Previous studies, while limited, document high levels of depression among Haitian migrants, and postulate that migration-related stress (MRS) may play a significant role. Recognizing, appropriately treating depression, and meeting the mental health needs of the growing number of Haitian migrants continue to pose a challenge because of differences in culture, beliefs, idiom of distress, expression of depression and specific stressors associated with migration.

Among first generation Haitian immigrants, this study aimed to 1) identify demographic factors associated with depression and MRS as separate constructs and, 2) examine the relationship between MRS and depression, and the extent to which this relationship is modified by other factors, through the lens of the stress process model. This cross-sectional descriptive study used purposive sampling methods to recruit 76 first generation Haitian immigrants living in the southeast region of Florida. Descriptive statistics, ANOVA, chi-square, Pearson correlations and multiple linear regression were used to assess MRS (Demands of Immigration), depression (Center for Epidemiological Studies Depression (CESD) and Zanmi Lasante Depression Symptom Inventory (ZLDSI)) and relationships with demographic variables.

Factors associated with MRS included older age, rarely speaking English at home, higher number of children, and marginally significant suggestions of female gender and being directly affected by the 2010 earthquake. Findings showed a strong positive linear relationship between migration-related stress and depression (CESD ($r = .606$, $p < .0001$) and ZLDSI ($r = .624$, $p < .0001$)) and between CESD and ZLDSI ($r = .738$, $p < .0001$). MRS remained the strongest predictor of depression when controlling for all other significant predictors of depression (CESD: gender, income, education, and direct 2010 earthquake impact; ZLDSI: in Haiti for 2010 earthquake and moving to the U.S. during first visit). Being in Haiti during the 2010 earthquake moderated the relationship between MRS and depression (ZLDSI), showing an amplifying effect for depression between MRS and earthquake exposure.

When diagnosing and treating depression, clinicians and nurses should consider both the unique migration stressors and risk factors Haitian migrants may face, and the ethnic differences in their expression of depression. The use of a culturally appropriate and validated instrument is instrumental to better capture depression among Haitians.

**Title:**
Migration-Related Stress and Depression Among First Generation Haitian Immigrants in Florida

**Keywords:**
Depression, Haitian immigrants and Migration-related Stress

**References:**


**Abstract Summary:**

Through the lens of the stress process model, this study examined the relationship between migration-related stress and depression among 76 first generation Haitian immigrants in Florida, a growing, but underrepresented population with considerable mental health disparities.

**Content Outline:**

1. **Introduction**
   1. Depression has been identified as one of the most common mental illness that Haitian migrants encounter.
   2. Ethnic disparities in the expression and treatment of depression serve as challenges in mental health care for this population.
   3. Stress faced during the post-migration process may negatively impact Haitian migrants’ mental health.
   4. The objective of this study was to examine migration-related stress and depression among first generation Haitian migrants.

2. **Methods**
   1. This cross-sectional study used purposive sampling methods to recruit first generation Haitian migrants in Florida.
   2. Measures used in this study included demographic information, migration-related stress and two measures of depression.
   3. Data analysis was completed using SPSS and included correlations, regressions, ANOVA and descriptive statistics.

3. **Results**
   1. Demographic factors associated with migration-related stress are discussed
   2. Demographic factors associated with depression and predictors of depression are discussed
   3. Moderation analyses are described

4. **Conclusion**
   1. Clinical considerations for first generation Haitian immigrants are discussed
Professional Experience: ESRD National Coordinating Center--Health Services Researcher (2018-present); Successful defense of a mixed method dissertation (Oct. 2018); Clinical Research Coordinator (2017); Graduate Nurse Research Assistant (2016-2018); Graduate Teaching Assistant for many nursing courses (2014-2017); Research Project Principal Investigator/Co-Investigator for several qualitative studies (2015-2017); Registered Nurse (2012-2013); Research Internships -University of Miami (2006 and 2007) -Rutgers University (2010-2012); Numerous presentations at scientific meetings.

Author Summary: Dany Fanfan is a change agent, patient advocate, and passionate researcher who recently graduated from the University of South Florida with a PhD in Nursing. Through research, she hopes to give a voice to underrepresented populations and mitigate disparities among those who are socially marginalized. Her future goals include teaching in academia and becoming a mental health clinician and researcher.