



Management of Mental Health Condition among Middle-Aged Parents

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DESCRIPTION

Parental depression is a common mental health problem that affects not only the parents themselves, but also their children and families. Many studies have shown that parental depression can have negative impacts on children's emotional, behavioral, cognitive, and physical development, as well as their academic performance and social relationships. However, less attention has been paid to the long-term consequences of parental depression on children's mental health in adulthood, especially among middle-aged and elderly populations.

The intergenerational transmission of parental depression and potential pathways focus on implications for policy and practice in order to prevent the disorder. Parental depression is a risk factor for children's mental health problems, such as depression, anxiety, and substance abuse. Studies have found that children who had a depressed parent were 1.3-5 times more likely to develop depressive symptoms than their peers without such parents. Moreover, parental depression can have lasting effects on children's mental health across the life course, even into middle age and old age.

The relationship between early-life exposure to parental mental distress and adulthood depression among middle-aged and elderly Chinese using data from the China Health and Retirement Longitudinal Study (CHARLS). They found that individuals who reported having a parent with mental distress before age 16 were more likely to have depressive symptoms at age 45 or older than those who did not. The association was stronger for maternal than paternal mental distress, and for female than male offspring. There are several possible mechanisms that may explain the intergenerational transmission of parental depression, such as genetic factors, epigenetic factors, neurobiological factors, psychological factors, and environmental factors.

The following adversities were associated with the exposure to parental mental distress in early life and may have contributed to the depression among the middle-aged and elderly: higher rates of childhood physical abuse by parents, poor childhood health,

and low level of educational attainment, poor physical health and individual economic status in adulthood. Parental depression is a serious public health issue that requires more attention and intervention. Given its intergenerational effects on children's mental health in adulthood, it is important to prevent and treat parental depression as early as possible.

Some possible strategies include:

- Screening for parental depression during pregnancy and postnatal care, as well as during routine pediatric visits.
- Providing psychological counseling and medication for parents with depression, as well as family therapy and parenting skills training.
- Enhancing social support and community resources for parents with depression, such as peer support groups, childcare services, financial assistance, etc.
- Educating parents and children about the signs and symptoms of depression, as well as the available treatment options.
- Promoting positive parent-child interactions and communication, as well as fostering children's resilience and coping skills.
- Reducing stigma and discrimination against parents with depression and their children.

Parental depression is a common mental health problem that can have negative impacts on children's mental health across the life course. It is important to understand the intergenerational transmission of parental depression and its potential pathways in order to design effective interventions to prevent and treat parental depression and its intergenerational effects. More research is needed to explore the cultural and contextual factors that may influence the intergenerational transmission of parental depression in different settings. Many findings show that parental depression can impair children's development and well-being through various channels, such as reducing parental care and support, increasing family stress and conflict, affecting children's self-esteem and coping skills, limiting children's educational and occupational opportunities, and increasing children's exposure to other risk factors. Depending on the nature and degree of the depression, a doctor may prescribe a

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variety of antidepressants. Middle-aged parents' parental depression may be brought on by a variety of individual biological, psychological, and social variables.