

Extra resources

Risk, stressors and protective factors: Inequalities

Risk /Stressor relevant to parents	Factor	Protector
Intrinsic		
Trauma, Looked after, changes of carer, attachment issues, poor education, health issues etc	Childhood experiences	Good experiences and relationships
Minority group. Experience of racism, discrimination etc	Ethnicity	Majority group
Persistent personal relationship difficulties	Personality	Good social skills etc
General or specific learning difficulties	Cognitive abilities	Above average cognitive abilities
Comorbidity- substance misuse, personality disorders	Other mental disorder	
Disability, chronic illness	Physical Health	Healthy/ no disability
Immediate circumstances		
Absent or discordant	Partner relationships	Present, harmonious, supportive
Discordant, critical, lack of	Parent child relationships	Harmonious, supportive,

warmth		praise and warmth
Present	Domestic violence	Absent
Absent or discordant	Social relationships (family and friends)	Present, harmonious, supportive
Multiple move, e.g.refugee or WA Refugee	Geographic mobility	Stable, secure
Unemployed, multiple job changes	Employment	Stable, rewarding
Low	Socio-economic pressures	Financially secure
Crowded, poor conditions	Housing	Spacious, stable
Racism, threats, alienation etc	Community	Good support networks, mother and toddler etc
Life Events		
Losses and other negative experiences	Life events and experiences	Positive experiences
Intrinsic		
Younger	Age	Older
Male	Gender	Female
Delayed	Development(language and cognitive abilities)	Good abilities
Chronic illness or disability	Physical health	Healthy
Predisposition to mental disorder	Genetics	No predisposition

Difficult	Temperament	Easy
Minority group	Ethnicity	Majority group
Immediate Circumstances		
Discordant/ distant	Parent /child relationship	Warm, mutual
Lax/ hostile/ no control/ neglect	Parenting	Positive- age appropriate
Distant, discordant, violent	Inter-parental relationship	Mutually supportive and co-operative
Co morbidity, both parents ill. Single parent ill	Parental Mental Health	Partner well
Absent, discordant, oppressive	Sibling and peer relationships	Warm/ supportive
Material hardship	Socio-economic resources	Financially secure
Crowded unhygienic	Housing	Good spacious
Poor ethos, low standards and support, bullying	School	Good ethos, supportive
Absent supports, anti social influences	Community	Good support, provision of child activities
Life Events		
Loss and negative life experiences	Life Events and experiences	Positive life experiences and acknowledgement of achievements