

TMS TRENDS

SEPTEMBER 2016

A publication of the TMS Institute of Pennsylvania – Advanced Neuropsychiatric Solutions

JOB DISSATISFACTION LINKED TO DEPRESSION

Job satisfaction in your late 20s and 30s has a link to overall health in your early 40s, according to a new nationwide study. While job satisfaction had some impact on physical health, its effect was particularly strong for mental health, researchers found.

Those less than happy with their work early in their careers said they were more depressed and worried and had more trouble sleeping.

The good news is that people whose job satisfaction started low but got better over the course of their early career didn't have the health problems associated with consistently low or declining satisfaction.

"We found that there is a cumulative effect of job satisfaction on health that appears as early as your 40s," said Jonathan Dirlam, lead author of the study and a doctoral student in sociology at The Ohio State University. Dirlam conducted the study with Hui Zheng, associate professor of sociology at Ohio State. They presented their research at the annual meeting of the American Sociological Association.

Zheng said the results showed the importance that early jobs have on people's lives.

"You don't have to be near the end of your career to see the health impact of job satisfaction, particularly on your mental health," Zheng said.

The researchers used data from 6,432 Americans who participated in the National Longitudinal Survey of Youth 1979, which followed adults who were between the ages of 14 and 22 when the survey began in 1979.

For this study, the researchers examined job satisfaction trajectories for people from age 25 to 39. These participants then reported a variety of health measures after they turned 40.

Mental health was most affected by people's feelings about their jobs. They reported higher levels of depression, sleep problems and excessive worry. They were also more likely to have been diagnosed with emotional problems and scored lower on a test of overall mental health.

EARLY-LIFE LANGUAGE STIMULATION MAY PREVENT CHILDHOOD DEPRESSION

We know childhood depression can lead to social, emotional and academic setbacks during childhood and later in life. However, little is known about what contributes to children's developing depressive symptoms. Researchers have determined that the level of language skills young children possess early in life can predict the likelihood they may experience depression.

The study was published in *Prevention Science*.

Keith Herman, a professor at the University of Missouri, found that children who experience low levels of language learning stimulation beginning at three years of age are three times more likely to develop depression by third grade.

"It is clear that the amount of language that children are exposed to early on is very important for their development," Herman said. "Whether it is through pre-school classes, interactions with parents and siblings or through consuming media such as television and books, exposure to greater amounts of language and vocabulary will help prepare children to succeed socially and academically when they begin school. If children already are experiencing language and subsequent social and academic deficits by the first grade, chances are they will continue to fall further behind in school each year, which can lead to negative self-perceptions and depressive symptoms by third grade."

Herman and a team of researchers examined data from 587 children and households in Hawaii. The data included children's language skills and exposure to language stimulation in the home beginning at age three. The children were tested on their language skills in the first grade and then tested for depressive symptoms in the third grade. The children who had higher language exposure and stimulation as three-year-olds were more likely to have adequate to better-than-average language skills in first grade. They also were much less likely to experience depression by the third grade.