BACKGROUND

• In 2015, 35% of Latino/a adolescents in the US reported experiencing depressive symptoms in comparison to 28% of Caucasian and 25% of African-American adolescents (CDC, 2016).
• Culturally-based stressors contribute to this high level of depressive symptoms in the Latino/a adolescent population.
• Many studies have examined culturally-based stressors, which are threatening events uniquely experienced by members of specific ethnic groups, and their association with depressive symptoms for Latino/a adolescents.
• No study has integrated all these findings into a cohesive picture of the specific culturally-based stressors that contribute to the development of depression in Latino/a adolescents.

CONCEPTUAL FRAMEWORK

Bronfenbrenner’s (1994) Ecological Systems framed the review by suggesting that the culturally-based stressors that Latino/a adolescents experience may occur on different sociocultural levels within an individual’s environment.

PURPOSE

The purpose of this integrative review was to identify specific culturally-based stressors that are associated with the development of depressive symptoms in Latino/a adolescents.

METHODS

GANONG’S (1987) INTEGRATIVE REVIEW METHOD

• What culturally-based stressors are associated with the development of depressive symptoms in Hispanic adolescents?

• Retrieved 350 peer-reviewed articles published between 2010 and 2016 from CINAHL, PubMed, SocINDEX, and PsycINFO. Twenty-nine articles examined association between a culturally-based stressor and depressive symptoms in Latino/a youth, meeting inclusion criteria.
• Extracted and organized information related to culturally-based stressors and depressive symptoms into evidence charts.
• Analyzed information related to culturally-based stressors and determined common themes.
• Evaluated the strength of evidence by examining the number of articles measuring theme, consistency of the theme’s conceptual and operational definitions, and the theme’s relationship to depressive symptoms.
• Developed report and presentation for PhD class. Manuscript preparation for publication and conference presentations are currently in progress.

RESULTS

<table>
<thead>
<tr>
<th>Theme</th>
<th>n</th>
<th>Definition</th>
<th>Evidence Strength</th>
</tr>
</thead>
<tbody>
<tr>
<td>Discrimination</td>
<td>20</td>
<td>Unfair, differential treatment based on ethnicity consisting of negative behaviors such as derogatory remarks, prejudice, and violence</td>
<td>Strong: Consistent positive relationship with depressive symptoms. Consistently defined and measured across studies.</td>
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<tr>
<td>Family Culture Conflict</td>
<td>11</td>
<td>Disagreement with a family member related to a discrepancy between the cultural values of the family member and adolescent</td>
<td>Strong: Consistent positive relationship with depressive symptoms across studies. Consistently defined and measured across studies.</td>
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<tr>
<td>Acculturative/ Bicultural Stressors</td>
<td>6</td>
<td>Stressors experienced while acculturating to a new culture and navigating between two cultures</td>
<td>Moderate: Consistent positive relationship with depressive symptoms, but inconsistently defined and measured across studies.</td>
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<tr>
<td>Context of Reception</td>
<td>3</td>
<td>The opportunity structure, degree of openness versus hostility, and acceptance in the local community</td>
<td>Moderate: Consistent negative relationship with depressive symptoms, but addressed in limited number of studies.</td>
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<tr>
<td>Immigration Stressors</td>
<td>3</td>
<td>Presence of stressful events upon leaving home country and immigrating to host country</td>
<td>Moderate: Consistent positive relationship with depressive symptoms, but inconsistently defined and measured across studies.</td>
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<tr>
<td>Intragroup Conflict</td>
<td>2</td>
<td>Experiencing negative remarks or behaviors from another person within the same ethnic group</td>
<td>Weak: Positive relationship with depressive symptoms only noted in one study.</td>
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</table>

*Represents the number of articles that measured specific culturally-based stressor.

DISCUSSION

• Discrimination and Family Culture Conflict should be considered when working with Latino/a adolescents who may be suffering from depression.
• Inconsistent conceptual and operational definitions limited the evidence for Acculturative/ Bicultural Stressors and Immigration Stressors.
• Context of Reception and Intragroup Conflict were not frequently studied but are promising areas for future research.
• Limitations included sampling from a small number of states within the US.

CONCLUSIONS

• Culturally tailored strategies to treat depressive symptoms in this population need to occur at multiple levels and include interventions such as:
  o Immigration policy changes at federal and state levels
  o Strategies to promote racial/ethnic integration in schools
  o Involving family in adolescent mental health treatment
• Individuals working with US Latino/a youth in clinical and community settings should recognize the stressors this group faces on a daily basis.

REFERENCES