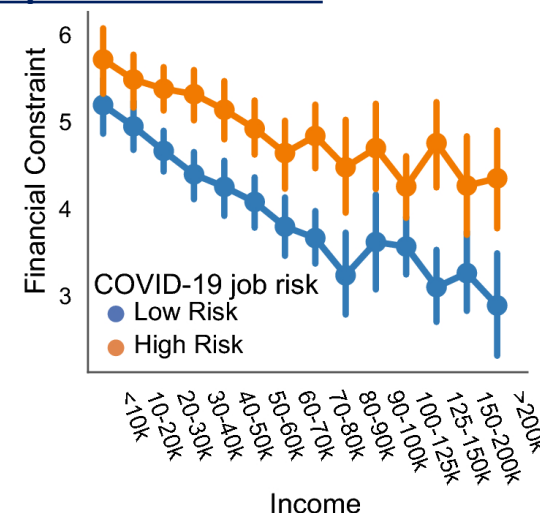
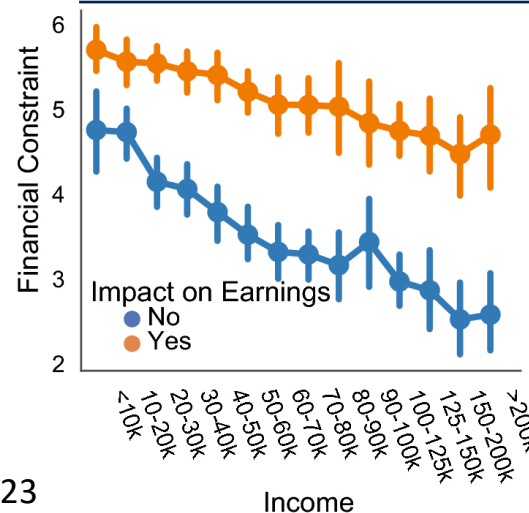


COVID-19 brought dramatic economic stress in 2020



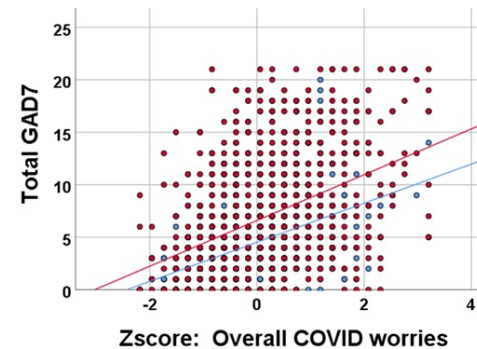
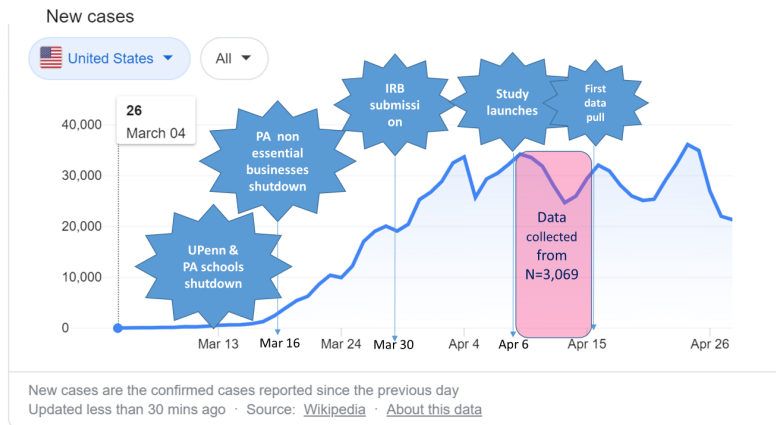
Across income levels, COVID-19 financial strain was greater when (1) earnings were affected & (2) job was at risk.

Individual-level economic impact of COVID-19



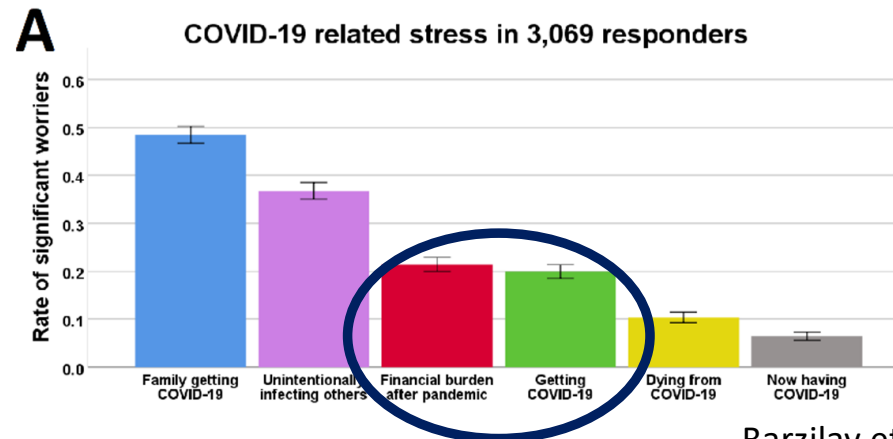
Trueblood et al. 2023

Financial stress was already a key part of COVID-19 stress in April 2020



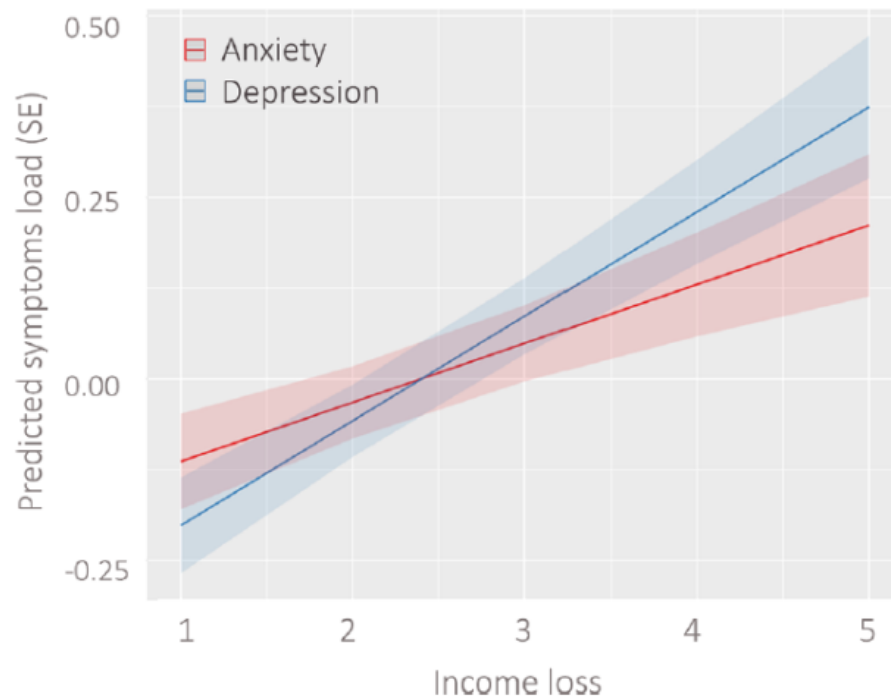
Worries about the pandemic were associated with anxiety symptoms

In April 2020, worries about finances were as bad as worries about contracting COVID-19



Barzilay et al. Translational Psychiatry 2020

“Financial COVID-19” and adult mental health



Income loss was prospectively associated with anxiety and depressive symptoms in adults

What can data in adults teach us on youth mental health during COVID?

Parents to young children experienced **more COVID-19 distress**



Financial worries of adults (parents) were **related to depression and anxiety**



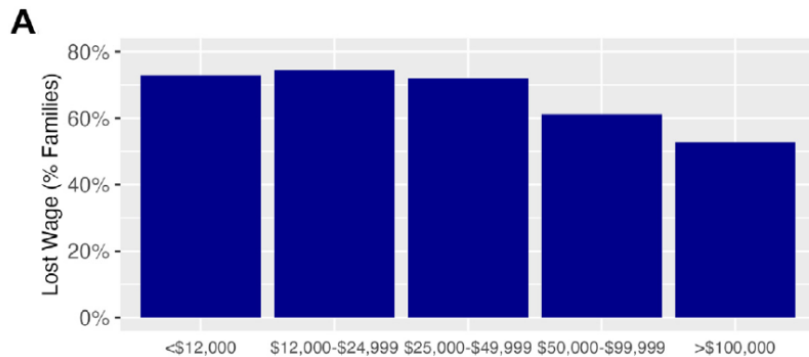
Job loss and income loss were major **contributors to adult mental health**



Our research question:
What is the relationship between financial COVID-19 and adolescent mental health?

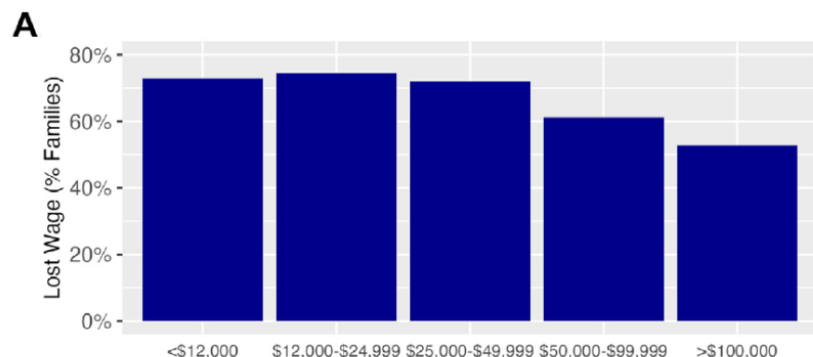


Findings from the ABCD Study

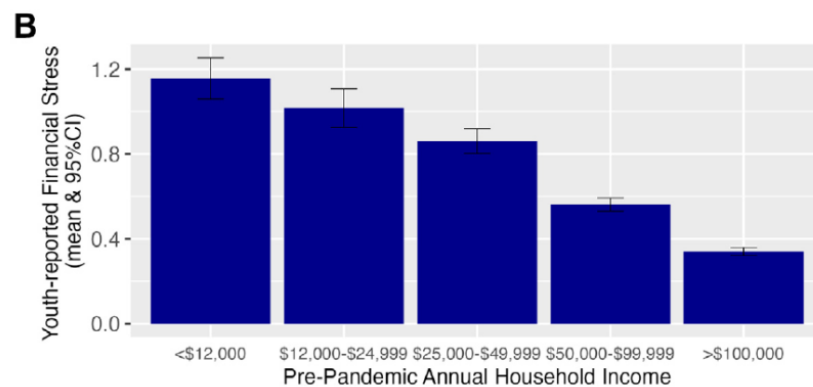


Across income levels, parental income loss during the pandemic was associated with increased youth depressive symptoms, **but was no longer associated with youth depressive symptoms when accounting for other pandemic factors like family conflict, family isolation, school closure**

Findings from the ABCD Study

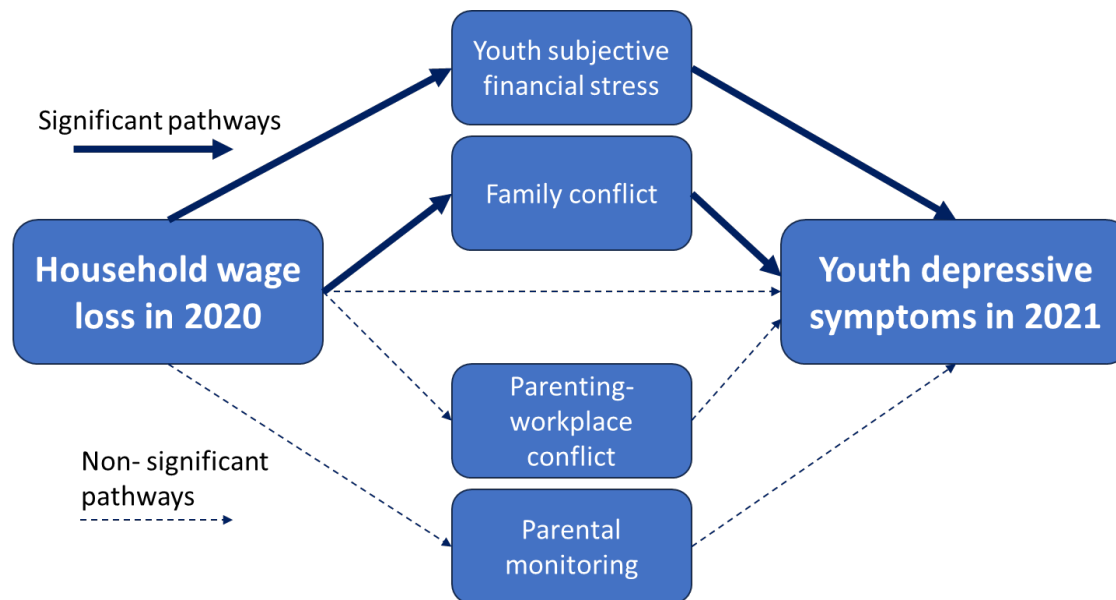


Across income levels, parental income loss during the pandemic was associated with increased youth depressive symptoms, **but was no longer associated with youth depressive symptoms when accounting for other pandemic factors like family conflict, family isolation, school closure**



Across income levels, subjective youth financial stress during the pandemic was associated with increased depressive symptoms, **and remained associated with depressive symptoms when accounting for other pandemic factors like family conflict, family isolation, school closure, regardless of objective parental income loss**

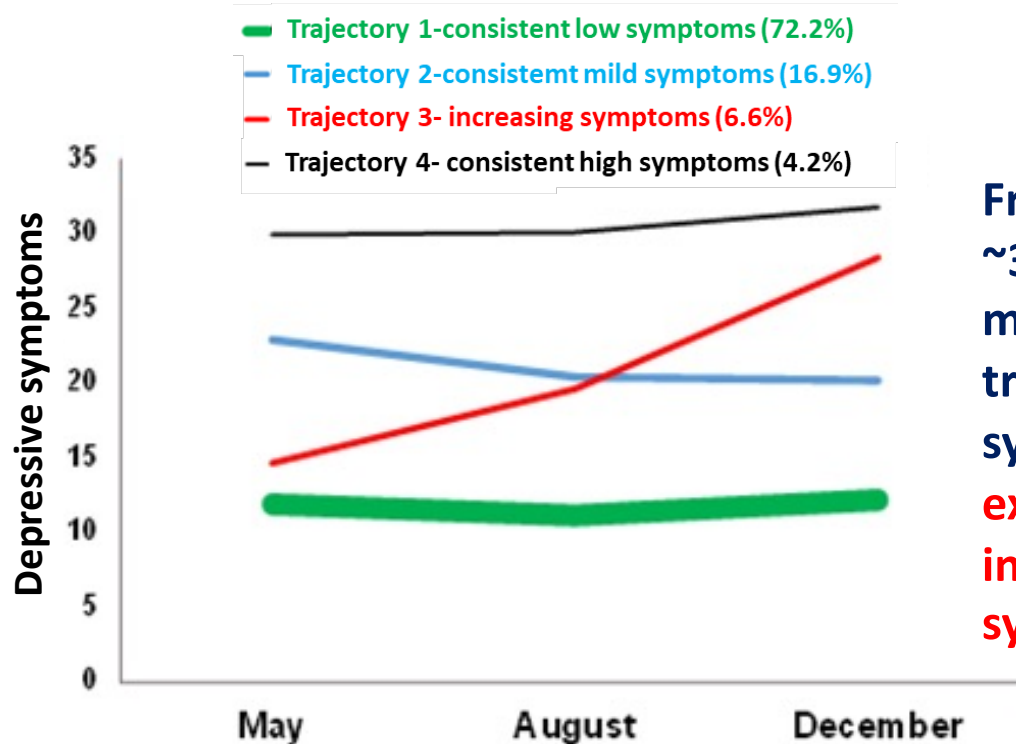
Potential mechanisms linking financial COVID-19 and youth's mental health



In longitudinal data from 2020 to 2021, income loss did not directly contribute to youth mental health, rather this relationship was mediated by subjective youth's financial stress and family conflict

Argabright et al. Lancet Regional Health Americas 2022

Not all is grim: Perspectives on resilience from the ABCD Study



Trajectories of depressive symptoms among ABCD Study youth in 2020

From May to December 2020, ~3 of 4 youth from ABCD Study maintained a resilient trajectory (consistent low symptoms), with only 6.6% experiencing pandemic-related increase in depressive symptoms

Factors associated with well-being during the pandemic in ABCD Study

JAMA
Network | **Open**



Original Investigation | Pediatrics

Mental Well-Being Among Adversity-Exposed Adolescents During the COVID-19 Pandemic

Julia H. Raney, MD; Shayna Weinstein, MPH; Kyle T. Ganson, PhD, MSW; Alexander Testa, PhD; Dylan B. Jackson, PhD; Matthew Pantell, MD, MS; David V. Glidden, PhD; Claire D. Brindis, DrPH; Jason M. Nagata, MD, MSc

Objective

To explore **factors associated with well-being** during the pandemic among adolescents who have experienced **adverse childhood experiences** (ACEs)

Methods



4515 Adolescents
Ages 11 – 15

39% Racial/Ethnic Minority

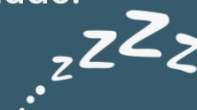
Factors Associated with Well-being for Youth with ACEs Include:



Physical Activity

#**SELF CARE**

Self Care



Healthy Behaviors



Parental Involvement in School



In-Person School

During the pandemic, **in-person schooling and several coping behaviors (e.g., exercising, sleep)** were associated with **greater adolescent well-being and lower stress**, especially among those with high ACEs.

Infographic Designed by Zain Memon

What makes youth resilient? Resilience factors

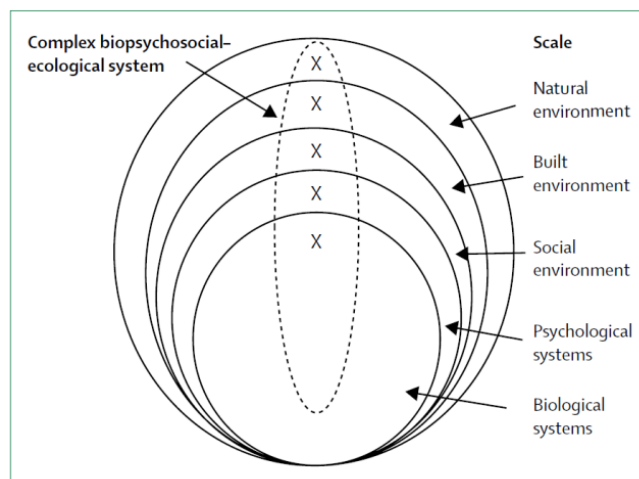


Figure 1: A systemic model of resilience

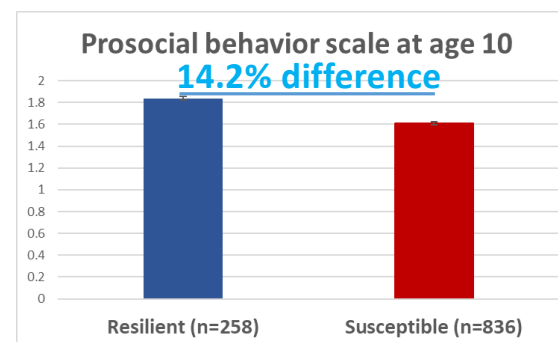
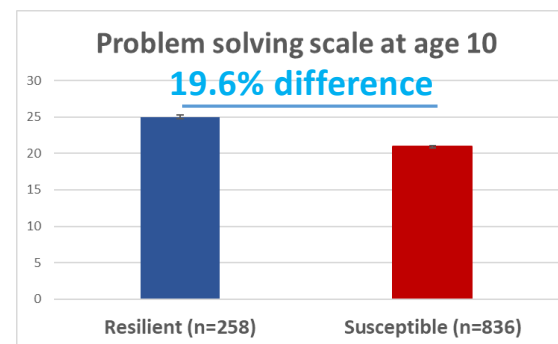
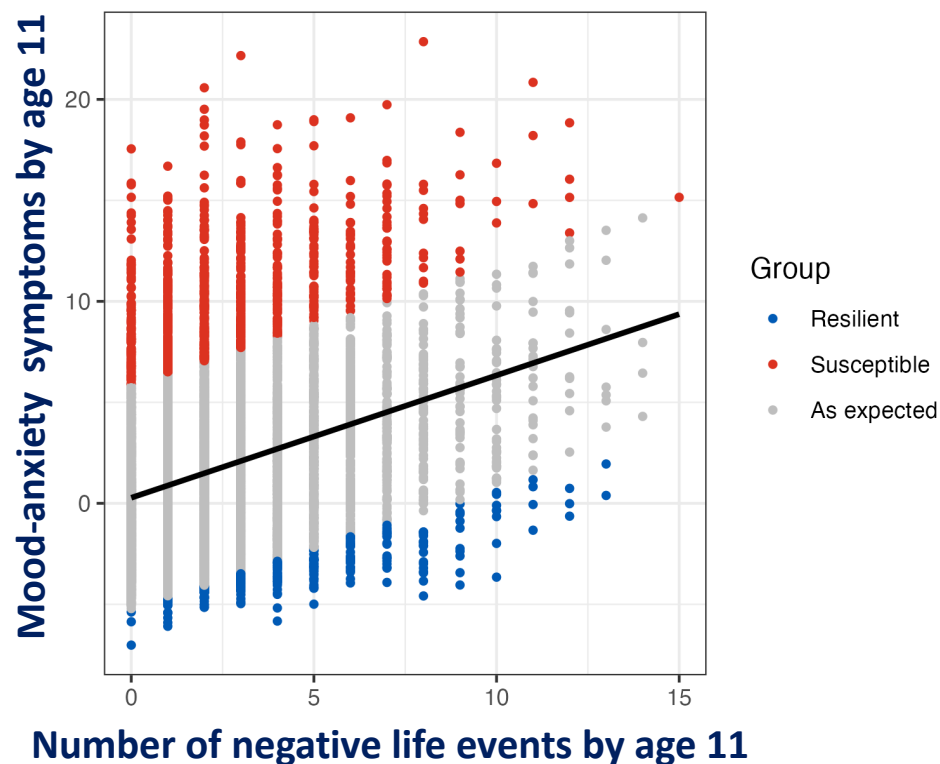
The Xs represent promotive and protective factors at different scales, gathered into a single multilevel system as symbolised by the dashed ellipse.

Lancet Psychiatry 2020;
7: 441–48

	Masten's shortlist ^{18,37}	Ungar et al's tensions ³⁸
Significant others (eg, parents, caregivers, relatives, romantic partners) and social networks	Attachment	Relationships
CNS and stress response system, family and community systems, and culturally valued norms	Self-regulation	Experiences of control and efficacy
Justice systems, spiritual or cultural belief systems, and cognitive appraisal	Faith, hope, and other forms of meaning making	Social justice
Mastery motivation and other reward systems	Agency and mastery	Access to basic resources
CNS and effective schools and education system	Intelligence and problem solving	A powerful identity
Community systems and cultural rituals	Collective efficacy	Sense of cohesion and cultural adherence

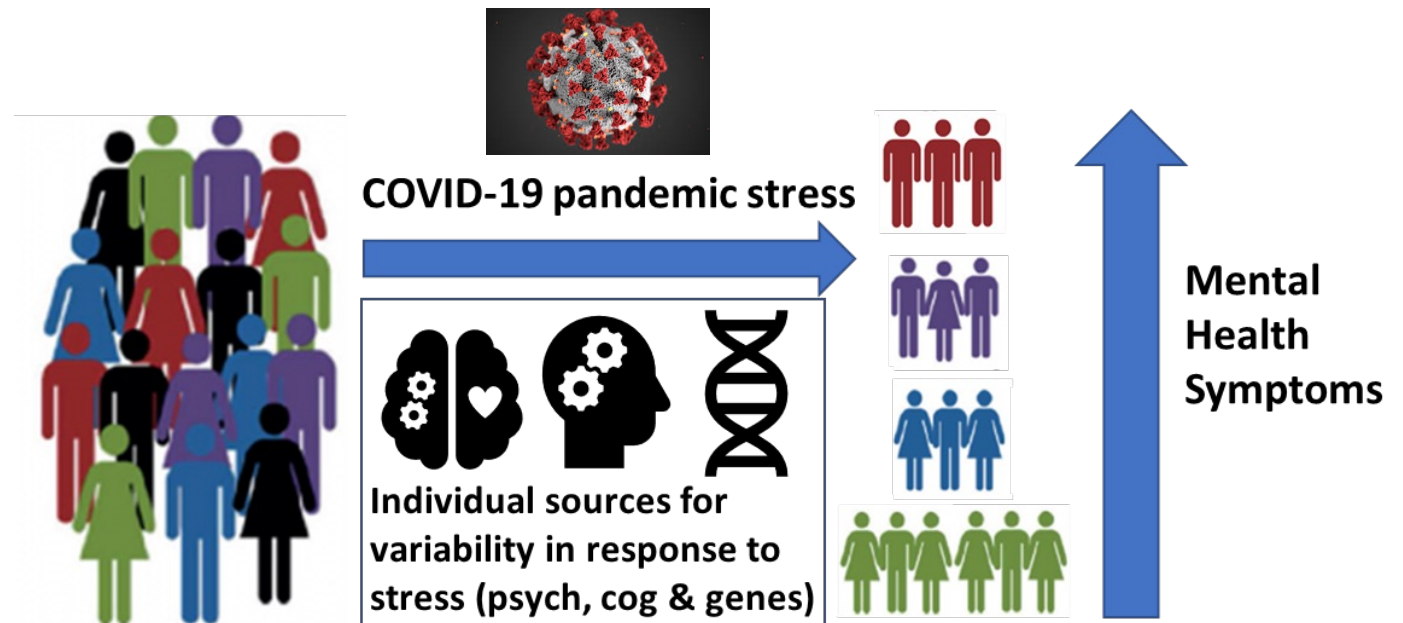
Table: Categorising promotive and protective factors and processes: resources and their associated frameworks

Pre-COVID-19 resilience factors in ABCD Study



Resilient youth exhibited significantly greater problem-solving skills and greater prosocial behavior compared to susceptible youth

ABCD Study
provides a unique
opportunity to
study factors that
prospectively
contribute to
resilience during
the pandemic





**THANK YOU ALL ABCD
STUDY YOUTH AND
FAMILIES**