

Medicine & Science in Sports & Exercise:

May 2016 - Volume 48 - Issue 5S - p 639-640

doi: 10.1249/01.mss.0000486917.08748.30

D-65 Thematic Poster - Physical Activity, Mental Health, and Cognition - Youth Thursday, June 2, 2016, 3:15 PM - 5:15 PM Room: 110

Early Adversity, Psychopathology and Latent Class Profiles of Physical Health Problems from Preschool through Adolescence: 2296 Board #6 June 2, 3: 15 PM - 5: 15 PM

Whalen, Diana J.; Belden, Andy C.; Tilman, Rebecca; Luby, Joan; Barch, Deanna

Author Information

Washington University, Saint Louis, MO. (Sponsor: Stavros Kavouras, FACSM)

Email: whalend@psychiatry.wustl.edu

(No relationships reported)

PURPOSE: Early psychiatric disorders represent one potential, yet underexplored mechanism that may explain the link between social adversity and physical health problems throughout childhood. **METHODS:** Participants included 288 children participating in a longitudinal study of early-onset psychopathology spanning ten years. Clinical interviews were conducted with caregivers to determine purpose of the present report was to describe the longitudinal children's psychiatric diagnoses between ages 3-6. Caregivers also completed annual assessments of their child's physical health trajectories of physical health beginning during preschool and continuing into adolescence and explore whether social adversity, problems (ages 3-13), as well as reported on the family's income and family income-to-needs, and psychiatric disorders occurring during the preschool period predicted these trajectories. (e.g. single-parent household, maternal psychopathology, parental arrest, foster care, physical abuse, sexual abuse, and inability meet the family's financial needs).

RESULTS: This study applied growth mixture modeling to physical health problems and found two distinct trajectories of physical health: a stable, low group indicating good physical health across time and a high, increasing group indicating linear increases during the preschool period for contributing to increasing physical health problems from ages 3-13. The presence of psychiatric diagnoses ($\chi^2_{(1)} = 12.67, p < .000$), family income-to-needs ratio ($F = 5.66, p < .018$), and social adversity ($F = 4.28, p < .039$) occurring during the preschool period differentiated the increasing trajectory class of physical health problems. **CONCLUSIONS:** These findings indicate the importance and predictive power of early indicators of risk: low family income-to-needs ratios, high social adversity, and psychiatric disorders occurring during the preschool period for contributing to increasing physical health problems from preschool through adolescence. The findings from this study suggest that the co-occurrence between early physical and mental health problems, as well as early adversity may be of significant public health importance.

© 2016 American College of Sports Medicine