Introduction

• Approximately 50% of the population will qualify for a mental disorder during their lifetime.
• XX% of those will seek treatment (Kessler et al., 2005).
• Depression and bulimia nervosa associated with multiple social issues and reduced quality of life; many do not seek treatment they need (Hudson et al., 2007; Kessler et al., 2003).
• Goal of Current Study: Examine potential predictors of treatment seeking among individuals at risk for depression and /or bulimia nervosa.

Methods

Participants
• Introductory psychology students; divided into three groups.

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<th>Depression Only</th>
<th>Bulimia Only</th>
<th>DEP and BN</th>
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<td>N</td>
<td>19</td>
<td>7</td>
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<td>Average age</td>
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Measures
• Individual Difference Predictors
  • Five Factor Model traits (NEO-PI-R, Costa & McCrae, 1992)
  • Level of distress (K-10, Kessler et al., 2002)
  • Defense style (DSQ-30, Andrews, Singh, & Bond, 1993)
  • Stigma (SSRP, Komiya, 2000)
• Environmental Predictors
  • Social Support (N-SSQ, Norbeck, Lindsey, & Carrieri, 1981)
  • Threatening Experiences (LTE-Q, Brugha, Bebbington, Tennant, & Hurry, 1985)
  • Social Adjustment (SAS-SR, Weissman, Offson, Gameroff, Feder, & Fuentes, 2001)
  • Vignettes for depression and bulimia (Kelly, Jorm, & Rodgers, 2006; Mond, Hay, Rodgers, & Owen, 2008)

Procedure
• Participants recruited based on pre-screening for CES-D and EDDS. Risk group confirmed at lab session. If still at risk, participants completed computer-administered measures.
• Participants completed brief follow-ups at 2, 6, and 10 weeks post-lab session.

Statistical Analysis
• One-way ANOVA or chi-square to compare groups at baseline on 1) insight into illness, 2) prevalence of illness, 3) causes of illness, 4) resources, 5) stigma.
• Logistic regression predicting 1) treatment and 2) information at follow-up.

Results

Insert Figure Here
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Conclusions

DEP and BN

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Narratives

Insert bar graphs on causes and resources for depression and bulimia

Group | 2 Week Follow-Up | 6 Week Follow-Up | 10 Week Follow-Up |
1 - Depression | I have filled out the forms for the Doctors office and have intentions of going, I just have to set up an appointment. | I Googled depression, it took me to several sites. I think WebMD was one. | Talking about what stresses me out, or upsets me has helped me to realize things I need to different, people I need to stay away from, as well as people I need to stay connected and close with. |
2 – Bulimia | I just wanted to talk to someone and get a professional opinion on what I should do. I was also interested in being consulted to a nutritionist. | I told my mom that I think that I might have a problem. | I didn’t seek treatment because of lack of time and I feel that I’ve gotten a lot better. |
3 - Depression | I have already seen a psychiatrist, psychologist, and other doctors. | I deal with these things on my own. | I can deal with depression by myself. |