

Risk Factors for Mental, Emotional, & Behavioral Health Disorders

Adolescence	 Individual	<ul style="list-style-type: none"> • Female gender • Early puberty • Difficult temperament; inflexibility, low positive mood, withdrawal, poor concentration • Low self-esteem, perceived incompetence, negative explanatory and inferential style • Anxiety • Low-level depressive symptoms and dysthymia • Insecure attachment • Poor social skills: communication and problem-solving skills • Extreme need for approval and social support • Low self-esteem • Shyness • Emotional problems in childhood • Conduct disorder • Favorable attitudes toward drugs • Rebelliousness • Early substance use • Antisocial behavior • Head injury • Marijuana use • Childhood exposure to lead or mercury (neurotoxins) • Prior suicide attempt(s) • Misuse and abuse of alcohol and other drugs • Mental disorders, particularly depression and other mood disorders • Access to lethal means • Knowing someone who died by suicide, particularly a family member • Social isolation • Chronic disease and disability • Lack of access to behavioral health care 	 Family	<ul style="list-style-type: none"> • Parental depression • Parent-child conflict • Poor parenting • Negative family environment (may include substance abuse in parents) • Child abuse/maltreatment • Single-parent family (for girls only) • Divorce • Marital conflict • Family conflict • Parent with anxiety • Parental/marital conflict • Family conflict (interactions between parents and children and among children) • Parental unemployment • Substance use among parents • Lack of adult supervision • Poor attachment with parents • Family dysfunction • Family member with schizophrenia • Poor parental supervision • Parental depression • Sexual abuse • Family history of suicide • Family history of child maltreatment 	 Community	<ul style="list-style-type: none"> • Peer rejection • Stressful events • Poor academic achievement • Poverty • Community-level stressful or traumatic events • School-level stressful or traumatic events • Community violence • School violence • Poverty • Traumatic event • School failure • Low commitment to school • Not college bound • Aggression toward peers • Associating with drug-using peers • Societal/community norms about alcohol and drug use • Urban setting • Poverty • Associating with deviant peers • Loss of close relationships or friends • Local epidemics of suicide • Barriers to accessing mental health treatment • Unwillingness to seek help because of the stigma attached to mental health and substance abuse disorders or to suicidal thoughts
	<div style="border: 1px solid black; padding: 10px; width: fit-content; margin: 0 auto;"> <ul style="list-style-type: none"> • Depression • Anxiety • Substance Abuse • Schizophrenia • Conduct Disorder • Suicide </div>					