



Bicultural Stress on Suicidal Ideation and Alcohol Use for Mexican Descent Adolescents and Emerging Adults: Examining Coping Styles

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Introduction

LATINX SUICIDE & ALCOHOL USE

- Suicide is the second leading cause of death for adolescents and emerging adults ages 15-24. This differs by gender and ethnicity.¹
- Non-Latinx White, African American, and Latinx adolescents have shown different rates of suicide attempts (6.3%, 8.8%, 11.3%, respectively) and suicidal ideation (16.2%, 14.5%, 18.9%, respectively).²
- Latinx adolescents reportedly have the highest rates for drug and alcohol use.³
- In 2012, 21.2% of Latino adolescents reported alcohol use in the past 30 years, in 2014 that rose to 22.7%.³
- Latinx adolescents are two times more likely to report alcohol use than non-Latinx adolescents.³
- Intensity of alcohol use among male, Latino, teenagers, may be influenced by bicultural stress through deterioration through cultural norms.⁴

BICULTURAL STRESS

- Bicultural stress is the stress an individual feels when experiencing a move from one culture to another. This can be experienced through differing language practices and differing values.⁵
- Both immigrant and U.S. born adolescents of Mexican descent reported high bicultural stress and associated depressive symptoms.⁶
- Bicultural stress has been shown to be related to risk behaviors (i.e., drinking, smoking, drug use, and violence).⁷
- Familial conflict has been suggested to occur when older and younger generations experience differing level of acculturation.⁸

COPING

- Coping is defined as the process in which a stressful relationship warrants a response to alleviate pressure and turmoil an individual deals with.⁹
- Research suggests that people display voluntary and involuntary responses when using coping skills.¹⁰
- When using primary and secondary coping styles, research suggests lower levels of internalizing and externalizing symptoms.
- However when using disengagement and involuntary coping styles, the research suggests higher levels of symptoms.¹⁰

GAPS IN THE LITERATURE

- There are few studies that assess how coping skills moderate adolescent suicidal ideation, alcohol consumption, and bicultural stress for Latinx.



Purpose & Hypotheses

PURPOSE

- The present study seeks to expand previous literature by examining protective factors for the relationship between bicultural stress, suicidal ideation, and alcohol use for Latinx youth.
- Additionally, results were compared by developmental level (i.e., high school participants and college participants) to determine if these associations vary by developmental group.

HYPOTHESES

- H₁: Bicultural stress will be positively related to suicidal ideation and alcohol use.
- H₂: Primary and secondary engaged coping styles will be negatively related to suicidal ideation and alcohol use.
- H₃: Disengaged coping will be positively related to suicidal ideation and alcohol use.
- H₄: Primary and secondary engaged coping styles will protect against the relationship between bicultural stress, suicidal ideation, and alcohol use.
- H₅: Disengaged coping style will be a risk factor that strengthen the relationship between bicultural stress, suicidal ideation, and alcohol use.

Methods

PARTICIPANTS

- 722 Mexican descent adolescents and emerging adults
- **Ages:** 14-25 years
- **Gender:** 65.9% girls/women; 34.1% boys/men
- **Generation:** 92.8% born in the U.S.

INSTRUMENTS

- **Multidimensional Acculturative Stress Inventory**
 - ($\alpha = .80-.94$).⁵
- **The Coping and Responses to Stress Questionnaire**
 - ($\alpha = .84-.86$).¹⁰
- **The Alcohol Use Disorders Identification Test**
 - ($\alpha = .90$).¹¹
- **Suicidal Ideation** (single item)

PROCEDURE

- Online questionnaire took 30-45 minutes to complete.
- **College Sample:** Participants were given course credit for participation.
- **High School Sample:** Participants were entered into a drawing for theater gift cards for participation.

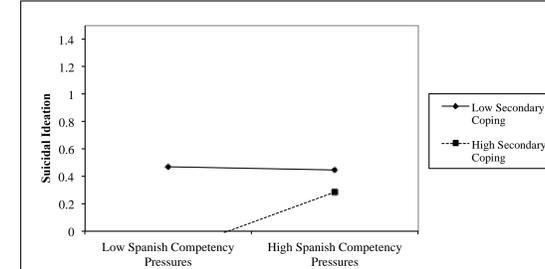
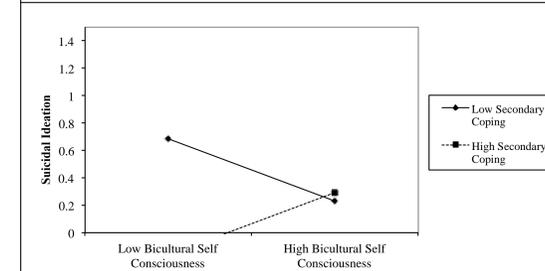
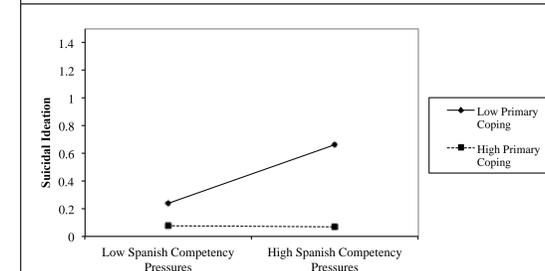
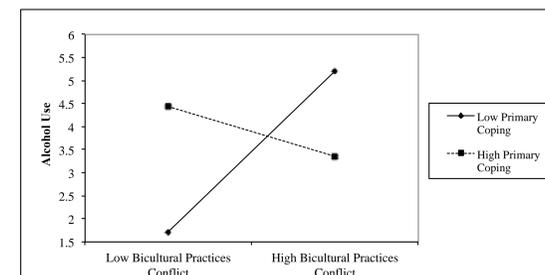
Results

DIRECT EFFECTS

- H₁: **Partially Supported**
 - English Competency Pressures was positively related to suicidal ideation.
 - Spanish Competency Pressures was positively related to alcohol use.
- H₂: **Partially Supported**
 - Primary Engaged Coping was negatively related to alcohol use.
- H₃: **Partially Supported**
 - Disengaged coping was positively related to alcohol use.

MODERATION EFFECTS

- H₄: **Partially Supported**



- H₅: **Unsupported**

Note: * $p < .05$, ** $p < .01$, *** $p < .001$.

Conclusions

COPING ON BICULTURAL STRESS

- Primary engaged coping styles moderated the relationship between bicultural stress, alcohol use and suicidal ideation.
- Secondary engaged coping styles moderated the relationship between bicultural stress and suicidal ideation.
- More engaged types of coping (e.g., problem solving, emotion regulation, acceptance, and cognitive restructuring) can protect against the harmful effects of experiencing bicultural stress for Latinx youth.
- Prevention and intervention efforts may facilitate and strengthen engaged forms of coping for Latinx youth experiencing cultural stressors, such as bicultural stress or discrimination.

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