

Perceptions of Social Support and Mental Health of children and adolescents

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The social support has been indicated in literature as one of the factors or processes that contribute to the well-being, physical and mental health of individuals, is considered an important measure of primary prevention is necessary in all areas of health. Regarding the population of children and adolescents, studies have identified social support as a protective factor for child development. However, research linking social support and health outcomes and development of children and adolescents have, in most cases, targeted social support of parents in influencing the development of indirect children, few studies correlate directly the social support received and perceived by child and aspects of their development. This study aimed to identify possible correlations between mental health and perceived social support of children and adolescents in situations of personal and social risk, and identify associations between specific objective variables and social support perceived by children and adolescents, self-assessment the child with regard to their mental health and assessment of parents with regard to mental health of their children. Participants of this study 51 children and adolescents aged between 11 and 13 years and their parents. Children and adolescents were linked to non-governmental institutions to support children and adolescents in situations of personal and social risk. The instruments used for the collection were the Brazilian version of the SOCIAL SUPPORT APPRAISALS the capabilities and Difficulties Questionnaire, the Questionnaire of Identification and Characterization of the Child and the Brazil Economic Classification Criterion. Tests were carried out on the Pearson correlation and analysis of variance. The results indicated that the greater the perception of social support all the symptoms of minor difficulties presented by children and adolescents, with respect to the specific purpose it was found associations between the results of mental health and perceived social support with some variables, between them to school and retention difficulties. It is the work of the occupational therapist in the investigation of risk factors and protection to child development for the understanding and performance in the area of mental health.