Caught in the Middle: Intersectionality & Mental Health Among Asian-Indian Women
Acknowledgements

_Understanding_ Health, Emotional Responses, and Perceptions of Asian-Indian Needs (HER PAIN)

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Background

» Mental health is a serious and globally prevalent issue
  ~ Vulnerable groups: immigrants & women

» Asian Indians (AI) largest South Asian subgroup in the U.S.

» Asian-Indian women & mental health experiences
  ~ Conflicting cultural values & gender role attitudes
Purpose

» To explore intersectional tensions affecting Asian-Indian immigrant women’s mental health
Methods

» Community-engaged research approach

» Participants

» Data collection process

» Measures

» Analysis
Participant

DEMOGRAPHICS

LOMA LINDA UNIVERSITY HEALTH
Respondent characteristics
~ Mean age: 42
~ Mean years in US: 18.5

Significant differences by <18 vs. >18 years in US
~ Depression
~ Anxiety
~ Egalitarian attitudes
~ Survey language
Quantitative Results

SURVEY FINDINGS

LOMA LINDA UNIVERSITY HEALTH
Bivariate
~ Language preference
~ Education
~ Years in US
~ Extended family
~ Negative religious coping
~ Bicultural integration
~ Family planning decision maker
~ Number of births

Multivariate
~ Survey language
~ Years in the US
~ Bicultural integration
~ Number of births
~ Family planning decision maker
~ Anxiety
~ Depression
Qualitative Results

EMERGING THEMES
Emerging Themes

» Demographic and contextual experiences affecting AI women’s roles & rights
» Bicultural Integration and gender role tensions
» Reproductive variables and gender role tensions
» Mental Health variables and gender role tensions
"Again and again my parents told me, you should listen to your in-laws. It’s very heavy to have in-laws at home ....so we kind of grow up with our mind that way, but over here [US] we see a different picture. It’s nuclear families."
Bicultural Integration & Gender Role Tensions

“When we go ahead into another family we have more work and everything changes. Being born here [US] the thinking is different, being born outside and immigrating is a different thought process.”

“If you’ve come here [US] and you’ve become basically one of them [American] and adapted a lifestyle of here [US] then even that doesn’t seem right.”
Reproductive Variables & Gender Role Tensions

“I think now days, like in the last 5 years when people have gotten married, I don’t think anybody pressured them to have children right away. I think couples tend to wait 3 to 4 years now.”

“People start suggesting it [having a baby] 4–5 months after [marriage]….our community feels pregnancy should be quick, not too much time [after marriage]…”
Mental Health Variables & Gender Role Tensions

“I think there would be rejection for sure. In the Punjabi community, yeah, for sure.” [On consequences of defying gender role norms]

“Typical stressors are comparisons between the Punjabi culture and the American culture. Part of it is they want to live like others - they want to do it all.”
CONCLUSION OF FINDINGS
Nursing Implications

» Awareness of gender roles:
  ~ Social conformity
  ~ Cultural pressures
  ~ Acculturation
  ~ Psychosocial stressors

» Assist/support in family planning choices

» Opportunity to educate AI in self-care, seeking appropriate healthcare
  ~ Mental
  ~ Physical
Thank you