

stress, chronic

daily life stress,

discrimination,

non-normative

life events,

stress

## **Risk factors:**

Individual (adult): Poor coping strategies\* [10], low self-esteem, social exclusion [1], loneliness/isolation [1], unemployment/worklessness, income/job loss, income inequality [1], debt, social inequality, housing insecurity [2], shame, pride\*, minority ethnic, female, religiousness\*, age, addictive behaviours (gambling, alcohol, drugs), diet, exercise, physical health, carer

Family/relationships: Relationship strain, increased ratio children/adults, family functioning (communication, behaviour, and family roles) [4], family breakdown/divorce, mothers with young children, parenting relationships [4], older head of household, grandparent in primary caring role

Community [1]: Social rejection, low neighbourhood SES, poor neighbourhood race relations, neighbourhood stress

Children: parental mental health, parental depression, family history of mental health, family breakdown, single parenting, poor parenting, divorce, bullying, parental discord, academic failure

## Protective factors:

Individual (adult): Coping strategies\*, maternal coping strategies, high autonomy, positive attribution style, positive attitude, self-belief, optimism, social competence, social connectedness, pride\*, religiousness \*

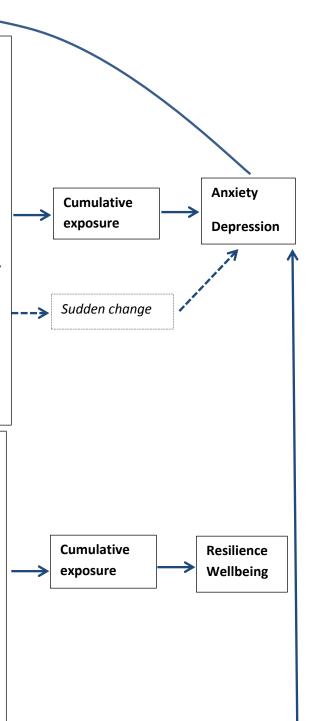
Family/relationships: Frequent contact with extended family

Community: Cultural /interpersonal resources, strong social support, strong social networks

Children: Normal IQ, attachment to caring adults, self-regulatory systems, motivation for achievement, parental education, parent occupation level, positive outlook, positive family systems

Italic = factors from consultation

Intervention area [number of studies]



<sup>\*</sup>Variable factors (reported as risk and protective)