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## How Quality of Paternal Relationship Impacts Depression Development in Adulthood

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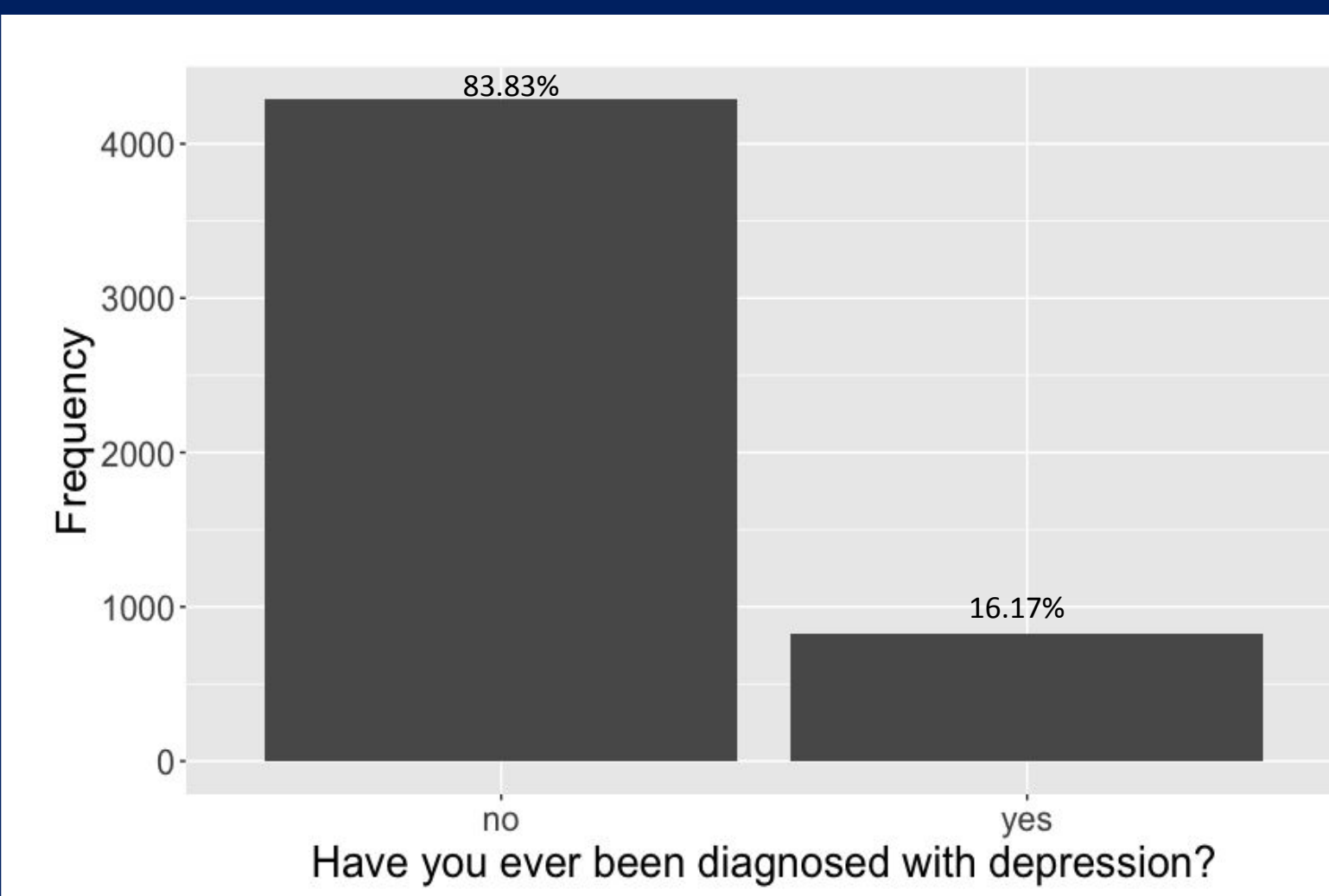
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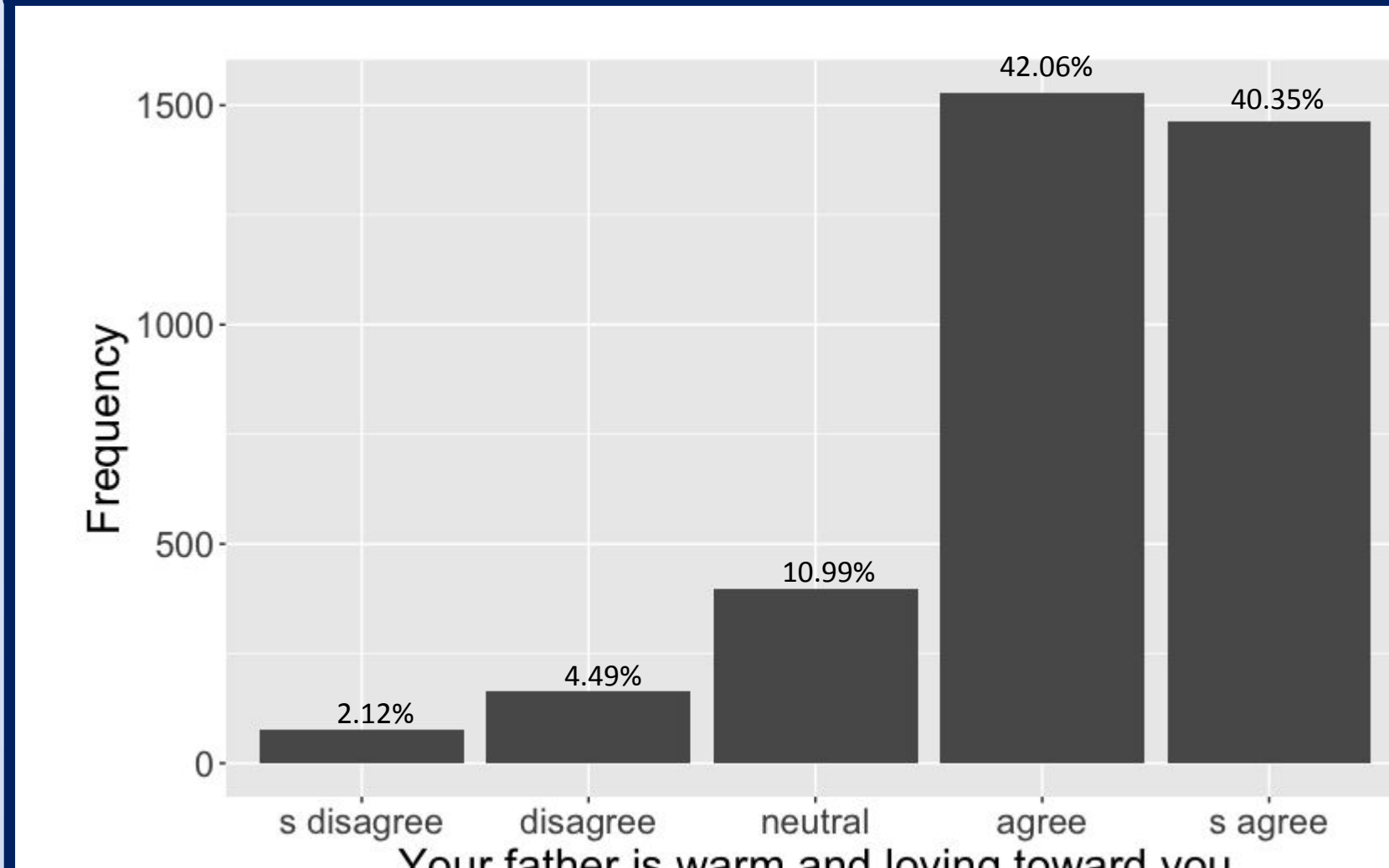
## Introduction

- Previous studies show that paternal involvement directly correlates to a decrease in the child's probability of developing a mental illness (O'Gara, et.al. 2019).
- Research shows, the more supportive and the more affection a parent gives, the less likely a child is to develop depressive tendencies (Del Barrio, et. al. 2016)
- There is a gap in investigating whether or not having a loving father postpones the age at which someone is diagnosed with depression.
- This study provides insight into paternal closeness and the age at which someone is diagnosed with depression.

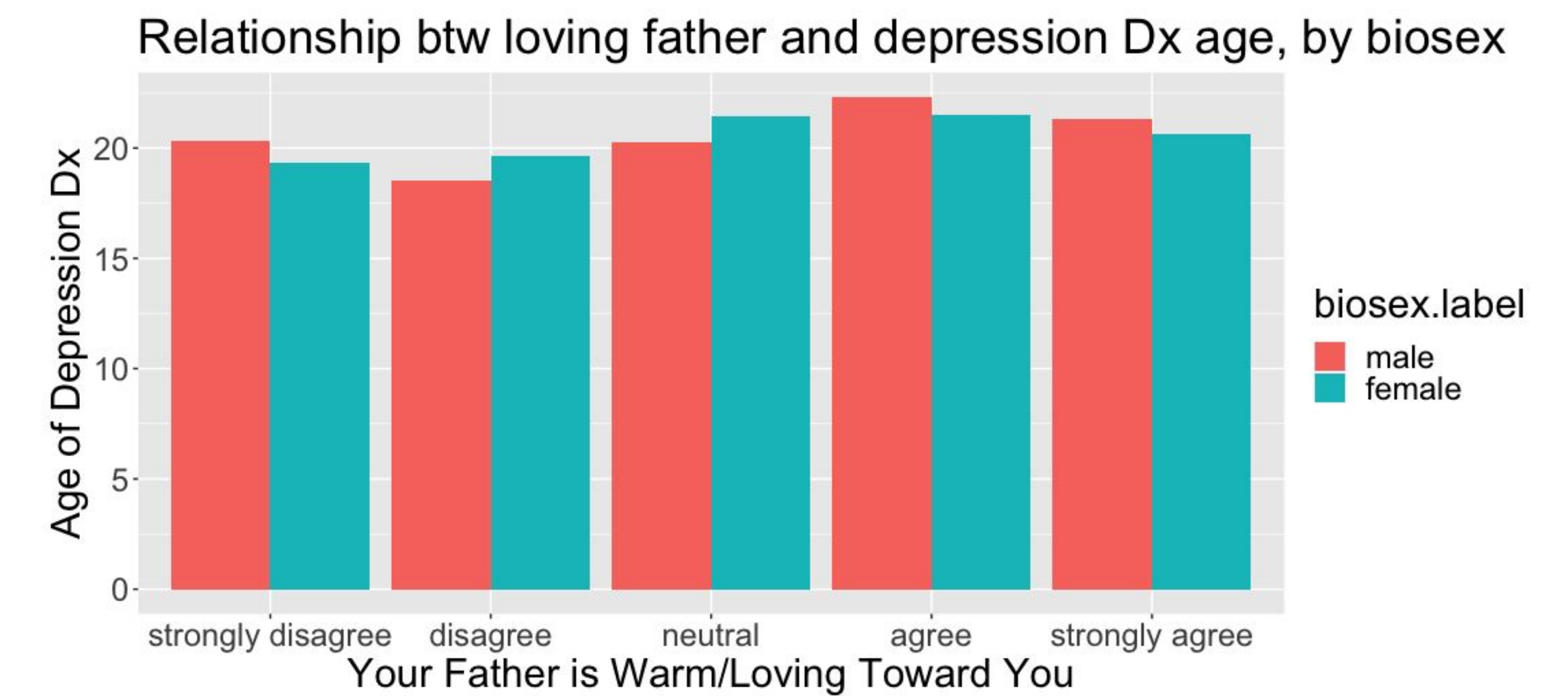
## Have you been diagnosed with depression?



## "Your father is warm and loving toward you." Do you agree or disagree with this statement?



## Is this relationship affected by biological sex?



Having a loving father affects the age at which one is diagnosed with depression. Evidence was not found to support this relationship affected by biological sex, nor was there an observed relationship between all three variables. The p-values end up not being significant because they do not survive the correction of multiple comparisons. Essentially, the more someone feels as though their father is warm and loving, the later they will develop depression, regardless of biological sex.

**Your father is loving toward you:**  
 $F(4, 5114) = 2.417$   
 $p = 0.0476$

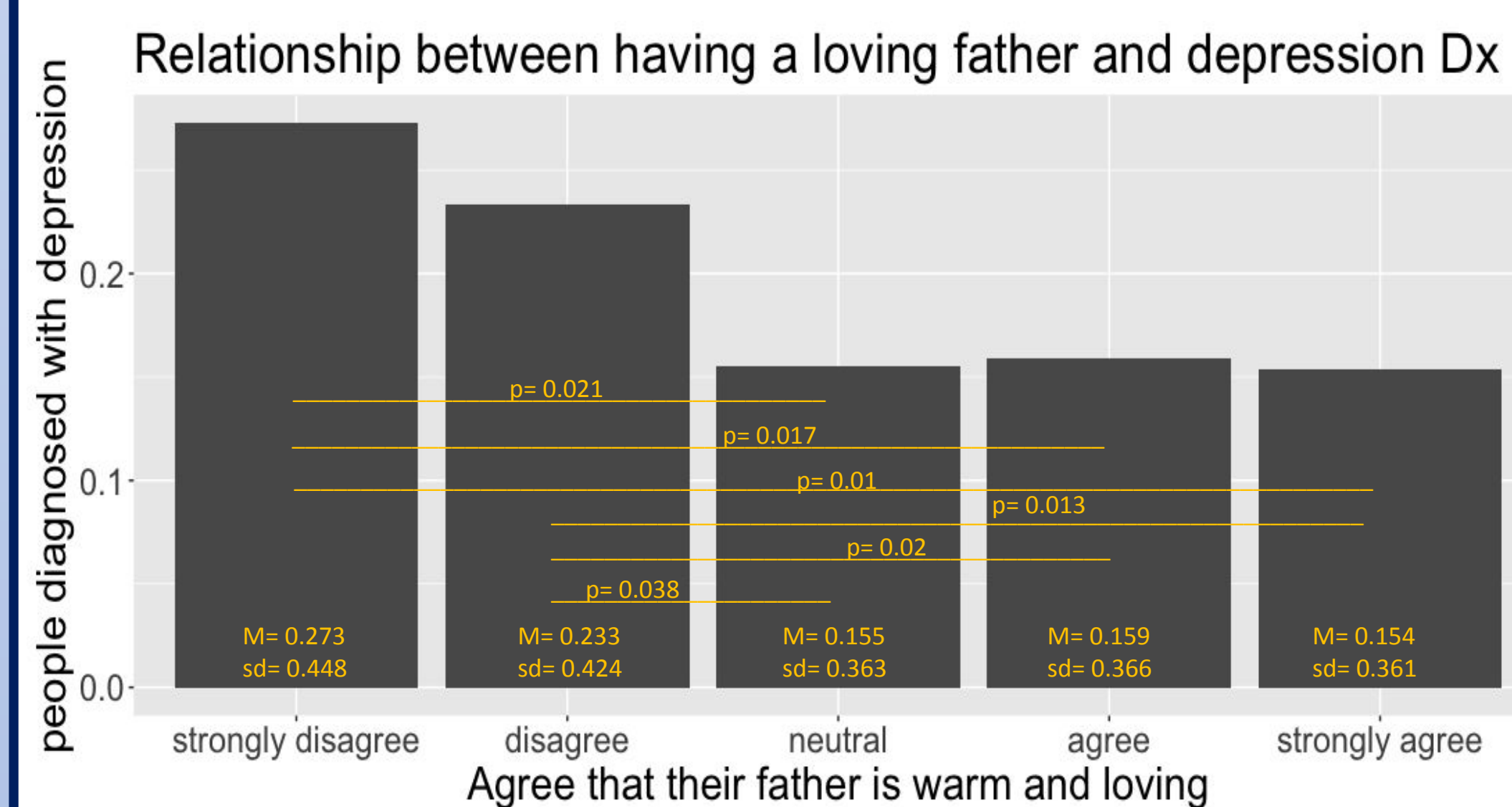
**Biological Sex:**  
 $F(1, 5114) = 0.812$   
 $p = 0.3680$

**Insignificant Interaction:**  
 $F(4, 5114) = 0.513$   
 $p = 0.7262$

## Research Question

Is there a relationship between paternal relationship quality and closeness and if/when someone is diagnosed depression?

## Is there a relationship between having a loving father and whether or not you develop depression?



**Chi Square**  
 $X^2(4) = 13.975, p = 0.0074$

There is a negative relationship between having a loving father and being diagnosed with depression. Meaning as a father is more loving, the likelihood of being diagnosed with depression goes down.

## Methodology

- Sample: Add Health Wave I & IV
- Within Wave IV: 5,114 individuals were interviewed between the ages of 25-34, with majority of the participants (69.51%) being ages 28-31. The participants were 46.01% male, and 53.99% female.
- Information was collected from a group of adolescents (12 to 21) and when they were in adulthood (25 to 34).
- Procedure: 90 minute in home interview.

## Is there a relationship between closeness to resident father and the age of depression diagnosis?



**ANOVA**  
 $F(4, 5114) = 1.967$   
 $p = 0.098$

My research failed to find evidence that closeness to resident father correlates with the age of depression diagnosis.

## Take Home Message

There is a negative relationship between having a loving father and the likelihood or postponement of depression diagnosis in adulthood.

## Discussion

- My results did agree with prior literature.
- The closeness and quality of paternal relationships effects when and if someone develops a depression.
- In order to either postpone or prevent depression a father must be warm and loving.
- This relationship stayed consistent between both biological sexes.
- Future research could examine if being close to your father that has depression affects the likelihood of you developing depression.

## References

O'Gara, J.L., Zhang, A., Padilla, Y., Liu, C., Wang, K. (2019). Father-youth closeness and adolescent self-rated health: The mediating role of mental health. *Children and Youth Services Review*, (104).

Del Barrio, V., Holgado-Tello, F.P., Carrasco, M.A. (2016). Concurrent and longitudinal effects of maternal and paternal warmth on depression symptoms in children and adolescents. *Psychiatry Research*, (242), 75-81.

Question	Response Variable
Have you ever been diagnosed with depression?	0 = no, 1 = yes
Do you agree or disagree with the following statement? "Your father is warm and loving toward you."	1 = "strongly disagree," 2 = "disagree," 3 = "neutral," 4 = "agree," 5 = "strongly agree"
How close do you feel to your resident father?	1 = "not at all," 2 = "very little," 3 = "somewhat," 4 = "quite a bit," 5 = "very much"
Age of depression diagnosis	Range: 2 – 33
Biological sex	1 = male, 2 = female