



School of  
Public Health



# Research Summary: A Survey about Mental Health for People with Down Syndrome



# What is Mental Health?

Mental Health is our emotional, psychological, and social well-being. This means that mental health can affect:

- How we **think**.
- What we **feel**.
- What we **do**.



# What is our Study?

## Mental Health Survey

Our study is about the mental health of adults with Down syndrome. First, we created a team of adults with and without Down syndrome to work together on a co-research team.



Created by Rokhman Kharis  
from Noun Project

We made a survey and asked people 18+ years and older about how often they feel stressed or anxious, and how they deal with their stress.

We also asked what they would like to tell their friends, family, or doctors about their mental health needs.

# Why is our research important?

Our research is important for two reasons.

①

People with Down syndrome have mental health challenges like everyone else.

②

It is important to ask people about their experiences with mental health.

We do this research to:

- Understand mental health challenges.
- Include people in the research process.
- Learn about individual experiences.

# How Did the Team Work Together?

We used a co-research model, which is where people who are studied also help with research. In our project, co-researchers with Down syndrome were part of the research team to do equally important work on the research project. We all worked together to:



Created by Adrien Coquet  
from Noun Project

- Ask a research question about mental health.



Created by Mushu  
from Noun Project

- Find answers with an online survey.



Created by Alzam  
from Noun Project

- Share the results.

# How Did We Find Our Answers?

We made an online survey about mental health and shared it with people with Down syndrome, organizations, researchers.

We collected data from people about:



- Age.



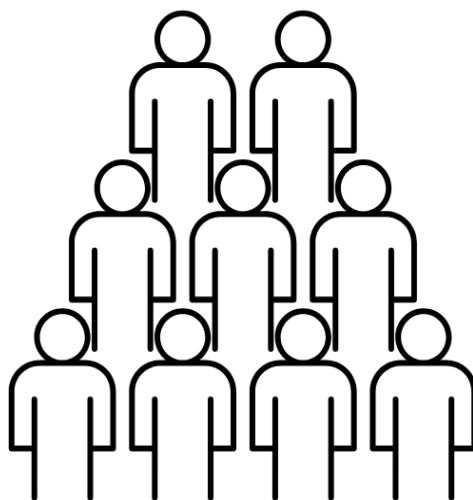
- If they have a job.
- How often they feel stress or anxiety.



- What coping mechanisms they use.

# People with Down Syndrome Have Stress and Anxiety

We had 45 adults with Down syndrome take our survey.



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from Noun Project

In our survey, over 80% of people said they were sometimes, often, or always stressed. Almost 60% of people reported sometimes feeling anxious.

# People with Down Syndrome Use Coping Mechanisms

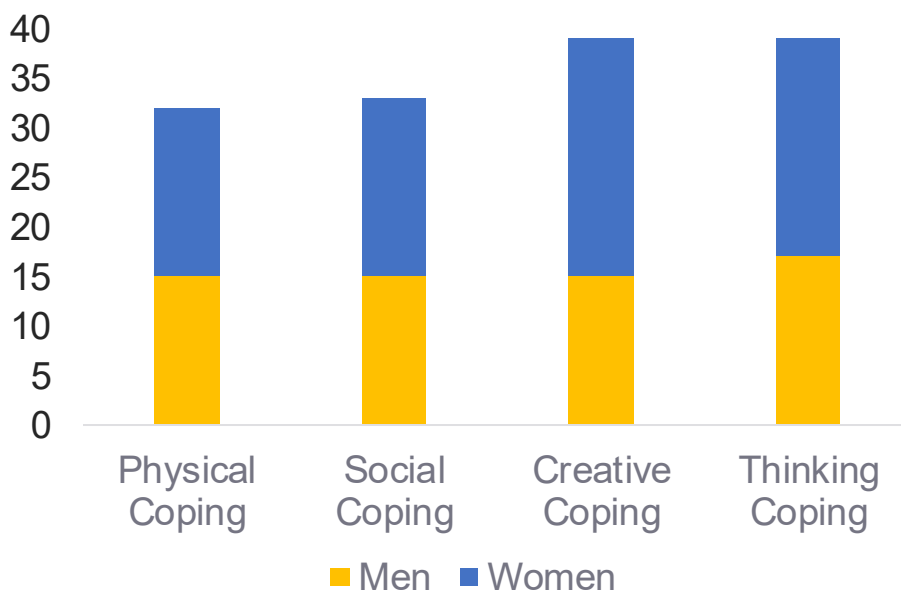
We looked at how often people feel stressed and anxious. Next, we sorted the coping mechanism into four categories: physical, social, emotional, and thinking.

Type of coping mechanism	Example
Physical activity	<ul style="list-style-type: none"><li>• Go for a walk.</li><li>• Dance.</li></ul>
Social activity	<ul style="list-style-type: none"><li>• Talk to friends or family.</li><li>• Play with a pet.</li></ul>
Emotional activity	<ul style="list-style-type: none"><li>• Color.</li><li>• Listen to music.</li></ul>
Thinking activity	<ul style="list-style-type: none"><li>• Journal.</li><li>• Meditate.</li></ul>

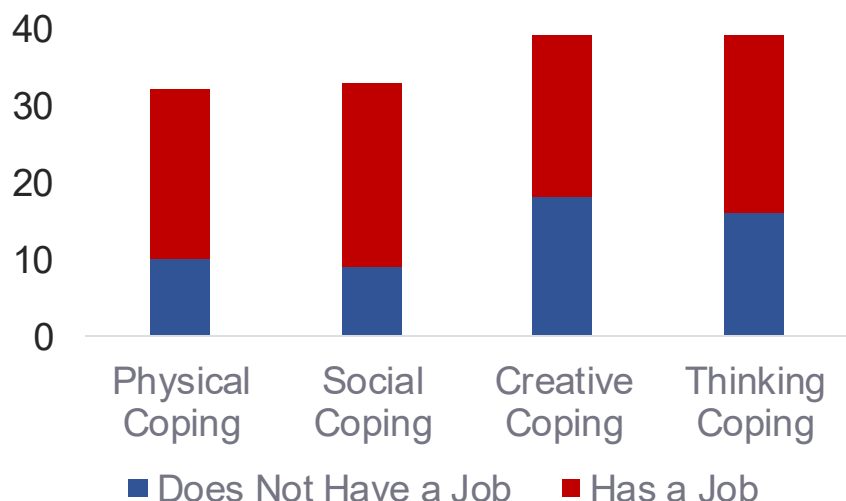


# People with Down Syndrome Use Coping Mechanisms

We calculated what types of coping mechanism were the most common for men and women, and for those with and without a job.



People who had jobs used social coping mechanisms more often.



# Our Big Takeaways

**People with Down syndrome have mental health problems like everyone else.**

We found that found that people with Down syndrome felt stressed and anxious and use a variety of coping strategies to handle those feelings.



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from Noun Project



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**Listen to people with Down syndrome.**

Often, researchers that study the mental health of people with Down syndrome talks to families and caregivers. Listening to people about their experiences is important, which is why our survey was for people with Down syndrome.



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from Noun Project

## Article Title:

# Stress, Anxiety and Coping in Adults with Down Syndrome

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Easy read format was created by Ashley Scott.

