

# FARM ADOLESCENTS & MENTAL HEALTH



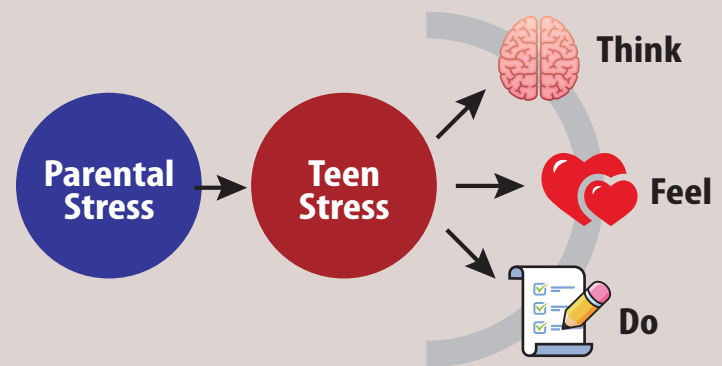
National Children's Center  
for Rural and Agricultural Health and Safety



## Parental Stress → Child Stress?

Agriculture has been identified as one of the most stressful occupations in the U.S., and there is a strong relationship between stress and mental health. Although there is evidence that agricultural work contributes to poor mental health in adults, the mental health experience of youth on farms is unknown, including how parental stress affects youth. However, it is known that some teenagers struggle with poor mental health, and suicide has become the second leading

cause of death in teenagers in the U.S. This highlights the need for more information about teens on farms, including how stress affects what teens think, feel and do, how family dynamics impact teen mental health, and how to identify teens at risk.



Please visit the study website for more information on the project and the team:

<https://marshfieldresearch.org/nccrahs/FAAM>





Agriculture is a unique industry in that work also occurs in a home environment, allowing for work stress to affect teens in the home, as well as when performing farm work. However, it is unknown how farm stress affects farm adolescents.



#### This project asks:

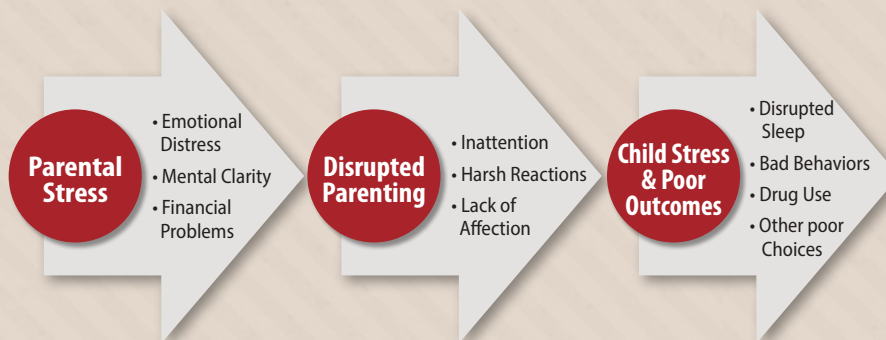
*How is the mental health of youth who live and work on farms affected by the economic, family and environmental stress on the farm?*



A series of surveys will be used to identify the frequency of common mental health conditions and stressors among farm teens and their parents. Some participants will continue for multiple years in the study to examine trends and changes in mental health over time and agricultural seasons.

## The Family Stress Model\*

\* modified to add examples



The family Stress Model suggests stress experienced by farm parents impacts the health, wellbeing, and functioning of children.



This project will help us understand the relationships between parental stress, adolescent stress, adult mental health, and adolescent mental health, as well as the impact of family dynamics.

**Research Outcomes and Future Applications** - This study seeks to identify and describe the farm stress experience of adolescents, estimate the prevalence of mental health conditions among farm adolescents, and identify opportunities for intervention to improve the mental health conditions among farm adolescents. Results from this study will inform the need for targeted programming and policies that improve the mental health of farm youth.

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