

Scoping Review of Non-Clinical, Proximal Factors Associated with Mood or Anxiety for Adolescent Women

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Research Question: The focus of this scoping review is to identify social and environmental proximal factors, outside of clinical care, that are associated with mood or anxiety for adolescent women ages 14-21.

BACKGROUND

Elevated anxiety and depressed mood are particularly concerning in adolescent women, as the adolescent period is when most women experience worsening symptoms and receive diagnoses of mental health conditions for the first time. This comprehensive review focuses on proximal factors that increase risk for anxiety or mood disorders or promote mental health within the adolescent period. There are many opportunities to promote mental health and prevent depression and anxiety outside of clinical care, but a scoping review has not been completed to identify factors outside of clinical care that impact mood and anxiety for adolescent women.

DESCRIPTION OF ORGANIZATION

The Columbia - World Health Organization Center for Global Mental Health represents a network of faculty committed to providing pioneering research initiatives, promoting mental health, and reducing the burden of mental illness worldwide.

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TABLES

The below **12 domains** of proximal social and environmental factors emerged from the literature search:



METHODS

We performed a scoping review with pre-determined eligibility criteria and synthesized selected publications' data and results. We limited our initial search within PubMed, MEDLINE, and PsycINFO to English language systematic reviews and meta-analyses published since 2010. Our initial search yielded 1,692 articles, after duplicates were removed. Two reviewers completed title, abstract, and full text screening based on pre-determined and clarified eligibility criteria. We extracted publication data, created 12 domains based on patterns that emerged, and synthesized our findings.

RESULTS

The **12 domains**, shown at left, were identified as social and environmental proximal spaces, outside of clinical care, in which factors are positively or negatively associated with depressed mood or anxiety for adolescent women. Factors within these spaces had varying degrees of associations with anxiety and mood outcomes.

DISCUSSION

These results highlight that mood and anxiety of adolescent women are multidetermined, with individual, community, and systems level contributing factors. Given our findings, we recommend actionable ways forward for individuals, institutions, and organizations to improve mental health of adolescent women.

REFERENCES

1. Saxena, S., Funk, M., & Chisholm, D. (2013). World Health Assembly adopts Comprehensive Mental Health Action Plan 2013–2020. *The Lancet*, 381(9882), 1970-1971. doi:10.1016/s0140-6736(13)61139-3

A full list of included studies is available on request once the study is complete.