

Resilience & Mental Health

Among Participants in an Adolescent Pregnancy Prevention Research Trial

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2024WARD: Building Brighter
Futures with Today's Youth Leaders
June 25-27, 2024

Introduction



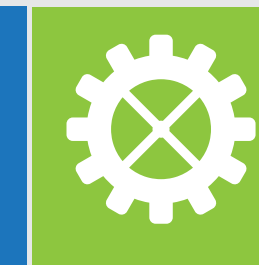
Limited research has examined the utilization of coping skills to address trauma as a potential core component in adolescent pregnancy prevention (APP) programs. Furthermore, little is known about youth resilience post the COVID-19 pandemic. Understanding how the use of coping skills to build resilience among youth is essential in designing, implementing, and evaluating APP interventions that incorporate trauma-informed programs.

Objectives



- To assess the baseline levels of resilience among a group of youth who are part of a larger Randomized Control Trial (RCT) sample.
- To showcase the application of the 10-item Connor-Davidson Resilience Scale (CD-RISC) used to measure resilience¹ in a high school sample.
- To provide preliminary evidence for examining the utilization of coping skills to build resilience in youth in APP programs.

Methods



- We are conducting an RCT in both community-based (CBO) and school settings to assess the effectiveness of adding trauma-coping skills to prevent adolescent pregnancy in Miami-Dade, Florida.
- We used the 10-item CD-RISC scale¹ (range of total scale: 0-40) to measure resilience at baseline. Responses are on a 5-point Likert scale (0-not at all true to 4-true nearly all the time). An overall summary score is calculated with lower scores indicating lower resilience.
- The RCT study was approved by BRANY IRB #22-009-979.

Main Findings

- Among the overall sample, youth mean resilience was 25.9, SD=7.5 (Cronbach's Alpha = 0.86). This is lower than a previous sample of youth collected in the United States (30.1, SD = 5.3).²
- Although most youth (80.6%) indicated they needed a mental health (MH) day in the past 30 days, 38.3% did not know where to get MH resources.
- Another 39.4% did not know what coping skills to use when they feel overwhelmed or stressed.
- Most students (77.4%) indicated that they were likely to use MH resources if offered.

Table of Participant Characteristics

Baseline Characteristic		Full Sample (N=363)		School Sample (N=238)		CBO Sample (N=125)	
Age (Mean)		363	16.1	238	16.1	125	16.0
Resilience (Mean)		363	25.9	238	25.2	125	26.9
Gender		n	%	n	%	n	%
	Female	193	53.2	109	45.8	84	67.2
Grade	Male	170	46.8	129	54.2	41	32.8
	9th	98	27.0	74	31.1	24	18.9
Ethnicity	10th	49	13.5	22	9.2	27	21.3
	11th	99	27.3	65	27.3	34	26.8
Race	12th	111	30.6	76	31.9	35	27.6
	Hispanic	171	47.1	151	63.4	20	27.6
Language	Non-Hispanic	192	52.9	87	36.6	105	84.0
	Black/African American	209	57.6	95	39.9	114	91.2
Language	White/Caucasian	88	24.2	82	34.5	6	4.8
	Other	66	18.2	57	29.3	9	7.2
Language	English	268	73.8	160	67.2	108	7.2
	Spanish	132	36.4	123	51.7	9	7.2
Language	Other	94	25.9	51	21.4	43	34.4

Conclusion

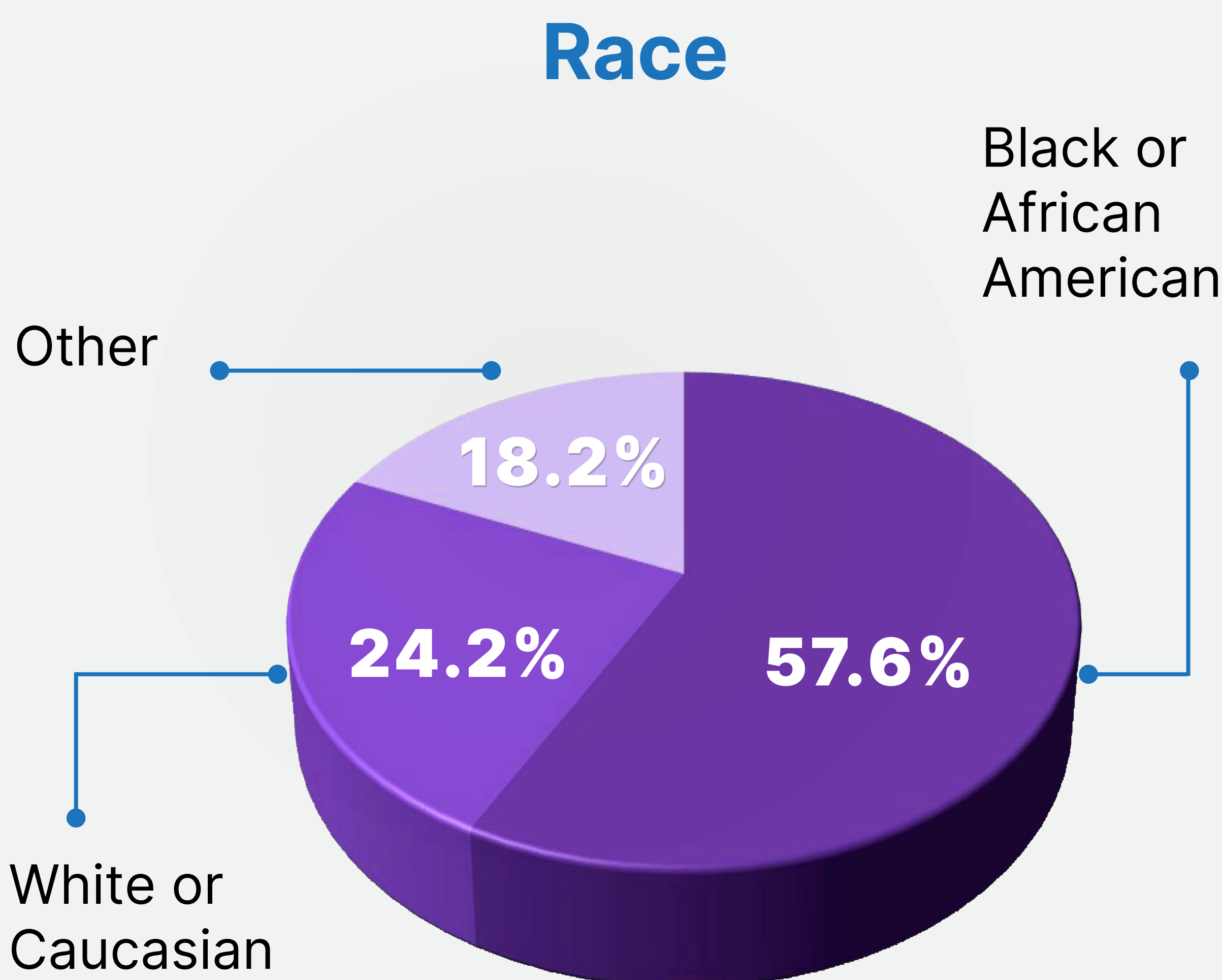
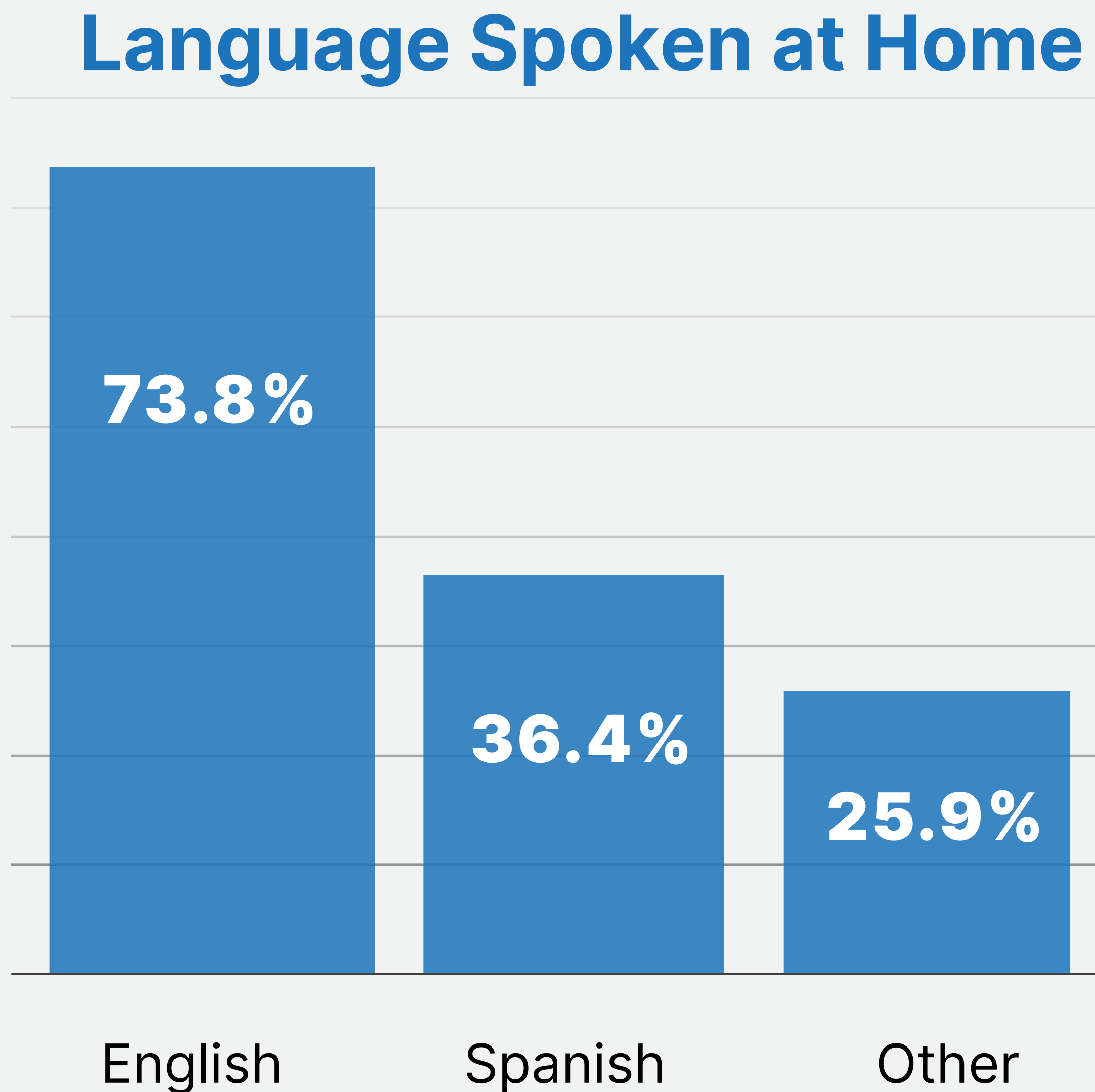
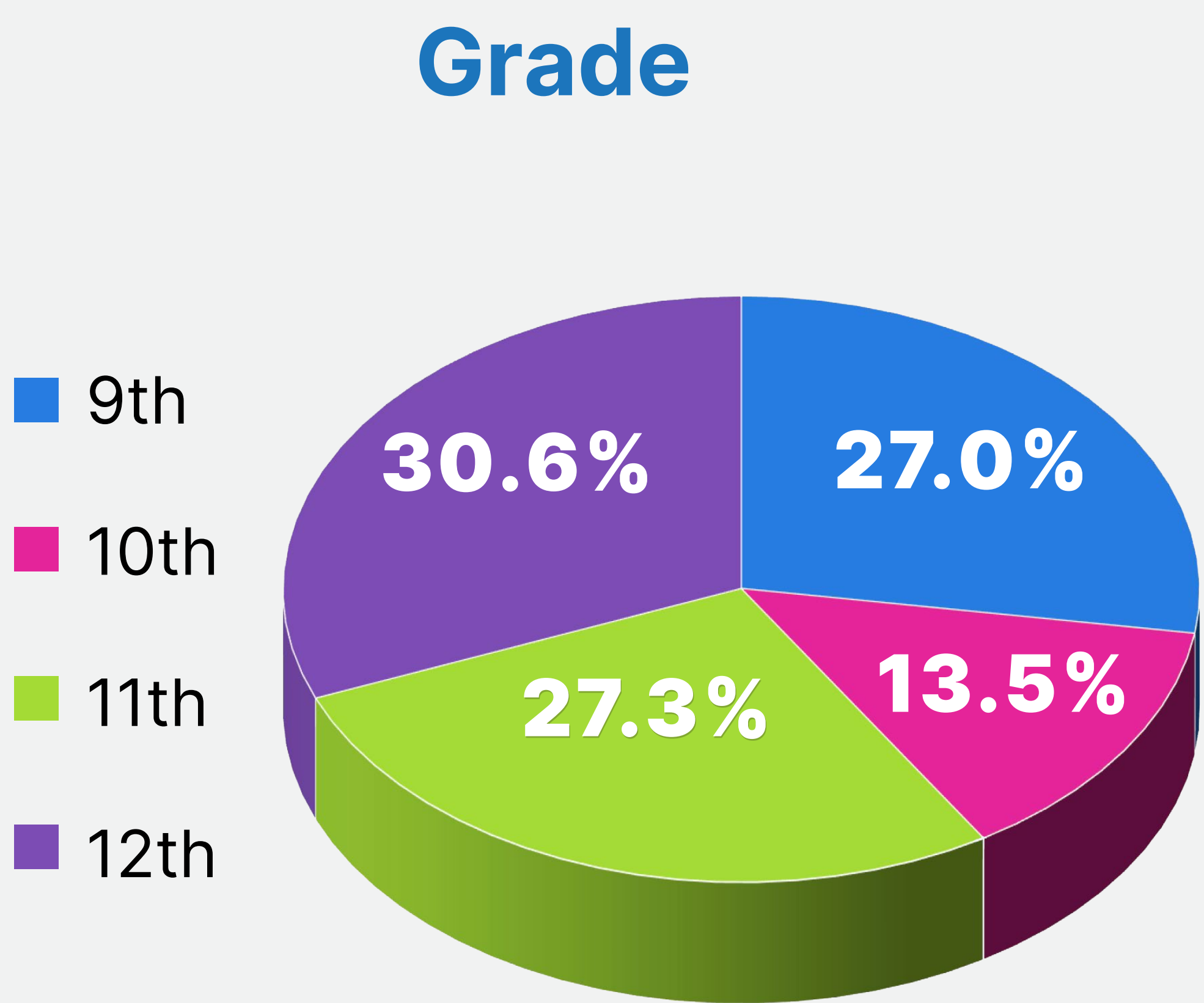


- Findings reveal that resilience is low among the study sample. Low resilience in our sample has implications for inclusivity, mental health concerns and coping strategies among APP programs.
- Understanding the role of resilience in APP programs may inform better implementation practices in addressing trauma.
- Resilience-based implementation approaches are necessary. See <https://tinyurl.com/4y9f7pfe> for a resilience framework.

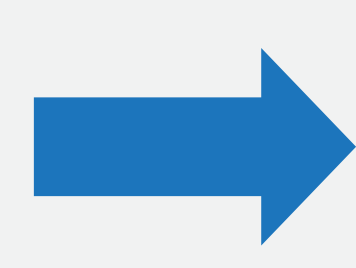
References

1. Connor, K. M., & Davidson, J. R. (2003). Development of a new resilience scale: The Connor-Davidson resilience scale (CD-RISC). *Depression and anxiety*, 18(2), 76-82.
2. Hartley, M. T. (2012). Assessing and promoting resilience: An additional tool to address the increasing number of college students with psychological problems. *Journal of College Counseling*, 15(1), 37-51. <https://doi.org/10.1002/j.2161-1882.2012.00004.x>
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Acknowledgment: This work was supported by funds from the Family and Youth Services Bureau [Grant number: 90AP2700-01-00]. Thanks to the Trinity Church staff members, school teachers, and the youth involved as study participants.
U.S. Department of Health and Human Services, Administration for Children, Youth and Families (ACYF), Family and Youth Services Bureau (FYSB) Adolescent Pregnancy Prevention Program Grantee Conference.

Sample Characteristics



Scan to view
CD-RISC scale



Scan to
view parent
study protocol

