Familism, Ego-Resiliency and Internalizing Problems in Latino Parents

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\textbf{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: supportiv-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.

\textbf{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 supportivist-familism may have stronger associations.
  2. That ego-resiliency would negatively relate to internalizing problems, both concurrently and longitudinally.

\textbf{PARTICIPANTS AND METHODS}

- Participants were first-generation Latino parents (N = 123 mothers, N = 74 fathers) residing in rural (78.6%) communities in Northern Indiana.
- 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.

\textbf{MEASURES}

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

\textbf{RESULTS}

- Figure 1: SEM results for mothers (\( N = 123 \))
  - Familism: Support, Obligation, Referent
  - Mother Internalizing Problems T1
  - Resiliency (T1)

- Figure 2: SEM results for fathers (\( N = 74 \))
  - Familism: Support, Obligation, Referent
  - Father Internalizing Problems T1
  - Ego-Resiliency (T1)

\textbf{MAIN FINDINGS}

- Familism components were all significantly correlated, but had differing effects on internalizing problems and ego-resiliency.
- Supportiv-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.

\textbf{IMPLICATIONS AND FUTURE DIRECTIONS}

- Familism contributed to Latino parents’ well-being and adaptation.
- However, results suggested that familialism 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.

\textbf{REFERENCES}


