



Prevalence and Health Attributes to Psychological Resilience: UK Adult Psychiatric Morbidity Survey, 2007

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Background



- Psychological resilience theory and research could have started since the 1980s.
- Such psychological research have put an emphasis on stressors arising from life events.
- Literature in this area has been increased since the 2000s by looking at personal characteristics and personalities.
- Negative emotions could have been accumulated and impacted on life, and consequently, people with advancing age tend to be unhappy and lose resilience ability.

Study aim

- It was aimed to examine the prevalence and health attributes to psychological resilience in a country-wide setting in recent years.

Methods



- Data was retrieved from Adult Psychiatric Morbidity Survey (APMS) in England, 2007 (n=7,403).
- APMS was a country-wide, population-based, cross-sectional study that was conducted between October 01, 2006 and December 31, 2007 (details via: <http://www.hscic.gov.uk/pubs/psychiatricmorbidity07>).
- Only adults aged 16 and over were included (age range: 16-95) in the survey, and a cluster sampling method was used in order to study the prevalence of psychiatric disorders across England as the primary aim of the survey.
- Study exposures were common chronic diseases. Study outcomes were attitude toward the future and subjective happiness. Covariates including age, sex, BMI, education, deprivation level, marital status and survey design were adjusted.

Results



	Negative toward the future (N=1813, 25.2%)	Positive toward the future (N=5387, 74.8%)	P value	OR (95%CI)*	P value
Cancer			<0.001		
Yes	135 (34.4%)	269 (66.6%)		1.20 (0.93-1.54)	0.165
No	1676 (24.7%)	5117 (75.3%)		1.00	
Diabetes			<0.001		
Yes	139 (34.4%)	265 (65.6%)		1.22 (0.95-1.56)	0.113
No	1672 (24.6%)	5121 (75.4%)		1.00	
Epilepsy					
Yes	36 (34.6%)	68 (65.4%)	0.025	1.51 (0.93-2.45)	0.097
No	1775 (25.0%)	5318 (75.0%)		1.00	
Migraine			0.436		
Yes	398 (25.9%)	1137 (74.1%)		1.12 (0.97-1.29)	0.119
No	1413 (25.0%)	4249 (75.0%)		1.00	
Dementia			0.835		
Yes	2 (28.6%)	5 (71.4%)		1.31 (0.24-7.03)	0.754
No	1809 (25.2%)	5381 (74.8%)		1.00	
Anxiety			0.008		
Yes	463 (27.6%)	1214 (72.4%)		1.16 (1.01-1.32)	0.038
No	1348 (24.4%)	4172 (75.6%)		1.00	
Cataract			0.068		
Yes	453 (26.9%)	1234 (73.2%)		0.98 (0.85-1.12)	0.738
No	1358 (24.7%)	4152 (75.4%)		1.00	
Ear problem			<0.001		

Yes	289 (32.9%)	590 (67.1%)		1.24 (1.06-1.45)	0.009
No	1522 (24.1%)	4796 (75.9%)		1.00	
Stroke			0.001		
Yes	62 (36.1%)	110 (64.0%)		1.19 (0.84-1.68)	0.336
No	1749 (24.9%)	5276 (75.1%)		1.00	
Angina			<0.001		
Yes	144 (34.0%)	279 (66.0%)		1.16 (0.93-1.45)	0.185
No	1667 (24.6%)	5107 (75.4%)		1.00	
High blood pressure			<0.001		
Yes	510 (28.7%)	1270 (71.4%)		1.05 (0.91-1.20)	0.517
No	1301 (24.0%)	4116 (76.0%)		1.00	
Bronchitis			<0.001		
Yes	149 (32.1%)	315 (67.9%)		1.19 (0.95-1.49)	0.132
No	1662 (24.7%)	5071 (75.3%)		1.00	
Asthma			0.036		
Yes	257 (28.0%)	662 (72.0%)		1.18 (1.00-1.39)	0.047
No	1554 (24.8%)	4724 (75.3%)		1.00	
Allergy			0.134		
Yes	255 (23.4%)	837 (76.7%)		0.98 (0.82-1.17)	0.827
No	1556 (25.5%)	4549 (74.5%)		1.00	
Stomachache			0.004		
Yes	240 (29.3%)	580 (70.7%)		1.17 (0.97-1.40)	0.096
No	1571 (24.6%)	4806 (75.4%)		1.00	
Liver problem			0.014		
Yes	43 (34.7%)	81 (65.3%)		1.28 (0.86-1.92)	0.223
No	1768 (25.0%)	5305 (75.0%)		1.00	
Bowel problem			0.001		
Yes	206 (30.3%)	475 (69.8%)		1.16 (0.96-1.41)	0.118
No	1605 (24.6%)	4911 (75.4%)		1.00	
Bladder problem			<0.001		
Yes	170 (38.1%)	276 (61.9%)		1.53 (1.24-1.89)	<0.001
No	1641 (24.3%)	5110 (75.7%)		1.00	

Arthritis			<0.001		
Yes	462 (34.4%)	882 (65.6%)		1.49 (1.28-1.73)	<0.001
No	1349 (23.1%)	4504 (77.0%)		1.00	
Bone problem			0.028		
Yes	684 (26.7%)	1880 (73.3%)		1.11 (0.97-1.27)	0.125
No	1127 (24.3%)	3506 (75.7%)		1.00	
Infectious disease			0.659		
Yes	43 (23.8%)	138 (76.2%)		1.04 (0.68-1.58)	0.853
No	1768 (25.2%)	5248 (74.8%)		1.00	
Skin problem			0.096		
Yes	265 (23.2%)	877 (76.8%)		0.88 (0.74-1.04)	0.125
No	1546 (25.5%)	4509 (74.5%)		1.00	
Any medication			0.001		
Yes	1063 (29.7%)	2520 (70.3%)		1.26 (1.10-1.45)	0.001
No	750 (20.7%)	2866 (79.3%)		1.00	
Any injection			0.002		
Yes	84 (33.3%)	168 (66.7%)		1.36 (1.00-1.85)	0.053
No	1729 (24.9%)	5219 (75.1%)		1.00	
Any counseling			0.087		
Yes	61 (30.4%)	140 (69.7%)		1.30 (0.91-1.85)	0.144
No	1752 (25.0%)	5247 (75.0%)		1.00	

*Adjusted for age, sex, deprivation levels, education, marital status and survey weighting.

Results



	Not happy (N=697, 9.4%)	Happy (N=6702, 90.6%)	P value	OR (95%CI)	P value
Cancer			0.007		
Yes	55 (13.2%)	363 (86.8%)		1.33 (0.93-1.91)	0.114
No	641 (9.2%)	6337 (90.8%)		1.00	
Diabetes			0.026		
Yes	53 (12.5%)	372 (87.5%)		1.31 (0.92-1.82)	0.108
No	643 (9.2%)	6328 (90.8%)		1.00	
Epilepsy			0.021		
Yes	17 (15.9%)	90 (84.1%)		1.42 (0.80-2.54)	0.231
No	679 (9.3%)	6610 (90.7%)		1.00	
Migraine			<0.001		
Yes	218 (13.9%)	1350 (86.1%)		1.86 (1.52-2.27)	<0.001
No	478 (8.2%)	5350 (91.8%)		1.00	
Dementia			0.001		
Yes	3 (50.0%)	3 (50.0%)		9.52 (1.93-46.96)	0.006
No	693 (9.4%)	6697 (90.6%)		1.00	
Anxiety			<0.001		
Yes	397 (23.2%)	1317 (76.8%)		5.60 (4.61-6.79)	<0.001
No	299 (5.3%)	5383 (94.7%)		1.00	
Cataract			0.005		
Yes	195 (11.1%)	1557 (88.9%)		1.26 (1.03-1.55)	0.025
No	501 (8.9%)	5143 (91.1%)		1.00	
Ear problem			0.005		
Yes	109 (12.0%)	801 (88.0%)		1.21 (0.93-1.58)	0.149
No	587 (9.1%)	5899 (91.0%)		1.00	
Stroke			0.002		
Yes	29 (15.9%)	153 (84.1%)		1.48 (0.91-2.40)	0.112
No	667 (9.3%)	6547 (90.8%)		1.00	
Angina			0.068		
Yes	53 (11.9%)	394 (88.1%)		1.20 (0.86-1.69)	0.288
No	643 (9.3%)	6306 (90.8%)		1.00	
High blood pressure			<0.001		

Yes	215 (11.6%)	1645 (88.4%)		1.39 (1.12-1.73)	0.003
No	481 (8.7%)	5055 (91.3%)		1.00	
Bronchitis			<0.001		
Yes	76 (15.9%)	403 (84.1%)		1.49 (1.13-1.97)	0.005
No	620 (9.0%)	6297 (91.0%)		1.00	
Asthma			0.001		
Yes	130 (13.7%)	816 (86.3%)		1.58 (1.23-2.02)	<0.001
No	566 (8.8%)	5884 (91.2%)		1.00	
Allergy			0.006		
Yes	129 (11.6%)	979 (88.4%)		1.32 (1.04-1.68)	0.024
No	567 (9.7%)	5721 (91.0%)		1.00	
Stomachache			<0.001		
Yes	132 (15.6%)	714 (84.4%)		1.85 (1.47-2.33)	<0.001
No	564 (8.6%)	5986 (91.4%)		1.00	
Liver problem			<0.001		
Yes	26 (20.5%)	101 (79.5%)		2.18 (1.33-3.58)	0.002
No	670 (9.2%)	6599 (90.8%)		1.00	
Bowel problem			<0.001		
Yes	117 (16.7%)	583 (83.3%)		1.97 (1.52-2.56)	<0.001
No	579 (8.7%)	6117 (91.4%)		1.00	
Bladder problem			<0.001		
Yes	87 (18.7%)	379 (81.3%)		2.04 (1.54-2.69)	<0.001
No	609 (8.8%)	6321 (91.2%)		1.00	
Arthritis			<0.001		
Yes	216 (15.2%)	1207 (84.8%)		1.85 (1.48-2.30)	<0.001
No	480 (8.0%)	5493 (92.0%)		1.00	
Bone problem			0.001		
Yes	338 (12.9%)	2292 (87.2%)		1.75 (1.47-2.08)	<0.001
No	358 (7.5%)	4408 (92.5%)		1.00	
Infectious disease			0.005		
Yes	29 (15.3%)	160 (84.7%)		2.13 (1.33-3.42)	0.002
No	667 (9.3%)	6540 (90.8%)		1.00	

Skin problem			0.003		
Yes	137 (11.8%)	1029 (88.3%)		1.31 (1.05-1.63)	0.016
No	559 (9.0%)	5671 (91.0%)		1.00	
Any medication			<0.001		
Yes	515 (13.8%)	3219 (86.2%)		3.10 (2.47-3.88)	<0.001
No	182 (5.0%)	3482 (95.0%)		1.00	
Any injection			0.002		
Yes	39 (14.9%)	223 (85.1%)		1.70 (1.13-2.56)	0.011
No	658 (9.2%)	6479 (90.8%)		1.00	
Any counseling			<0.001		
Yes	78 (38.6%)	124 (61.4%)		6.07 (4.13-8.94)	<0.001
No	619 (8.6%)	6578 (91.4%)		1.00	

*Adjusted for age, sex, deprivation levels, education, marital status and survey weighing.

Discussion & conclusion



- People who reported having any of the listed health conditions tended to have poor psychological resilience. Statistical significance was reached in people who had anxiety, ear problem, asthma, bladder problem, arthritis, taking any medication and taking any injection.
- People with migraine, dementia, anxiety, cataract, high blood pressure, bronchitis, asthma, allergy, stomachache, bowel problem, bladder problem, arthritis, bone problem, infectious disease, skin problem, taking any medication, taking any injection and even taking any counseling tended to be unhappy.
- Future intervention research targeting patients with chronic illnesses to optimise psychological resilience would be suggested.