Do young adults typically experience a “Quarterlife Crisis” or do most do OK?
Outline of Mental Health Topics

- Distinction between **clinical practice** (diagnosis and treatment) and **survey/questionnaire research** (briefer measures; see Appendix F of linked document)
- Diagnostic and Statistical Manual of Mental Disorders (**DSM 5**)
- Internalizing vs. externalizing disorders (see slide 6 on **this page**)
- Clinical fields:
  - Psychiatry (M.D.)
  - Clinical Psychology (Ph. D.)
  - Marriage and Family Therapy (MFT; Ph. D.)
- Internet resources:
  - National Institute of Mental Health
  - National Association of Anorexia Nervosa and Associated Disorders
Diagnostic and Statistical Manual, now in version 5 (DSM 5)

- Establishes rigorous criteria for diagnosing mental disorders, typically requiring to exhibit multiple symptoms for prolonged amounts of time

- Criteria for several common disorders
  - **Depression**
    - Demographic differences (see especially Figure 1)
  - **Anxiety**
  - **Substance Abuse** (pp. 32-34, 39, 43 of linked document);
    - Alcohol Use Disorder (one type of SUD); “NIDA’s use of the term addiction corresponds roughly to the DSM definition of substance use disorder” (link)
  - **Anorexia Nervosa and Bulimia**
    - Statistics
The Simmons Longitudinal Study, a 30-Year Project
Headquartered at Simmons College in Boston
(Led by Helen Reinherz, with research contributions by Jennifer L. Tanner)

Percent of participants in Boston area study who would have met criteria for various psychiatric disorders in the 12-month period before interview at a given age

Adapted from parts of Table 1, Tanner, Reinherz, and colleagues, Journal of Nervous and Mental Disease, 2007
Study Using Self-Report Questionnaire Measure of Depression


See Figures 2, 3, and 4 and Text on pp. 50-51 (three paragraphs, beginning with “We find…”)
Non-Clinical Measures of How Young Adults are Doing

- **Flourishing or Floundering** During Adult Transitions?
  - Criteria for success are described in detail in:

- Survey: “**22 percent of millennials say they have ‘no friends’**”

- Focus-group **discussions** with 16-25 year-olds from under-represented, at-risk populations (Center for Law and Social Policy; CLASP)
Young Adult Substance Use/Abuse


- See Tables 1 and 2.


- See Figure 2, on how being college-bound shifts from being protective against heavy drinking in high school to becoming a danger factor for heavy drinking once in college.

Report from Harvard's national College Alcohol Study on consistent finding over several years of 44% of college students engaging in binge-drinking.
A special thank you to Kenneth Sher (Principal Investigator) and Gilbert Parra for providing statistical information beyond what was in their article, in order to facilitate this display. Their project is one of the best, if not the best, for looking at post-college trends in heavy-drinking students. For further information on the project, please click here. Some qualifications to the above findings should be noted:

- The labels on the x-axis are only approximations I made for simplicity. For example, the label "Less Than Once" really represents .2 to .6 occasions per week.
- Data were collected at one university.
- The sample size in the "3.5-7 Times" category was small (21 students).
- The sample, as a whole, contained more students with a positive family history (FH+) of alcoholism than would be present in a fully representative sample (researchers sometimes "oversample" on a characteristic to study it in depth). The above correlation still held when FH status was statistically accounted for.

Data from the University of Michigan's Monitoring the Future Project. Time 1, Time 2, and Time 3 represent various two-year intervals (18-20-22; 20-22-24; 22-24-26; 24-26-28).* See Figure 10.3 (p. 261) for marital and divorce effects and Figure 10.7 (p. 267) for effects of becoming a parent on heavy drinking (5+ drink episodes), which Dr. Reifman will display in class.

The authors conclude on page 272 that, "The present analyses show some parenthood effects, more so among women than among men, but the effects seem modest at best, certainly much smaller than the effects of marriage."

*The authors acknowledge their use of multiple sequences per participant is "somewhat unusual," but argue for making use of all available data.
• National Institute on Alcohol Abuse and Alcoholism (NIAAA)
• National Institute on Drug Abuse (NIDA)
• Research Institute on Addictions -- Buffalo, New York -- My old home (1991-1997)
• Issue of journal Alcohol Research & Health devoted to "Focus on Young Adult Drinking"
• Dr. Reifman examines the Amethyst Initiative (college presidents' letter urging reconsideration of the legal drinking age) in the Fall/Winter 2008 issue of The Addictions Newsletter.