

Annotated Bibliography

Latino Immigrant Adolescents and Mental Health

Calvo, Rocío. 2016. "Health Literacy and Quality of Care among Latino Immigrants in the United

States." *Health and Social Work* 41 (1): e44-e51. doi:10.1093/hsw/hlv076.

Previous research into the connection between health literacy and quality of care among Latino immigrants showed some correlation between low health literacy and low quality of care, but Calvo explored this connection further while controlling for varying demographics and health care access. Using a simple health literacy survey of Latino immigrant adults by phone, Calvo found that health literacy is indeed associated with quality of care, regardless of other demographic, socioeconomic, or other barriers. This finding highlights the need for increased health literacy screening for Latino immigrants by helping professionals to help them to navigate the complex US health system. Calvo suggested the importance of using simple assessments for those screenings, so as not to put further stigma or shame onto those being assessed.

While this survey was limited to Latino immigrant adults, it is relevant to the lives of Latino immigrant adolescents because the health literacy of the adults around them will affect the health literacy of adolescents. If the health literacy of Latino immigrant adults is acknowledged and then increased, that can impact the care of adolescents. Further, many Latino adolescents may need to be a support to the adults in their lives when it comes to health care and health literacy.

Corona, Karina, Belinda Campos, and Chuansheng Chen. 2017. "Familism Is Associated with Psychological Well-Being and Physical Health: Main Effects and Stress-Buffering Effects." *Hispanic Journal of Behavioral Sciences*. 39 (1): 46-65.
doi:10.1177/0739986316671297.

This article explores familism and how the family support inherent in familism has an effect on everyday health (main effect) and/or health during stressful situations (stress-buffering effects). Their research on adults in various ethnic groups on a college campus demonstrated that familism has effects in both models: the effect is stronger for everyday health and is limited in stressful situations. The effects of familism were stronger in Latino American and East Asian American survey respondents as opposed to European Americans, perhaps because familism is a more closely held trait in those two groups. The researchers recommended further study into the benefits of familism considering other variables and audiences.

DeJonckheere, Melissa J., Lisa M. Vaughn, and Farrah Jacquez. 2017. "Latino Immigrant Youth Living in a Nontraditional Migration City: A Social-Ecological Examination of the Complexities of Stress and Resilience." *Urban Education* 52 (3): 399-426.
doi:10.1177/00420859145.

Young immigrant Latinos face many obstacles and stressors when acculturating to the United States, especially if they live in areas with fewer bilingual resources. These researchers sought to understand the experiences, challenges, and strengths of adolescent Latinos in order to suggest ideas to support this population in the future. They interviewed nine students who attended a bilingual immersion magnet school in Cincinnati, Ohio. Through these interviews, they uncovered specific types of stressors, coping strategies, and supportive networks. The findings were consistent with other research on stress in Latino youth and revealed a number of ways to support young Latinos and their families.

Garcia, Carolyn Marie, Lauren Gilchrist, Gabriela Vazquez, Amy Leite, and Nancy Raymond.

2011. "Urban and Rural Immigrant Latino Youths' and Adults' Knowledge and Beliefs about Mental Health Resources." *Journal of Immigrant and Minority Health* 13: 500-509.
doi:10.1007/s10903-010-9389-6.

The authors note several statistics about the high rate of mental health issues and participation in high risk behaviors for Latino adolescents in the United States. Further, there can be challenges in the acculturation process between different generations understanding mental health issues, difficulties in accessing mental health treatment in general, and the struggle to locate culturally appropriate treatment in some areas. The study sought to learn what Latino adolescents know about mental health and finding appropriate resources, comparing and contrasting groups living in urban and rural areas. Over all the respondents, less than 25% were able to identify a resource for mental health intervention. Yet, many respondents reported feeling comfortable with the idea of receiving culturally appropriate mental health services. The study urges helping professionals to work towards ensuring Latino adolescents are aware of the mental health services available.

Kwak, Yoonyoung, Zoe E. Taylor, Laura Y. Anaya, Yi Feng, Carly D. Evich, and Blake L. Jones.

2017. "Cumulative Family Stress and Diurnal Cortisol Responses in Midwest Latino Families." *Hispanic Journal of Behavioral Sciences*. 39 (1): 82-97.

doi:10.1177/07399863166.

By testing the saliva of Latino mothers and daughters for cortisol levels, the authors explored the relationship between stress and cortisol rhythms. They specifically chose adolescents as part of the study because of a gap in the literature for that age group; they also selected the Midwest because of the potential differences between the stressors of those families as compared to Latino immigrants in more commonly studied states such as Texas and California. Cortisol patterns and relations to stress were observed because disruption in cortisol patterns can be a sign of future physical and mental health issues. The results of the survey indicated that there was a significant difference in cortisol patterns between those with low or medium stress as compared to high stress. Further study could bring about ideas to support Latino adolescents experiencing high stress and thereby improve their health outcomes.

Lawton, Kathryn E. and Alyson C. Gerdes. 2014. "Acculturation and Latino Adolescent Mental Health: Integration of Individual, Environmental, and Family Influences." *Clinical Child and Family Psychology Review* 17: 385-398. doi:10.1007/s10567-014-0168-0.

As with any unique group, immigrant Latino adolescents have specific considerations and challenges when it comes to mental health, including difficulty obtaining access to intervention and struggles with the acculturation process. The authors argue that by integrating cultural information regarding Latino adolescents and the acculturation process with mental health treatments, more effective interventions can be used. For example, as young people become accustomed to U.S. culture, relationships with their families can become strained, especially when considering the importance of familism and family cohesion in most Latino families. A suggested intervention for mental health is education about this gap and giving families tools to communicate in spite of the changes. These and other similar interventions have not been studied sufficiently to generalize the results, but they are considered promising and an area of future research.

Pineros-Leano, Maria, Janet M. Liechty, and Lissette M. Piedra. 2017. "Latino Immigrants, Depressive Symptoms, and Cognitive Behavioral Therapy." *Journal of Affective Disorders*. 208: 567-576. doi:10.1016/j.jad.2016.10.025.

The authors noted various gaps in research regarding Latino Immigrants and mental health, specifically in regards to Cognitive Behavioral Therapy (CBT). To cover gaps such as a focus in research on white middle-class people or a lack of separation in the data of immigrants and non-immigrants, their overview considers eleven CBT studies and adaptations specifically for Latino immigrants in different kinds of communities. It is this last part focusing on cultural adaptations that is most relevant to Latino adolescents focusing on mental health. For example, the importance of having CBT facilitators be both bilingual and bicultural in order to adapt material appropriately was highlighted by a number of studies; one study also had promotoras (health promoters) to help connect the participants and facilitators when those two groups had significant background differences. The authors note a number of different cultural adaptations, but acknowledge that it is difficult to determine their effectiveness based on the way the studies were carried out. CBT was found to be effective treatment for Latinos, but still more research is needed to say definitively how cultural adaptations support the use of CBT.

Ríos-Salas, Vanessa and Andrea Larson. 2015. "Perceived Discrimination, Socioeconomic Status, and Mental Health among Latino Adolescents in US immigrant families."

Children and Youth Services Review 56: 116-125. doi: 10.016/j.chilyouth.2015.07.011

This study acknowledges previous research about the effects of acculturation and identity on Latino adolescents, yet posits that other challenges they face, such as structural societal issues and discrimination, also need to be researched. Using data collected from the Children of Immigrants Longitudinal Study conducted in the early 1990s, they measured depressive symptoms, self-esteem, perceived discrimination, socioeconomic status, and adolescent characteristics. They found that discrimination does correlate negatively with adolescent mental health and that those with higher socioeconomic status experiencing discrimination tend to have better mental health than those with lower socioeconomic status experiencing discrimination. However, among those adolescents experiencing average or no discrimination, those with higher socioeconomic status had worse mental health reports. A more nuanced approach on more recent data is warranted, but the findings do support the current literature and highlight the need for more research on the topic.