

Board 5 - Relationship Between Social Support and Depression Among Jail Corrections Officers - A Pilot Study

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Monday, October 31, 2016



2:30 PM - 3:30 PM



Colorado Convention Center - Halls A/F

Session: Behavioral and Social Determinants in the development of Disease - Poster Session

Program: Epidemiology

Abstract

Background: When compared to the U.S. workforce, jail corrections officers (COs) experience higher rates of depression, possibly due to the trauma of working with an incarcerated population, complying with jail policies and management, and dealing with personal issues outside of the workplace. COs report feeling isolated because they do not feel they can share their work experiences with non-coworkers. This pilot study explored an association between social support and depression. **Methods:** As a part of a larger study to conduct a needs assessment of jail COs' mental health issues to inform workplace health interventions, we used a community-based participatory research (CBPR) process. The CBPR teams determined survey constructs of interest to explore family and friend support in regards to depression among jail COs. We recruited COs at 2 urban and 2 rural jails in the midwest U.S. to complete self-reported surveys with constructs from the Center for Epidemiologic Studies Depression Scale (CES-D) (e.g. trouble communicating with family/friends, feeling lonely) and Patient Reported Outcomes Measurement Information System (PROMIS) survey (e.g. stress, fatigue). We analyzed the data with SPSS by calculating descriptives of the population and performing univariate analysis (considering covariates such as irritation, fatigue, family responsibilities and socioeconomic status). **Results:** Preliminary results of the sample of 326 corrections officers had 13% reporting a diagnosis of depression. Forty percent of COs reported that they felt depressed at least 1-2 days in the previous week. Fifty-one percent of officers reported work tensions made them irritated at home (and 21% said things at home bothered them at work) while 36% stated they felt lonely. We found that feeling depression for 1 or more days in a week was associated with: 1) work-family conflict ($p \leq .05$) and 2) marriage/partnership ($p \leq .05$) after adjusting for covariates. **Conclusion:** Our

preliminary analysis showed that depression can affect COs even in the presence of family, friends and a partner. We plan to explore these constructs in focus groups to design workplace interventions for the reduction of mental stressors and depression among COs. Learning objectives: Describe the association between depression and social support among corrections officers. Identify 2 intervention options which address depression among COs. This research was supported by a pilot project grant from the Healthier Workforce Center for Excellence (HWCE) at the University of Iowa. The HWCE is supported by Cooperative Agreement No. U19OH008858 from the Centers for Disease Control and Prevention (CDC) / National Institute for Occupational Safety and Health (NIOSH). The contents are solely the responsibility of the author(s) and do not necessarily represent the official views of the CDC, NIOSH, or the HWCE.

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Learning Areas

Learning Objectives

Describe the association between depression and social support among corrections officers. Identify 2 intervention options which address depression among COs.

Keyword(s)

Workforce, Well-Being

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