Sociocultural Factors as Explanatory of Depressive Symptom Development in Latino Adolescents

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Thank you!

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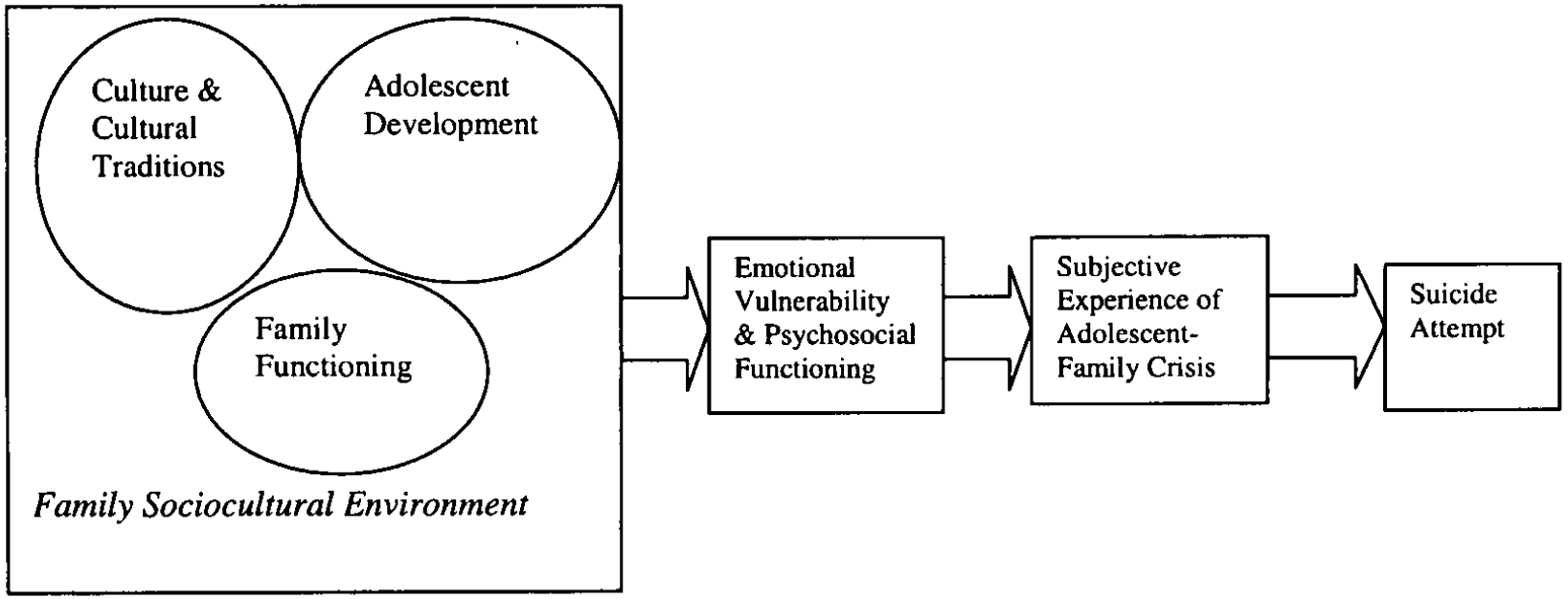
In the United States…

- Latino adolescents consistently report the highest levels of depressive symptoms and disorders when compared to non-Hispanic White, African American, and Asian American adolescents
- Latina adolescents attempt suicide significantly more than their non-Hispanic peers
- Currently, 1 in 5 youth under the age of 18 is Latino
- By 2050, 40% of the youth population will be Latino

Theoretical Framework



Zayas, Lester, Cabassa, & Fortuna, 2005

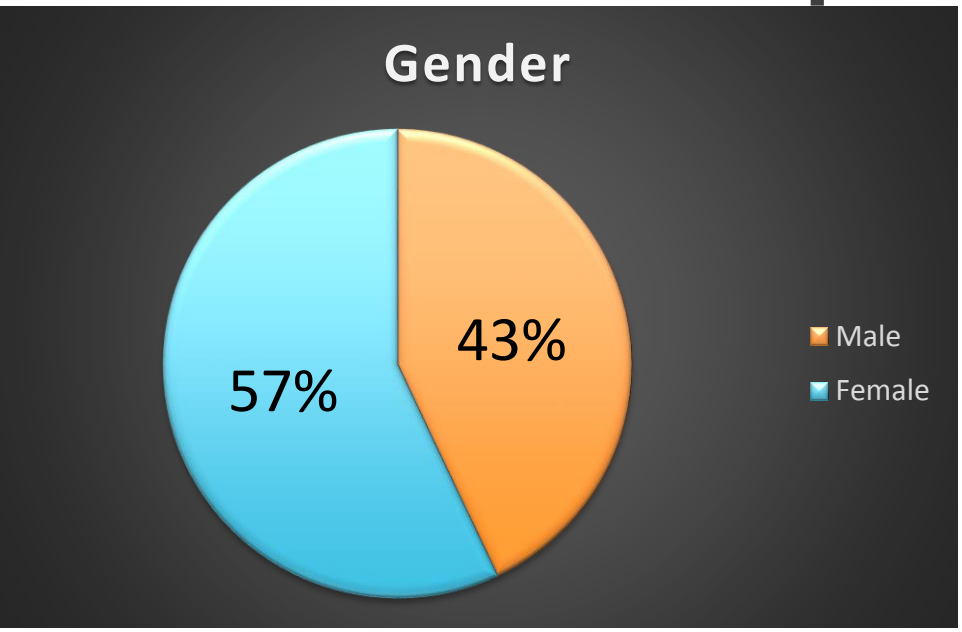
Purpose

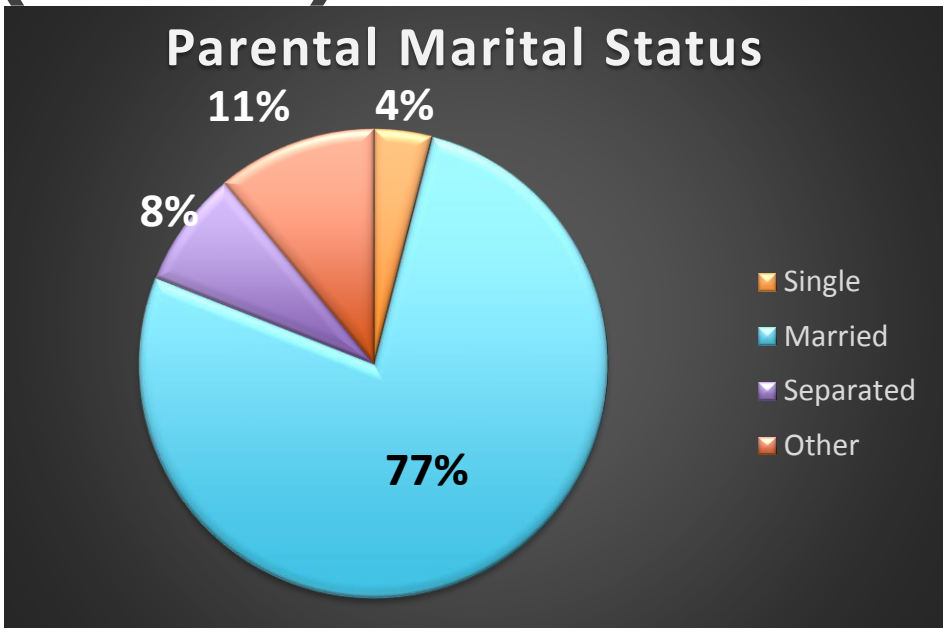
The purpose of this study was to examine individual- and contextual- level sociocultural factors associated with the development of depressive symptoms in Latino adolescents in order to identify salient risk factors to target in the construction of culturally relevant prevention and treatment interventions

Methods

- Design
  - Cross sectional correlational descriptive study
- Sample
  - Adolescents 12-18 years were recruited through a pediatric primary care clinic in a rural, underserved area
- IRB approval obtained before study initiation
- Standardized measures assessed study variables
  - Acculturation, perceived discrimination, ethnic identity, familism, family conflict, family cohesion, stressful life events, and depressive symptoms

Sample (N=101)


Gender
43%
57%
Male
Female


Parental Marital Status
11%
4%
8%
77%
Single
Married
Separated
Other

Sample

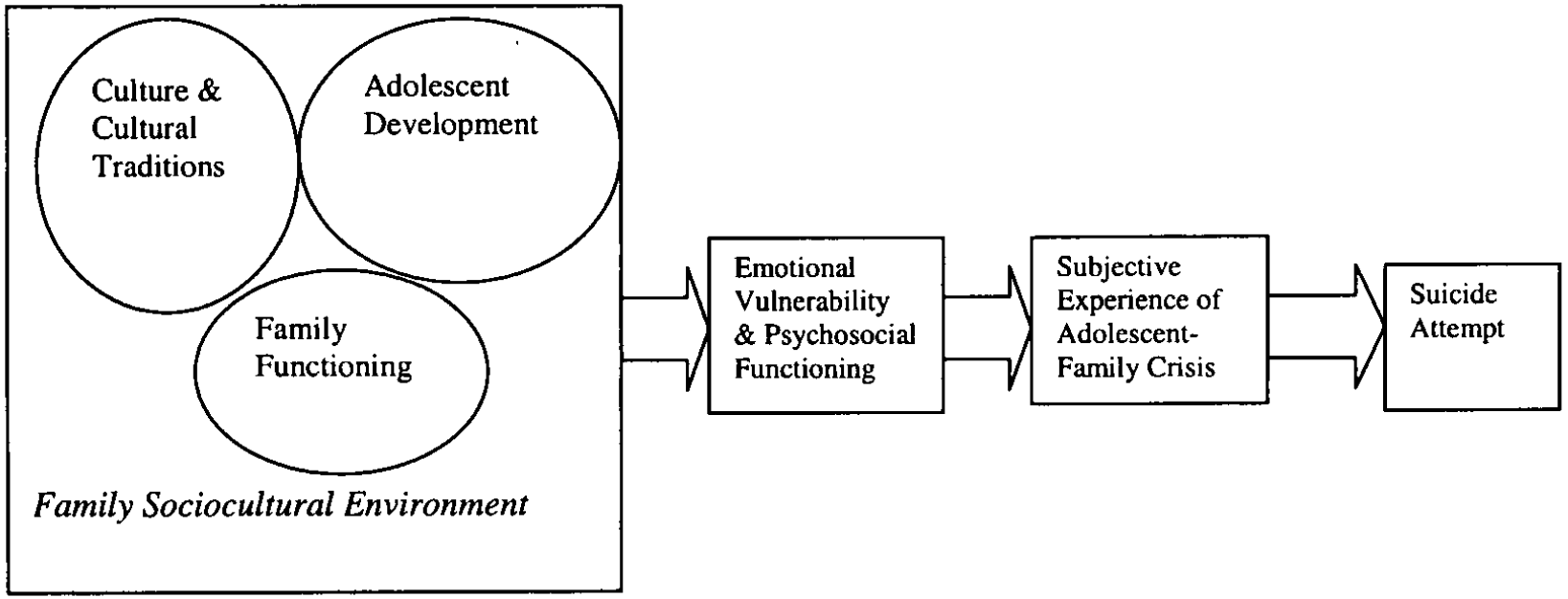
- Age: Mean=14.47 years (SD= 1.91)
- Number of people in household: Mean = 5.96 (SD= 1.48)
- 46% of participants reported elevated levels of depressive symptoms

Bivariate Associations

	Discrimination	Ethnic Identity	Familism	Family Cohesion	Family Conflict	Depressive Symptoms
Acculturation	-.123 p= .229	-.438 p<.001	.275 p=.007	-.210 p=.043	.085 p=.418	.080 p=.436
Discrimination		.101 p=.331	-.206 p=.045	.039 p=.708	-.043 p=.682	.255 p=.011
Ethnic identity			-.439 p<.001	.157 p=.137	-.210 p=.046	-.216 p=.034
Familism				-.313 p=.003	.143 p=.176	.243 p=.017
Family cohesion					-.592 p<.001	-.289 p=.005
Family conflict						.331 p=.001

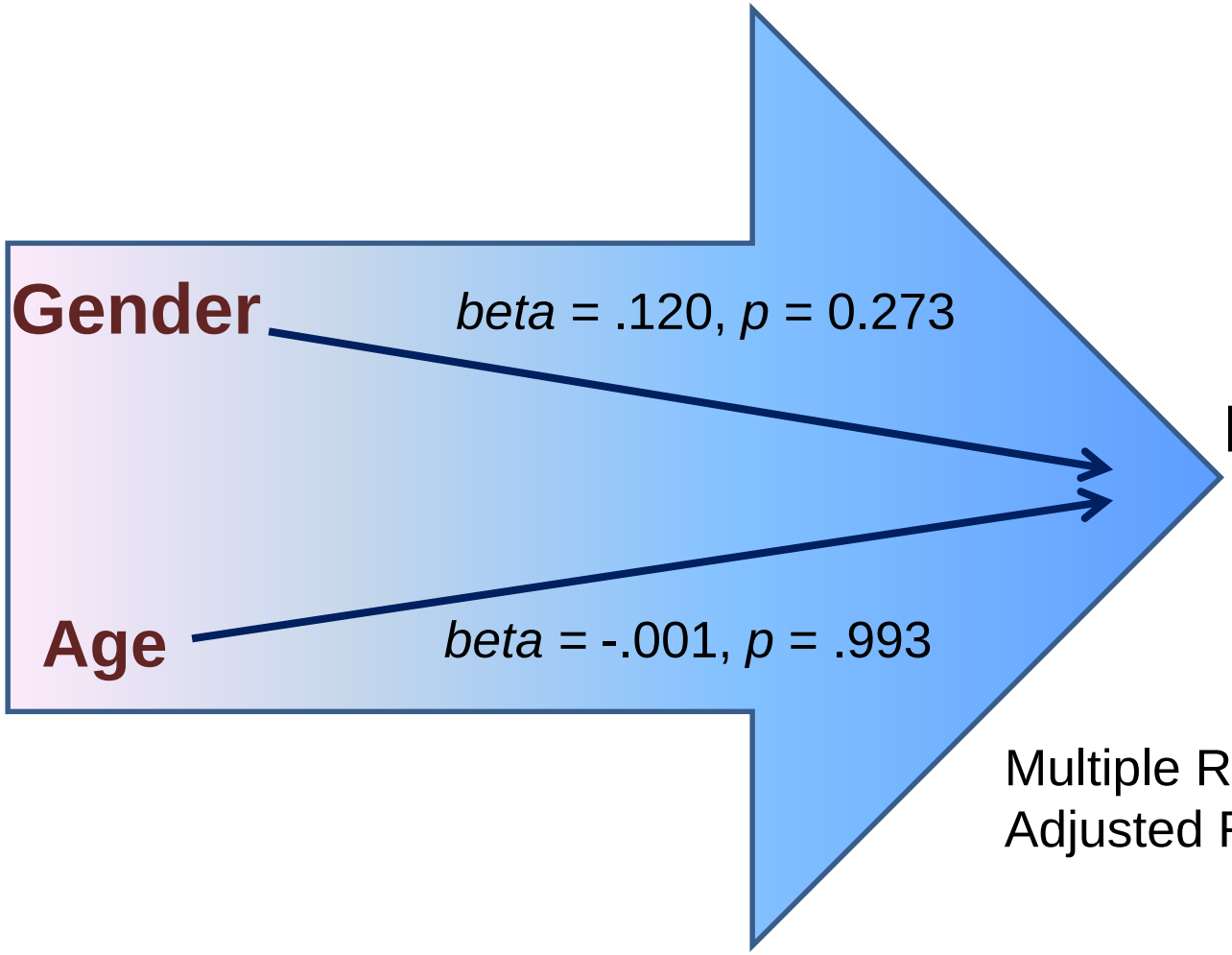
Hierarchical Multiple Linear Regression Analysis

Theoretical Framework



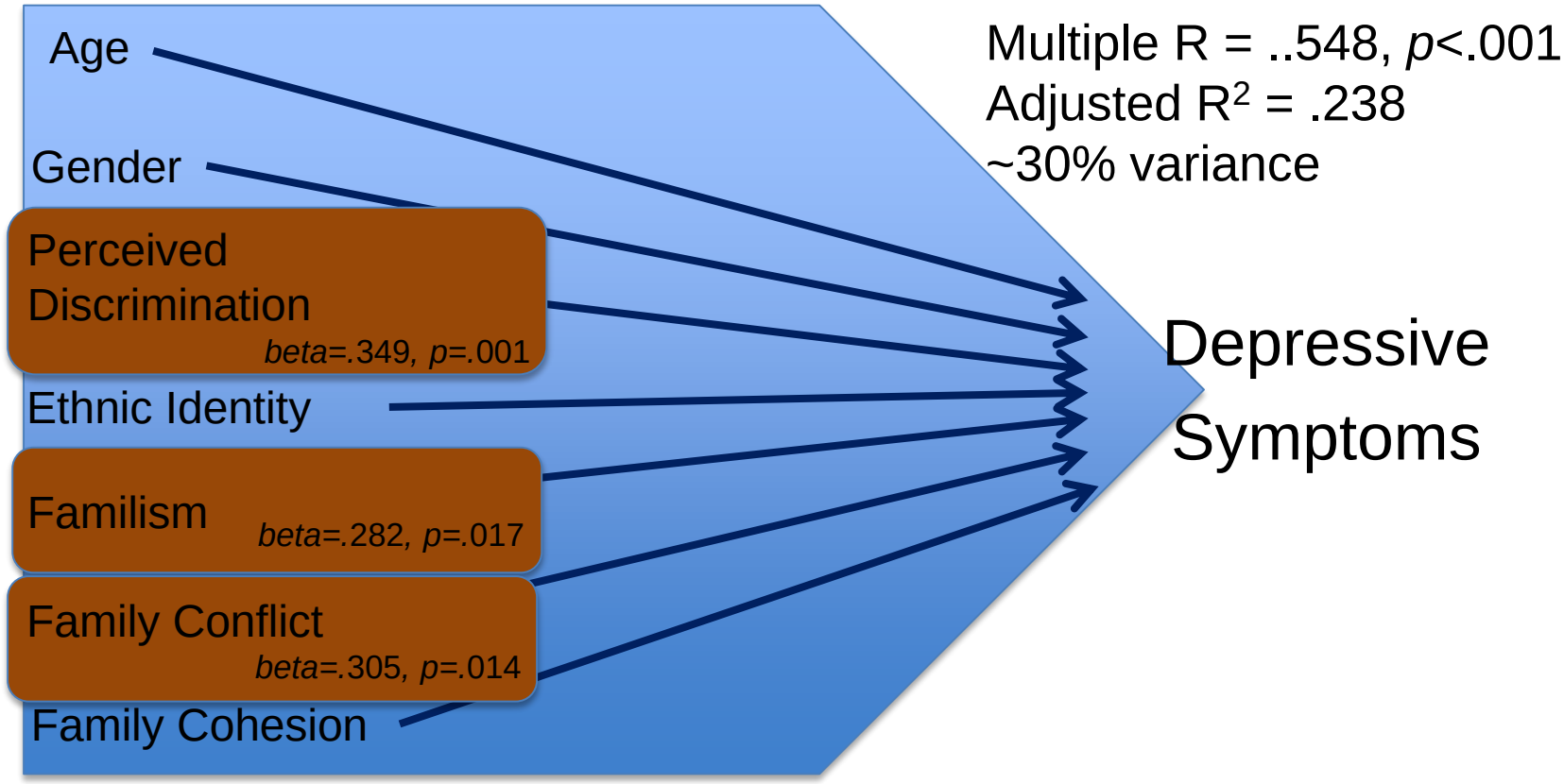
Zayas, Lester, Cabassa, & Fortuna, 2005

Step 1



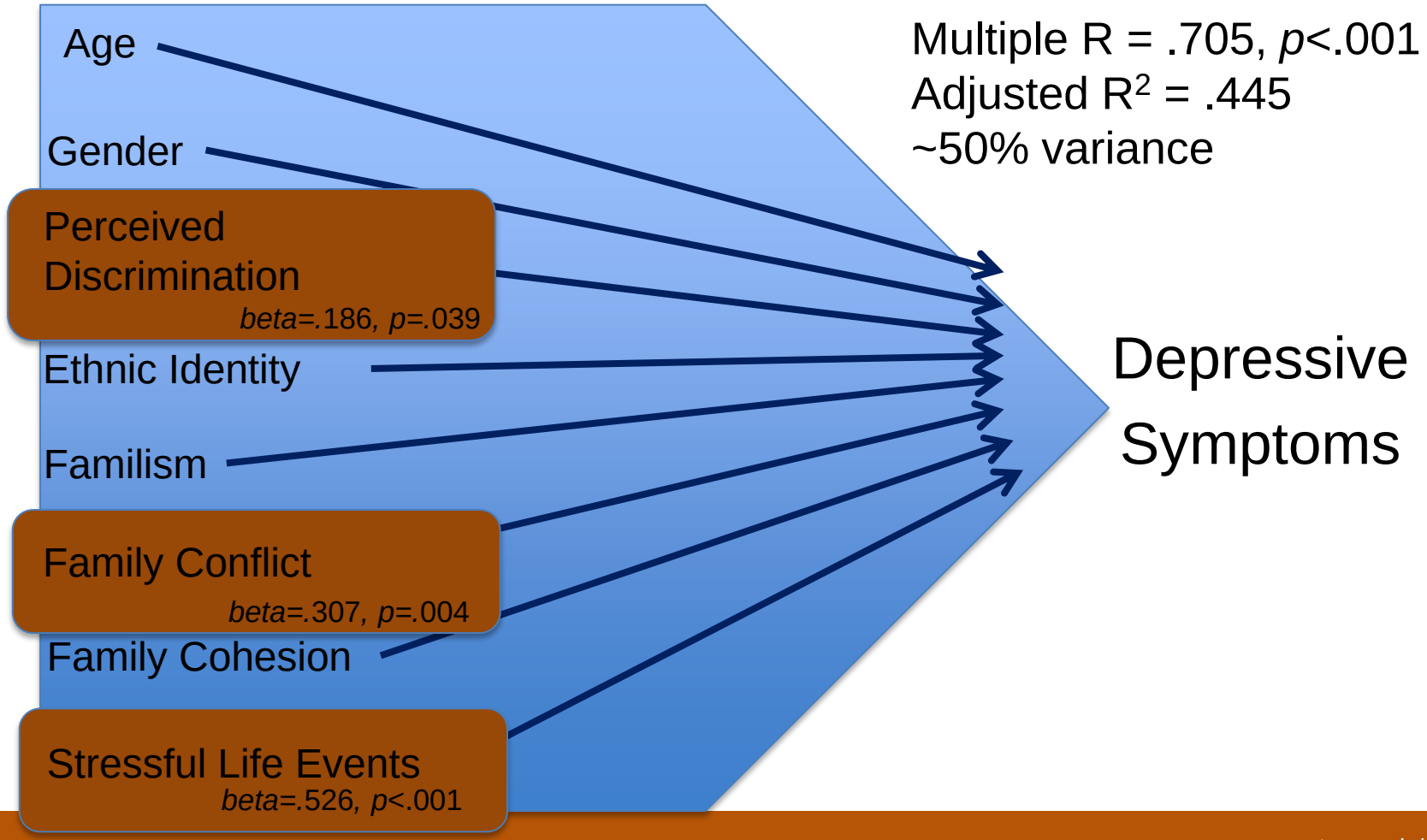
Multiple R = 0.120, *p* = 0.546
Adjusted R = -.009

Step 2



Multiple R = ..548, $p<.001$
Adjusted R^2 = .238
~30% variance

Step 3



Multiple R = .705, $p<.001$
Adjusted R^2 = .445
~50% variance

Limitations

- These results may not be generalizable to Latino adolescents living in other countries, particularly those residing in their county of racial and ethnic origin.
- Relatively small sample size
- Cross-sectional design
- All self-report measures

Conclusions

- The high levels of depressive symptoms in this Latino adolescent sample are concerning
- Confirms prior research documenting high depressive symptom prevalence in this population.
- Large percentage of variance explained by individual- and contextual- level sociocultural factors underscore the need for culturally tailored depression prevention programs that target Latino adolescents.