



The Future of Families and Child Wellbeing Study

Mental Health: Findings from Age 22

The Future of Families and Child Wellbeing Study (FFCWS) was excited to announce the release of Age 22 data on March 25, 2024! The FFCWS is a longitudinal birth cohort study that has been following approximately 5,000 young adults and their families since they were born about 22 years ago. The study oversampled births to unmarried parents resulting in an oversample of disadvantaged families who are often underrepresented in large, national datasets. We have collected data on these young adults and their parents at 7 time periods: when the child was born and when they were ages 1, 3, 5, 9, 15, and 22.

In this brief, we present weighted findings from the FFCWS Year 22 national sample which includes 2,157 young adults and 1,978 PCGs. These findings focus on the topic of mental health from the Young Adult survey and PCG survey. Year 22 items about mental health are outlined in Box 1.

Box 1. Mental Health Items in FFCWS Y22 Data

In both YA and PCG surveys:

- Self-rated mental health
- Depression symptoms from CIDI-SF scale
- Anxiety symptoms from CIDI-SF scale
- Diagnosis from a doctor with depression or anxiety

Experienced Depression

Experienced Anxiety

Liberal Level

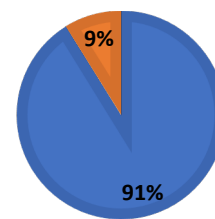
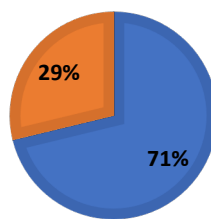
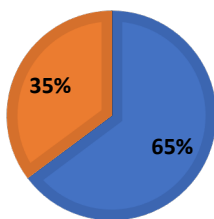
Conservative Level

■ No ■ Yes

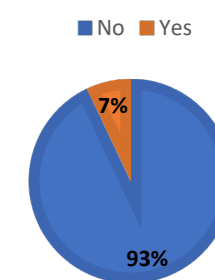
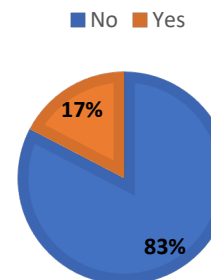
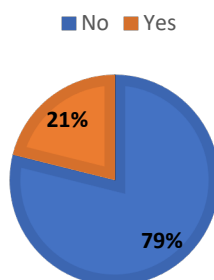
■ No ■ Yes

■ No ■ Yes

YA



PCG



Note: Missing data in anxiety scale were combined into no anxiety group, to be consistent with depression scoring.

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