

# Associations Between Depressed Mood and Clusters of Health Risk Behaviors

Raheem J. Paxton, PhD; Robert F. Valois, PhD, MPH, FASHA, FAAHB, FAAHE  
Ken W. Watkins, PhD; E. Scott Huebner, PhD, NCSP, FAPA  
J. Wazner Drane, PhD, FAAHB

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**Objectives:** To examine the association between depressed mood and clusters of health risk behaviors. **Methods:** A nationally representative sample of adolescents (N=15,214) was utilized to construct 10 pseudocontinuous health risk behaviors. Cluster analysis was performed to group adolescents, and subsequent multivariable logistic models were created. **Results:** Compared to non-risk takers, belonging to risk clusters significantly increased

the odds of reporting depressed mood. African Americans in high-risk clusters appeared to be more vulnerable to depressed mood, when compared to remaining racial groups. **Conclusions:** Results suggest that adolescents engaging in multiple health-risk behaviors do so in the context of depressed mood.

**Key words:** depressed mood, problem behavior theory, clustering of risk behaviors

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