

Assessment of Acculturation Stress among Hispanic/Latinos

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Assessment for Hispanic/Latino

- ▶ There is a striking lack of culturally informed mental health assessments, procedures, and tools to facilitate detection and accurate diagnosis for Hispanics seeking mental health care (Malgady & Zayas, 2001; Cervantes & Acosta, 1992; Cervantes, Fisher, Cordova, & Kilp, 2011).
- ▶ Many psychological assessment tools for Hispanics today are still been limited to translations of existing clinical and research measures that are not normed on appropriate Hispanic populations (Cervantes & Acosta, 1992; Yamada, Valle, Barrio, & Jeste, 2006).
- ▶ Assessments of how Hispanics perform on psychological tests are generally developed, validated and standardized on a non-minority, White, middle-class population. The lack of reliable and valid tests normed on samples of Hispanics populations, both Spanish-speaking and English-speaking, is a significant obstacle in the overall assessment of Hispanics (Cervantes & Bui, 2015; Bird et al., 1988; Loewenstein et al., 1994; Velasquez et al., 1998).

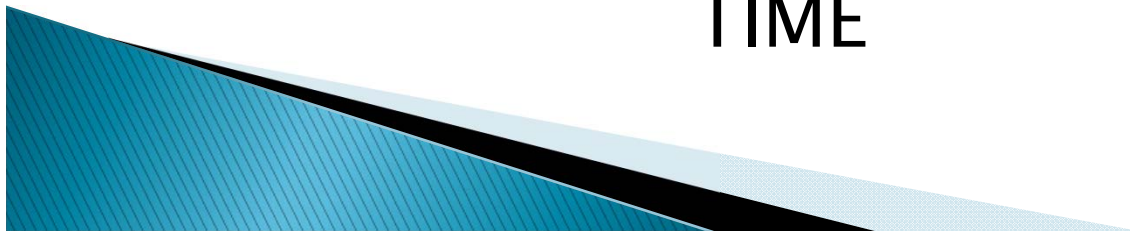
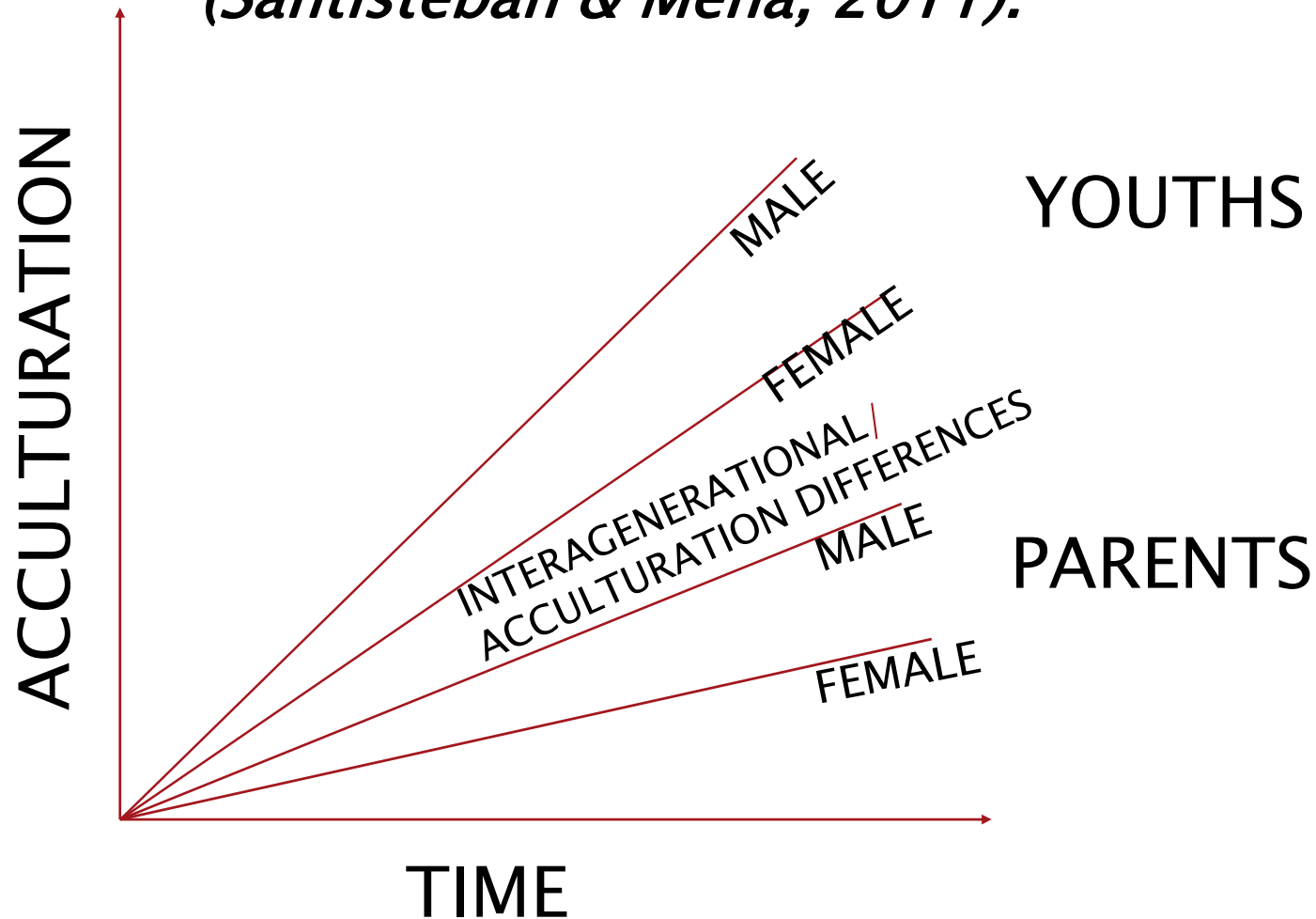


Stress–Illness Framework As a Basis for Assessing Acculturation Stress

- ▶ The model of stress and coping (Lazarus & Folkman, 1984; Lazarus, 1990), is a good framework for understanding the acculturation process
- ▶ Acculturation itself can produce stressful life events associated with poor mental health, substance and alcohol use (Unger, et al 2010).
- ▶ The stress process for adolescents is influenced by multiple factors related to peer relationships, school and other responsibilities, family environment, and physical and psychological changes
- ▶ Among Hispanic youth, acculturation gaps within the family have been thought to be a key in understanding mental health, behavioral problems and suicidality

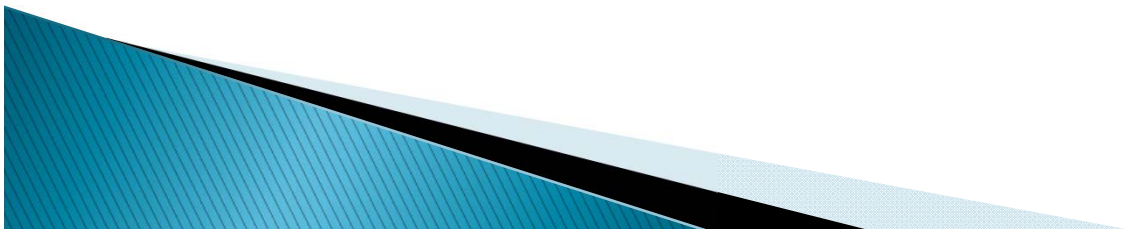


Differential rates of acculturation can negatively impact families and adolescents (Santisteban & Mena, 2011).



Assessing Multiple Risk Factors

- ▶ As mentioned risk factors and subsequent behavioral outcomes often do not occur in isolation; Similar risk factors are often “mutually predictive” of tobacco, alcohol, illicit drug use, and high-risk sexual behavior (Hale et al., 2014, p. 19).
- ▶ For example, stress related to the acculturation process has been identified in separate studies to increase substance use (Unger, et al., 2014), alcohol consumption (Caetano, et al., 2007), cigarette smoking (Detjen et al., 2007), HIV risk (Amaro, et al., 2002), and mental health disorders (DHHS, 2001)



Hispanic Stress Inventory for Adolescents

- ▶ The HSI-A is a culturally informed stress assessment specifically tailored to Hispanic adolescents. The assessment is composed of 71 items arranged within 8 domains.
- ▶ Findings from our studies suggest that appraisals of stress as measured by the HSI-A are associated with higher levels of symptoms related to psychopathology and behavioral and conduct problems, as well as higher levels of emotional disturbance among youth (Cervantes, et. al, 2011)
- ▶ The HSI-A, when compared with other assessment measures, has the unique ability to screen for culturally based stressor events such as acculturation gaps, family immigration stress, and discrimination stress.
- ▶ As such, culturally informed early screening and assessment with tools such as the HSI-A may prove beneficial to school personnel, as well as to trained clinicians who desire more relevant diagnostic information for treatment planning purposes.

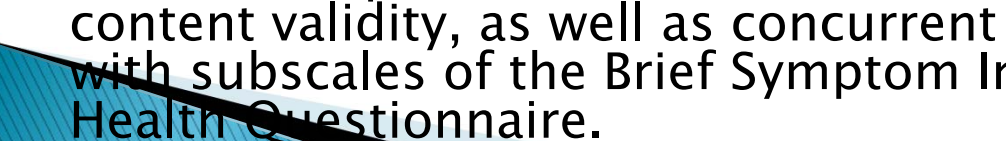


HSIA Acculturation Stress Factors

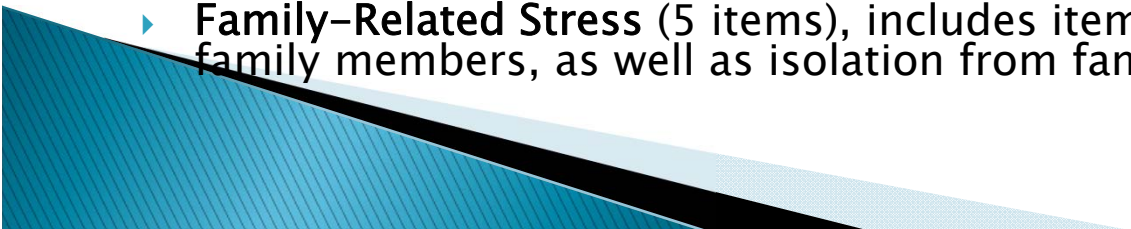
- ▶ **Family Economic Stress** (e.g. “My family had problems paying rent”),
- ▶ **Acculturation–Gap Stress** (e.g. “My parents want me to maintain customs and traditions from our home country”),
- ▶ **Culture and Educational Stress** (“Teachers think I am cheating when I am speaking Spanish”),
- ▶ **Immigration–Related Stress** (“ I had to leave family members behind in my home country”),
- ▶ **Community and Gang–Related Stress** (“There was a lot of pressure for me to get involved in gangs”),
- ▶ **Discrimination Stress** (“Students made racist comments”),
- ▶ **Family and Drug–Related Stress** (“A family member had a drug problem”), and
- ▶ **Family Immigration Stress** (“Family members were afraid of getting caught by immigration officials”)



Hispanic Stress Inventory V.2(HSI2) for Adult Assessment

- ▶ The new HSI2 instruments are recommended for use by clinicians and researchers interested in assessing psychosocial stress among diverse Hispanic populations of various ethnic subgroups, age groups, and geographic location.
 - ▶ The necessity for a revised Hispanic Stress Inventory stress-assessment instrument was determined by demographic and political shifts affecting Latin American immigrants, immigration policies and post 9-11 society also affecting later-generation Hispanics in the U.S.
 - ▶ The data for the revision of the HSI (termed the HSI2) was collected in four sites: Los Angeles, El Paso, Miami, and Boston and included 941 immigrants and 575 US-born Hispanics and a diverse population of Hispanic subgroups.
 - ▶ The immigrant version of the HSI2 includes 10 stress subscales, while the US-born version includes 7 stress subscales.
 - ▶ Both versions of the HSI2 are shown to possess satisfactory Cronbach alpha reliabilities and demonstrate expert-based content validity, as well as concurrent validity when correlated with subscales of the Brief Symptom Inventory and the Patient Health Questionnaire.
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HSI2 Immigrant Version Sub Scales

- ▶ **Parental Stress** (13 items), included items assessing stress related to delinquent child behavior, parental discipline, and disagreements between parents and their children related to cultural practices and traditions.
 - ▶ **Occupation and Economic Stress** (12 items) reflects challenges at work and problems with work / life balance.
 - ▶ **Marital Stress** (12 items), reflects problems in marital relationships including infidelity, conflict, and lack of respect.
 - ▶ **Discrimination Stress** (11 items), includes items assessing perceived discrimination due to both immigration status and Hispanic ethnicity.
 - ▶ **Immigration-Related Stress** (9 items), includes items assessing exposure to traumatic events during the immigration sojourn, fear of being deported, problems finding work, family separations, and limited contact with family.
 - ▶ **Marital Acculturation Gap Stress** (9 items), reflects conflict between spouses due to cultural differences.
 - ▶ **Health Stress** (8 items), includes items assessing stress related to lack of health insurance, problems paying medical bills, and lack of quality health care.
 - ▶ **Language-Related Stress** (6 items), reflects problems communicating in English.
 - ▶ **Pre-Migration Stress** (9 items), reflects stressors experienced in one's home country, including poverty, lack of quality health care, and limited educational opportunities.
 - ▶ **Family-Related Stress** (5 items), includes items assessing conflict among family members, as well as isolation from family members.
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HSI2 US Born Version Sub Scales

- ▶ **Discrimination Stress** (11 items),
- ▶ **Marital Stress** (10 items),
- ▶ **Health Stress** (6 items),
- ▶ **Parental Stress** (8 items),
- ▶ **Family-Related Stress** (8 items) includes items reflecting physical violence and isolation from family.
- ▶ **Occupation-Stress** (6 items) assesses problems at work,
- ▶ **Unemployment and Economic Stress** (4 items). This factor reflected experience of job loss and problems providing financially for one's family.



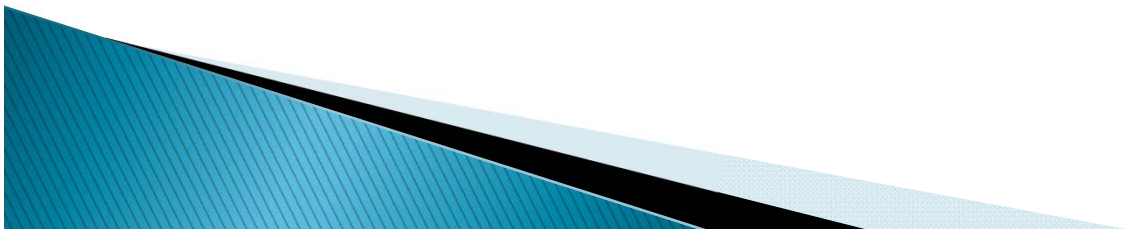
Don't Forget about Assessment of Cultural Resilience And Protective Factors

- ▶ Familismo
- ▶ Respeto
- ▶ Compadrazgo
- ▶ Orgullo
- ▶ Religion/Spirituality
- ▶ Extended Family Support System
- ▶ Strong cultural traditions, values and customs
- ▶ Bilingualism
- ▶ Biculturalism
- ▶ OTHER?



Implications for Behavioral Health Professionals

- ▶ The need to improve mental health care in the Hispanic population through the use of accurate early detection and screening assessments should be a priority
- ▶ Research on the development of Hispanic specific assessment tools has lagged far behind the general research in this area.
- ▶ Moreover, much of the development has been limited to translation (and test adaptation) of current existing objective assessments, inappropriate use of white non-Hispanic norm or reference groups, and lack of establishing validity for use with the Hispanic population.



Clinicians / Counselors who use the HSI and HSIA measures can more effectively:

- ▶ Identify cluster of problematic culturally based stressors, including chronic and acute and stress exposure;
- ▶ Use information from HSIA and HSI to develop a culturally tailored individualized treatment plan;
- ▶ Provide clients with assessment information about their own cultural life experience that is not commonly provided – help Hispanic clients “normalize” their stress experiences;
- ▶ Use HSIA and HSI in the context of family treatment to identify unique parent–child patterns of stress;
- ▶ Use HSIA and HSI for re–assessment and monitoring of progress related to cultural stress issues.

