

Passing on the glass half full: the effect of depression on parenting

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Slides here: 



What is depression?

SYMPTOMS OF DEPRESSION



MOOD

Persistent sadness, irritability



BEHAVIOUR

Withdrawal, reduced activity



COGNITION

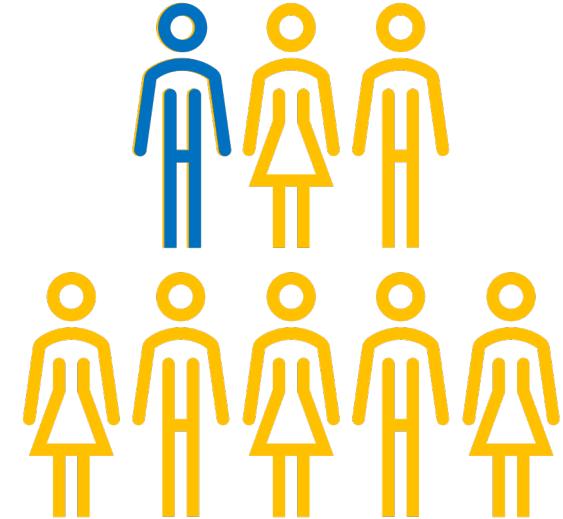
Negative thinking, difficulty concentrating



BODY

Fatigue, sleep/appetite changes

10-15% people experience depression in their lifetime



Parental depression as a risk factor child mental illness

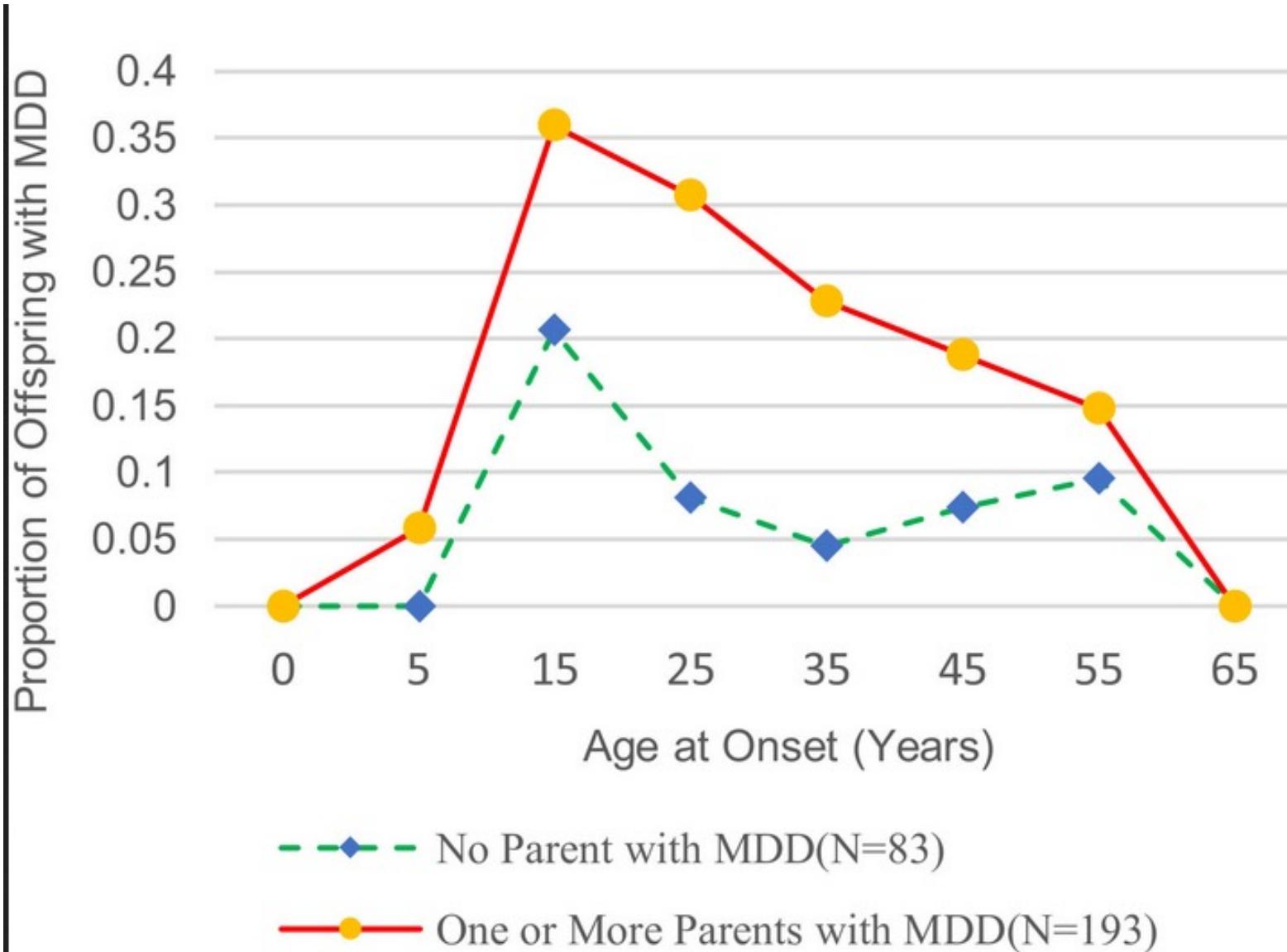
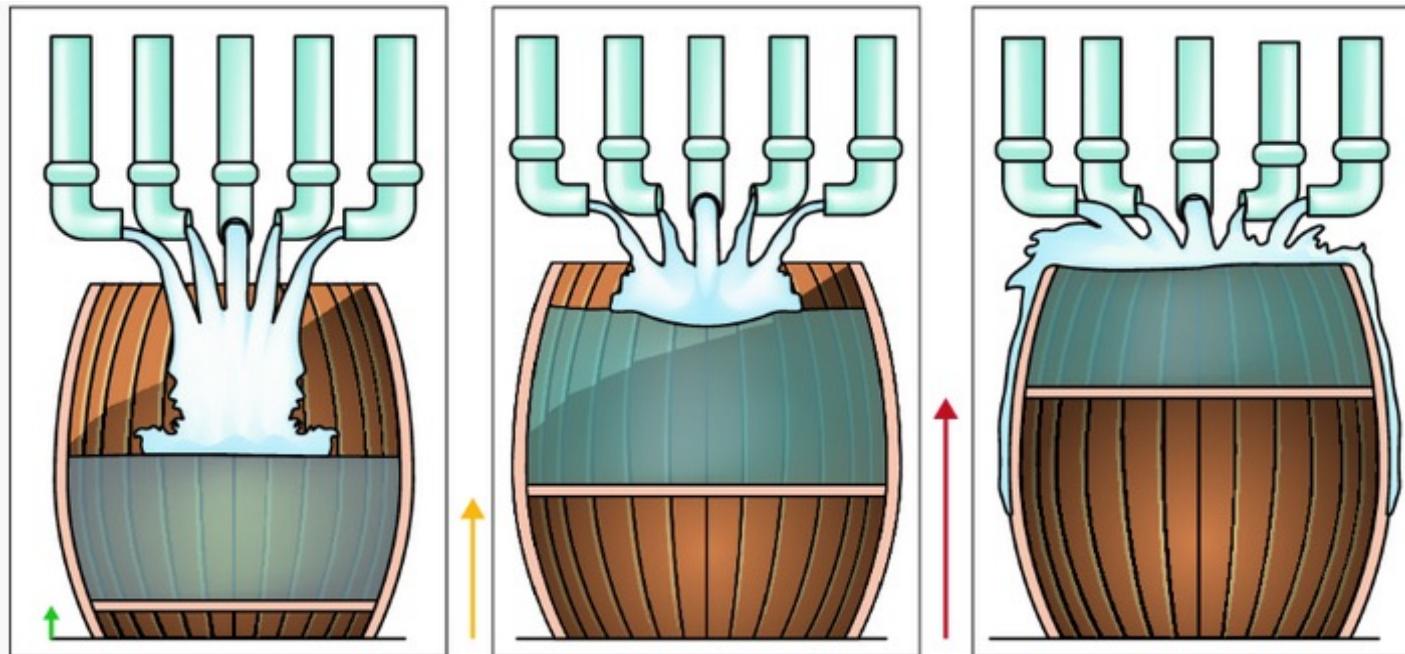


Fig. 1 from: Weissman et al. (2021)
EClinicalMedicine

How is depression passed on through families?



Source: S.176 Klein J.P., Klein E.M. (2021) Psychotherapie. In: Mein Leitfaden Psychiatrie. Springer, Berlin, Heidelberg. https://doi.org/10.1007/978-3-662-60445-8_5



Biological
vulnerability



Adverse
Childhood
Experiences

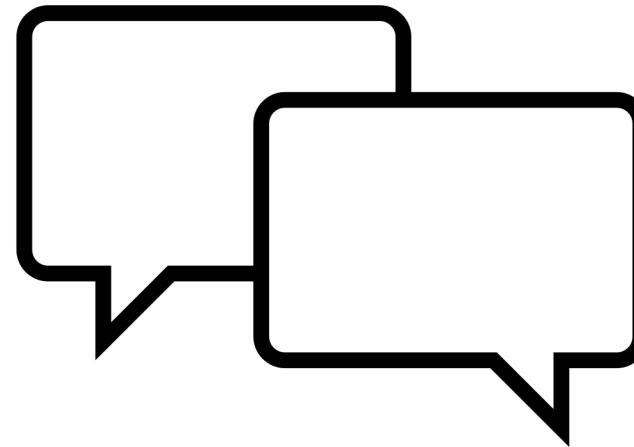


Psychological
vulnerability

You are not to blame for your depression

You can influence how your depression affects your children

Parents' thoughts rarely remain in their heads



"I don't know why I bother, no one ever listens to me anyway"

"Why do these things always happen to me?"

"I can't keep up at work—I feel like a fraud."

"They'd probably be better off without me."

"Everyone else seems to be coping, why can't I?"

- Be specific about events
- Tie a thought to a feeling
- Consider solutions

The power of negative thoughts

The power of negative thoughts

total i winner a loser am

The power of negative thoughts

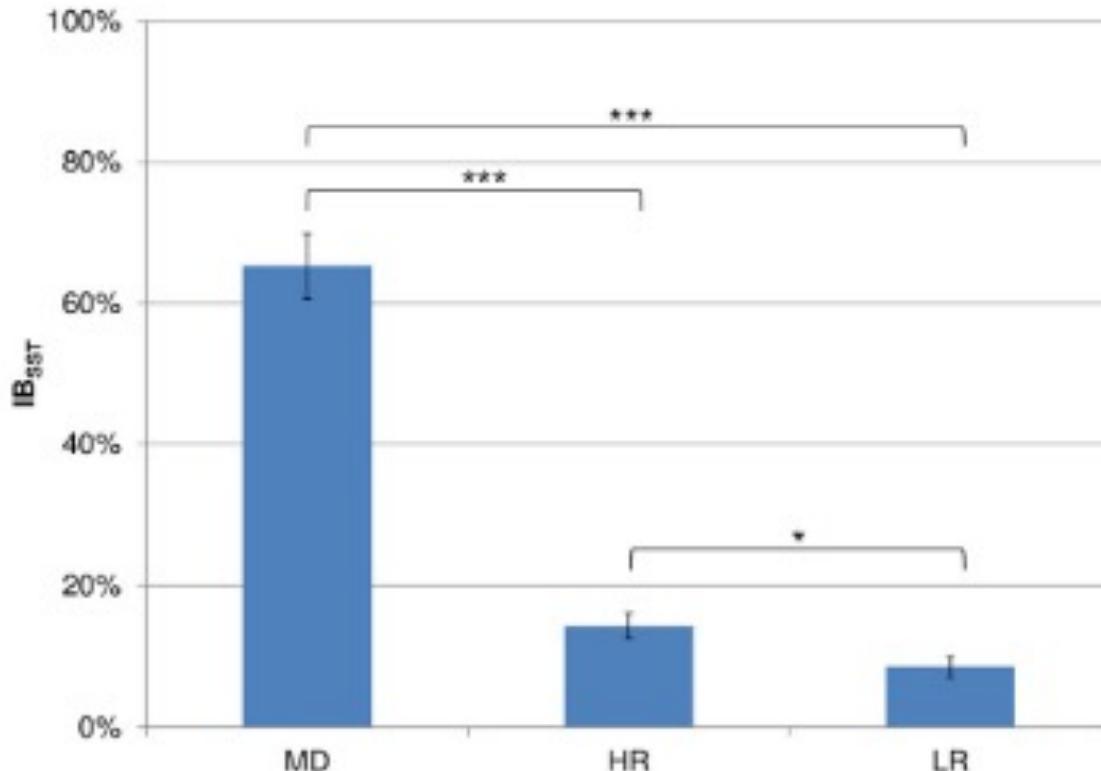


Fig. 4 IB_{SST} scores for the three groups. Error bars represent standard errors. Significant group differences are indicated: *** $p < .001$, * $p < .05$

Figure 4: Sfärlea et al. (2020), J Abnorm Child Psychol p. 1344.



Negative thoughts predict symptoms of depression 30 months later (Platt, Sfärlea et al., 2023)

Does training thoughts reduce stress?



Sie sind an der Teilnahme interessiert?

Bitte nehmen Sie Kontakt mit uns auf: Tonya Frommelt



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Wer kann mitmachen?

Kinder und Jugendliche

- zwischen 10 und 14 Jahren
- sicher im Umgang mit der deutschen Sprache
- ohne psychische Erkrankung
- mit einem oder beiden Elternteilen, die Erfahrung mit einer depressiven Störung haben oder hatten



Wo findet die Studie statt?

St. Vinzenz Haus,
Nußbaumstraße 5
80336 München

Wann läuft die Studie?

bis Juli 2025

Termine:

Montag bis Freitag zwischen 14 und 19 Uhr

Vergütung:

Bis zu 145€ pro Kind
Erstattung der Anfahrtskosten



Parenting (with depression)

The job description of a parent...

Parenting with depression



Sustained negative mood



Social withdrawal



Conflict with partner



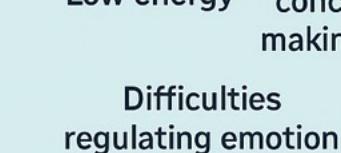
Low energy



Difficulties
concentrating /
making decisions



Changes in sleep
and/or weight

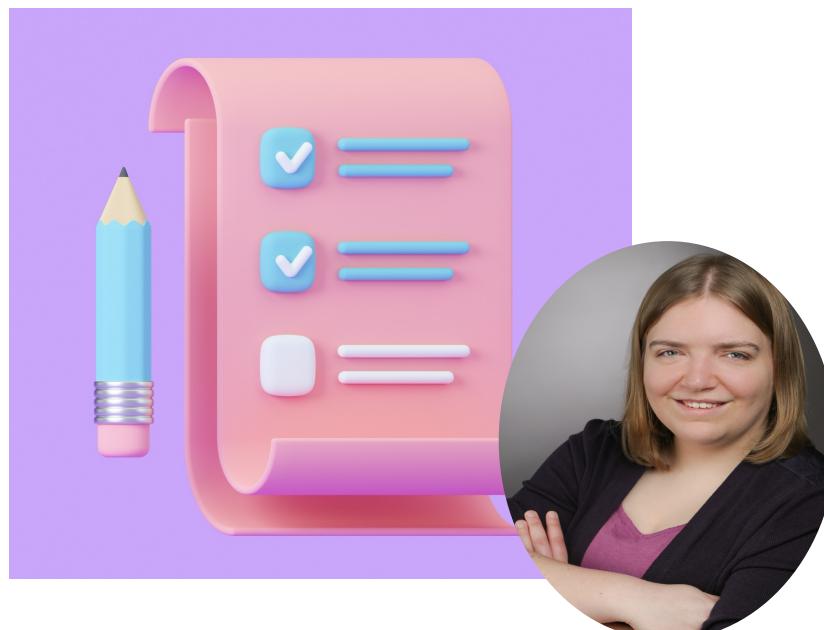


Difficulties
regulating emotion

Preventing youth mental illness

Good news:

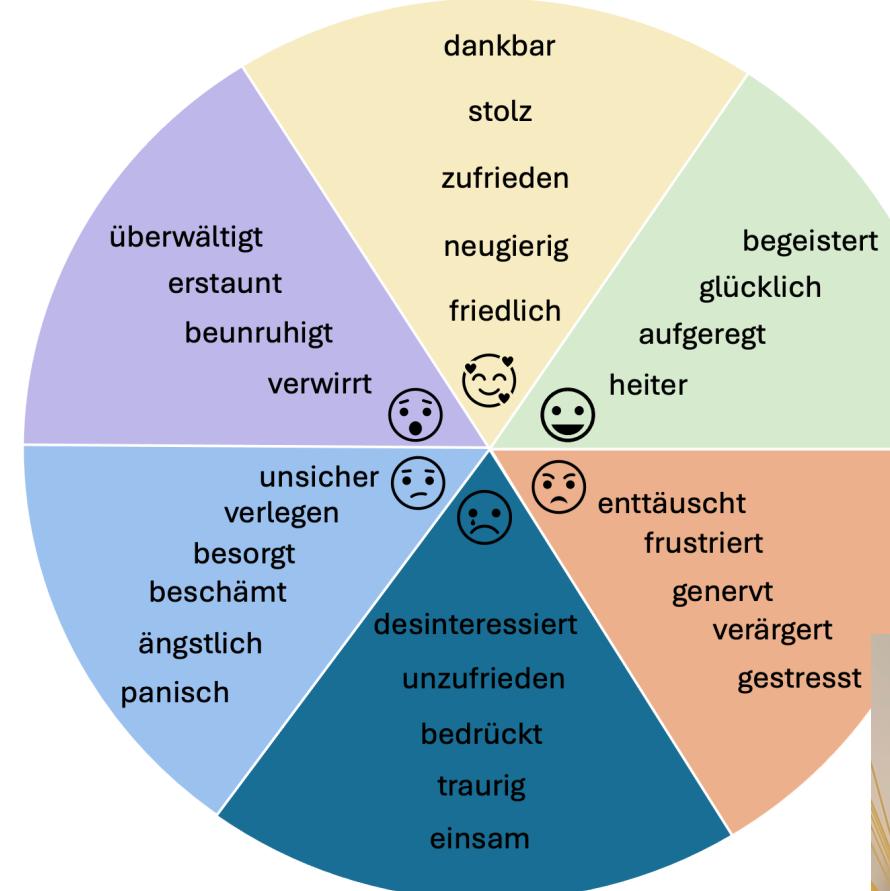
- Adult depression is treatable (Cuijpers et al., 2020)
- Preventive interventions for HR children are effective (Löchner et al., 2018)



Bad news:

- Just 30% of adults with depression receive treatment, mothers even less (England and Sim, 2009)
- Parents with depression held back by shame, guilt and avoidance (Joder et al., 2025)
- Preventive interventions rarely funded

Gesund und Glücklich Aufwachsen (GuG-Auf)



ZENTRALE PRÜFSTELLE PRÄVENTION

1. Sitzung Zur Lerneinheit >

2. Sitzung Zur Lerneinheit >

3. Sitzung Zur Lerneinheit >

4. Sitzung Zur Lerneinheit >

5. Sitzung Zur Lerneinheit >

6. Sitzung Zur Lerneinheit >

7. Sitzung Zur Lerneinheit >



ZIELTABELLE

Name: _____

	Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
Das möchte ich diese Woche schaffen:							

1x Haken/Tag:

4x Haken/Woche:

6x Haken/Woche:



**Next group starts
Sept 2025!**

Implementing GuG-Auf in practice!



Wer kann mitmachen?

Familien mit:

- Kindern zwischen 8 und 12 Jahren*
- Eltern mit Depressions-Erfahrung (ärztliche Diagnose nicht nötig)



Rahmenbedingung und Ablauf GuG-Auf

- 3-5 Familien in einer festen Gruppe
- 10 Sitzungen je 90 Minuten zur **Stressbewältigung**
- 2 Sitzungen über **Depression** in der Familie
- Alle Sitzungen finden am späten **Nachmittag** im St. Vinzenz Haus statt
- Kosten: **250€** pro teilnehmendem Kind (die Kosten sind von den gesetzlichen Krankenkassen **erstattungsfähig**)



Haben wir Ihr Interesse geweckt?

Gerne laden wir Sie zu einem unverbindlichen, telefonischen Kennenlerngespräch ein, darin finden wir heraus, ob das Programm etwas für Sie und Ihr Kind ist!



kjp-prodo@med.uni-muenchen.de



089 – 4400 56933



„Ich und meine Mutter sind uns jetzt sehr viel näher gekommen. Wir verstehen uns besser.“

„Dass ich keine schlechte Mama bin. Das war für mich wichtig zu hören.“

„Also mir hat es einfach Spaß gemacht.“

„Für mich war wichtig zu sehen, dass es tatsächlich Familien gibt, die mit den gleichen Problemen zu kämpfen haben.“

It's the hardest thing to do but admitting you're struggling and asking for help and support is very important.



Seek and engage in treatment

Encourage open family communication

Seek help with parenting

Seek professional advice for your children if you're unsure

<https://www.mind.org.uk/information-support/tips-for-everyday-living/parenting-and-mental-health/#WhatAreTheChallengesOfParentingWithAMentalHealthProblem>

Literature and support



<http://www.prodo-group.com/angebote-fuer-familien/>

Depression in Parents, Parenting, and Children
Opportunities to Improve Identification, Treatment, and Prevention



NATIONAL RESEARCH COUNCIL AND INSTITUTE OF MEDICINE
OF THE NATIONAL ACADEMIES

Families Under Pressure

Dealing with child behaviour problems. Try these simple tips and tricks, formulated by researchers and NHS mental health experts, which are backed by science and proven to work with families.

Help with negative emotions

Tips and tricks to help with challenging behaviour

Formulated by Professor Edmund Sonuga-Barker and the POP-UP team, these tips and tricks are backed by science and proven to work with families.

Tip 1: Keeping positive and motivated
Narrated by Olivia Colman
Being a parent is a special and important role. But sometimes it can feel like a thankless...

Tip 2: Making sure everyone knows what's expected of them
Narrated by Sharon Horgan
Clear house rules are an essential starting point for managing children's challenging behaviour. These rules are important...

Tip 3: Building your child's self-confidence and trust in you
Narrated by Danny Dyer
In times of uncertainty, children may start to doubt themselves and feel insecure in their relationships. Children...

<https://maudsleycharity.org/familiesunderpressure/>

Book to download for free:

<https://nap.nationalacademies.org/catalog/12565/depression-in-parents-parenting-and-children-opportunities-to-improve-identification>

FAMpod

HOME ABOUT US FAQ COURSES COLLABORATIONS RESOURCES

Welcome

Welcome to the FAMpod website! This site enables you to take the **Family Talk course**, which teaches clinicians the Family Talk intervention, or go through our **Parent Talk resource**, which provides information about depression and resilience for children and parents, or explore our **TeenTalk resource**, which discusses depression for a teen audience. Note that families and mental health clinicians may find all three courses interesting. You can click on the box below to enter the site you would like to visit.

Quick Launch

Family Talk COURSE
FAMILYTalk
For clinicians -- complete the Family Talk Depression Prevention intervention training.

Parent Talk COURSE
PARENTTalk
Come and learn how families can help prevent depression, build resilience, and find potential treatments that might work best for them.

TeenTalk COURSE
TEENTalk
For teens! Come and learn about how to prevent and treat adolescent depression and build

<https://fampod.org/>

Thank you!



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<http://www.prodo-group.com>

SCAN ME



Donation gratefully received!!

Account: LMU Klinikum

IBAN: DE38 7005 0000 0002 0200 40

Reference: **1671010** "Depressionsprävention Kinder"
(please always specify)

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@ProdoResearchGroup



GuG-Auf: A group-based intervention for families affected by parental depression

