

## Mental health among caregivers\* of Montana children with asthma

- Caring for a child with asthma places a substantial burden on the caregiver and may adversely affect a caregiver’s mental health.
  - ◇ Between 2012 and 2017, **31% of all caregivers of children with asthma** living in Montana had been told they have a depressive disorder.
  - ◇ **Female caregivers** of children with asthma were **74% more likely** to have a depressive disorder than other female caregivers. There was no significant difference in the prevalence of depressive disorder between other male caregivers and male caregivers of children with asthma (Figure 1).

Figure 1. Caregivers with a depressive disorder

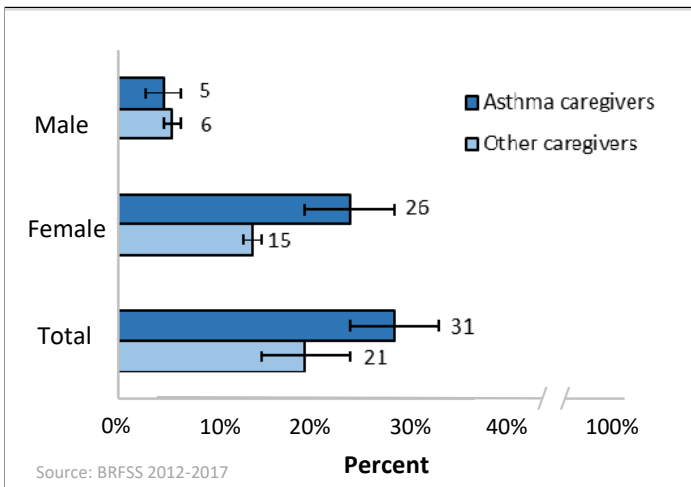
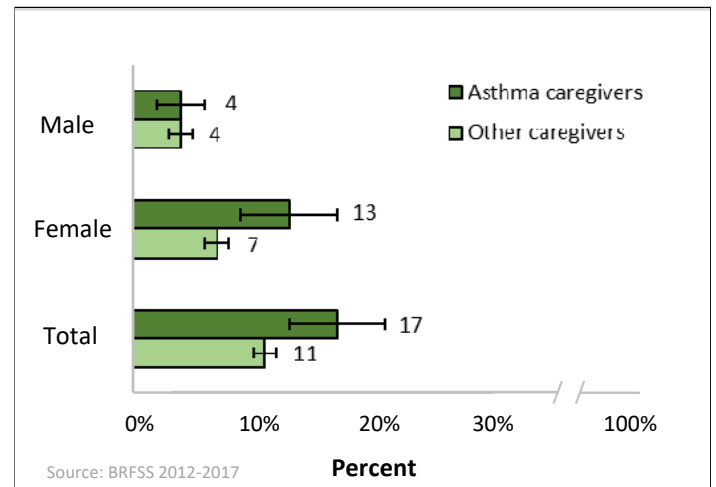


Figure 2. Caregivers with poor mental health\*\*



- The mental health status of a caregiver may also affect treatment adherence in children with asthma.
  - ◇ Between 2012 and 2017, **17% of caregivers of children with asthma** living in Montana had poor mental health, compared to 11% among other caregivers.
  - ◇ A significantly greater percentage of **female caregivers** of children with asthma had poor mental health than **male caregivers (13% vs. 4%)** (Figure 2).

\* Caregiver refers to any parent, guardian, etc. living with a child or adolescent (< 18 years of age).

\*\* Poor mental health is defined as ≥ 14 poor mental health days in the past month due to stress, depression, or emotion.

### CONTACT

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### Resources:

Visit our websites for more information:

1. Asthma Control Program: <https://dphhs.mt.gov/asthma>
2. Public Mental Health Services: <https://dphhs.mt.gov/amdd/Mentalhealthservices>

### Data Source:

1. Behavioral Risk Factor Surveillance System, Montana, 2012 – 2017