

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

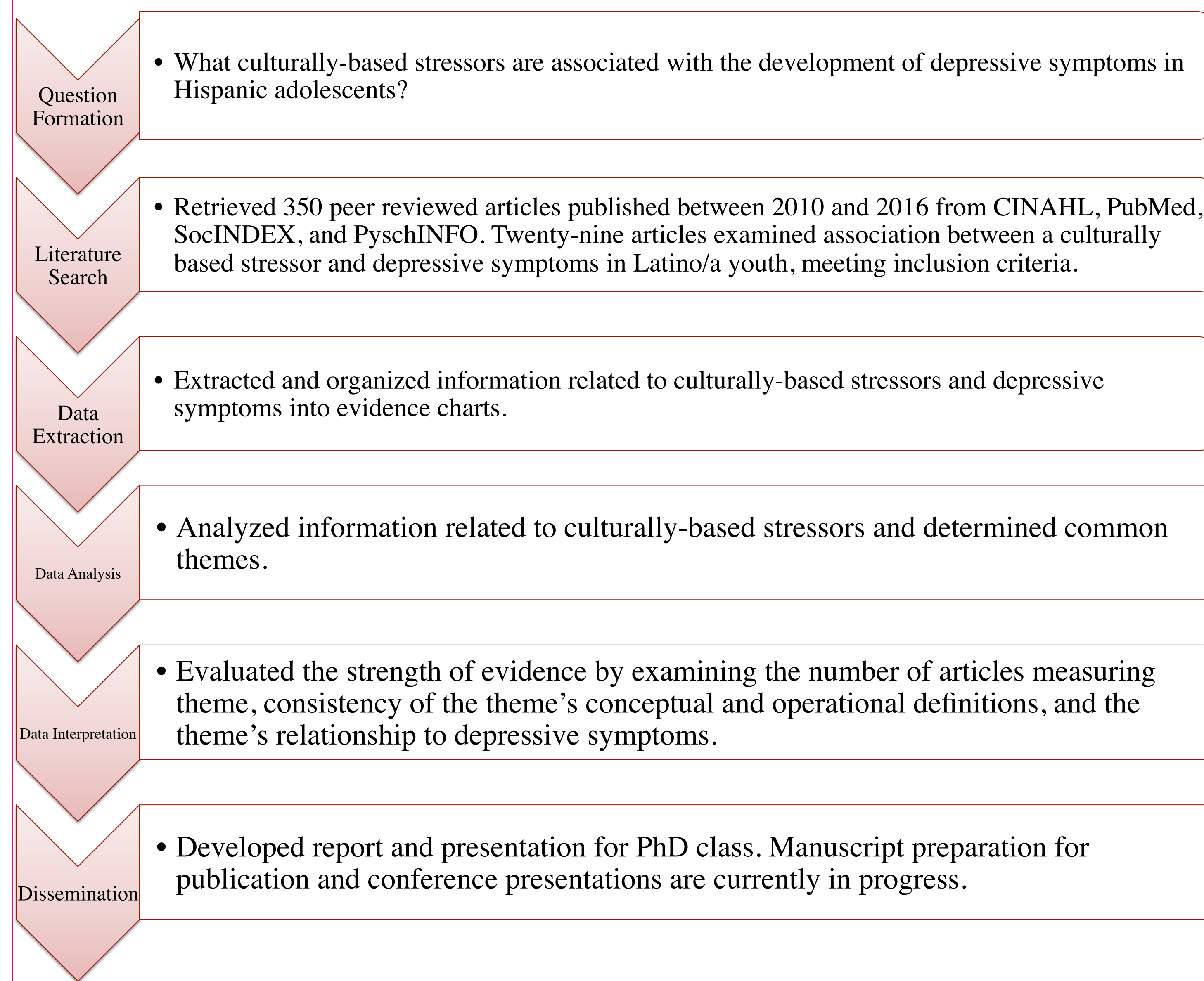
Bronfenbrenner's (1994) Ecological Systems framed the review by suggesting that the culturally-based stressors that Latino/a adolescents experience may occur on different sociocultural levels within an individual's environment.

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



RESULTS

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

^a 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:
 - Immigration policy changes at federal and state levels
 - Strategies to promote racial/ ethnic integration in schools
 - 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

- Bronfenbrenner, U. (1994). Ecological models of human development. In M. Gauvain, & M. Cole. (Eds), *Readings on the development of children (2nd ed., pp. 37-43)*. New York, NY: Freeman.
- Centers for Disease Control and Prevention. (2016). Youth risk behavior surveillance- United States, 2015. Retrieved from <http://www.cdc.gov/mmwr/pdf/ss/ss6304.pdf>
- Ganong, L. H. (1987). Integrative reviews of nursing research. *Research in Nursing and Health*, 10(1), 1-11.