

Flourishing: American Indian Positive Mental Health Paradox

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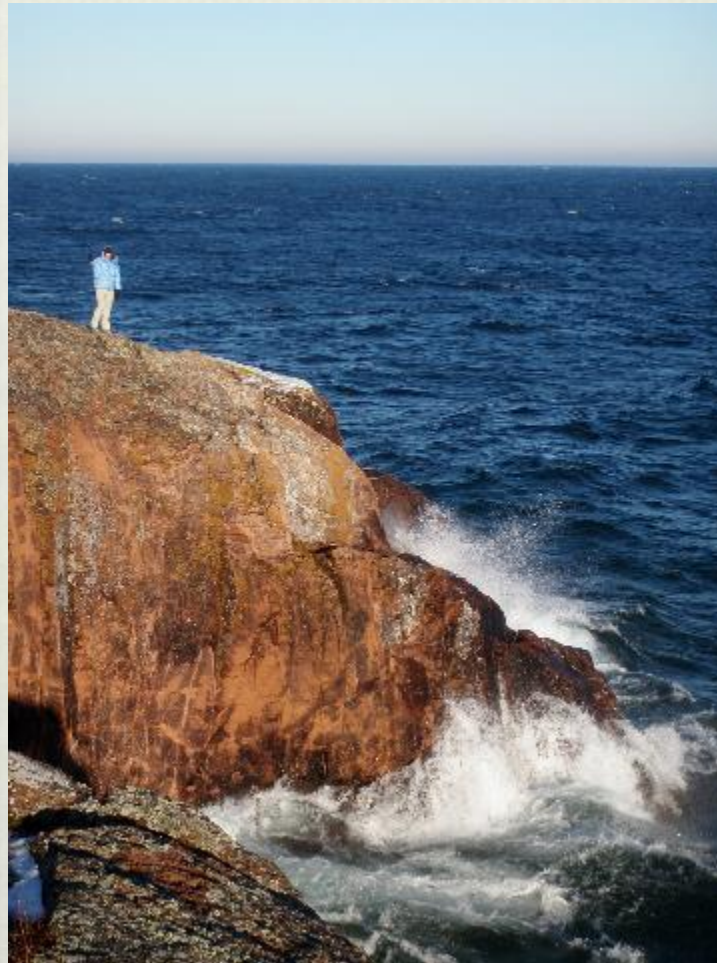
Why Positive Psychology?

- ❖ Medicine *treats* mental illness
- ❖ Positive psychology *prevents* mental illness
- ❖ Strengths-based research (Kirmayer)

What is Positive Mental Health?

- Keyes
 - Spectrum of well-being
 - Flourishing—Moderate—Languishing
 - Flourishing = high level of emotional, psychological, and social well-being
 - Mental Health Continuum—Short Form
- Wellness \neq absence of illness

PMH = further from the edge



- Flourishing prevents depression (Wood & Joseph, 2012)

PMH Prevalence and Health Outcomes

- ❖ 17.2% flourishing without depression
 - ❖ Associated with better physical health, better psychosocial functioning, less missed work, decreased health care utilization (Keyes 2004, 2005a, 2005b)
- ❖ 56.6% moderately mentally healthy

*MHC-LF, tertile cutoffs

Ethnic Minorities and Mental Wellbeing

- ❖ Greater levels of mental wellbeing (Gallo et al. 2009; Ryff; Keyes, 2009; Keyes & Hughes 2003)
 - ❖ Despite discrimination
 - ❖ Various explanations proposed
- ❖ Black Americans
 - ❖ Lower rates of mental disorders
 - ❖ Higher rates of flourishing mental health (20.7% flourishing and not depressed)

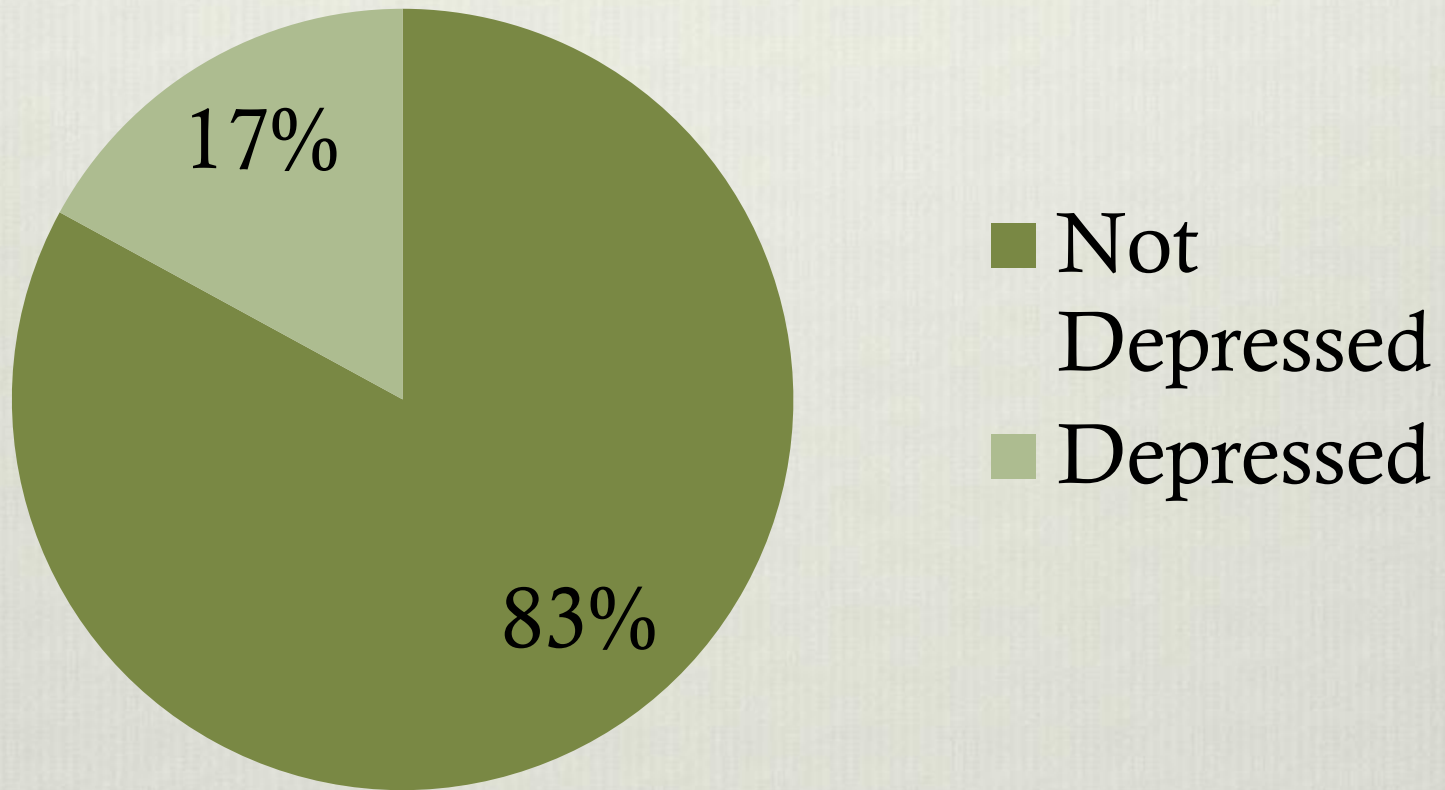
American Indians (AI), Health, and Historical Trauma

- ❖ High prevalence of depressive symptoms and psychological distress
- ❖ High prevalence of diabetes
- ❖ Historical trauma impacts social and psychological responses
- ❖ Marginalization
- ❖ “Culture as treatment” (Gone, 2013)

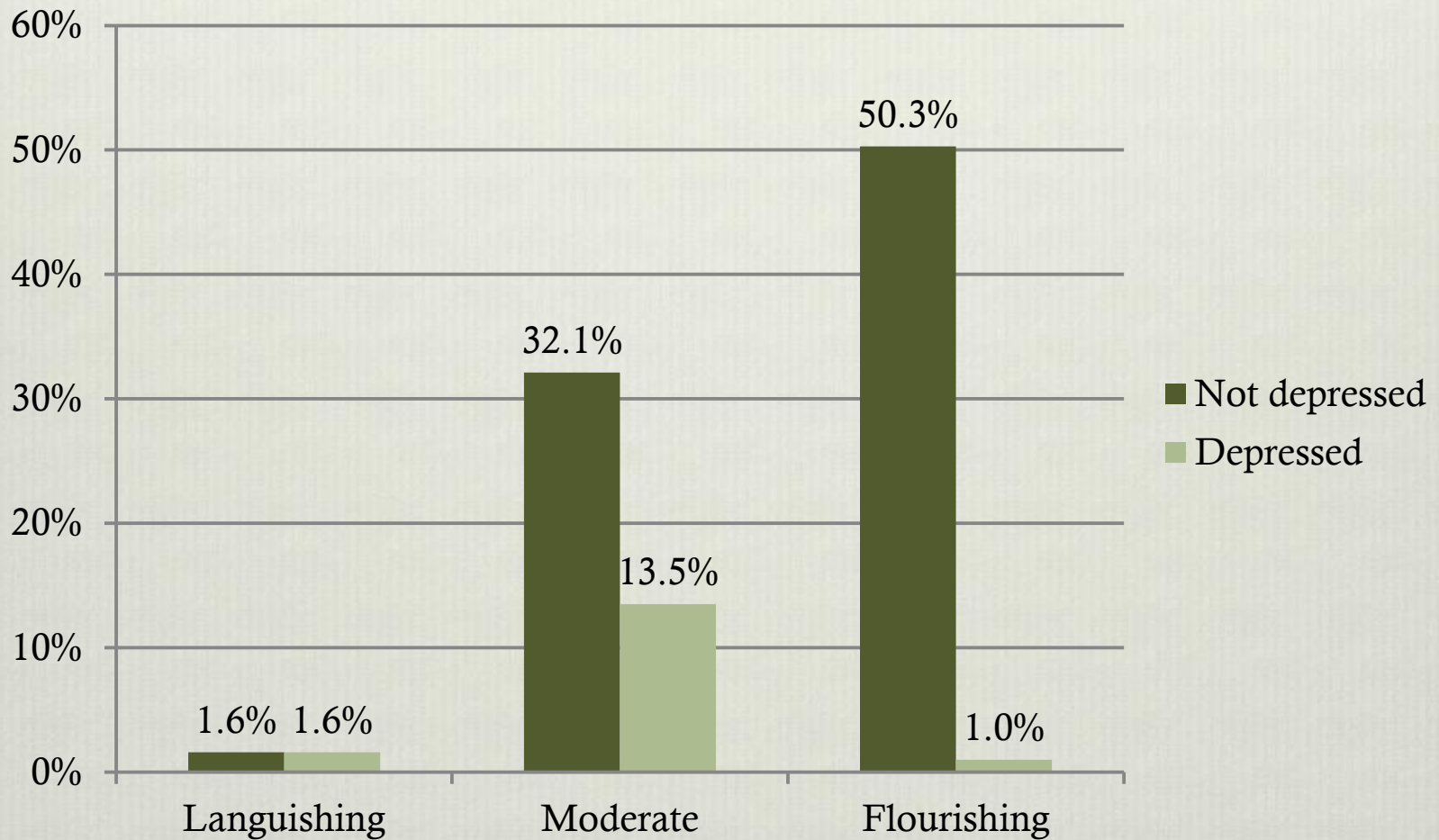
Methods/Sample

- ❖ 218 AI adults with Diabetes Type 2
- ❖ Cross-sectional
- ❖ Measures
 - ❖ PHQ9—depression scale
 - ❖ MHC-SF—Keyes' PMH scale
 - ❖ Traditional cultural activities
 - ❖ Discrimination

PHQ-9



MHC-SF



- ❖ Discrimination ↓
- ❖ Traditional cultural activities ↑
- ❖ Control Variables
 - ❖ Years with Diabetes
 - ❖ Age
 - ❖ Location
 - ❖ Gender
 - ❖ On/off reservation
 - ❖ Income

Conclusions

- ❖ Mental health paradox
- ❖ Highlights potential resilience
 - ❖ Strengths-based AI research

Thank You