

EDUCATION & DEPRESSION

By: Bianca Dominguez

West Virginia University
AGE-ADAR SCHOLARS PROGRAM



NEGATIVELY ASSOCIATED

- 12.9% OF THOSE WITH LESS THAN 9TH GRADE EDUCATION REPORTED DEPRESSION VS 3.9% OF COLLEGE GRADUATES AND ABOVE (LI ET AL., 2022)
- DELAYED HS COMPLETION IS ALSO IMPORTANT TO CONSIDER (MELKEVIK ET AL., 2016)

- Depression is more prevalent in rural areas and education serves as a small protective factor (Murchland et al., 2019)
- Depression assessments may have inaccurate results due to difficulty understanding for those with low education (Taple et al., 2022)

WHAT DOES THIS MEAN?

We should:

- Ensure education is available and that students remain in school
- Enable and encourage students to reach higher levels of education
- Make mental health services accessible to aid older adults without higher education

Having more college-educated children is associated with fewer depressive symptoms (Yahirun et al., 2020)

