Coping with Multiple Stressors: Examining Caregiver Conflict and Discrimination among Latina/o Emerging Adults

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BACKGROUND
• Latina/o emerging adults report higher rates of suicidal ideation compared to their non-Latina/o peers (Mendelson et al., 2008). Caregiver conflict and discrimination are stressors that have been associated with depression and suicidal ideation and attempts for Latina/o emerging adults (Molina et al., 2016).
• Conflict between Latina/o emerging adults and their caregivers may arise due to the tension between fitting into the cultural norms of strong family ties and achieving more personal goals (Molina et al., 2016). Perceptions of discrimination by may be associated with increased depressive symptoms over time among Latina/o adolescents which may increase risk for suicidal behavior (Gomez et al. 2011).
• Latina/o adults adopt coping strategies that are learned from parents and family members which can help prevent suicide ideation and attempts (Brietzke & Perreira, 2016).

GAPS IN THE LITERATURE
• There is limited research that assesses how experiencing multiple stressors is related to suicidal ideation and attempts.

PURPOSE
The purpose of the present study is to investigate forms of primary/secondary coping as moderators in the association between female/male caregiver conflict and discrimination with suicidal ideation and attempts.

HYPOTHESES
• H1: High levels of conflict with one’s female/male caregiver will be related to increased risk for suicidal ideation and attempts.
• H2: High levels of discrimination will be related to increased risk for suicidal ideation and attempts.
• H3: Primary coping will be related to decreased risk for suicidal ideation and attempts.
• H4: Secondary coping will be related to increased risk for suicidal ideation and attempts.

METHOD
PARTICIPANTS
• 428 Latina/o emerging adults
• Ages: 18-25 years (M = 19.69; SD = 1.75)
• Gender: 73.1% women; 26.6% men
• Generation: 89.5% born in the U.S.

INSTRUMENTS
• Perceived Racism Scale for Latina/o (α = 97; Collado-Proctor, 1999)
• Responses to Stress Questionnaire (RSQ) (PC, α = .86; SC, α = .87; Connor-Smith et al., 2000)
• Mother/Father Conflict (Mother, α = .91; Father, α = .95; Lee et al., 2000)
• Suicidal Ideation and Attempts (single items; Osman, 2001)

PROCEDURE
Online questionnaire took 30-45 minutes to complete
Participants were given course credit for participation
Data collected through SONA

RESULTS

IDEATION

ATTEMPTS

CONCLUSIONS
• High PC was associated with increased attempts when experiencing high FC and high discrimination.
• With low levels of discrimination, high PC protected against attempts protected against attempts.
• Low PC was associated with increased ideation when experiencing high MC alone or with high levels of discrimination.
• With low levels of discrimination, low PC protected against attempts.
• Low SC was protective against increased ideation and attempts when experiencing high FC alone or with low levels of discrimination.
• With high levels of discrimination, high levels of secondary coping was protective against attempts.
• Results demonstrate that different forms of general coping may protect or put one at risk for increased suicidality depending on the number and magnitude of stressors.
• Suggestions will be discussed for clinicians working with Latina/o emerging adults coping with stress from caregiver conflict and discrimination either in isolation or combination.

References