

INTRODUCTION

- ❖ Latino populations in rural communities are vulnerable to stressors that are linked to mental health problems (Mendelson et al., 2008; Stein et al., 2016).
- ❖ Familism is a Latino cultural value which encompasses feelings of respect, support, and obligation to one's family (Sabogal et al., 1987).
- ❖ Familism encompasses: supportive-familism (belief of dependability, closeness and unity among family members), obligation-familism (belief that individuals have a responsibility to other family members), and referent-familism (that one's behaviors should be in line with familial expectations) (Zeiders et al., 2013).
- ❖ Familism appears to protect Latinos from mental health problems (Campos et al., 2014; Valdivieso-Mora et al., 2016), although components may differentially relate to mental health.
 - ❖ E.g., supportive and referent familism were linked to lower depression in Latino adolescents, but obligation was not (Zeiders et al., 2013).
- ❖ It is also likely that familism's effects on mental health is linked through other variables. One such factor is ego-resiliency which reflects how individuals adapt to stressors, uncertainty, and conflict (Block & Block, 1980).
- ❖ Ego-resiliency is linked to positive emotions and decreases in internalizing problems (Miloni et al., 2016), but few researchers have examined ego-resiliency in adulthood or with Latinos.

STUDY OBJECTIVES

- ❖ We assessed the effects of familism on ego-resiliency, and in turn, on internalizing problems. We hypothesized that:
 - ❖ (1) familism components would be positively associated with ego-resiliency, and negatively with internalizing problems, and that supportive-familism may have stronger associations
 - ❖ (2) that ego-resiliency would negatively relate to internalizing problems, both concurrently and longitudinally.

PARTICIPANTS AND METHODS

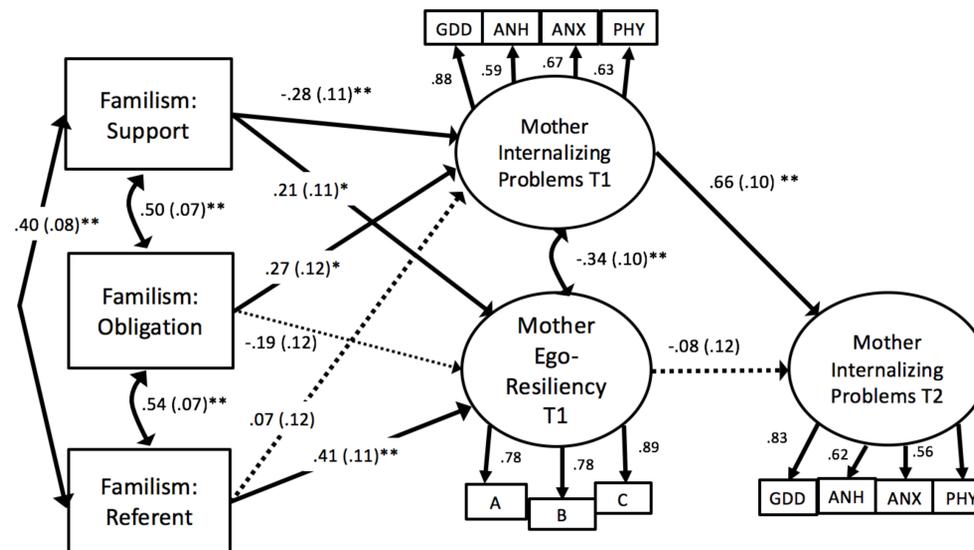
- ❖ Participants were first-generation Latino parents ($N = 123$ mothers, $N = 74$ fathers) residing in rural (78.6%) communities in Northern Indiana
 - ❖ 86% two-parent; predominantly Mexican-origin
 - ❖ Families' mean reported yearly income was between \$25,000-30,000.
 - ❖ Most parents had not completed high school (69% mothers, 79% of fathers).
- ❖ Procedures:
 - ❖ Data was collected across two waves, one year apart.
 - ❖ Parents completed surveys in either Spanish or English

MEASURES

- ❖ **Familism (T1).** Mothers and fathers self-reported using the 16-item Mexican-American Cultural Values Scale (mother $\alpha = .62$, father $\alpha = .81$).
- ❖ **Ego-Resiliency (T1).** Mothers and fathers self-reported using 10-items from the Ego-Resiliency Revised Scale (mother $\alpha = .88$, father $\alpha = .81$).
- ❖ **Internalizing Problems (T1/T2).** Mothers and fathers self-reported using the 26-item Mini-MASQ with four subscales: general distress, anhedonic depression, anxiety, anxious arousal (mom α T1 = .91, T2 = .92; dad α T1 = .90, T2 = .92).

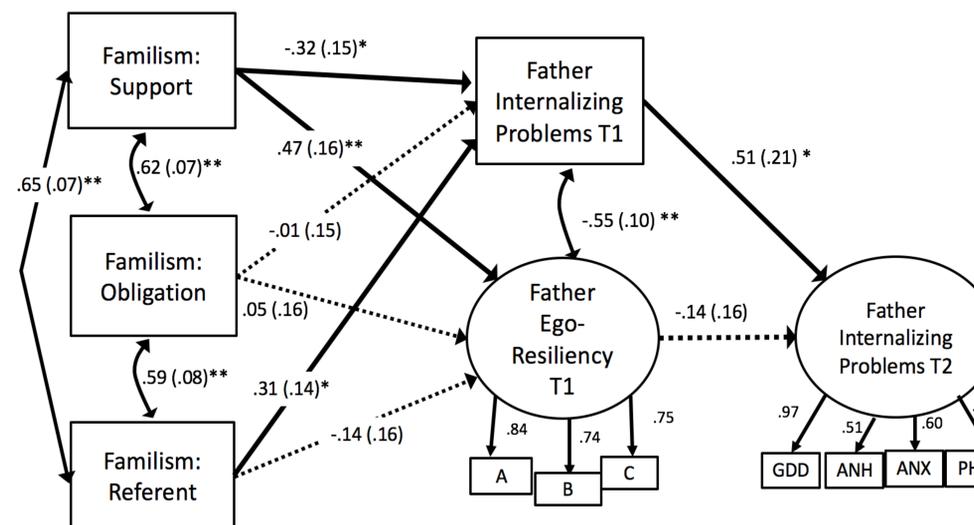
RESULTS

Figure 1. SEM results for mothers ($N = 123$)



Note: $\chi^2(134, N = 123) = 165.25, p > .05$; Comparative Fit Index (CFI) = .95; Tucker-Lewis Index (TLI) = .93; and the Root Mean Square Error of Approximation (RMSEA) = .04. $**p < .01, *p < .05, \dagger p < .10$. Results are standardized (with standard errors in parentheses). Dotted lines are non-significant. Paths from Familism variables to mother's Internalizing Problems at T2 were all non-significant (paths not shown in the model for simplicity). Covariates: mothers' education, two-parent family, family income, rurality, and mother born in U.S.

Figure 2. SEM results for fathers ($N = 74$)



Note: $\chi^2(70, N = 74) = 84.02, p > .05$; Comparative Fit Index (CFI) = .95; Tucker-Lewis Index (TLI) = .93; and the Root Mean Square Error of Approximation (RMSEA) = .05. $**p < .01, *p < .05, \dagger p < .10$. Paths from Familism variables to father's Internalizing Problems at T2 were all non-significant (paths were removed to free up parameters). Covariates: fathers' education, family income, rurality, and father born in U.S.

MAIN FINDINGS

- ❖ Familism components were all significantly correlated, but had differing effects on internalizing problems and ego-resiliency.
 - ❖ Supportive-familism was negatively associated with internalizing problems, and positively with ego-resiliency.
 - ❖ However, obligation-familism had positive effects on internalizing problems for mothers, and non-significant effects for fathers.
 - ❖ Referent-familism had positive effects on ego-resiliency for mothers, but negative (non-significant) effects for fathers and significant positive effects on internalizing problems.
- ❖ Ego-resiliency and T1 internalizing problems were negatively correlated for both parents, however ego-resiliency did not predict T2 internalizing problems after accounting for prior levels.

IMPLICATIONS AND FUTURE DIRECTIONS

- ❖ Familism contributed to Latino parents' well-being and adaptation.
- ❖ However, results suggested that familism components may have differential effects on internalizing problems, with some aspects buffering and others contributing to symptoms.
 - ❖ Effects differed by mothers and fathers: Obligation contributed positively to mothers internalizing problems, whereas referent familism contributed positively to fathers internalizing problems.
- ❖ We extended research on the effects of familism to ego-resiliency, an important psychological construct linked to mental health.
 - ❖ More work is needed that assesses how familism contributes to well-being in Latino families.
- ❖ Further understanding the mechanisms by which cultural values protect against internalizing problems is needed, and could be utilized in individual and family-level interventions with Latino populations.
- ❖ Limitations: only two waves of data, small sample size where two-group modeling could not be utilized.

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