



# Developmental Window During Which Reappraisal Habits May Mitigate the Intergenerational Transmission of Depression

Isabella K. Peckinpaugh<sup>1,2</sup> & Maital Neta, Ph.D.<sup>1,2</sup>

<sup>1</sup> Center for Brain, Biology, and Behavior, University of Nebraska-Lincoln

<sup>2</sup> Department of Psychology, University of Nebraska-Lincoln



## Background

Parental history of depression is a risk factor in children for:

- depression
- maladaptive emotion regulation (ER)

Unknown whether parental history of depression impacts ER differently across adolescence

**We expect risk may have a greater impact during different developmental periods; we use longitudinal data to explore these effects.**

## Method and Measures

Recruited 136 children (ages 6-17 years) and their parents (**N=132** children included in analyses)

**Parent Depression:** BDI

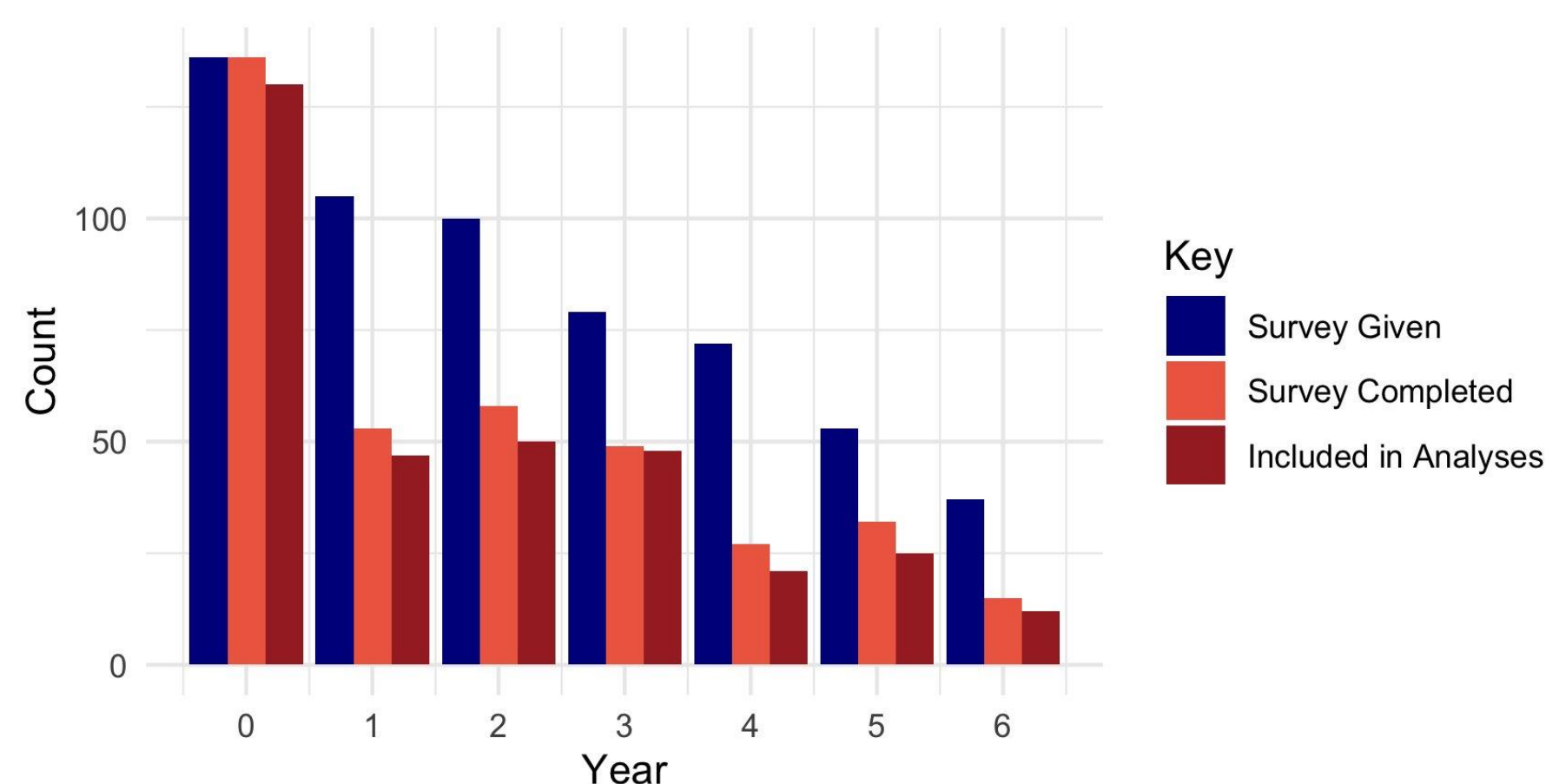
**Child Depression Risk:**

- No risk score until the parent took the BDI
- Scores of 10 or greater indicated "high-risk"

**Child Depression:** Revised Children's Anxiety and Depression Scale (RCADS)

**Child Reappraisal Habits:** ERQ-CA

Each completed and in-person baseline session, and were invited for yearly, online follow-ups ( $M_{total}=2.5$ ,  $sd=1.7$ )



## Analyses

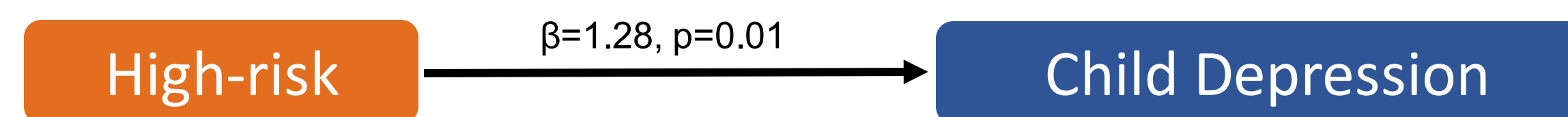
3 Linear Mixed Effects Models (**H1-H5**) with a random intercept for each participant

2 Time-lagged OLS models (**H6**)

\*For more information about the model specifications and results, please ask or see my supplementary materials

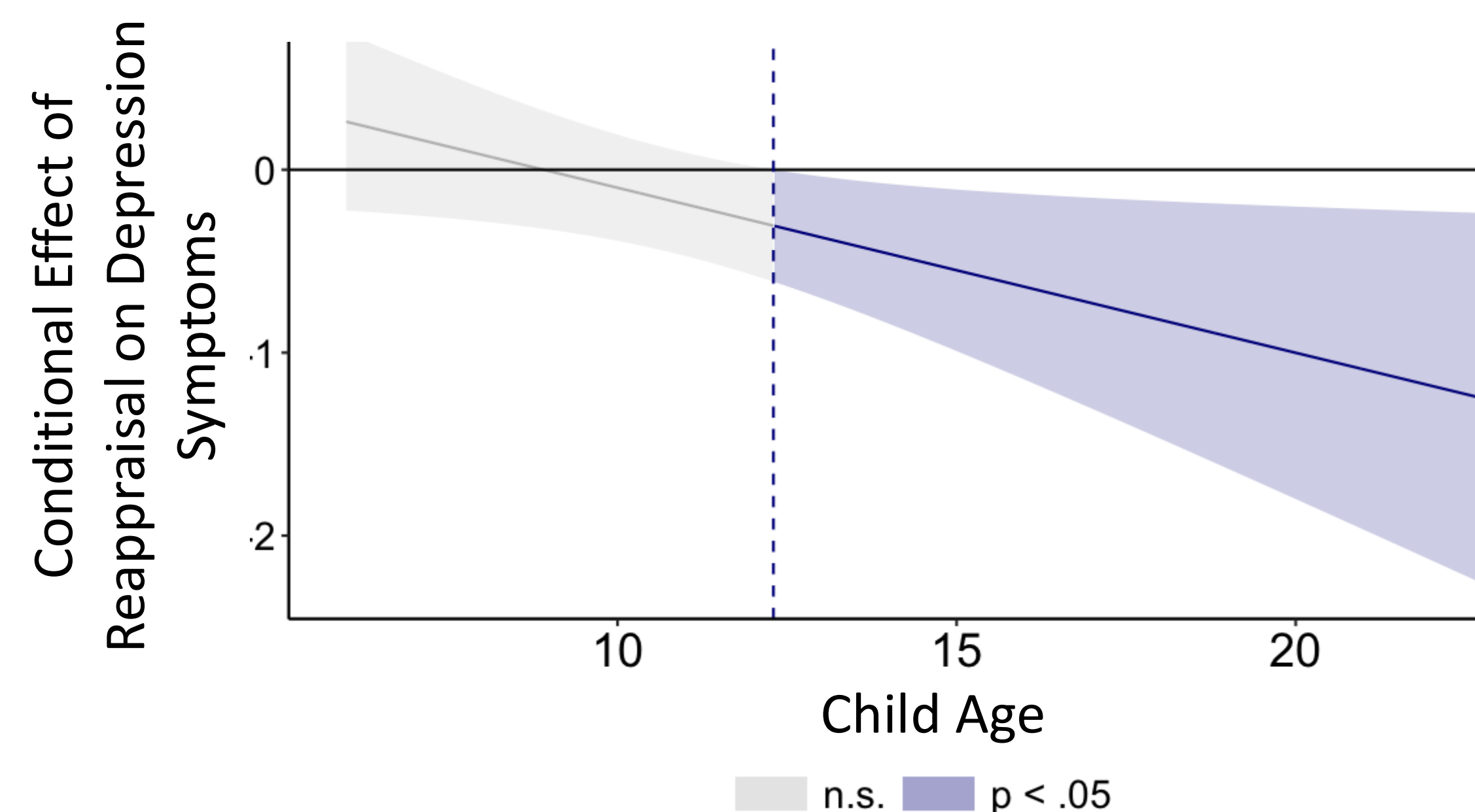
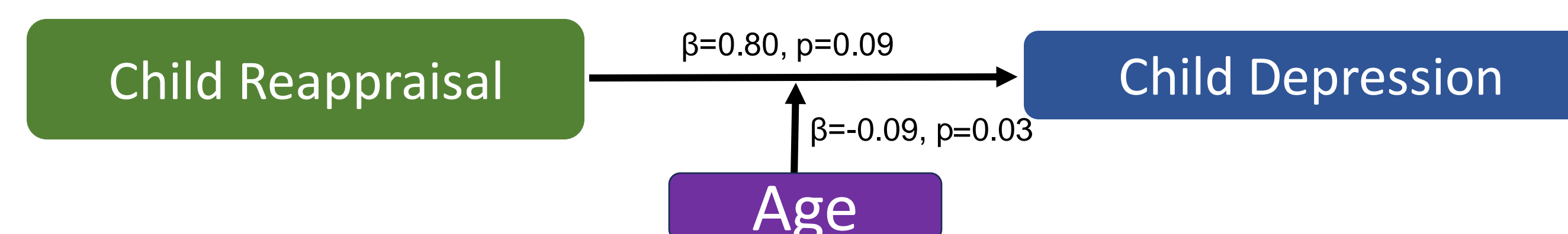
## Results

**(H1) Risk was associated with greater depression symptoms:**

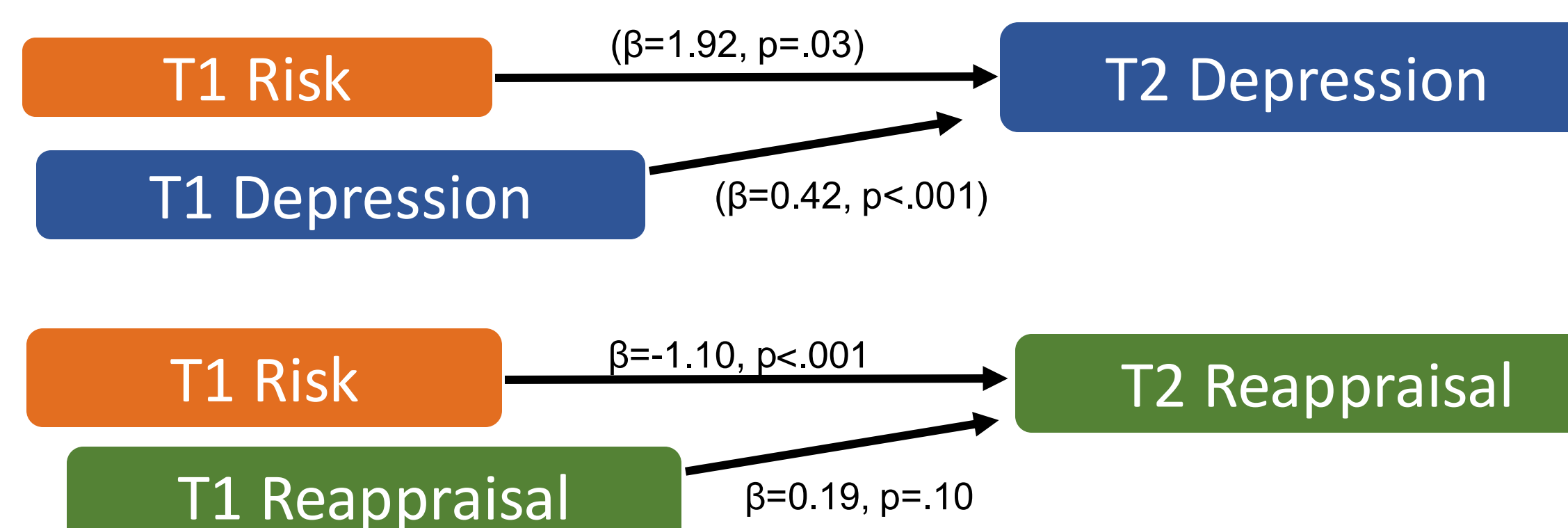


**(H3) Less frequent use of reappraisal was associated with greater depression symptoms**

**(H5; exploratory) This effect was significant starting at age 12:**

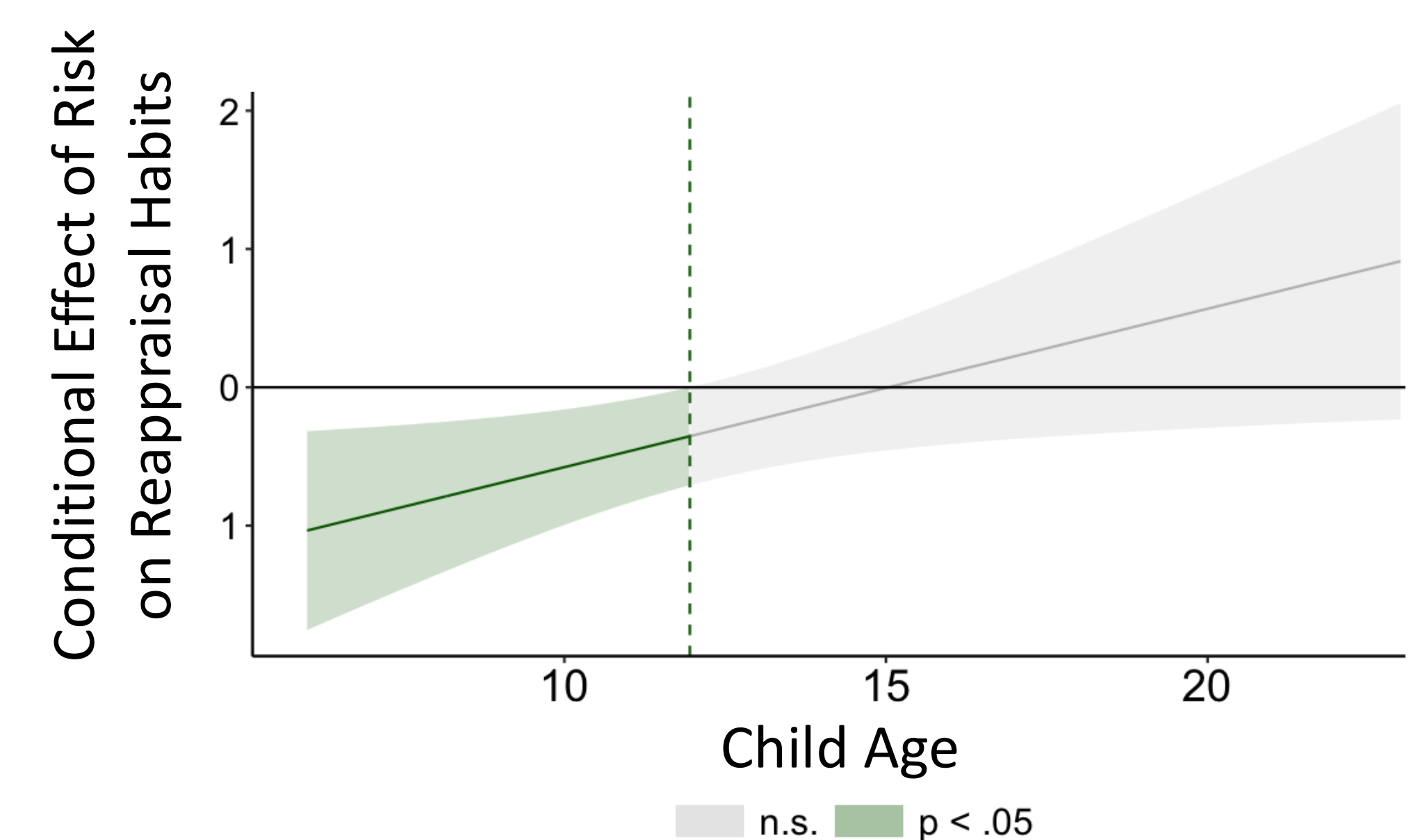
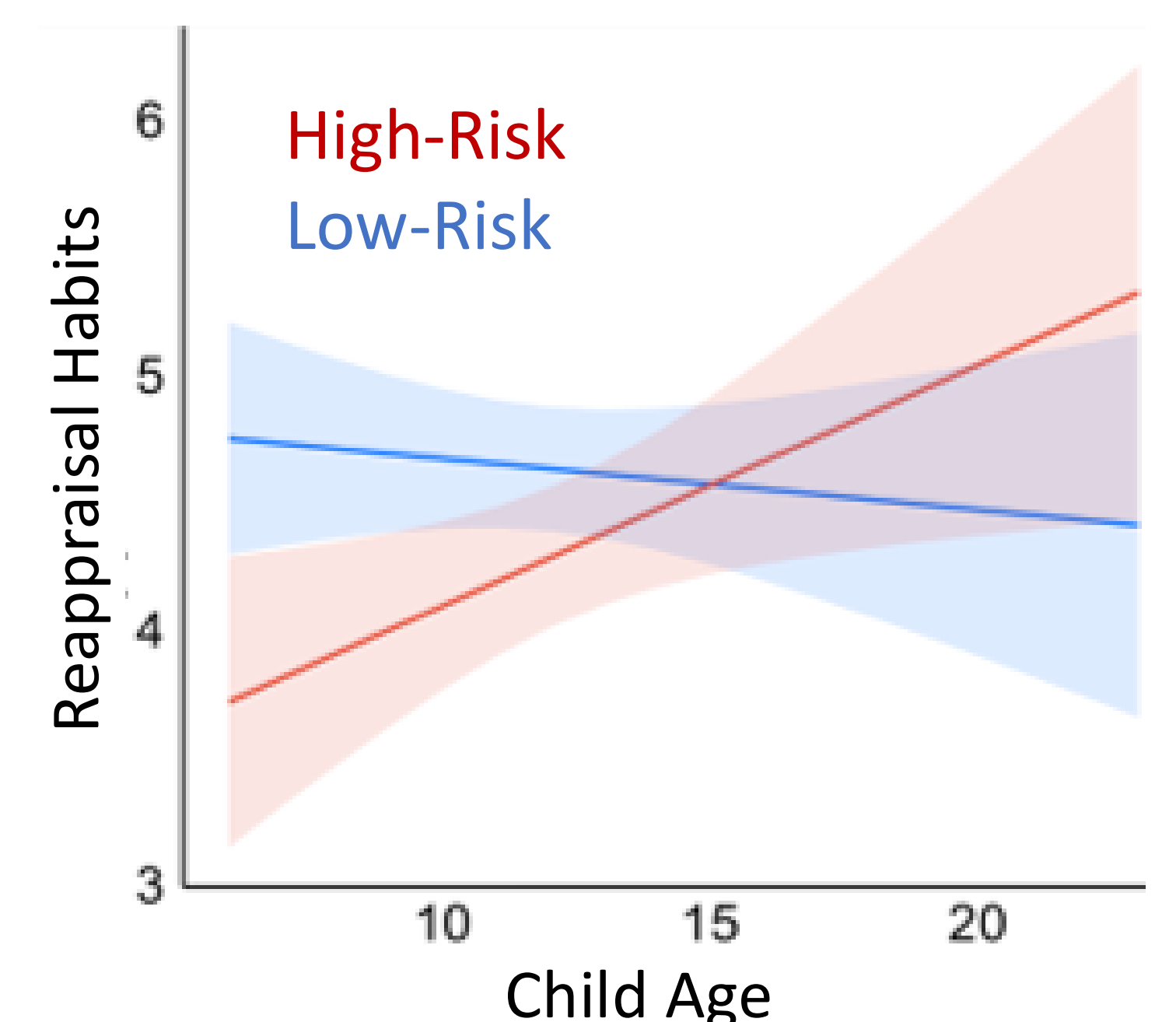
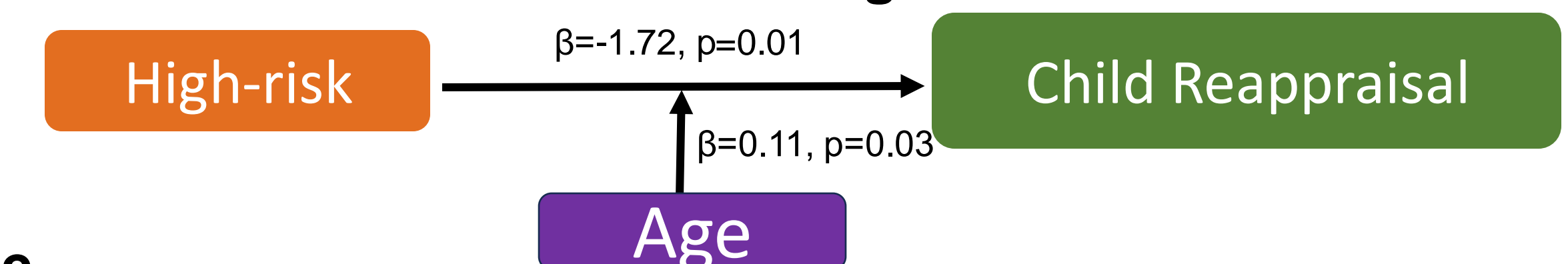


**(H6; exploratory) Risk predicted future depression and reappraisal independent of previous scores:**



**(H2) Risk was associated with less frequent reappraisal use**

**(H4; exploratory) This effect was significant until age 12:**



## Discussion

**Replicated previous findings**

- High-risk children experience greater depression symptoms and worse reappraisal habits (i.e., use reappraisal less frequently in daily life)
- Time-lagged models confirm that risk precedes the effects on reappraisal and depression symptoms

**Extended findings:**

- Risk impacts reappraisal habits until age 11.95 years and reappraisal habits impact depression symptoms after age 12.30 years
- **Suggests critical window around age 12 (and maybe 12-15) where parental history of depression has the greatest impact on depression development**
- Aligns with window where most develop first depressive episode
- Supports that parental history of depression influences children through impaired ER habits
- **Intervention that targets ER in children with a parental history of depression may prevent transmission**
- Developing reappraisal habits by age 12 may offset risk

## Next Steps

**Next steps:**

- Extend lagged models over longer periods
- Compare reappraisal to other strategies
- Examine intervention efficacy; does reappraisal training help prevent transmission?

**Supplementary Materials & Contact Info**



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