

PURPOSE & HYPOTHESES

The mental health issues that Hispanic American women encounter are examined in this quantitative study, with a focus on bicultural identification and acculturation. It addresses the unique struggles these women face, including higher rates of mood disorders such as bipolar disorder and borderline personality disorder compared to other groups. Cultural factors, including traditional gender roles, familial attitudes towards mental health, language barriers, and the integration of religious values into therapeutic practices, are known to significantly hinder help-seeking behaviors. The purpose of this study is to determine how these cultural factors impact the probability that Hispanic Americans will seek mental health care. Three main hypotheses will be explored with the following preliminary analyses:

1. What cultural and/or demographic factors impact gender role values?
2. What cultural and/or demographic factors are associated with parenting styles?
3. Which of these factors may impact the likelihood to seek mental health treatment?

BACKGROUND

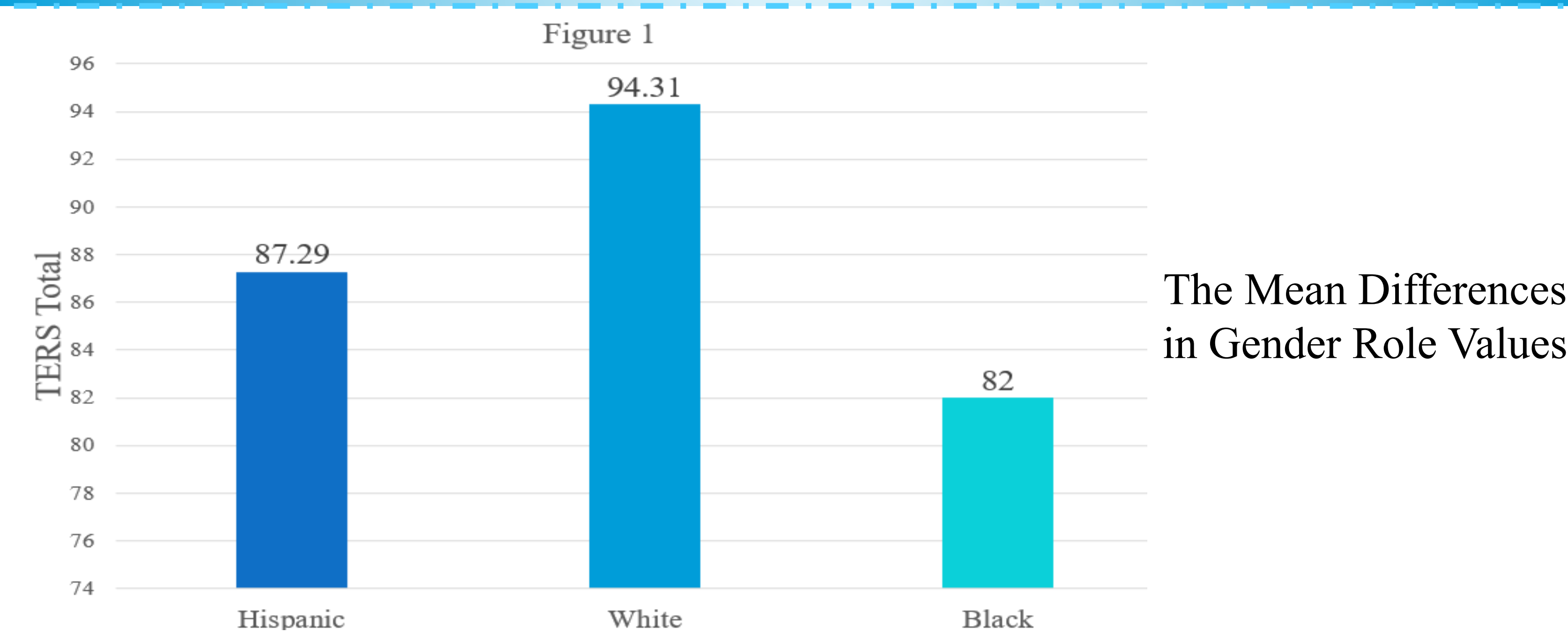
Hispanic-American women face unique mental health challenges due to cultural factors like identity, gender roles, and stigma. Access to resources and culturally competent care is impacted by insurance coverage and insurance disparities, emphasizing the need for culturally sensitive interventions. The following key points highlight these challenges and emphasize the need for culturally sensitive interventions.

- ✓ Hispanic-American women with bipolar disorder and borderline personality disorder face unique challenges influenced by cultural identity, gender roles, and stigma, which hinder help-seeking behaviors and access to resources [Ennis et al., 2021].
- ✓ Minority populations often face barriers like lack of insurance and limited access to Spanish-speaking healthcare providers [Marin et al., 2006; Díaz & Bui, 2016].
- ✓ Cultural stigma and language barriers reduce treatment access for Hispanic women, emphasizing the need for culturally sensitive care [Kapadia, 2023; Eghaneyan & Murphy, 2020].
- ✓ Acculturation impacts mental health beliefs among Hispanic Americans, leading to conflicts between traditional views and modern practices [George, 2022; Bhugra & Becker, 2005].
- ✓ Traditional gender roles can hinder women's help-seeking behaviors due to social stigma and caregiving pressures [Delgado-Herrera et al., 2024; Woods-Giscombé, 2010].

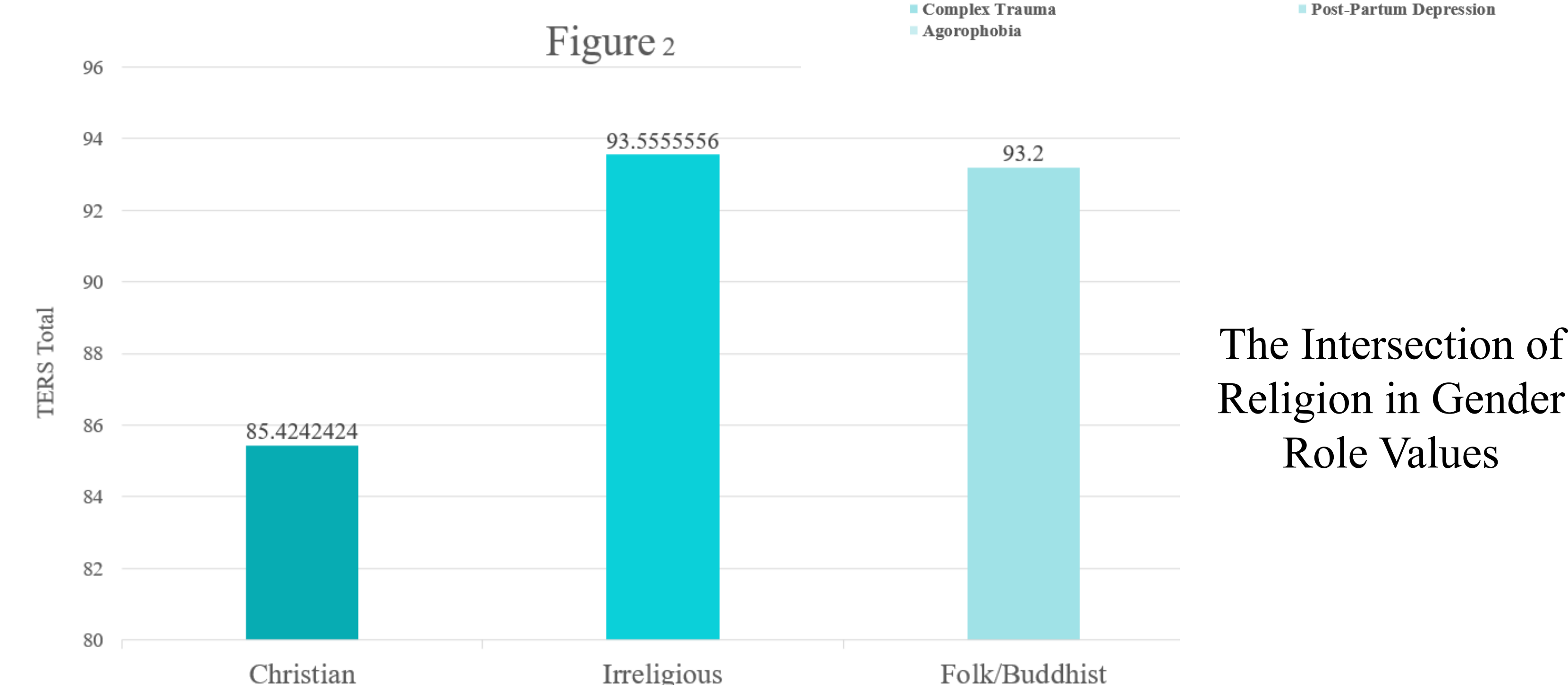
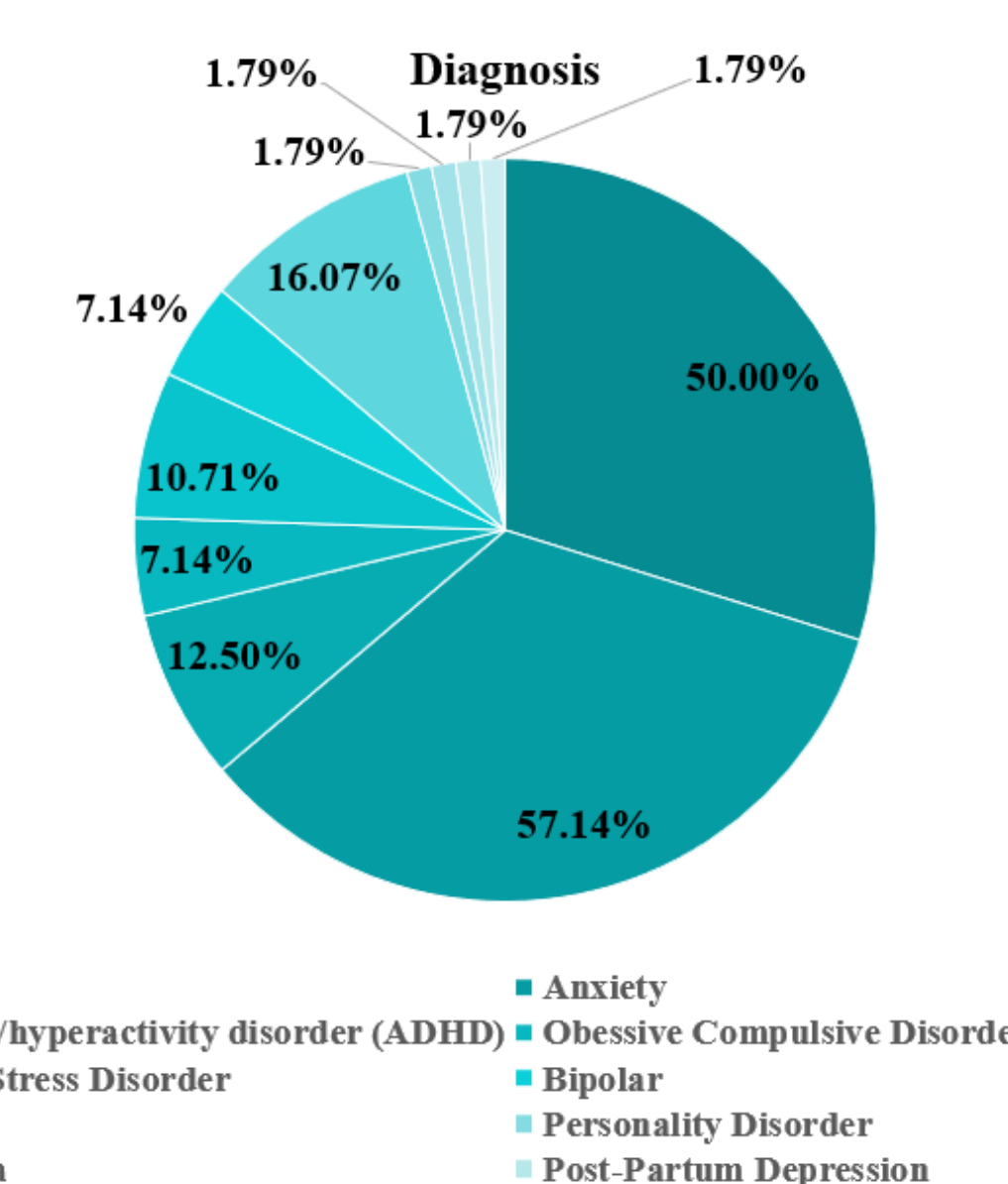
METHODS

- **PARTICIPANTS:** The preliminary sample ($n = 58$) included women aged 19 to 70 recruited primarily from the Coastal Bend Region of South Texas and online (avg. age = 34; mode = 22).
- **PROCEDURES:** Recruitment occurred through college campuses, community centers, churches, online forums, mental health clinics, and women's shelters.
- **MEASURES:** The survey includes the Traditional Egalitarian Sex Role (TESR) Scale (Larsen & Long, 1988) and the Parenting Style Dimensions Scale (Álvarez-García et al., 2016).
- **ANALYSIS:** A series of quantitative statistical analyses (t-tests, multiple linear regressions, and ANOVAs) will test for significant group and mean differences on a wide range of cultural factors impacting gender role values, parenting styles, and help-seeking behaviors..

TABLES & FIGURES



Diagnoses Breakdown: Insights from the Sample Size



RESULTS

Gender Role Values –race and religion were significant predictors, $F(8, 54) = 2.33, p = .003$

- White women reported higher egalitarian values, $F(2, 55) = 3.94, p = .03$. (see Figure 1 for means)
- Christians reported less egalitarian values compared to Non-religious and/or Buddhist/Folk religions, $F(2, 55) = 6.47, p = .003$ (see Figure 2)

Parenting Styles –age, race, and religion were significant predictors, $F(8, 47) = 2.56, p = .002$

- Younger women more likely to report having responsive and accepting parenting styles
- Ad-hoc analyses of race and religion indicated a larger sample size is needed for specific group diffs

Help Seeking Behaviors: Women with more egalitarian gender values were more likely to seek treatment, $t(32) = 2.94, p = .006$, and no significant differences on race/age

DISCUSSION

Overall, the current preliminary sample was largely younger and reported rather high egalitarian gender role values. A larger sample size with more variability in age may provide more context for how age impacts these factors.

- **Gender Role Values:** White women reported the highest egalitarian gender role values overall, suggesting that this population may have been impacted more by the various American feminist movements throughout history.
- **Parenting Styles:** Younger women overall reported being more likely to experience gentle parenting, most likely because of parenting trends.
- **Help-Seeking Behaviors:** Women who have higher egalitarian values are overall more likely to seek help. The current sample size had no significant difference in help-seeking behaviors and age.

CONCLUSION

This study fits into the larger context of multicultural mental health practices, aiming to enhance understanding among professionals and promote more effective care tailored to the needs of Hispanic American women.

REFERENCES



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Acknowledgments

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