

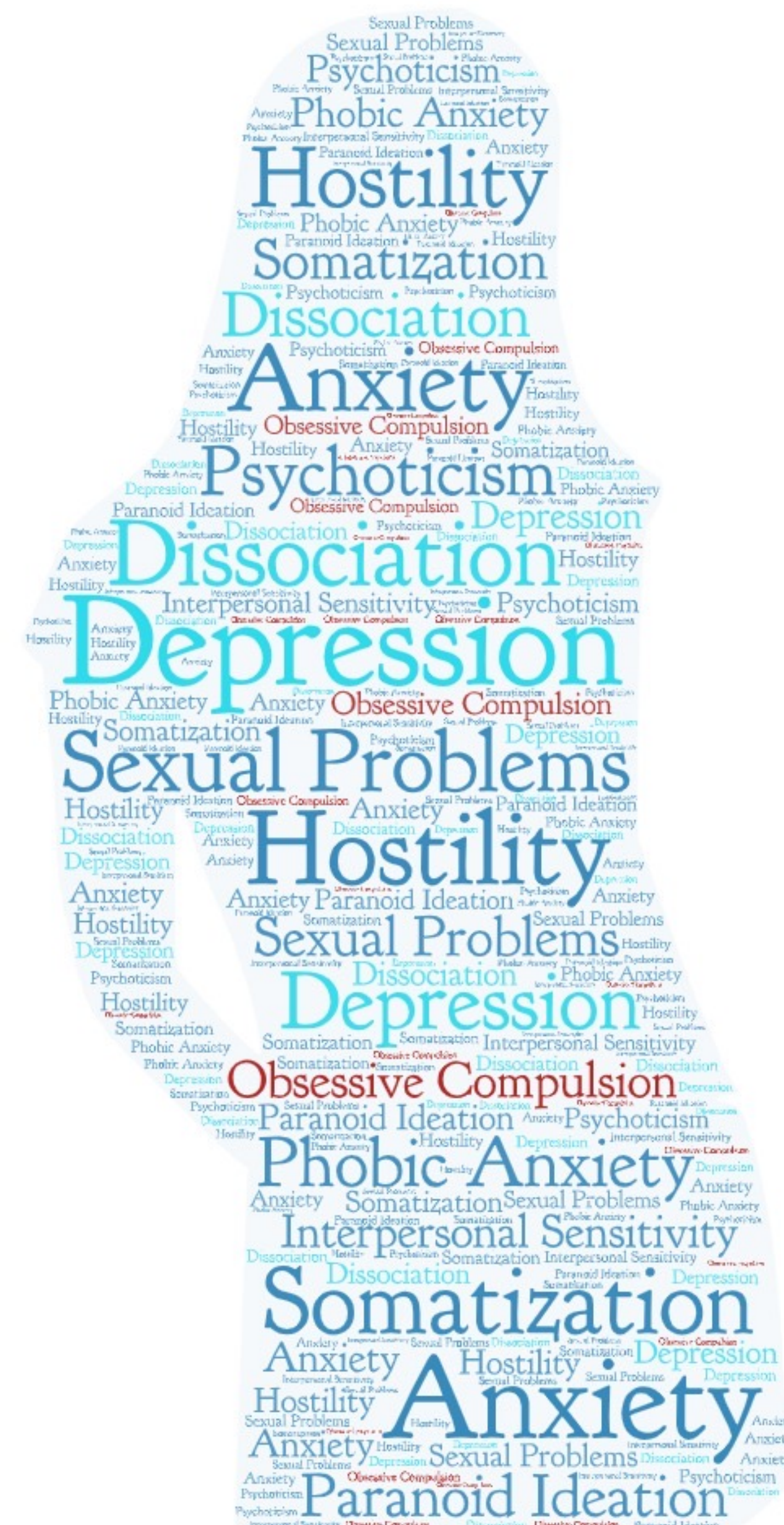
Chronic Illness and Mental Health Counseling

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BACKGROUND

- ¼ of children are affected by at least one chronic illness
- Youth with a chronic illness are at a 50% higher risk of developing a mental illness
- Youth with a chronic illness report engaging in more risk taking behavior and experience higher rates of violence and suicidal tendencies



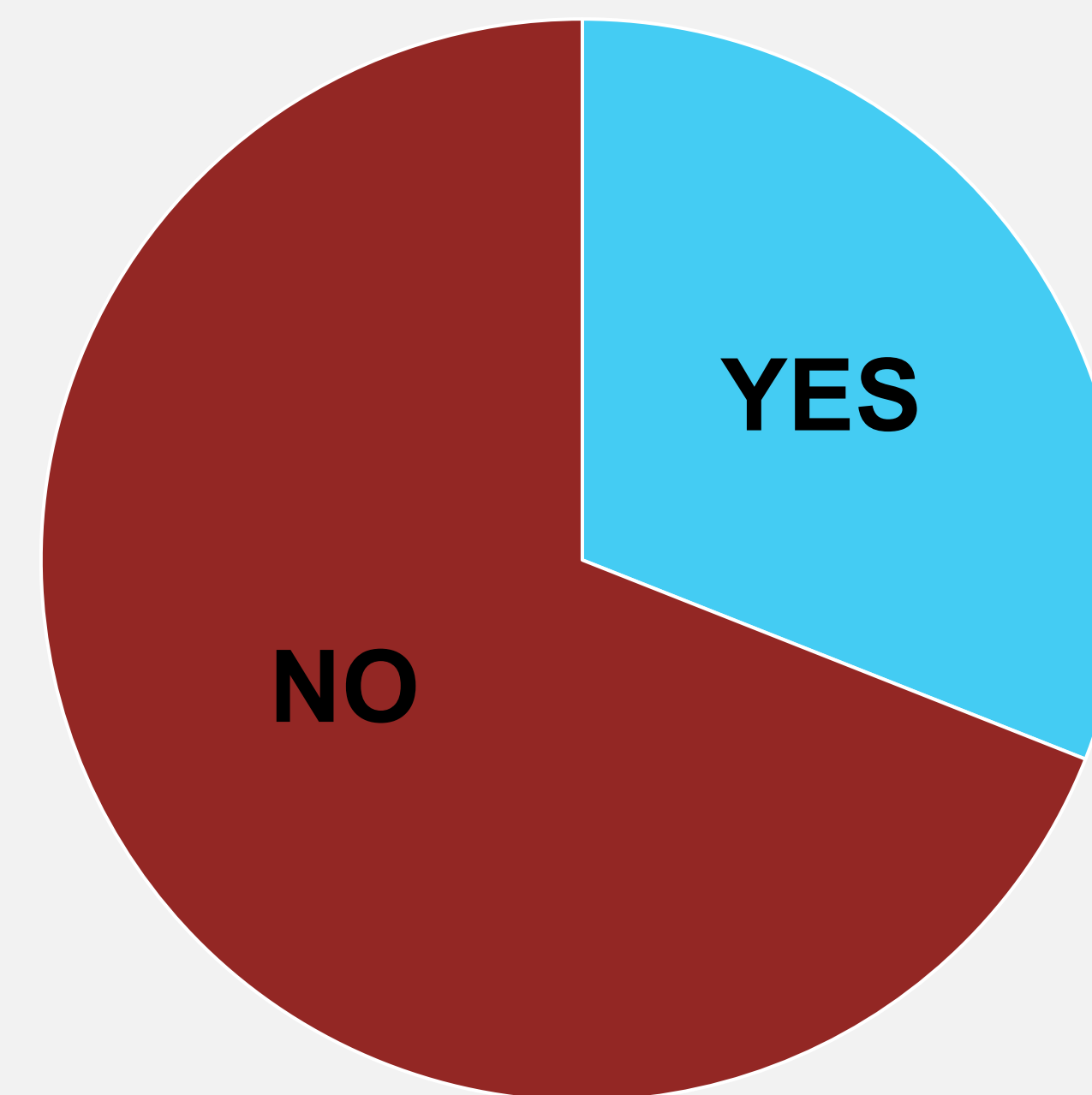
[Link to References](#)



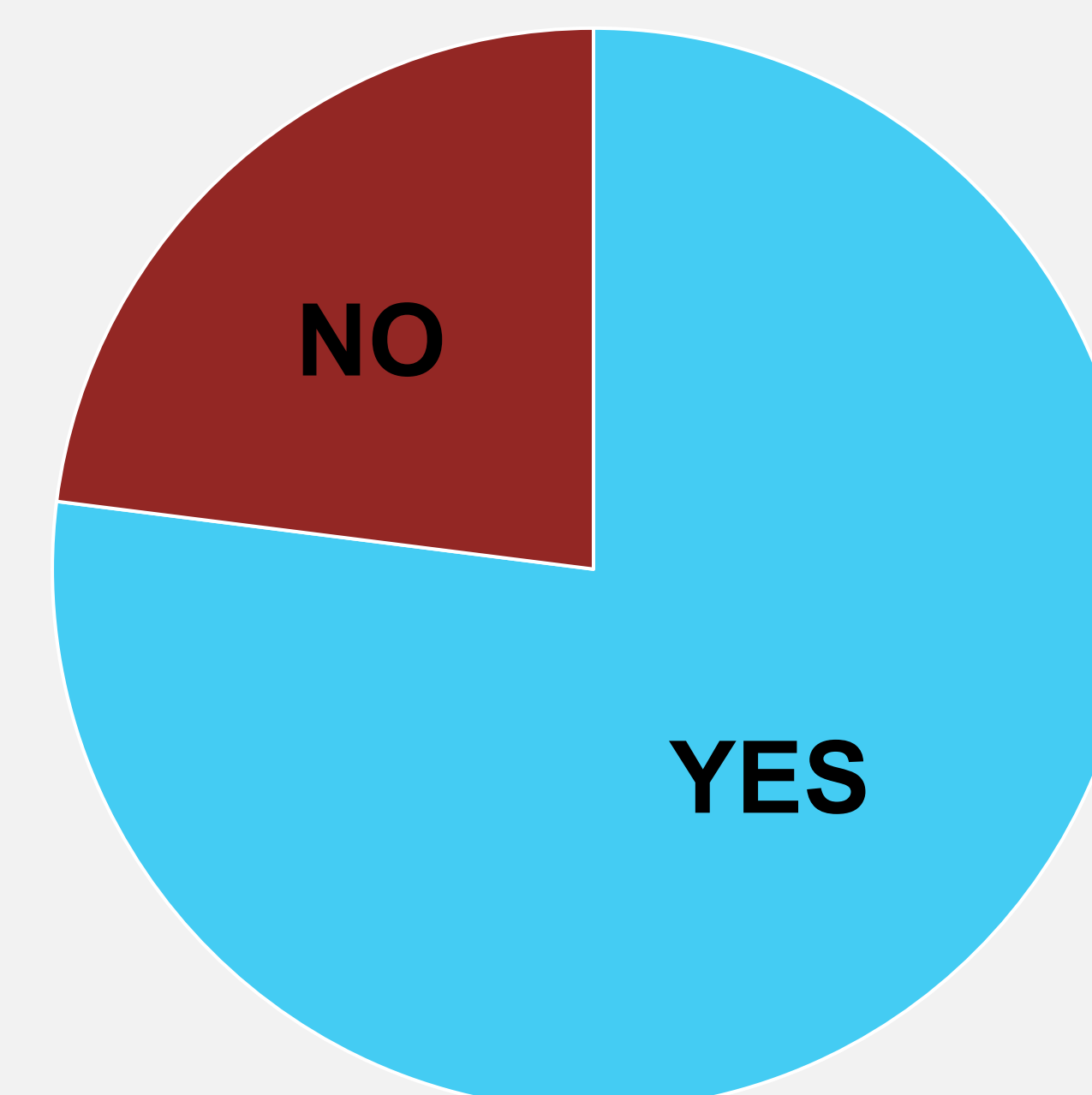
KEY FINDINGS

Past Mental Health Counseling

No Chronic Illness



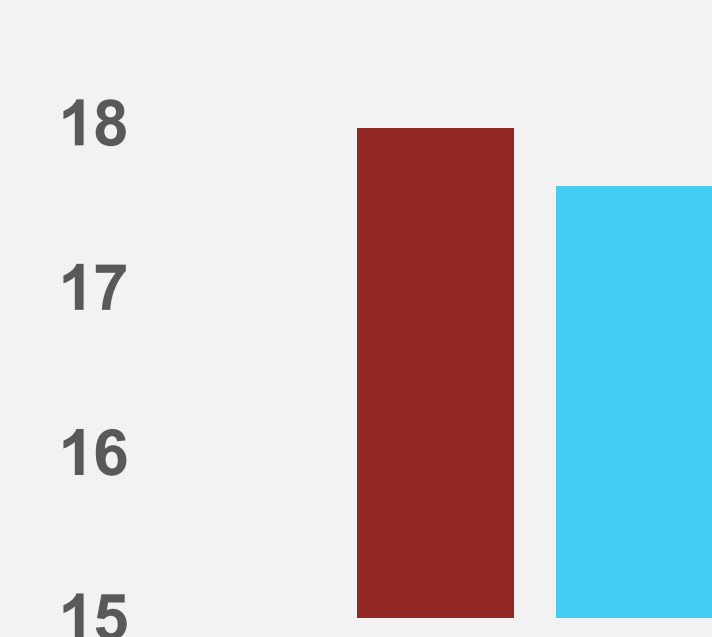
Chronic Illness



1. Individuals with a chronic illness seek and receive **mental health counseling** significantly more

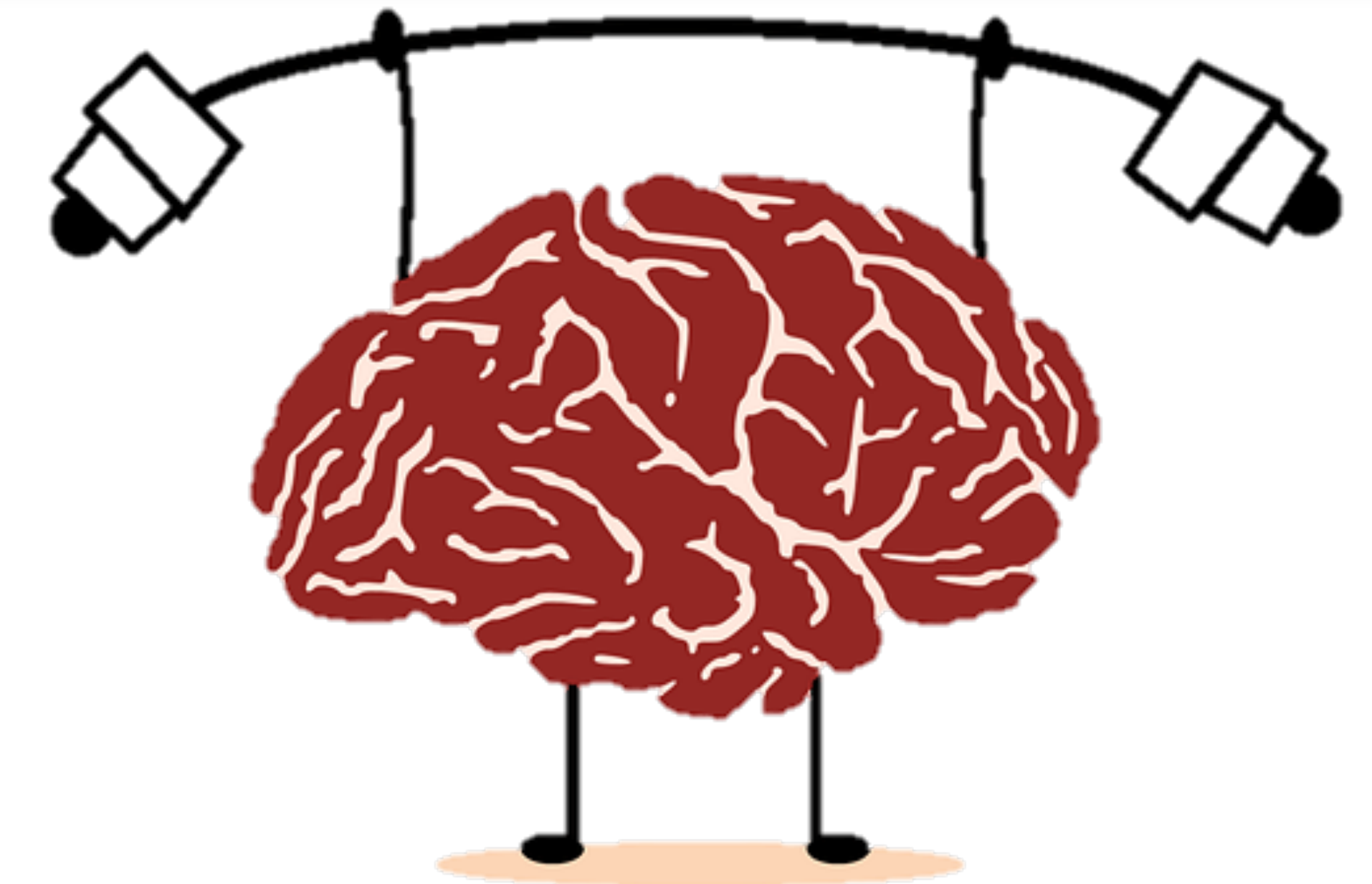
2. The Chronic Illness Group scored **significantly higher** on all subscales of psychological problems and symptoms of psychopathology (p 's < .001).

Mental Health Attitudes
towards Counseling

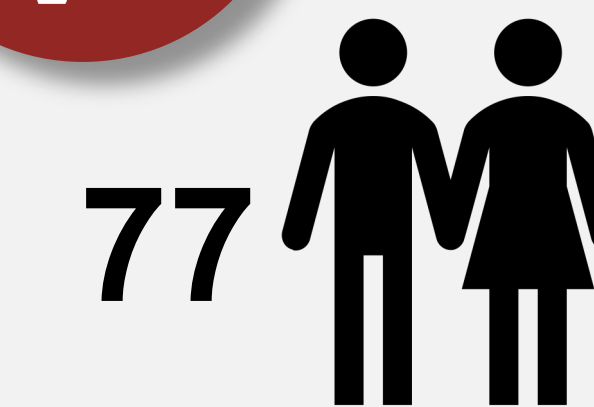


3. No difference in attitudes towards professional mental health counseling between the **chronic illness group** and the **non chronic illness group**

4. No significant difference in mental health scores within the chronic illness group **based on past mental health counseling**



METHODS



77



35 Without Chronic Illness
42 With Chronic Illness

Ages 18-25

Self-Report: Demographics, two surveys of psychological problems and symptoms of psychopathology, Disease Burden, & Counseling Attitudes



TAKE-AWAY

Individuals with a **chronic illness**:

- self-report more mental health symptoms
- receive mental health counseling more often

Mental health counseling may not be effective in reducing symptoms in individuals with a chronic illness