

# What factors are associated with Pacific child depression at 8 years of age?

Summer Student



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# Research Background

- *Growing Up in New Zealand* is Aotearoa's largest longitudinal study of child health and wellbeing and child development
- Follows the lives of more than 6000 young people and their families
- Provides a picture of what it is like to be a child growing up in New Zealand in the 21st century
- Information collected by the study is helping to create flourishing futures for all young people in Aotearoa.

# Aims for Research

1

To identify factors that have potential correlation to Pacific child depression and anxiety.

2

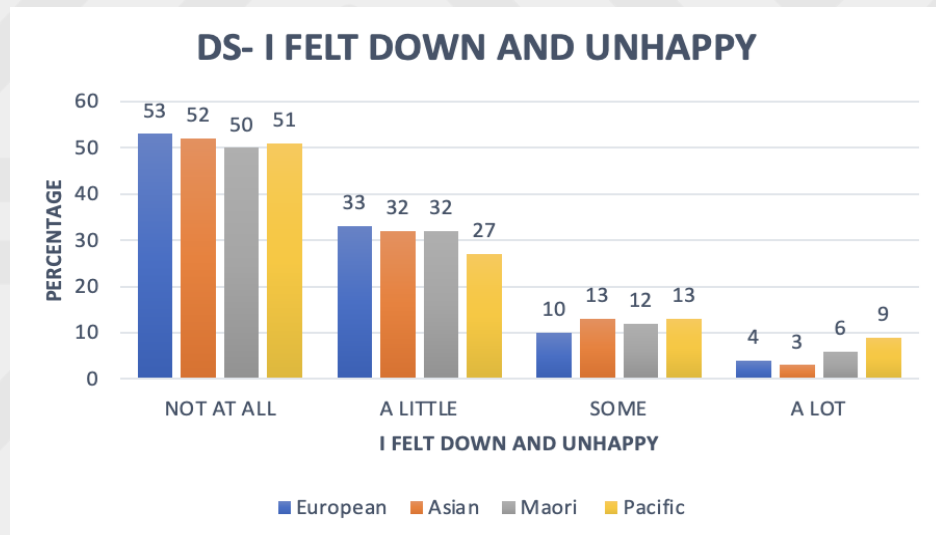
To explore data within the Growing Up in New Zealand Study to assess correlations between identified characteristics and constructs.

3

To describe key areas of resilience for Pacific children against depression and anxiety

## Method | Child's questionnaire

- Questionnaire gave insights into children's depression
- Pacific children had higher rates of depression symptoms compared to all other ethnicities
- Relating themes: social life, family life, school life, etc.

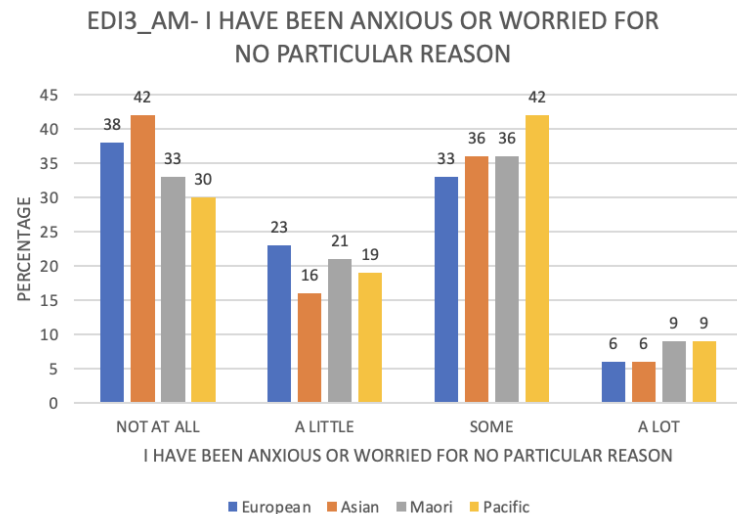




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## Method | Mother's questionnaire

- Questionnaire showing mother's depression during pregnancy
- Pacific mother's ranked higher in depression compared to all other ethnicities
- Mother's answers during pregnancy can link back to child's current answers
- Bernard-Bonnin (2004)



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## Correlation between mother and child questionnaire

- Similar questions were asked from both mother and child questionnaire
- Similar answers were given from ethnicities-Pacific being the highest in both

### Mother VS Child questions

EDI4- “I have felt scared or panicky for no particular reason”  
DS6- “I felt scared”

EDI5- “Things have been getting too much for me”  
DS10- “It was hard to get started doing things”

EDI6- “I have been so unhappy that I have difficulty sleeping”  
DS7- “I didn’t sleep as well as I usually sleep”

EDI7- “I have felt sad or miserable”  
DS3- “I felt down and unhappy”



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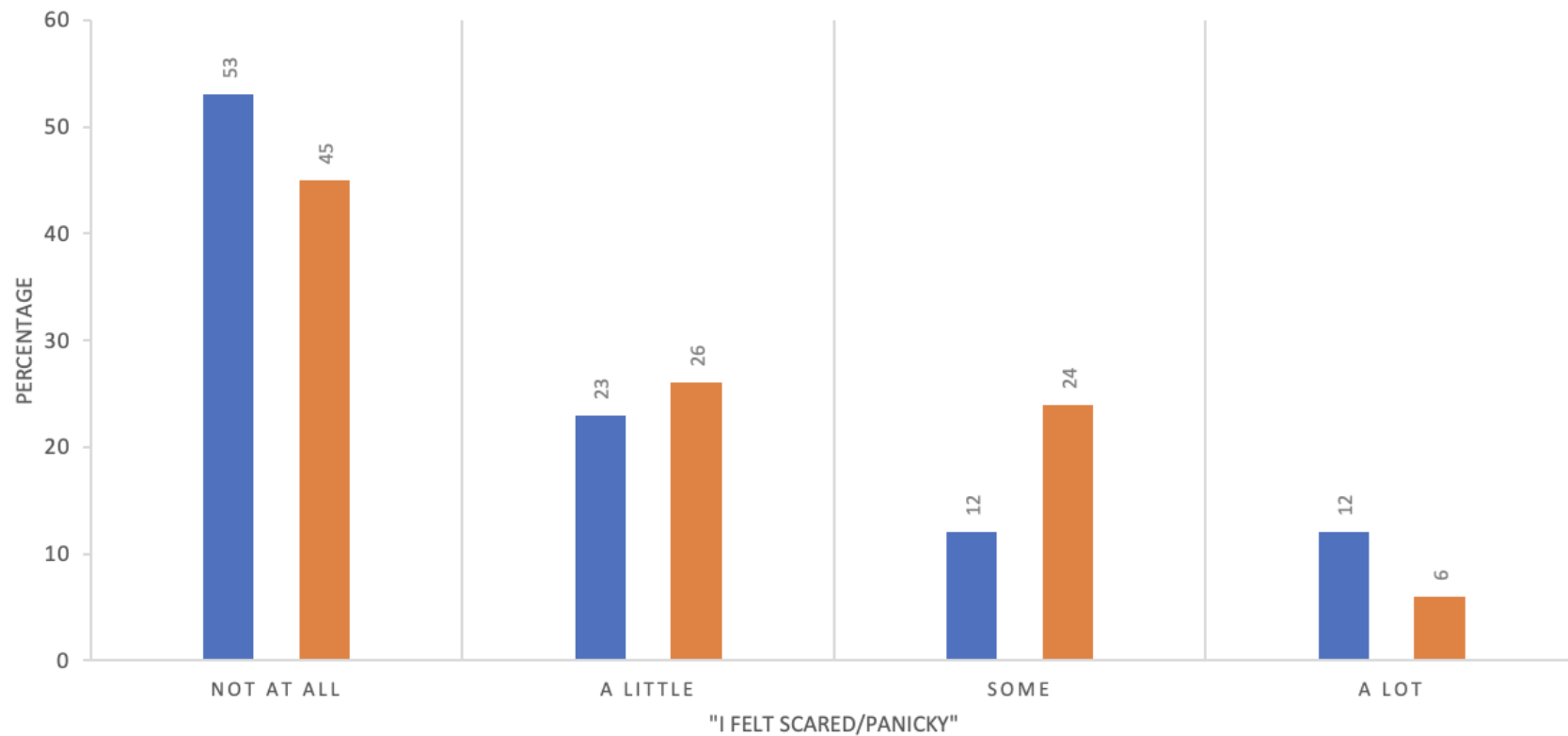
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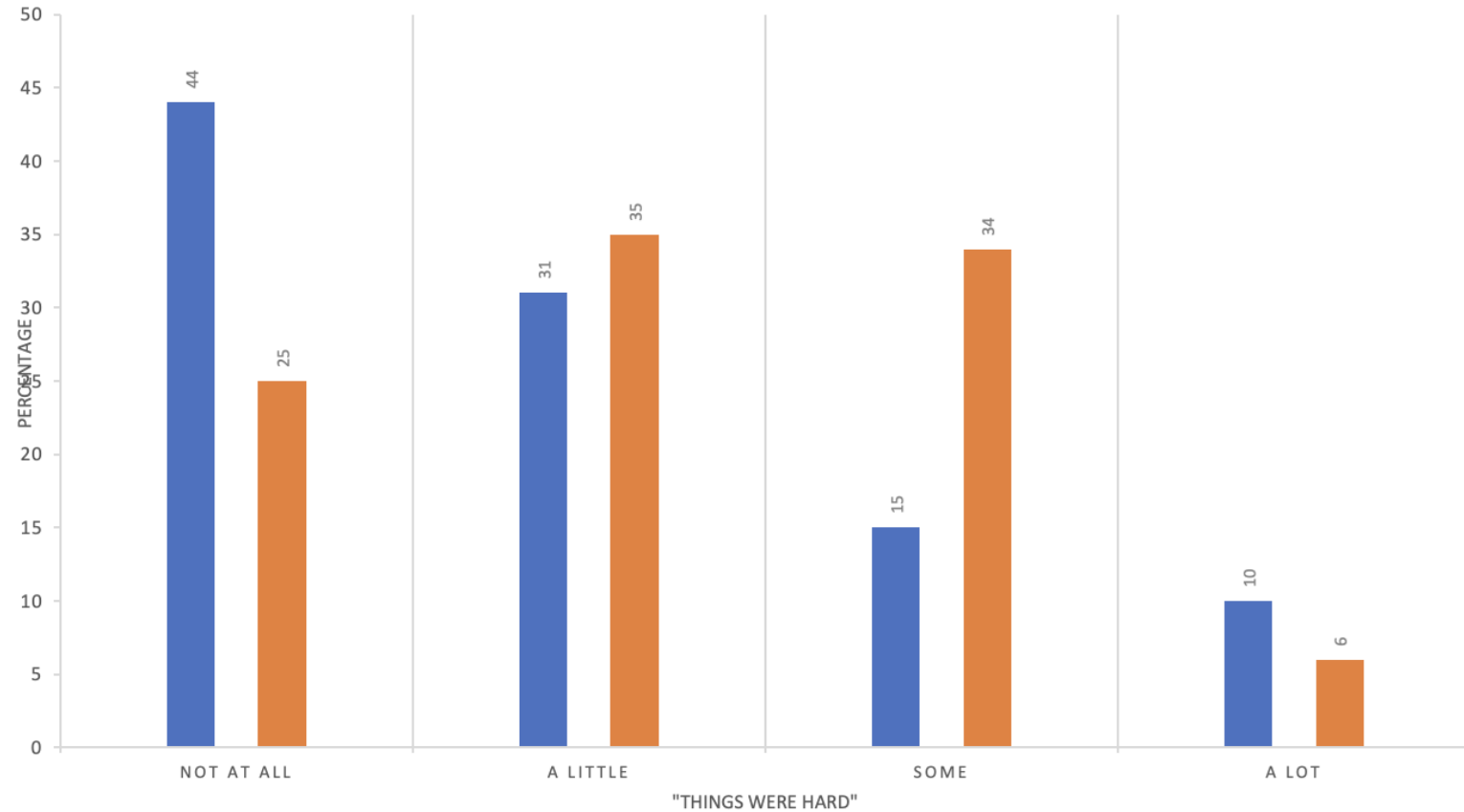
## "FELT SCARED/PANICKY"

■ Child ■ Mother



## "THINGS WERE HARD"

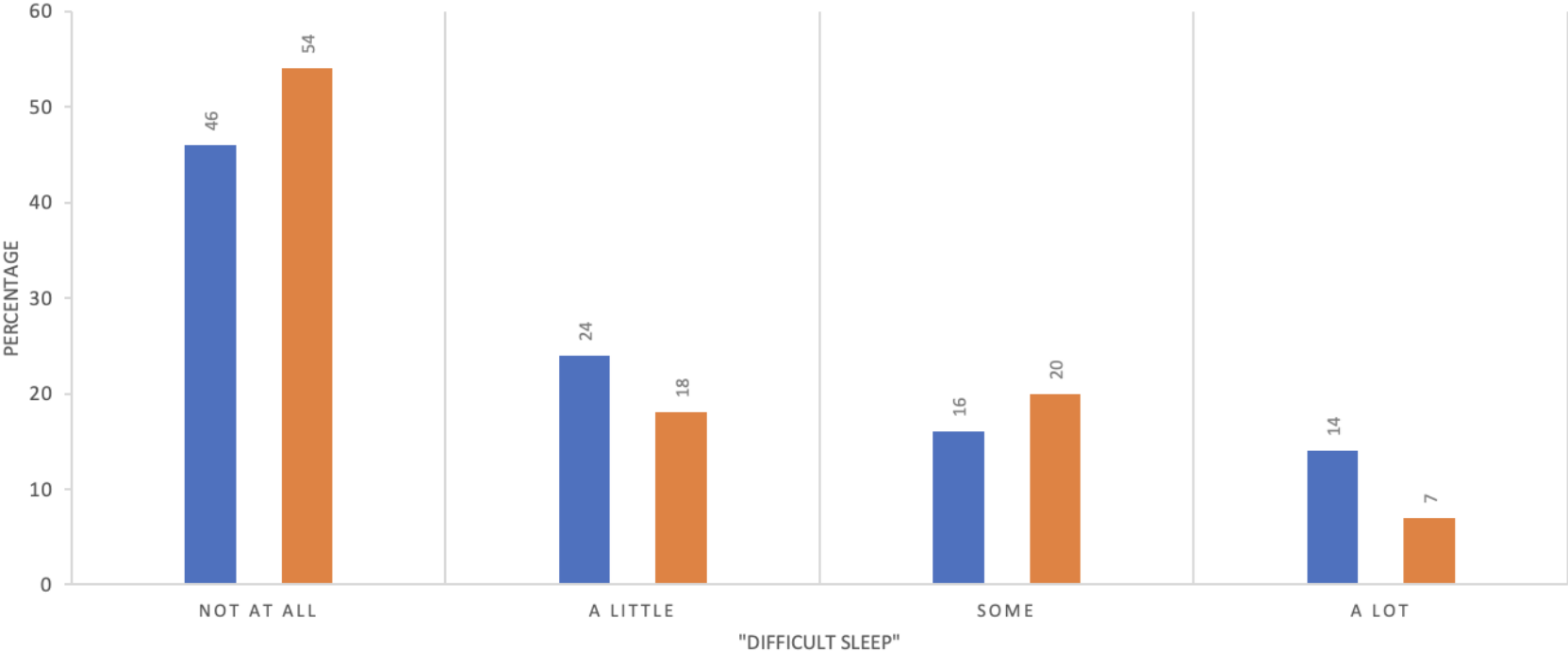
■ Child ■ Mother





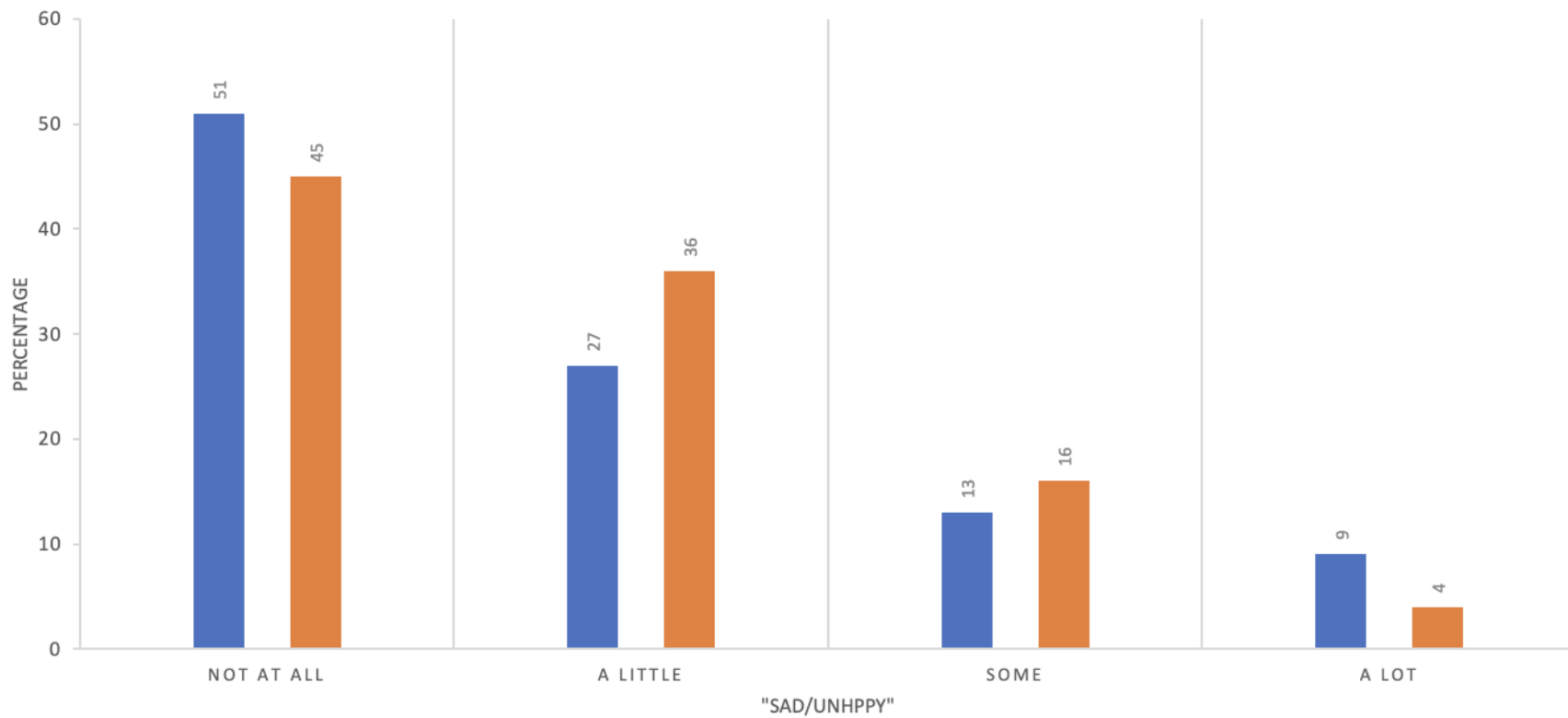
# "DIFFICULT SLEEP"

■ Child ■ Mother

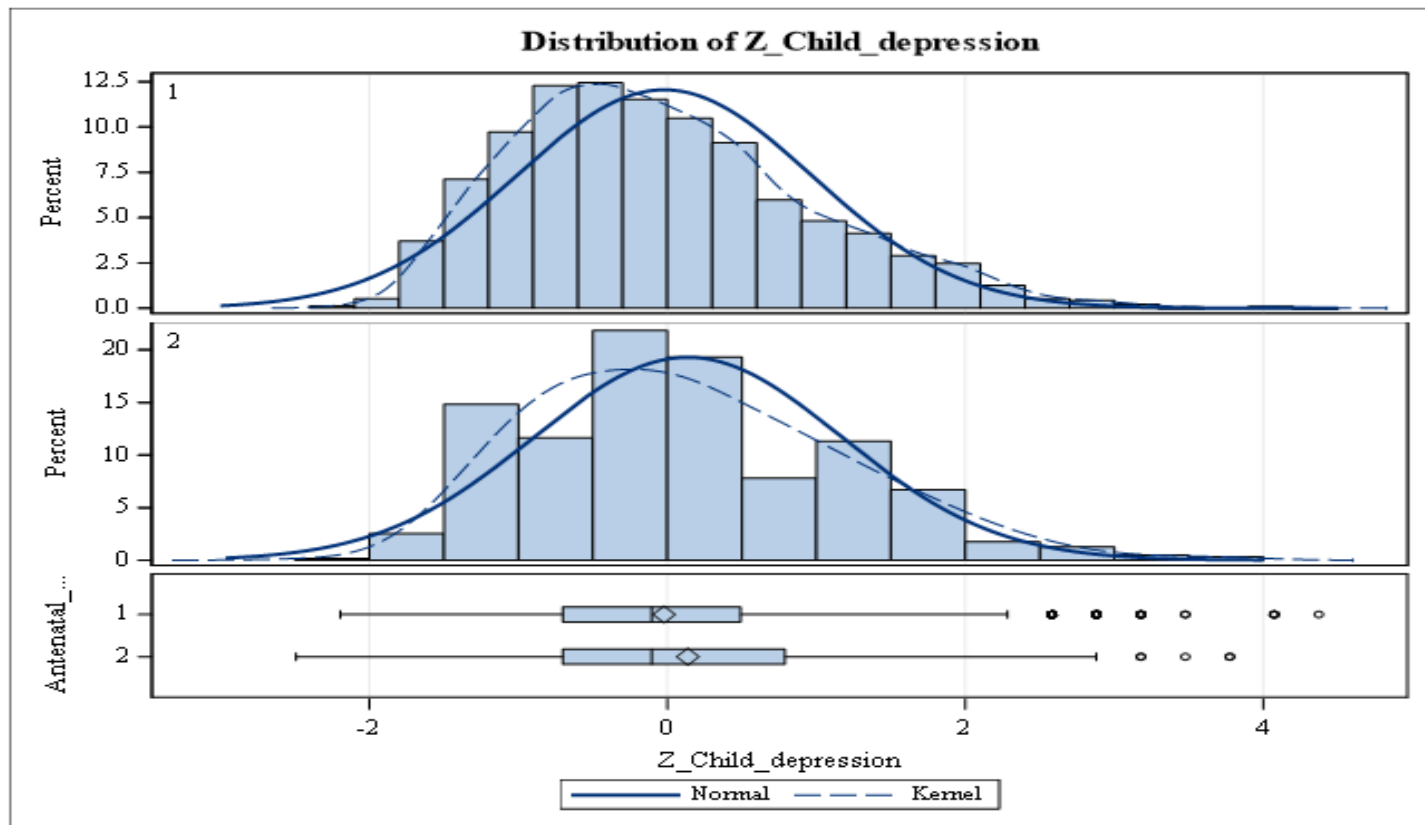


## "SAD/UNHAPPY"

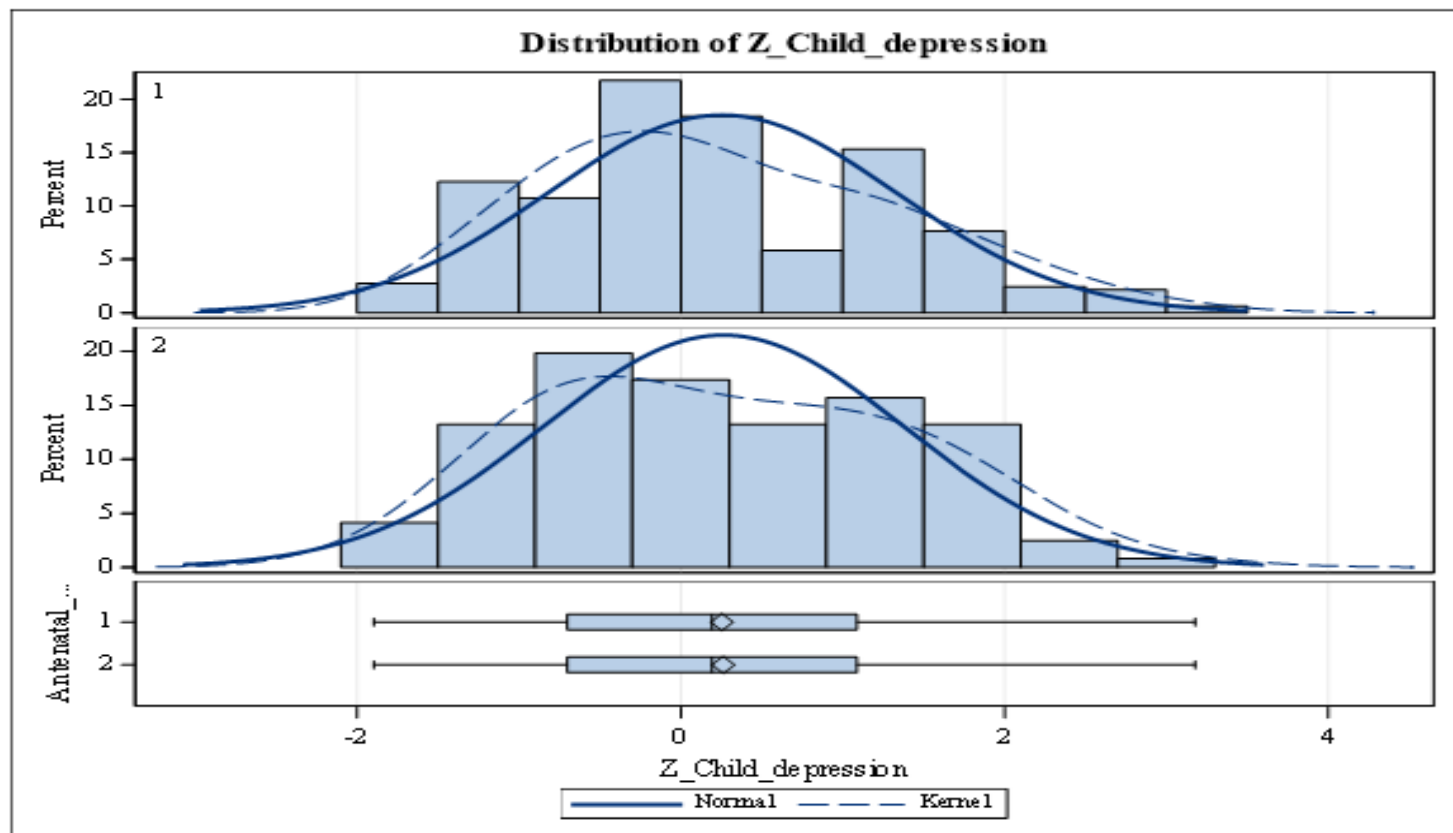
■ Child ■ Mother



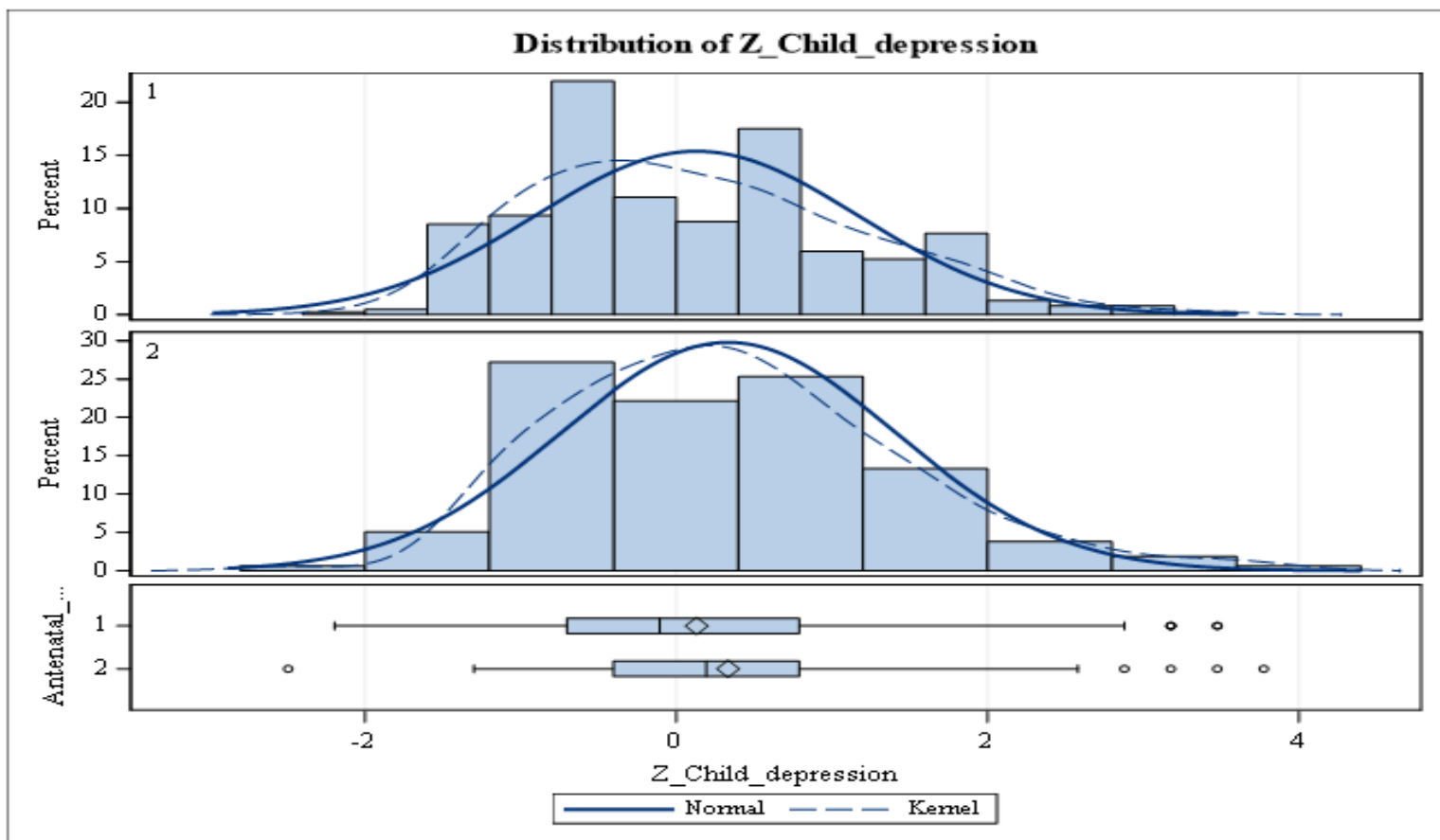
**Figure 1: Total population and child depression z-score**



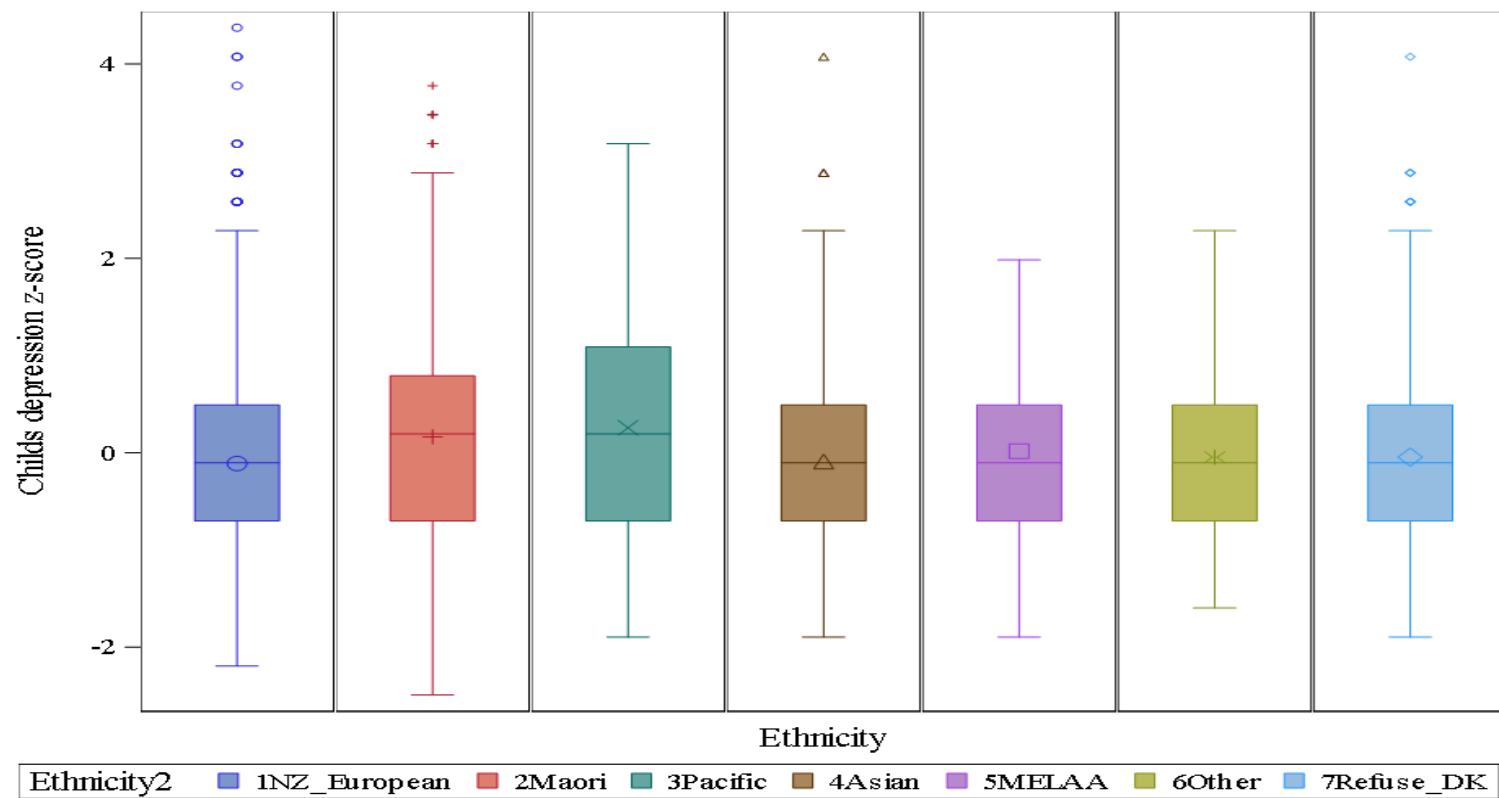
**Figure 2: Pacific and child depression z-score**



**Figure 3: Māori and child depression z-score**



# Box Plot Table



## Key findings



# More research

1

Explore family dynamics and parenting styles further

2

Collaborating with wider Pacific communities

3

Improving our understanding of the construct of depression within Pacific environments

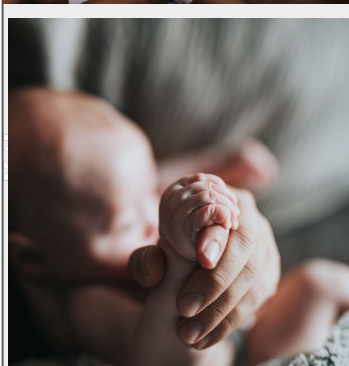


# Closing

- GUINZ offers a chance to explore how culture, family, and community influence Pacific children's mental health.
- Leveraging GUINZ's extensive longitudinal dataset allows for the identification of critical risk and protective factors shaping mental health outcomes for Pacific children.
- Further research can contribute to the development of culturally relevant interventions for Pacific children's mental health.



**“Mā te whakarongo, ka mōhio, mā te  
mōhio, ka mārama, mā te mārama, ka  
matau, mā te matau, ka ora”**



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