

Stress, Social Support & Depression in Married Arab Immigrant Women

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Acknowledgements/Objectives

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- Objectives:
 - Identify risk factors for depression
 - Identify assessment & intervention parameters

Background

- Depression risk for immigrant women, including Arab immigrant women
- Stressors and social support - widely investigated but few studies differentiate social support by source
- Arab culture values family support over friend support and extended family support over spouse support

Background

- Predictors of Arab immigrant women's depression in our previous cross-sectional study:
 - Immigration demands and daily hassles predicted higher depression
 - Social support from husbands but not from friends or family predicted lower depression

Study Design/Hypotheses

- Longitudinal: 3 panels of data to explore ~ 3-yr trajectory of stress, social support, and depression
- Hypotheses:
 - ① T₁ Depression will be positively associated with T₃ depression
 - ② Increased rate of change over time in stress (daily hassles and immigration demands) will contribute to greater T₃ depression
 - ③ Increased rate of change over time in friend, family, and husband support will contribute to lower T₃ depression

Sample (N =388)

• Country of Origin	
Iraq	44.27%
Lebanon	36.46%
Other Arab Country	19.9 %
• Years in U.S. (SD)	11.03 (4.33)
• Age (SD)	42.97 (5.92)
• Education	64.59% Less than high school
• Employment	85.53% Homemakers
• Income	71.43% Below poverty level
• English ability	
Yes	20.67%
A little	32.21%
No	42.21%

Variables/Measures

Variables	Measures
Two Stress Classifications 1. Demands of Immigration 2. Daily Hassles	1. Demands of Immigration Scale 2. Daily Hassles Scale
Three sources of social support 1. Husband 2. Family 3. Friends	Multidimensional Scale of Perceived Social Support
Depression	CES-D
Select Socio-demographic characteristics	Demographic & Migration Questionnaire

Data Analysis

- T3 depression regressed on T1 depression, T3 socio-demographics, and rate of change in the stress and social support variables
 - Rate of change measured by the regression slopes of the stress and social support variables with time as the independent variable

Findings

- Regression model:
 - Statistically significant ($F(6, 379) = 45.88, p < .0001$)
 - Explained 41.2% of the variance in T₃ Depression
- Predictors of T₃ Depression
 - T₁ Depression
 - Change in friend support
 - Change in immigration demands and daily hassles
 - T₃ English ability
 - T₃ Husband's employment status

Findings

- Women with increased friend support and English ability were less depressed
- Women with increased immigration demands, increased daily hassles, and unemployed husbands were more depressed

Implications for Practice

- Encourage immigrant women to establish friendships and rely on friend support in later resettlement to assist managing immigration demands and daily hassles
- Resettlement programs to teach English and assist husband's to find employment