5-19-1978

A Descriptive Study of the Relationship Between Age and Problems Expressed by Women Seeking Out-Patient Mental Health Services

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Recommended Citation

A DESCRIPTIVE STUDY OF THE RELATIONSHIP BETWEEN AGE

AND PROBLEMS EXPRESSED BY WOMEN SEEKING

OUT-PATIENT MENTAL HEALTH SERVICES

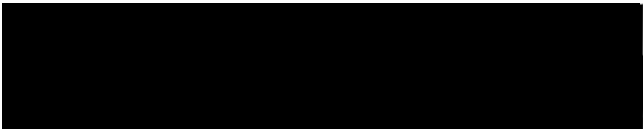by

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A practicum submitted in partial fulfillment
of the requirement for the degree of

MASTER of SOCIAL WORK

Portland State University
1978

TO THE OFFICE OF GRADUATE STUDIES AND RESEARCH:

    The advisor to Linda M. Rodgers and Joyce Carey
approves the practicum presented May 19, 1978.

June Dunn, Practicum Advisor

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CHAPTER I

INTRODUCTION

The purpose of this study is to provide a descriptive
analysis of the problems presented by a specific group of
women seeking out-patient mental health treatment and to
relate these problems to the onotgenetic (age-related) de-
velopmental issues presented in a study of the literature.
The researchers involvement in this area developed from
interest in current literature on adult development, and a
personal commitment to life-long growth and acceptance of
the inherent changes. In order to investigate whether de-
velopmental issues exist for this group of women, and if so
to describe them, two distinct age groups--the decades of
the 20's and the 40's--were chosen as the focus of this
study.

The researchers elected to study women due to personal
interest, and were intrigued by the fact that women are dis-
proportionately represented in the client populations of
out-patient mental health agencies. The decades of the 20's
and 40's were selected because the literature indicated
changes in developmental tasks over time, and distinct and
separate age groupings were seen as a way to highlight pos-
sible differences. Out-patient mental health centers repre-
sent one place where women experiencing problems in living

may turn for held and were therefore chosen as data collection points. Furthermore, the researchers are involved in a specialized training project concerning community mental health issues, are presently practitioners in the outpatient mental health system, and view this research as a means of expanding awareness, increasing professional knowledge base, and contributing to program development.

CHAPTER II

SURVEY OF THE LITERATURE

HISTORY AND TERMINOLOGY

Interest in the developmental process is probably as old as human existence with written records dating back as early as Ancient Greece and Rome.[1] The focus of attention has concentrated largely on the period of most rapid and dramatic developmental changes, which is youth. Concern with the characteristics and changes during adult life is a more recent phenomenon dating largely from the early twentieth century.[2] A survey of the literature identifies those theoreticians who have contributed most significantly and cogently to the issues of adult growth are Jung, Erikson, Neugarten, Levinson, and Sheehy.

For the purpose of this study, the term developmental psychology will refer to the mental and behavioral characteristics associated with the gradual unfolding through successive stages of human growth and evolution. These successive changes or developmental stages are characterized by specific issues or problems which must be addressed, if not mastered, before proceeding to subsequent stages (Jacobi, 1967; Erikson, 1950; Levinson in Neugarten, 1968; Sheehy, 1974). Only when these tasks are successfully mastered, can the

individual devote their full energy toward future growth.
This passage between stages can be described as a turning
point: "...a crucial period of increased vulnerability and
heightened potential."[3]

THEORIES OF ADULT DEVELOPMENT

Understanding human life as a developmental process is
an integral and basic component of many psychologies. His-
torically, theoreticians have devoted most attention to
those most visable changes occurring between birth and
adolescence and have not specifically addressed those changes
that occur throughout adult life.

Of those who view development as a dynamic process con-
tinuing throughout the life span, Carl Jung emerges as one
of the earliest and clearest exponents of this concept. His
teachings, which stress the importance of addressing differ-
ing life tasks at different stages of life can be viewed as
the foundation of life-span psychology (Jung, 1933).

Jung likens the life cycle to the course of the sun,
in which the first half is concerned with the expansion of
psychic energies and entrenchment in the social realm and
world of external reality. In contrast, the second half of
life focuses on contraction of these creative energies into
the inner illumination of the self (Jung, 1933).

> Generally speaking one can say that whereas the
> first half of life is, in the nature of things,
> governed and determined by expansion and adaptation
> to outer reality, the second half is governed by

restriction or reduction to the essential, by adaptation to the inner reality.[4]

Those tasks relevant to the first half of life involve broadening and consolidating physical existence, striking roots in the world, and concern with achievement and usefulness in the external reality. In contrast, the tasks of middle age involve an acceptance of one's own mortality, a turning inward of energy in preparation for death, and understanding of the meaning of one's individual life.

> To confront this goal (death) with the full force of the capacities for growth imminent in the psyche constitutes the real meaning of the second half of life and the highest dignity of man.[5]

The transition from youth to middle age occurs around 35 to 40 years of age and constitution a time of crisis. The more successfully an individual has been engaged in the external world, the more reluctant they are to relinquish the known ideals and principles of youth to embrace those of middle age.[6]

> The worst of it all is that intelligent and cultivated people live their lives without even knowing of the possibility of such transformation...thoroughly unprepared we take the step into the afternoon of life; worse still, we take this step with the false assumption that our truths and ideals will serve us hitherto. But we cannot live the afternoon of life according to the programme of life's morning; for what was great in the morning will be little at evening, and what in the morning was true will at evening have become a lie.[7]

According to Jung, this mid-life transition may also present a crisis in the marriage. In accepting the inevitability of death, each partner strives to complete the

wholeness of their life and may choose to develop those aspects of themselves which previously were left unattended. These changes often result in pressure to the relationship, as well as to the individual.

The concepts developed by Erik Erikson have also contributed greatly to viewing development as an ongoing process continuing throughout life. Erikson conceives of psychosocial development as proceeding through a series of critical steps based on specific issues which are brought into focus at different stages of life. The first five (5) stages of development are concerned with the period of birth through adolescence and focus on the issues of trust, autonomy, initiative, industry, and identity (Erikson, 1950). When these issues have been resolved the individual enters adulthood with a firm sense of identity. Intimacy constitutes the basic issue of young adulthood and the tasks involving making concrete affiliations and partnerships and developing the ethical strength to stand by commitments even though this may involve sacrifice. Unsuccessful resolution of this issue is manifested in isolation of the self, avoidance of contact, and orgasmic difficulties (Erikson, 1950).

Erikson identifies the central issue in the following stage in the life sequence as being generativity, a "concern in establishing and guiding the next generation."[8] This concept is not specifically limited to childbearing, but is expanded to include productivity and creativity in contribution to future generations. If generativity fails to

develop the individual experiences a sense of stagnation
(Erikson, 1950).

The final stage in Erikson's life sequence is char-
acterized by a concern with ego integrity...

> ...acceptance of one's one and only life cycle as
> something that had to be and that by necessity
> permitted no substitutions...[9]

When ego identity is not achieved, the individual frequently
experiences despair and fear of death.

Bernice Neugarten is a third exponent of on-going adult
development and describes expected age-specific behaviors.
In her 1950's study of 332 Kansas City residents between the
ages of 40 and 90 she found progressive direction of energy
toward inner rather than outer stimuli (Neugarten, 1968).
Characteristic attitudes and behaviors associated with aging
include a limited sense of time, increased importance of
reflection and stocktaking, the value of wisdom over social
power, and a change from active to passive mastery of envi-
ronment.[10] Unlike Jung and Erikson, Neugarten places great
emphasis on the physiological demands of aging which require
more ego energy to be channeled inward, leaving less energy
available to the external world.

Levinson (in Neugarten, 1968) also identifies specific
developmental stages of adulthood. These are "Leaving the
Family," "Getting into the Adult World," "Settling Down,"
"Becoming One's Own Man," "Mid-Life Transition," and "Re-
stabilization."[11] Like Jung, Erikson, and Neugarten, this
framework embraces the general view of expansion and

investment in the outer world in the first half of life, fol-
lowed by a crisis at mid-life during which the issue of
mortality is personally addressed, and a subsequent re-direc-
tion of energies to inner processes during the second half
of life. Although Levinson's concepts appear to be appli-
cable to all adult development, it is important to note that
the sample used for this research consisted entirely of men.

Most recently, Gail Sheehy has popularized the concept
of "predictable crises of adult life" (Sheehy, 1974). Her
rationale for anticipating life crises is that this knowledge
provides a framework for understanding problems-in-living as
stages in growth rather than evidence of personal inadequacy
or caused by others. This study involved interviews with
115 women and men aged 18-55. Although the sample for this
study is limited to middle class urban subjects, it provides
a detailed description of the problems likely to be encoun-
tered by this population throughout adult life.

Sheehy's findings suggest that age-specific develop-
mental tasks do exist throughout adult life. These life
tasks were presented within the framework of the following
decades: "Pulling Up Roots" (late adolescence), "The Trying
Twenties," "Catch - 30," and "The Age 40 Crucible." The
ontogenetic tasks specifically related to the "Pulling Up
Roots" stage involve establishing physical and emotional
separation from parents. This is often manifested in hostil-
ity to the family and other traditional institutions, and in
a negative view of one's own self. The basic issue of

"The Trying Twenties" involves taking hold in the adult
world, with a corresponding focus in the external world.
Tasks include establishing a life work, establishing an
intimate relationship, and finding a mentor.[12] The "Catch -
30" period involves a re-evaluation of earlier life deci-
sions. This review may result in basic changes in life
style, marriage and/or job. For example, the woman who
focused on family life in her 20's may at this time re-
evaluate her desire for a career. As in other transition
times, this period involves heightened vulnerability and
increased internal turmoil. Toward the middle of this
decade, mid-life issues arise. These include confrontation
with one's own mortality, a change in sense of time, and re-
thinking of previous religious and moral beliefs. The final
stage described in this study is "The Age 40 Crucible." The
tasks involve operationalizing the changes made in prepara-
tion for the second half of life. Men and women in this
study experienced a tendency to expand roles by focusing on
those behaviors that had been traditionally associated with
the opposite sex. For example, many women at this age be-
came active in politics or business. Such role reversals
often resulted in marital and/or sexual discord.[13]

A second research study of developmental tasks of adult
life was conducted by Roger Gould, M.D. (1972). Gould com-
pleted an observational study of seven age-homogeneous groups
of clients at UCLA Psychiatric Out-Patient Clinic. Repeti-
tive themes were extracted from each group. Substantial

similarity was found within groups, and differences between groups. He then utilized these themes in creating a questionnaire which was administered to 524 white, middle-class, educated men and women from a non-client population. Results suggested that both populations had similar, age-specific concerns.[14] For example, the 22-28 year old group indicated concern with autonomy, separateness from the family, and spent much of their energy mastering what they felt they "ought to do," i.e. finding success in a job, with intimate relationships, and generally establishing themselves in the adult world. The 35-43 year old group showed agreement on issues relating to increased awareness of limited time, inward questioning of self and life goals, and a change in relationship to one's own aging parents who now look more to their children for increased support.

A third research study done in this area was conducted by Neugarten and Rosen (1964). In this study, 144 persons aged 40-71 who were equally represented in age, sex, and social class were administered a Thematic Apperception Test (TAT) to test the hypothesis that with increased aging, there occurs a decrease in energy available for dealing with stimuli from the outer world. The hypotheses were that older persons are less likely to: 1) introduce characters; 2) involve inner and intra-personal conflict; 3) interpret characters as engaged in vigorous, assertive activities; and 4) elaborate on affect and feeling states. These criterion were utilized to measure outward-directed energy. The

findings suggested that older persons are: 1) less able to integrate wide ranges of stimuli; 2) less able to perceive and deal with complicated or conflictual situations; 3) tend less often to perceive affect as an important part of life; and 4) tend toward inactivity or passivity rather than more active, assertive forms of behavior.[15]

In summary, each of the theories and research studies outlined above witnesses a common theme in the onotgenetic adult development. The first half of life is a time of general expanding and involvement in the external, social world with corresponding tasks that often include finding a life work, striking roots in the world, concern with the physical existence, achievement, and establishing intimacy and affiliations with others. Around the ages of 35-40, a mid-life transition or crisis is likely to occur. The central issue is the personal confrontation with one's own mortality and a subsequent re-definition of goals and values. Regret, despair, isolation, and fear of death often result when these issues are not resolved. When the individual successfully accepts the limits of their own existence, the second half of life is characterized by an inward re-direction of energies toward the self, a re-stabilization and sense of renewal, and an understanding and acceptance of the meaning of one's own life.

CHAPTER III

RESEARCH DESIGN AND METHODOLOGY

INTRODUCTION

This descriptive study employed the Mooney Problem
Checklist in order to elicit and categorize the range of
problems-in-living experienced by women presenting them-
selves for out-patient mental health treatment.

CLIENT POPULATION

The client population consisted of women aged 20-29
and 40-49 who came to mental health agencies requesting out-
patient counseling services.

INSTRUMENT

The Mooney Problem Checklist (see Appendix) was se-
lected as most appropriate to the needs of this study. This
instrument was developed as a simple means to communicate
personal problems between client and counselor. The Check-
list is a series of 288 problem statements grouped into nine
problem areas. The procedure for completion is simple.
Clients read through the Checklist and underline the prob-
lems which are of concern to them, circle the ones of most
concern, and write a summary in their own words. The areas,

with the number of items in each, are listed below:

1. Health (H)............... 36
2. Economic Security (ES).. 36
3. Self-Improvement (SI)... 36
4. Personality (P)......... 72
5. Home and Family (HF).... 36
6. Courtship (C)........... 18
7. Sex (S)................. 18
8. Religion (R)............ 18
9. Occupation (O).......... 18
TOTAL 288

The problems on the Checklist were developed from surveys, suggestions from clinicians, and a literature review. The present Mooney Problem Checklist represents the third revision, and is printed in a six page folder in a way that provides for ease of response. The average completion time is 20-30 minutes.

Identifying information requested on the cover of the Checklist includes name, date, occupation, age, sex, marital status, and number of children. To insure confidentiality in this study, clients were instructed by the face sheet to omit their name. This item was also crossed off the Checklist. An additional item, "Gross Household Income," was included with the identifying data. This item was divided into six income brackets ranging from $0 to $16,000 and above, and clients were asked to circle the appropriate category. An aim of this study was to investigate and describe the relationship, if any, between these variables and the expressed concerns of women.

This instrument was selected for many reasons. Primarily, the Checklist covers a wide range of problem areas including interpersonal, environmental, and situational. In addition, it has been demonstrated to be an effective tool in research to express the major concerns of identified groups, and to indicate changes and differences in problem areas in relation to age, sex, occupation, marital, and socio-economic status.

The Checklist is brief, self-administering, and easily understood by persons of differing educational backgrounds. It is not linked with a specific treatment modality, and has been demonstrated to be helpful for both clients and counselors. Clients are provided with an opportunity to review and summarize their concerns, and to therefore prepare for the interview. Insights may be gained in this process. Benefits to the counselor include a time-saving review of the client's problem areas, and an indication of the client's willingness to discuss specific problem areas. Insights may be gained from their interrelationship.

One of the potential limitations of the Checklist is that it lacks reliability. The research design controlled for reliability by administering the instrument in a specific and consistent time sequence. The Checklist has also been described as non-normative and not a depth technique. For the purpose of this research, neither norms nor projective data were desired and therefore did not prove to be limitations.

TIMING

Two factors were considered in regards to timing for this study: 1) at what time during the intake process the individual would complete the Checklist, and 2) the period of time over which the data would be collected. In order to maintain sensitivity to the issue of reliability, the instrument was administered at a uniform time during the intake process. The Checklist was consistently given to clients at the beginning of the intake process before any professional intervention. Research in this area indicates that clients' perception of their problems change after contact with identified "helper." An essential aim of this research was to capture women's definitions of their problems as purely as possible, before professional interpretation.

In order to provide a sample which was both representative of the client population and adequate in size, data was collected over a six week period of time during the months of January and February 1978.

SETTING

In order to obtain data which was representative of women seeking out-patient mental health services in the Portland metropolitan area, negotiations were begun in October 1977 with eight public and private agencies. By January 1978, contracts were arranged with two service providers. Of those choosing not to participate, the major objection

came from agencies who saw themselves as beseiged by large client populations coupled with limited staff; in addition, two clinics were involved in program restructuring and were therefore unwilling to channel program energy to research at this time. Another objection came from agencies that viewed the Checklist as an additional step, although voluntary, between request and delivery of services rather than as a useful pre-treatment tool.

The two service provides involved in this study include one public agency administered directly by the county, and one private agency operating with a county contract. These agencies are Clackamas County Mental Health Center, Marylhurst Campus; and Tualatin Valley Mental Health Center in Washington County.

PROCEDURE

After first obtaining the co-operation of the administrative staff of these agencies, the researchers met with the clinical and clerical staffs to arrange for a method of data collection that would be least obtrusive to existing program operation, and sensitive to the needs of the client. A face sheet was attached to the Checklist which explained the research project to the clients, and provided directions for completing the Checklist, thus ensuring that the instrument was self-administering and would require minimal staff involvement. Additional salient features included in the

face sheet were statements stressing the confidentiality and voluntary nature of participation (see Appendix). Clients were also given the option of having a copy provided to their therapist at the researcher's expense. In return for agency involvement, provisions were made for the clinics to receive outcome data relevant to their program.

As a result of the negotiations with clinic staffs, the following data collection procedures were developed. At Clackamas County Mental Health Center therapists schedule their own appointments and therefore introduced the study to clients during their initial telephone contact. At their request, a brief description of the study and client involvement was provided in writing for this purpose. Women who chose to participate were asked to come 30 minutes earlier than usual to complete the Checklist. It was stressed that receipt of services was not contingent on participation. Clerical staff received the completed Checklist and, at the client's request, made copies for the therapist.

At Tualatin Valley Mental Health Center, all adult women clients were routinely asked to arrive 45 minutes before the scheduled interview. Previous agency procedure required clients to arrive 30 minutes early. Upon arrival, the women received the Checklist in addition to required intake forms. The face sheet was relied on to convey the voluntary nature of participation. Collection procedures were similar to Clackamas County in that clerical staff received the completed Checklist and provided copies at the

client's request. Weekly personal contact was maintained with both clinics throughout the data collection period to address problems and answer questions that might arise.

CHAPTER IV

FINDINGS

INTRODUCTION

A descriptive summary of the research results follows.
The findings will be organized in two categories designated
as description of sample and data results.

DESCRIPTION OF SAMPLE

Data collection occurred over a six week period of time
at both agencies. At Tualatin Valley Mental Health Center
(T.V.M.H.C.) this period of time extended from January 10 to
February 17, 1978; and at Clackamas County Mental Health
Center from January 16 to February 24, 1978. Due to an over-
load of service requests at T.V.M.H.C. during this time, in-
take was reduced, and clients were placed on a waiting list
and seen as therapy time became available.

During the time of data collection at T.V.M.H.C., 30
women in the 20-29 age category and 5 women in the 40-49 age
category were seen at the clinic. Of these, the sample ob-
tained includes 30 women in their 20's and 4 women in their
40's who agreed to participate in this research study. At
Clackamas County, 13 women in the 20-29 age category and 2
women in the 40-49 age category were seen for an intake

interview. No (0) responses were obtained from this clinic. Periodic checks with clinic personnel yielded no completed checklists and no explanation for this lack of participation was given. Tables I through IV provide a descriptive profile of the women in the sample. These delineate the variables of income, marital and employment status, and number of children.

TABLE I

DESCRIPTION OF INCOME DISTRIBUTION

	$0 → 3,999	$4 → 7,999	$8 → 11,999	$12 → 15,999	$16 & ↑	No Resp.	Total
20's	12	3	4	4	2	5	30
40's	1	1	0	1	0	1	4
Total	13	4	4	5	2	6	34

TABLE II

DESCRIPTION OF MARITAL STATUS

	Single	Married	Divorced/Separated	Other*	Total
20's	12	9	8	1	30
40's	0	2	2	0	4
Total	12	11	10	1	34

*includes "non-legal situation"

TABLE III

DESCRIPTION OF EMPLOYMENT STATUS

	Employed*	Unemployed	No Response	Total
20's	17	12	1	30
40's	1	3	0	4
Total	18	15	1	34

*includes salaried positions

TABLE IV

DESCRIPTION OF NUMBER OF CHILDREN

	0	1	2	3	4	5	No Response	Total
20's	16	9	2	3	0	0	0	30
40's	0	0	0	1	1	1	1	4
Total	16	9	2	4	1	1	1	34

When the data is analyzed the following profile emerges as representative of each age category. The average client in the 20-29 year old category has a mean age of 24.3 years, is single, has 0.7 children, and is employed with an income of $5,800 per year. Acknowledging the limitations of the small sample, (N=4), an average description of the 40-49 year old category is characterized as a woman with a mean age of 43.2 years, who is equally as likely to be married as to be divorced or separated, has 4 children, is unemployed with an income of $7,333.

DATA RESULTS

Results will be presented in numerative and narrative format. Due to the fact that the problem areas were unequally represented in number, the response scores have been converted through the use of a common denominator in order to enable comparison. The denominator chosen was 72, since this number represents the largest single category on the Checklist. Therefore, in each category, the total possible response is 72. A score of 20.9, for example, would indicate that in this sample, the mean response was 20.9 items out of the possible 72. As outlined in the Methodology, both total and circled responses will be presented in the 9 problem areas: Health (H), Economic Security (ES), Social Improvement (SI), Personality (P), Home and Family (HF), Courtship (C), Sex (S), Religion (R), and Occupation (O).

From Table V, it can be seen that of those items underlined as being of a concern to the participants, the area of Personality yielded the largest mean number of total responses (22.2). The area of Social Improvement registered only slightly fewer responses (20.9). Following this in decreasing order of total responses are: Economic Security (12.9), Home and Family (12.7), Courtship (11.7), Occupation (10.0), Health (9.7), Religion (8.0), and Sex (3.9).

Of the circled items (those indicating most concern, the priorities are as follows: Personality (8.4), Social Improvement (6.5), Courtship (6.3), Home and Family (5.4),

TABLE V

MEAN NUMBER OF TOTAL AND CIRCLED RESPONSES ACCORDING
TO PROBLEM AREA FOR 20 - 29 YEAR OLD WOMEN
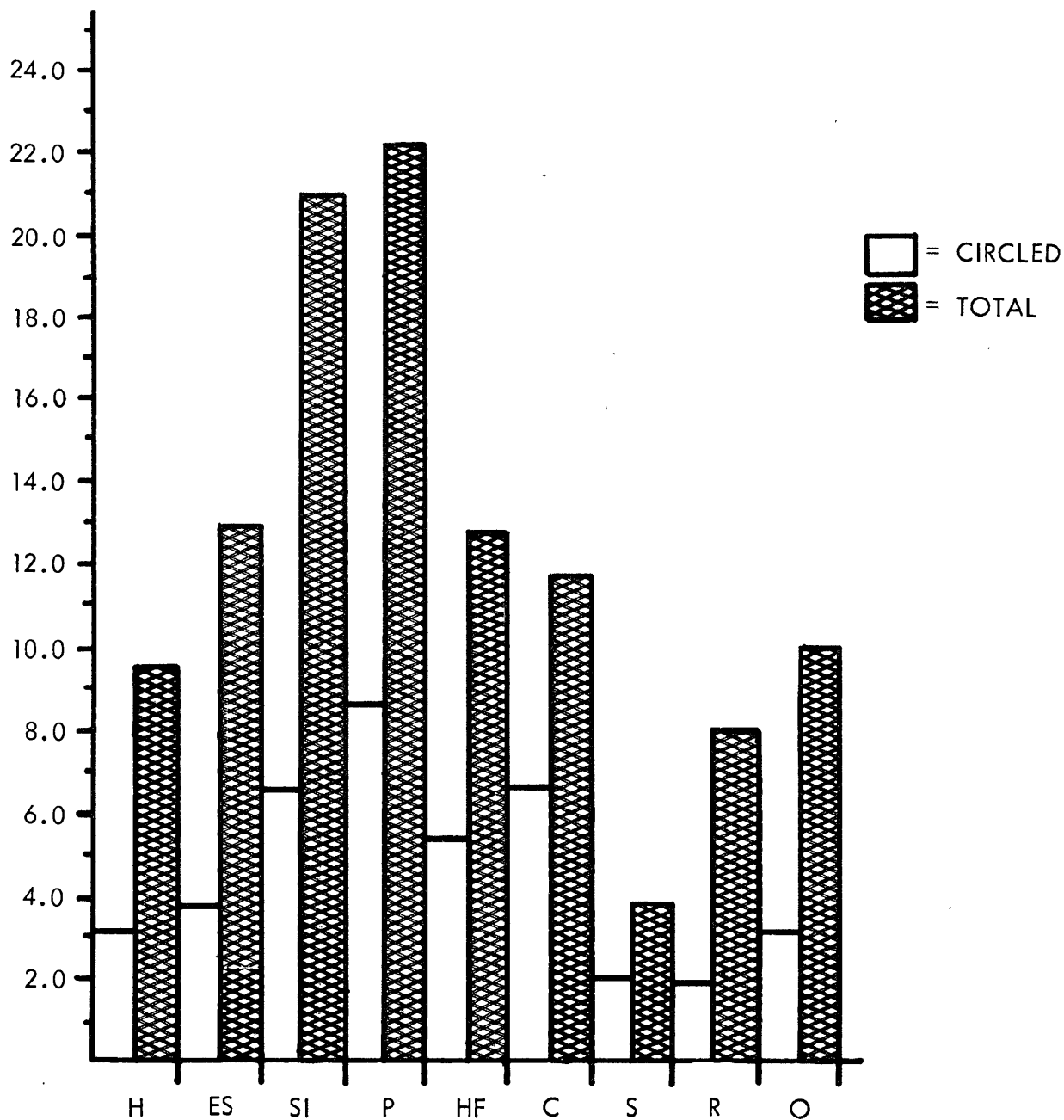
Mean number of total responses = 52.9

Mean number of circled responses = 20.1

Economic Security (3.9), Occupation and Health (3.2 each),
Sex (2.0), and Religion (1.9).

For this 20-29 year old group, the overall percentage
representing the number of items circled as being of most
concern to total underlined items is 38.0%. The following
chart delineates this percentage according to problem area:

```
Courtship....................... 53.8%
Sex............................. 51.3%
Home and Family................. 42.5%
Personality..................... 37.8%
Health.......................... 33.0%
Occupation...................... 32.0%
Social Improvement.............. 31.1%
Economic Security............... 30.2%
Religion........................ 23.8%
```

The following data summarizes the results for the 40-49
year old age group. It is important to remember that this
sample includes only 4 women and that interpretation or gen-
eralization is severely limited.

Table VI shows that of those items underlined as being
a concern to the participants, the area of Personality pro-
duced the largest mean number of total responses (23.2). In
descending order, the remaining categories are: Social Im-
provement (20.5), Health (16.0), Home and Family (14.0),
Economic Security (11.0), Religion (9.0), Courtship (8.0),
Sex (5.0), and Occupation (1.0).

The distribution of mean number of circled items for
this age group is as follows: Personality (16.5), Home and
Family (9.5), Social Improvement (7.5), Health (6.0), Reli-
gion (5.0), Courtship and Sex (4.0 each), Economic

TABLE VI

MEAN NUMBER OF TOTAL AND CIRCLED RESPONSES ACCORDING
TO PROBLEM AREA FOR 40 - 49 YEAR OLD WOMEN
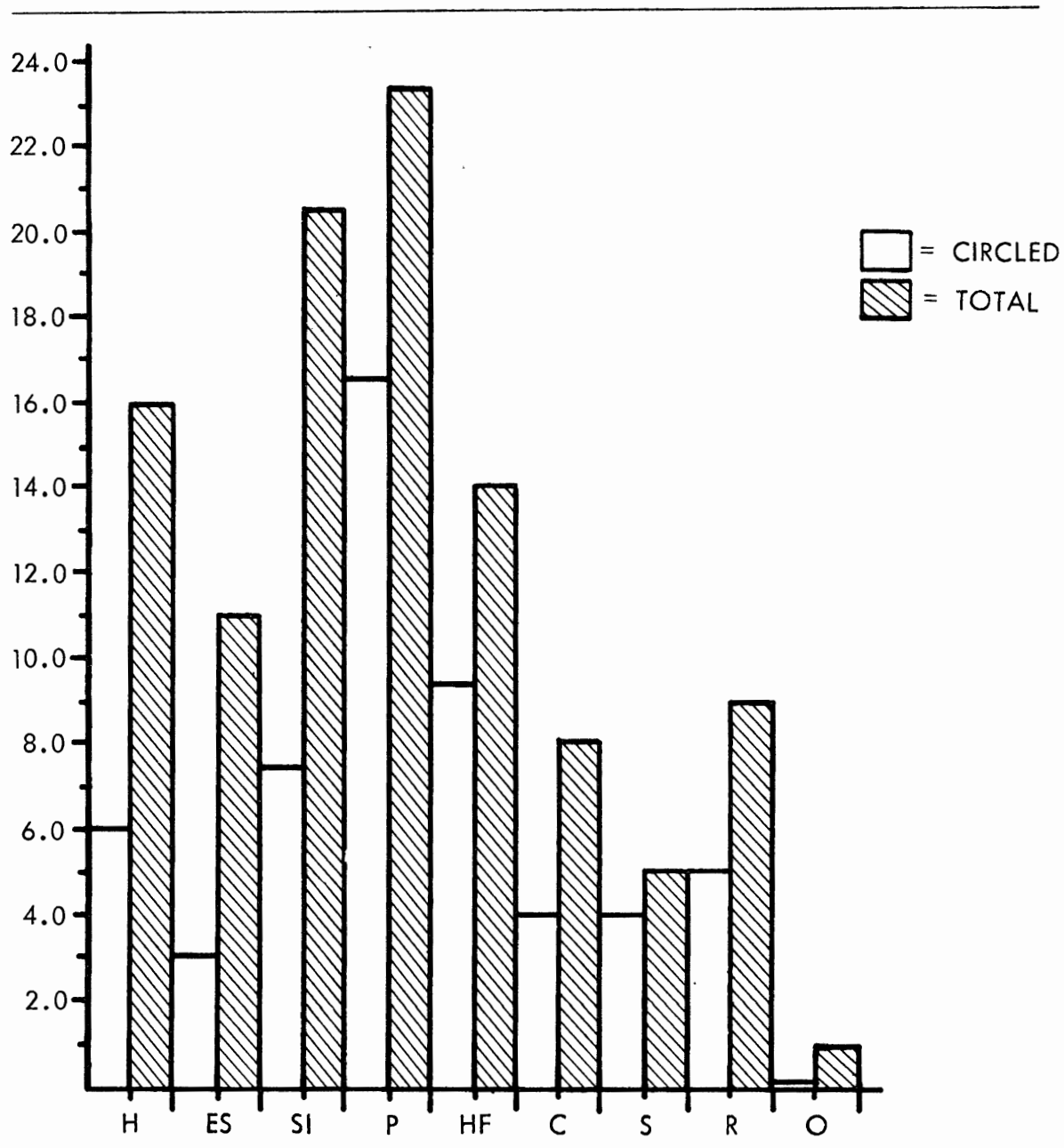
Mean number of total responses = 59.8

Mean number of circled responses = 32.8

Security (3.0), and Occupation (0).

The overall percentage of circled to total items is 54.8%. The following itemizes this percentage by problem area:

Sex	80.0%
Personality	71.1%
Home and Family	67.9%
Religion	55.6%
Courtship	50.0%
Health	37.5%
Social Improvement	36.6%
Economic Security	27.3%
Occupation	0%

OTHER VARIABLES

In order to investigate the influence of specific variables on problem area, age distinction was ignored, and data was differentiated by income, marital status, employment status, and number of children.

Income

The raw data presented with income as the dependent variable is provided in Appendix B. The 5 distinct categories have been collapsed into 3 categories to achieve a more balanced dispersion. The categories are: $0-3,999 (N=13); $4,000-11,999 (N=8); and $12,000 and above (N=7). Six respondents did not provide income information and were grouped in a category entitled 'no response.'

Following is a listing for each income category of the 4 problem areas containing the largest number of total

then circled items and the 2 problem areas containing the

least number of total and circled items.

TABLE VII

HIGHEST AND LOWEST MEAN NUMBER OF TOTAL AND
CIRCLED RESPONSES ACCORDING TO PROBLEM
AREA AND INCOME

$0   3,999   (N=13)

	Mean Number of Total Responses		Mean Number of Circled Responses	
problem area with highest response	1. Personality.... 2. Social Improvement.. 3. Courtship...... 4. Economic Security.....	21.5 20.9 15.1 14.2	1. Personality.... 2. Courtship...... 3. Home and Family....... 4. Social Improvement..	7.3 6.8 4.9 4.3
problem area with lowest response	1. Sex........... 2. Religion.......	3.4 7.1	1. Religion....... 2. Occupation.....	1.5 1.8

$4,000 11,999			(N=8)	
	Mean Number of Total Responses		Mean Number of Circled Responses	
problem area with highest response	1. Personality.... 2. Social Improvement.. 3. Occupation..... 4. Economic Security.....	25.9 24.8 15.5 13.0	1. Personality.... 2. Social Improvement.. 3. Occupation..... 4. Courtship......	10.9 10.0 7.0 5.5
problem area with lowest response	1. Sex........... 2. Religion.......	5.5 9.5	1. Religion....... 2. Sex...........	1.0 2.0

TABLE VII (cont'd)

$12,000   above   (N=7)

	Mean Number of Total Responses			Mean Number of Circled Responses		
problem area with highest response	1.	Personality....	21.0	1.	Personality....	10.9
	2.	Social Improvement..	19.1	2.	Home and Family.......	8.3
	3.	Home and Family.......	15.1	3.	Social Improvement..	6.6
	4.	Religion.......	10.4	4.	Courtship......	5.1
problem area with lowest response	1.	Courtship......	4.6	1.	Occupation.....	1.1
	2.	Sex...........	4.6	2.	Sex...........	2.9

Marital Status

The raw data compiled on problem area using marital status as the dependent variable is presented in Appendix C. The groupings of single, married, and divorced/separated are well represented in this sample with N's of 12, 11, and 10 respectively. One participant listing her marital status as "non-legal situation" was placed in a separate category entitled 'other.'

Following is a listing for each category of the 4 problem areas containing the largest number of total then circled items and the 2 problem areas containing the least number of total and circled items.

TABLE VIII

HIGHEST AND LOWEST MEAN NUMBER OF TOTAL AND
CIRCLED RESPONSES ACCORDING TO PROBLEM
AREA AND MARITAL STATUS

Single Women

	Mean Number of Total Responses			Mean Number of Circled Responses	
problem area with highest response	1. 2. 3. 4.	Social Improvement.. 19.3 Personality.... 18.0 Economic Security..... 14.8 Occupation..... 13.0	1. 2. 3. 4.	Personality.... Courtship...... Economic Security..... Social Improvement..	5.6 4.3 3.2 3.0
problem area with lowest response	1. 2.	Sex............ 2.0 Religion....... 5.3	1. 2.	Sex............ Religion.......	1.0 1.3

Married Women

	Mean Number of Total Responses			Mean Number of Circled Responses	
problem area with highest response	1. 2. 3. 4.	Personality.... 20.2 Social Improvement.. 20.0 Home and Family....... 17.1 Religion....... 10.5	1. 2. 3. 4.	Home and Family....... Personality.... Social Improvement.. Courtship......	8.9 7.5 6.0 3.6
problem area with lowest response	1. 2.	Courtship...... 5.5 Sex............ 5.5 Occupation..... 5.5	1. 2.	Occupation..... Sex............	0.0 2.2

TABLE VIII (cont'd)

Separated/Divorced Women

	Mean Number of Total Responses		Mean Number of Circled Responses	
problem area with highest response	1. Personality....	29.4	1. Personality....	15.1
	2. Social Improvement..	26.2	2. Social Improvement..	11.4
	3. Courtship......	17.6	3. Courtship......	10.0
	4. Home and Family.......	14.4	4. Occupation.....	6.4
problem area with lowest response	1. Sex...........	4.4	1. Religion.......	2.4
	2. Religion.......	8.0	2. Sex...........	3.2

When problem areas were combined, the Separated/Divorced group of women underlined more problem statements (mean=70.0) than Married (mean=54.9) and Single (mean=51.8) women. The Separated/Divorced group also circled more items (mean=34.2) as especially problematic than either Married (mean=21.0) or Single (mean=13.3) women. The ratio of circled to total underlined items was also highest for this category (48.9%) with Married women (38.3%) and Single women (25.7%) following. Conversely, Single women indicated the fewest total and circled concerns and had the smallest ratio of circled to total responses.

Employment Status

The data collected in response to the question regarding the variable of employment status is provided in Appendix D. This includes respondents in 3 categories: Employed

(N=18); Unemployed (N=15); and No Response (N=1). As defined earlier, the category of "Employed" designates those women who are receiving a salary.

The following lists the 4 problem areas containing the largest number of total and circled responses, and the 2 problem areas containing the least number of total and circled responses for the categories of "Employed" and "Unemployed." The 1 participant who did not respond to this item is not included in this listing.

When all problem areas were combined, the Unemployed group underlined more problem statements (mean=61.3) than the Employed group (mean=54.8). The Unemployed women also circled more statements (mean=25.6) as of particular concern than did the Employed women (mean=19.7). The ratio of circled to total items is also higher for the Unemployed group (41.8%) than for the women who were employed (35.9%). It is of interest to note that the Unemployed group underlined and circled more problem statements than their counterparts in all problem areas except Courtship and Occupation.

TABLE IX

HIGHEST AND LOWEST MEAN NUMBER OF TOTAL AND
CIRCLED RESPONSES ACCORDING TO PROBLEM
AREA AND EMPLOYMENT STATUS

Employed

	Mean Number of Total Responses		Mean Number of Circled Responses	
problem area with highest response	1. Personality.... 2. Social Improvement.. 3. Courtship...... 4. Economic Security.....	21.0 19.4 12.9 12.1	1. Personality.... 2. Courtship...... 3. Social Improvement.. 4. Home and Family.......	8.4 7.1 6.2 4.6
problem area with lowest response	1. Sex............ 2. Religion.......	3.3 7.8	1. Religion....... 2. Sex............	1.1 1.5

Unemployed

	Mean Number of Total Responses		Mean Number of Circled Responses	
problem area with highest response	1. Personality.... 2. Social Improvement.. 3. Home and Family....... 4. Economic Security.....	22.9 22.8 14.8 13.3	1. Personality.... 2. Home and Family....... 3. Social Improvement.. 4. Economic Security.....	10.1 7.2 6.7 5.3
problem area with lowest response	1. Sex............ 2. Occupation.....	4.8 5.1	1. Occupation..... 2. Sex............	1.3 3.2

Number of Children

Appendix E provides a summarization of the data from
the viewpoint of the variable involving parental status.
This includes women responding in 7 distinct categories:

Those with no (0) children, (N=16); with 1 child, (N=9); with 2 children, (N=2); with 3 children, (N=4); with 4 children, (N=1); with 5 children, (N=1); and 'no response,' (N=1). The data results collected from women who indicated they had more than one child must be viewed as extremely biased due to the small sample sizes and will not be included in this portion of the text. The following listing will therefore deal only with the groups indicating either no (0) or 1 child. Extracted from the raw data are the 4 problem areas containing the largest number of total and circled responses, and the 2 problem areas containing the least number of total and circled responses.

TABLE X

HIGHEST AND LOWEST MEAN NUMBER OF TOTAL AND
CIRCLED RESPONSES ACCORDING TO PROBLEM
AREA AND NUMBER OF CHILDREN

No (0) Children

	Mean Number of Total Responses		Mean Number of Circled Responses	
problem area with highest response	1. Social Improvement..	23.8	1. Personality....	9.4
	2. Personality....	22.1	2. Social Improvement..	8.1
	3. Occupation.....	15.8	3. Courtship......	7.0
	4. Economic Security.....	14.4	4. Home and Family.......	6.1
problem area with lowest response	1. Sex...........	3.8	1. Religion.......	1.8
	2. Religion.......	8.8	2. Sex...........	2.0

TABLE X (cont'd)

One (1) Child

	Mean Number of Total Responses		Mean Number of Circled Responses	
problem area with highest response	1. Personality.... 23.8 2. Social Improvement.. 19.7 3. Courtship...... 12.9 4. Home and Family....... 10.9		1. Personality.... 8.1 2. Courtship...... 6.2 3. Social Improvement.. 4.6 4. Economic Security..... 3.7	
problem area with lowest response	1. Sex............ 2.2 2. Occupation..... 4.4		1. Sex............ 1.8 2. Religion....... 2.2 3. Occupation..... 2.2	

CHAPTER V

CONCLUSIONS AND RECOMMENDATIONS

INTRODUCTION

The purpose of this research study was to investigate whether age-specific developmental issues existed within a selected sample of women in distinct age groupings who were seeking outpatient mental health counseling. The intention to describe concerns specific to the decades of the 20's and 40's and to compare potential differences was severely restricted by the extremely small sample obtained from women in their 40's. This small sample can be attributed to the fact that data was collected from only one of the two contracting agencies, that in the participating agency intake was reduced during the data collection period, and that women in this age group represented only a small proportion of those requesting mental health services at this time.

Therefore, the conclusions of this study will focus on describing concerns commonly expressed by women in their 20's and relating these to developmental issues predicted in a review of the literature. In addition, this section will examine the influence of the variables of income, marital status, employment status, and number of children on problem areas.

Finally, recommendations for further research and application of these findings will be presented.

CONCLUSIONS

A review of the literature and research in the area of adult development describes common tasks for people in their 20's as including finding a lifework, striking roots in the world, concern with physical existence and achievement, and establishing intimacy and affiliation with others. In relation to those problem areas presented in the Mooney Problem Checklist, the researchers anticipated a correspondingly higher response rate in the areas of Courtship, Home and Family, Sex, Economic Security, and Occupation. These areas were thought to indicate the general focal themes of expansion and involvement in the external world. Conversely, a lower rate of response was anticipated in the areas of Health, Religion, and Personality, which were thought to reflect a more introspective focus. A review of the statements comprising the category of Social Improvement failed to distinctly characterize this category as specifically representing either external or internal focus.

In discussing the conclusions, the three descriptive data measurements presented in the findings will be utilized. These are:

1. Mean number of total underlined items
2. Mean number of total circled items, and
3. The percentage of circled to underlined items.

Total underlined items refers to all problem statements underlined and thereby indicated as problematic. Total circled items refers to those problem statements identified as being of specific concern. Finally, the percentage of circled to underlined items refers to the relationship between the two.

Age

For the thirty women sampled who were in their 20's, problems relating to Courtship ranked highest of all problem areas when measuring the percentage of circled to underlined items. This percentage indicates that over half (53.8%) of all items underlined were designated as of critical concern. In addition, the area of Courtship ranked third highest when measuring circled items. These findings are consistent with the literature which identifies establishing intimacy in relationships as a crucial task of young adulthood (Erikson, 1950; Gould, 1972; and Sheehy, 1974).

As anticipated, problems relating to Home and Family were found to be of high concern in this age group. This category ranked third in the percentage measurement (42.5%). Issues of Home and Family scored fourth highest of the nine categories in both circled and underlined items.

Although items relating to Sex were expressed as being of little concern in both underlined and circled tabulations, the percentage was high (51.3%) indicating that when sexual issues are of concern they are likely to be of critical concern.

Response rate in the category of Economic Security was lower than anticipated. While this category ranked third highest when measuring underlined items, it ranked fifth in circled items and eighth when measuring the percentage between the two.

Although Gould (1972) and Sheehy (1974) found that job mastery was an important concern in this age group, items relating to Occupation were not identified in this study as one of the top five concerns when measuring either underlined responses, circled responses, or the percentage.

As previously stated, the areas of Health, Religion, and Personality were anticipated to register a lower rate of response. Problems related to Health ranked seventh of the nine problem categories in both underlined and circled responses. The area of Religion was shown to be eighth of the nine categories in underlined items, and lowest in the other two measures. Concerns with Religion were assumed by the researchers to reflect a more introspective focus which is characteristic of later years (Jung, 1933; Neugarten and Rosen, 1964).

Contrary to anticipated low response in the area of Personality, this category ranked highest of all concerns in both underlined and circled items, and fourth in the ratio between the two. This response may be speculated to reflect a biased sample. Mental Health Centers offer prescribed services designed to meet the needs of people experiencing

"personality" problems. This may account for the consistent prioritizing of this category as a concern in this sample.

Other Variables

In order to investigate the possible influence of the variable of income on problem area, age distinction was ignored and the sample was divided into the following income categories: $0-3,999, (N=13); $4,000-11,999 (N=8); and $12,000 and above, (N=7). Differences were identified in the areas of Occupation, Economic Security, and Religion. Occupation was identified as the third highest concern of the middle income group while ranking among the lowest for both the low and high income group. Economic Security was listed among the highest concerns for both the low and middle income groups, and did not appear among the top concerns of the highest income group. It is interesting to note that while Religion appears as a high concern for those with high incomes, it was accorded little priority for both groups of lesser income. In summary, for this sample, women with low and middle incomes tended to voice more concern with economic security and occupation, while women with the highest incomes showed a characteristic concern with religion.

The variable of marital status was categorized into Single, Married, and Separated/Divorced women. Differences within this variable were identified in the categories of Home and Family, Economic Security, and Religion. Concerns in the area of Home and Family were found to be of high

importance for both the Married and Separated/Divorced women. Once again, Personality was among the top concerns for all groups. As indicated in the findings, women who are Separated/Divorced expressed a significantly higher number of responses in both underlined and circled items than either of the other two groups. These women also ranked highest when measuring the percentage of critical to general concerns. Also of interest is the fact that Single women expressed fewer total problems in all three measures. In summary, the findings of this study suggest that marital status does impact to some extent on problem area and certainly bears great influence on the total number of problems expressed.

In regard to the variable of employment status, no significant relationship was found between this variable and problem area. However, as with marital status, a relationship does exist between employment status and quantity of items identified as problems. Unemployed women in this sample showed a higher number of total problems in all three measurements than their employed counterparts. They also underlined and circled more items in all problem areas except Courtship and Occupation.

No significant relationship was identified between the final variable, number of children, and problem area. Interpretation of this variable was limited due to the very small sample sizes for women with two or more children.

RECOMMENDATIONS

The recommendations will be divided into two parts and will include recommendations for future research, and suggested applications of the findings of this study. Recommendations for follow-up research will concentrate on enlarging the sample while maintaining the design.

One method of enriching the sample would be to contact women who are seeking counseling in other settings than outpatient mental health centers, such as private clinicians and psychiatric hospitals. In order to apply these findings broadly and within a prevention framework a non-client population must be sampled and compared. From the experience of this research, it could be anticipated that enlisting interest and co-operation in collecting data might demand a significant proportion of total research effort. Through enlarging the sample in this manner, it would be hoped to involve more 40 year old women. It is of interest to note that only a small number of women in this age category requested services from the agencies involved in this study, and it would be of importance to investigate whether the small ratio is consistent throughout the year in these agencies and to compare this with other agencies. If this ratio is consistent two essential research issues arise: 1) where do 40 year old women turn for counseling, and 2) how can outpatient settings meet their needs. An additional suggestion for further research is to expand the time frame in which

data is collected in order to control for possible seasonal influence on service requests. Finally, this research design might be used to sample a population of men for study and/or comparison.

The design employed was found to be especially congruent with the intention of this study, and replication of this design is encouraged. The Mooney Problem Checklist is particularly suited to the values of this research in that it is brief, non-obtrusive, and has been demonstrated to be beneficial to both client and therapist as an effective pretreatment tool. Other salient features of this instrument are that it spans a wide range of problem areas, and has been demonstrated to be an effective research tool.

Another important aspect of the design of this research is the consistent timing of administration of the instrument, which maximized reliability. The concept of sampling two separate age groups could enable a distinct comparison. Finally, the area of research in adult development is timely, relevant, and congruent with the current emphasis on education and prevention in the field of mental health.

Suggested applications of the findings of this study include use at individual, program, and community levels. The researchers as clinicians have experienced benefit at the individual level through increased awareness of developmental issues as an influence on personal problems. This heightened awareness may then be translated to more effective treatment.

At the program level, these findings may be utilized in reflecting client needs by developing services particularly relating to developmental issues and transitional **stress**. This framework also serves to emphasize life-long transition and growth rather than focusing on problems as ruptures in mental health. These findings may also be used in an educational and preventive model at the community level with the goals of providing information, decreasing stigma traditionally attached to receipt of mental health services, and thereby discouraging individual isolation which often accompanies problems-in-living.

FOOTNOTES

[1] L.R. Goulet and Paul B. Bates, <u>Life Span Developmental Psychology Research and Theory</u> (New York: Academic Press, 1970), p. 43.

[2] <u>Ibid.</u>

[3] Gail Sheehy, <u>Passages: Predictable Crises of Adult Life</u> (New York: E.P. Dutton and Co., Inc., 1974), p. 13.

[4] Jolande Jacobi, <u>The Way of Individuation</u> (New York: Harcourt, Brace and World, Inc., 1967), p. 25.

[5] <u>Ibid.</u>

[6] Carl G. Jung, <u>The Stages of Life</u>, in <u>Modern Man in Search of a Soul</u> (New York: Harcourt, Brace and Company, 1933), pp. 114-115.

[7] <u>Ibid.</u>

[8] Erik H. Erikson, <u>Childhood and Society</u> (New York: W.W. Norton and Company, Inc., 1950), p. 266.

[9] <u>Ibid.</u>

[10] Bernice L. Neugarten, "The Awareness of Middle Age," in <u>Middle Age and Aging: A Reader in Social Psychology</u>, ed. by Bernice L. Neugarten (Chicago: The University of Chicago Press, 1968), p. 99.

[11] Daniel J. Levinson, "   " in <u>Middle Age and Aging: A Reader in Social Psychology</u>, ed. by Bernice L. Neugarten (Chicago: The University of Chicago Press, 1968), pp. 21-25.

[12] Gail Sheehy, <u>Passages: Predictable Crises of Adult Life</u> (New York: E.P. Dutton and Company, Inc., 1974), pp. 84-89.

[13]Ibid.

[14]Roger Gould, M.D., "The Phases of Adult Life: A Study in Developmental Psychology," American Journal of Psychiatry, Vol. 129, No. 5 (Nov. 1972), pp. 521-531.

[15]Bernice L. Neugarten and Jacqueline Rosen, "Ego Functions in the Middle and Later Years: A Thematic Apperception Study," in Middle Age and Aging: A Reader in Social Psychology, ed. by Bernice Neugarten (Chicago: The University of Chicago Press, 1968), p. 99.

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APPENDIX A

Hi!

    We'd like to ask you to take a few minutes to help us
out. The process can remain entirely confidential, and is
focused on making programs like this more relevant to your
needs. In connection with the Portland State University
School of Social Work, we are doing research about women and
their concerns. This agency is sponsoring us in asking you
to complete the attached checklist. The checklist is a
series of problem statements -- some may be concerns to you
while others may not.

    To complete the checklist would you first read through
the statements and underline those that presently trouble
you. Then look back over the ones you underlined and circle
the numbers of the statements that trouble you most. Final-
ly, would you briefly answer the 3 questions on the last
page.

    This checklist takes most people about 20-30 minutes,
and many who have completed the checklist have found it to
be very helpful in clarifying their problems. If you choose,
a copy can be given to your counselor. This may be helpful
to him/her in better understanding you and your concerns.
Please check with the secretary about this. Don't put your
name on the form and in this way we'll insure that your re-
sponses are confidential. Do answer the other information
on the front page -- we're wondering how your concerns relate
to age, income, and marital status. Our intent is that this
research will be useful in developing awareness and programs
that are relevant to your needs.

    Thanks for your co-operation!

                          Joyce Carey
                          Linda M. Rodgers

MOONEY PROBLEM CHECK LIST

Leonard V. Gordon and **Ross L. Mooney**

Bureau of Educational Research

Ohio State University

| 1950 REVISION | | A | ADULT FORM |

Name...Date....................................

Occupation..Age...............Sex...............

Marital Status..No. of Children....................
(Single, Married, Divorced, etc.)

Gross Household Income

Circle one)   a) $0-3999   b) $4000-7,999   c) $8,000-11,999   d) $12,000-15,999   e) $16,000-Above

DIRECTIONS

Following you will find a list of problems with which people are often faced — problems relating to health, work, family, temperament, and so on. You are to read through the list and to select those statements that represent your problems. Mark the list honestly and sincerely and you will obtain a representative inventory of your problems. Remember, this is not a test. There are no right or wrong answers. The statements that you are to underline are those that refer to you. You are assured that what you mark in the inventory will be treated in the strictest of confidence. There are three steps for you to take.

First Step: Read slowly through the list and *underline* each problem that suggests something that is troubling you, thus "1. Feeling tired much of the time."

Second Step: After you have gone through the entire list, look back over the problems that you have underlined and *circle the numbers* in front of those problems that are of most concern to you, thus " ①. Feeling tired much of the time."

Third Step: Reply to the summarizing statements on page 5.

Ψ.

First Step: Read the list slowly, and as you come to a problem which troubles you, underline it.

1. Feeling tired much of the time
2. Sleeping poorly
3. Too much underweight or overweight
4. Gradually losing weight
5. Frequently bothered by a sore throat
6. Catching a good many colds

7. Living in an undesirable location
8. Transportation or commuting problem
9. Lacking modern conveniences in my home
10. Lacking privacy in my living quarters
11. Unfair landlord or landlady
12. Poor living conditions

13. Wanting to develop a hobby
14. Wanting to improve myself culturally
15. Wanting worthwhile discussions with people
16. Wanting to learn how to dance
17. Lacking skill in sports or games
18. Not knowing how to entertain

19. Lacking leadership ability
20. Lacking self-confidence
21. Not really being smart enough
22. Being timid or shy
23. Lacking courage
24. Taking things too seriously

25. Wanting a more pleasing personality
26. Awkward in meeting people
27. Daydreaming
28. Being too tall or too short
29. Being physically unattractive
30. Wishing I were the other sex

31. Being away from home too much
32. Member of my family in poor health
33. Death in my family
34. Member of my family working too hard
35. Worried about a member of my family
36. Drinking by a member of my family

37. Having too few dates
38. Not finding a suitable life partner
39. Deciding whether I'm really in love
40. Having to wait too long to get married
41. Being financially unable to get married
42. In love with someone my family won't accept

43. Needing a philosophy of life
44. Confused in my religious beliefs
45. Losing my earlier religious faith
46. Having beliefs that differ from my church
47. Failing to see the relation of religion to life
48. Differing from my family in religious beliefs

49. Poor appetite
50. Stomach trouble (indigestion, ulcers, etc.)
51. Intestinal trouble
52. Poor complexion or skin trouble
53. Poor posture
54. Feet hurt or tire easily

55. Needing a job
56. Needing part-time work
57. Disliking financial dependence on others
58. Having too many financial dependents
59. Getting into debt
60. Fearing future unemployment

61. Having a poor memory
62. Not being as efficient as I would like
63. Not using my leisure time well
64. Too few opportunities for meeting people
65. Trouble keeping up a conversation
66. Not mixing well with the opposite sex

67. Being lazy
68. Lacking ambition
69. Being influenced too easily by others
70. Being untidy
71. Being too careless
72. Not doing anything well

73. Feeling ill at ease with other people
74. Avoiding someone I don't like
75. Finding it hard to talk before a group
76. Worrying how I impress people
77. Not getting along well with people
78. Not really having any friends

79. Having to live with relatives
80. Irritated by habits of a member of my family
81. Home untidy and ill kept
82. Too much quarreling at home
83. Too much nagging and complaining at home
84. Not really having a home

85. Wondering whether to go steady
86. Deciding whether to become engaged
87. Deciding whether to get married
88. Needing advice about getting married
89. Wondering if I really know my prospective mate
90. Afraid of the responsibilities of marriage

91. In love with someone of a different religion
92. Finding church services of no interest to me
93. Doubting the value of prayer
94. Doubting the existence of God
95. Science conflicting with my religion
96. Not getting satisfactory answers from religion

97. Having a permanent illness or disability
98. Frequent nose or sinus trouble
99. Having trouble with my ears or hearing
100. Allergies (asthma, hayfever, hives, etc.)
101. Having trouble with my eyes
102. Having a serious illness or disease

103. Needing financial assistance
104. Can't seem to make ends meet
105. Not getting a satisfactory diet
106. Not having enough money for necessities
107. Never being able to own a home of my own
108. Having too many financial problems

109. Wanting to improve my mind
110. Wanting to improve my appearance
111. Wanting to improve my manners or etiquette
112. Having trouble with my speech
113. Forgetting the things I learned in school
114. Having trouble understanding what I read

115. Speaking or acting without thinking
116. Being rude or tactless
117. Being stubborn or obstinate
118. Sometimes acting childish or immature
119. Being envious or jealous
120. Tending to exaggerate too much

121. Being disliked by someone
122. Being left out of things
123. Being made fun of or teased
124. Being treated unfairly by others
125. Suffer from racial or religious prejudice
126. Having feelings of extreme loneliness

127. Not being understood by my family
128. Not being trusted by my family
129. Feeling rejected by my family
130. Having an unhappy home life
131. Wanting love and affection
132. Being an only child

133. Disappointed in a love affair
134. Too deeply involved in a love affair
135. Having to break up a love affair
136. In love with someone I can't marry
137. Caring for more than one person
138. Afraid of losing the one I love

139. Not going to church often enough
140. Wanting to feel close to God
141. Wondering if there is life after death
142. Troubled by lack of religious faith in others
143. Upset by arguments about religion
144. Differing with my husband or wife over religion

145. Troubled by headaches
146. Glandular disorders (thyroid, lymph, etc.)
147. Menstrual or female disorders
148. Kidney or bladder trouble
149. Muscular aches and pains
150. High blood pressure

151. Not enough money for medical expenses
152. Too little money for recreation
153. Needing money for education or training
154. Unsure of future financial support
155. No steady income
156. Work too irregular or unsteady

157. Needing more exercise
158. Needing more outdoor air and sunshine
159. Wanting more personal freedom
160. Wondering if further education is worth while
161. Wishing I had a better educational background
162. Wanting to read worthwhile books more

163. Too self-centered
164. Getting into arguments or fights
165. Disliking certain persons
166. Sometimes lying without meaning to
167. Feeling blue and moody
168. Trying to forget an unpleasant experience

169. Not knowing the kind of person I want to be
170. Confused as to what I really want
171. Feeling I am too different
172. People finding fault with me
173. Feeling no one cares for me
174. Sometimes feeling life is hardly worth while

175. Too much interference by relatives
176. Having too many decisions made for me
177. Unable to discuss certain problems at home
178. Not getting along with a member of my family
179. Educational level different from my family's
180. Wishing I had a different family background

181. Petting and necking
182. Thinking too much about the opposite sex
183. Wondering how far to go with the opposite sex
184. Finding it hard to control sex urges
185. Repelled by thoughts of sexual relations
186. Needing information about sex

187. Lacking necessary experience for a job
188. Not knowing how to look for a job
189. Needing to know my vocational abilities
190. Unable to enter my chosen vocation
191. Doubting the wisdom of my vocational choice
192. Combining marriage and a career

	Cir.	Tot.
H		

193. Having considerable trouble with my teeth
194. Occasionally feeling faint or dizzy
195. Troubled by swelling of the ankles
196. Trouble with my scalp
197. Occasional pressure or pain in my head
198. Not getting enough rest or sleep

241. Bothered by shortness of breath
242. Having heart trouble
243. Having a persistent cough
244. Needing an operation or medical treatment
245. Needing another climate for my health
246. "Change of life" (menopause)

ES

199. Not budgeting my money
200. Not having a systematic savings plan
201. Buying too much on the installment plan
202. Being too extravagant and wasteful
203. Living far beyond my means
204. Having to spend all my savings

247. Needing legal advice
248. Needing to make a will
249. Needing an insurance program
250. Needing advice about investments
251. Wanting to have a business of my own
252. Worried about security in old age

SI

205. Wanting more chance for self-expression
206. Little chance to enjoy art or music
207. Little opportunity to enjoy nature
208. Not having enough time for recreation
209. Wanting very much to travel
210. Needing a vacation

253. Not having enough social life
254. Being alone too much
255. Missing my former social life
256. Not entertaining often enough
257. Spending too many evenings at home
258. Not living a well-rounded life

P

211. Mind constantly wandering
212. Constantly worrying
213. Too easily moved to tears
214. Too nervous or high strung
215. Having a bad temper
216. Feelings too easily hurt

259. Unhappy too much of the time
260. Sometimes feeling things are not real
261. Bothered by thoughts running through my head
262. Sometimes afraid of going insane
263. Bothered by thoughts of suicide
264. Sometimes feeling forced to perform certain acts

217. Unable to express myself well in words
218. Feeling inferior
219. Not reaching the goal I've set for myself
220. Having difficulty in making decisions
221. Feeling I am a failure
222. Wanting to be more popular

265. Having a troubled or guilty conscience
266. Afraid of being found out
267. Sometimes being dishonest
268. Having a certain bad habit
269. Wanting to break a bad habit
270. Giving in to temptation

HF

223. Mother or father not living
224. Parents separated or divorced
225. Having clashes of opinion with my parents
226. Parents sacrificing too much for me
227. Parents having a hard time of it
228. Not seeing parents often enough

271. Worrying whether my marriage will succeed
272. Having different interests from husband or wife
273. Marriage breaking apart
274. Needing advice about a marriage problem
275. Needing advice about raising children
276. Wanting to have a child

C		**S**	
Cir.	Tot.	Cir.	Tot.

229. Being too inhibited in sex matters
230. Being underdeveloped sexually
231. Too easily aroused sexually
232. Thinking too much about sex matters
233. Fear of having a child
234. Lacking sex appeal

277. Having unusual sex desires
278. Bothered by sexual thoughts or dreams
279. Worried about the effects of masturbation
280. Sexual needs unsatisfied
281. Sexually attracted to someone of my own sex
282. Sexual desires differ from husband's or wife's

R	**O**

235. Working too hard
236. Getting no appreciation for the work I do
237. Finding my work too routine or monotonous
238. Wanting more freedom in my work
239. Would rather be doing other kind of work
240. Unsatisfactory working conditions

283. Being bothered or interfered with in my work
284. Not liking some of the people I work with
285. Family disapproves of my present job
286. Dissatisfied with my present job
287. Poor prospects of advancement in my present job
288. Afraid of losing my job

TOTAL . . . .

Cir.	Tot.

Second Step: Look back over the items you have underlined and circle the numbers in front of the problems which are troubling you most.

Third Step: Reply to the following.

SUMMARY

1. Use the space below to indicate any additional problems that you may have.

2. Write a brief summary of what you consider to be your chief problems.

3. Would you like to talk to someone about some of your problems?

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APPENDIX B

MEAN NUMBER OF TOTAL AND CIRCLED RESPONSES ACCORDING
TO PROBLEM AREA AND INCOME

	H	Es	Si	P	Hf	C	S	R	O	Total	
circled	4.0	2.9	4.3	7.3	4.9	6.8	2.2	1.5	1.8	18.5	$0 - 3,999
total	12.8	14.2	20.9	21.5	11.4	15.1	3.4	7.1	7.4	59.3	(N=13)
circled	2.3	3.0	10.0	10.9	4.8	5.5	2.0	1.0	7.0	24.8	$4,000 - 11,999
total	12.0	13.0	24.8	25.9	12.3	11.0	5.5	9.5	15.5	52.8	(N=8)
circled	3.7	4.3	6.6	10.9	8.3	5.1	2.9	4.6	1.1	25.6	$12,000 & above
total	7.7	8.9	19.1	21.0	15.1	4.6	4.6	10.4	6.9	53.0	(N=7)

APPENDIX C

MEAN NUMBER OF TOTAL AND CIRCLED RESPONSES ACCORDING
TO PROBLEM AREA AND MARITAL STATUS

	H	Es	Si	P	Hf	C	S	R	O	Total	
circled	2.8	3.2	3.0	5.6	2.0	4.3	1.0	1.3	2.3	13.3	Single
total	9.7	14.8	19.3	18.0	8.0	11.0	2.0	5.3	13.0	51.8	(N=12)
circled	2.9	2.9	6.0	7.5	8.9	3.6	2.2	2.9	0.0	21.0	Married
total	9.8	9.1	20.0	20.2	17.1	5.5	5.5	10.5	5.5	54.9	(N=11)
circled	3.8	4.6	11.4	15.1	7.4	10.0	3.2	2.4	6.4	34.2	Separated/ Divorced
total	10.0	13.8	26.2	29.4	14.4	17.6	4.4	8.0	8.4	70.0	(N=10)
circled	8.0	12.0	8.0	16.0	4.0	12.0	8.0	4.0	4.0	39.0	Other
total	22.0	16.0	18.0	27.0	10.0	16.0	8.0	16.0	4.0	71.0	(N=1)

APPENDIX D

MEAN NUMBER OF TOTAL AND CIRCLED RESPONSES ACCORDING
TO PROBLEM AREA AND EMPLOYMENT STATUS

	H	Es	Si	P	Hf	C	S	R	O	Total	
circled	2.2	2.5	6.2	8.4	4.6	7.1	1.5	1.1	4.0	19.7	Employed
total	9.0	12.1	19.4	21.0	11.2	12.9	3.3	7.8	11.8	54.8	(N=18)
circled	4.0	5.3	6.7	10.1	7.2	4.5	3.2	3.7	1.3	25.6	Unemployed
total	11.7	13.3	22.8	22.9	14.8	9.1	4.8	9.3	5.1	61.3	(N=15)
circled	12.0	2.0	12.0	14.0	8.0	8.0	0.0	0.0	4.0	34.0	No Response
total	18.0	14.0	40.0	38.0	14.0	16.0	0.0	0.0	16.0	89.0	(N=1)

APPENDIX E

MEAN NUMBER OF TOTAL AND CIRCLED RESPONSES ACCORDING
TO PROBLEM AREA AND NUMBER OF CHILDREN

	H	Es	Si	P	Hf	C	S	R	O	Total	
circled	2.8	3.8	8.1	9.4	6.1	7.0	2.0	1.8	4.8	24.3	No Kids
total	9.5	14.4	23.8	22.1	13.4	12.5	3.8	8.8	15.8	61.8	(N=16)
circled	3.1	3.7	4.6	8.1	-3.8	6.2	1.8	2.2	2.2	18.9	1 Kid
total	9.3	10.6	19.7	23.8	10.9	12.9	2.2	7.1	4.4	55.8	(N=9)
circled	4.0	4.0	5.0	6.0	6.0	8.0	2.0	0.0	0.0	18.0	2 Kids
total	17.0	18.0	26.0	26.0	20.0	14.0	4.0	14.0	4.0	77.5	(N=2)
circled	2.0	3.5	3.0	4.3	5.0	3.0	2.0	2.0	0.0	12.8	3 Kids
total	6.5	8.5	14.0	14.5	9.5	7.0	4.0	3.0	0.0	37.3	(N=4)
circled	8.0	0.0	0.0	7.0	16.0	0.0	4.0	0.0	0.0	20.0	4 Kids
total	34.0	12.0	6.0	15.0	22.0	4.0	4.0	8.0	4.0	57.0	(N=1)
circled	10.0	12.0	16.0	36.0	14.0	8.0	8.0	8.0	0.0	68.0	5 Kids
total	20.0	24.0	46.0	45.0	20.0	8.0	8.0	12.0	0.0	107.0	(N=1)
circled	6.0	0.0	14.0	21.0	6.0	0.0	4.0	12.0	0.0	38.0	No Response
total	6.0	0.0	14.0	21.0	6.0	0.0	4.0	12.0	0.0	38.0	(N=1)