

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

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Introduction

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 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 and how this relationship may be moderated by various general coping strategies.

Purpose & Hypotheses

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.
- H₅**: Primary and secondary coping styles will protect against the relationship between high levels of caregiver conflict and discrimination on 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

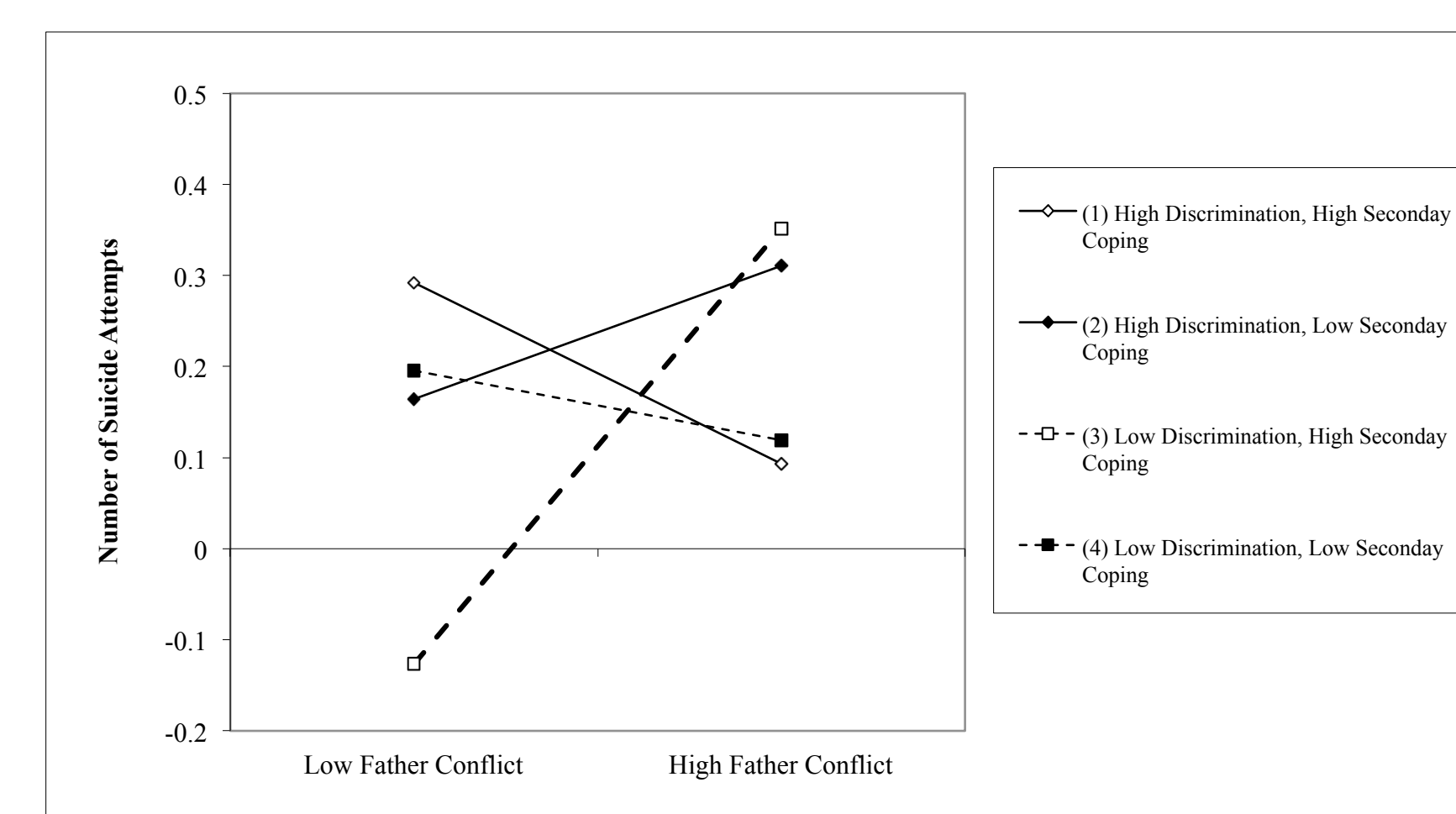
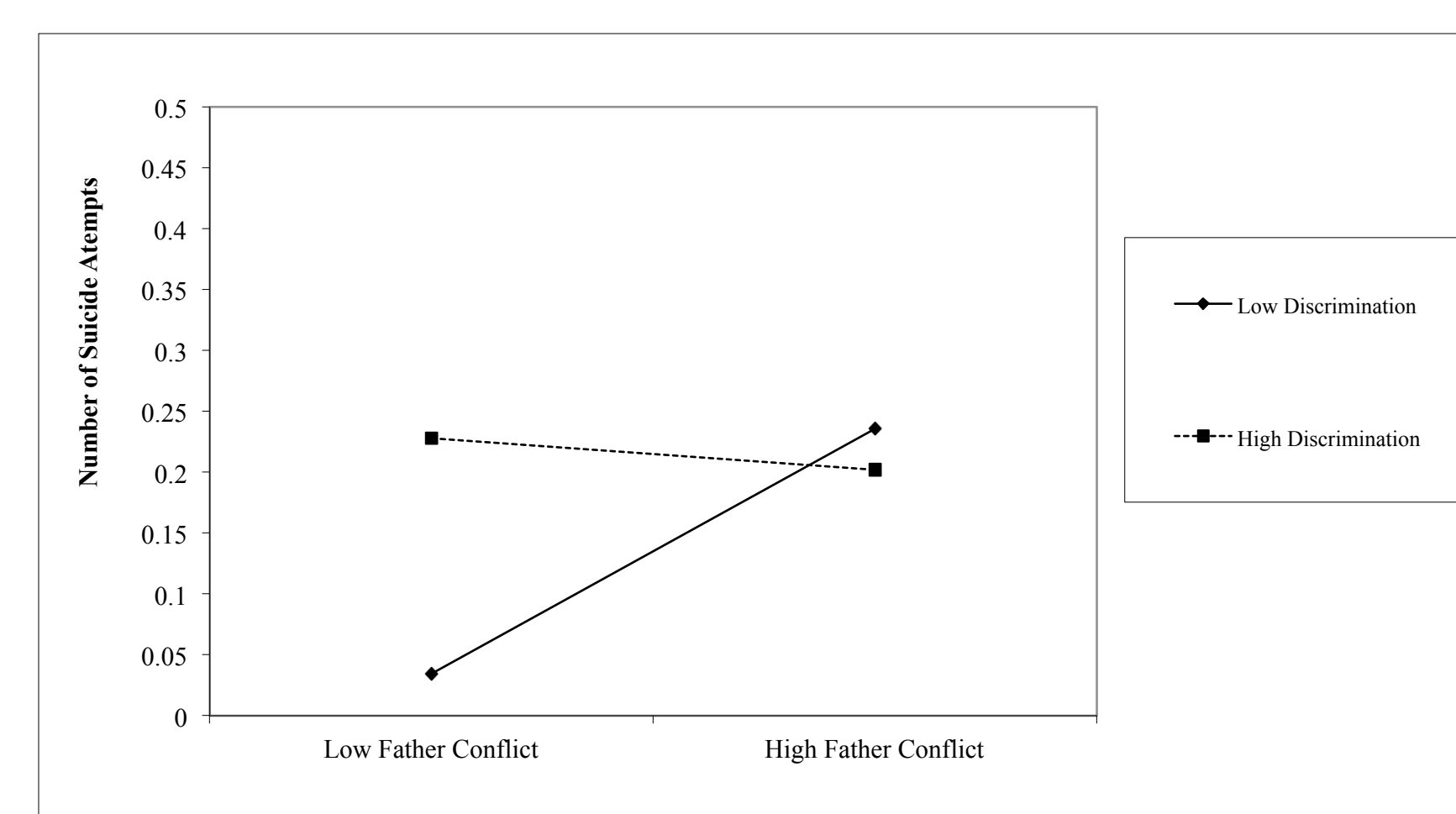
- Perceived Racism Scale for Latina/os** ($\alpha = .97$; Collado-Proctor, 1999)
- Responses to Stress Questionnaire (RSQ)** (PC, $\alpha = .86$; SC, $\alpha = .87$; Connor-Smith et al., 2000)
- Mother/Father Conflict** (Mother, $\alpha = .91$; Father, $\alpha = .95$; Lee et al., 2000)
- Suicidal Ideation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

PROCEDURE

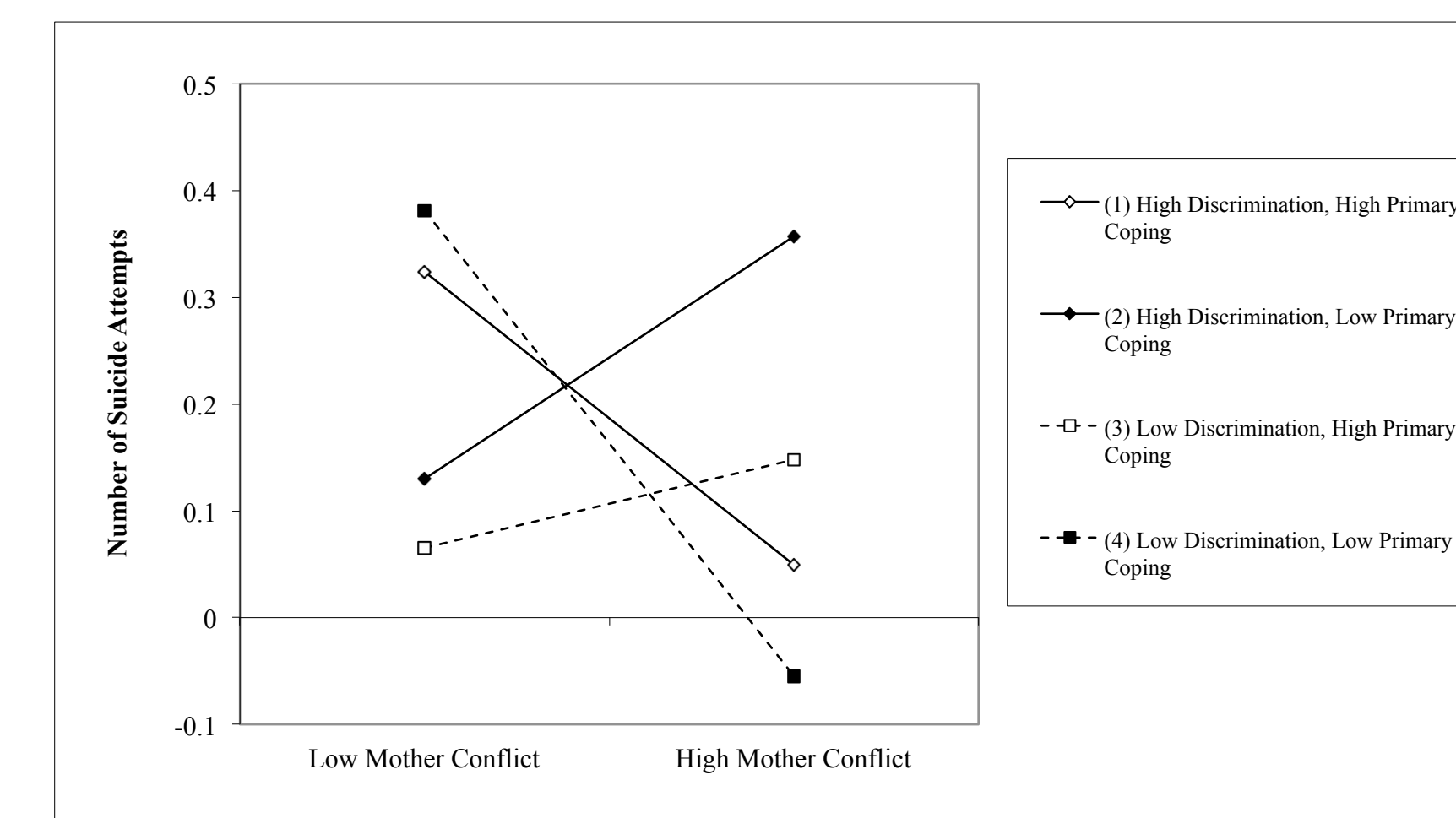
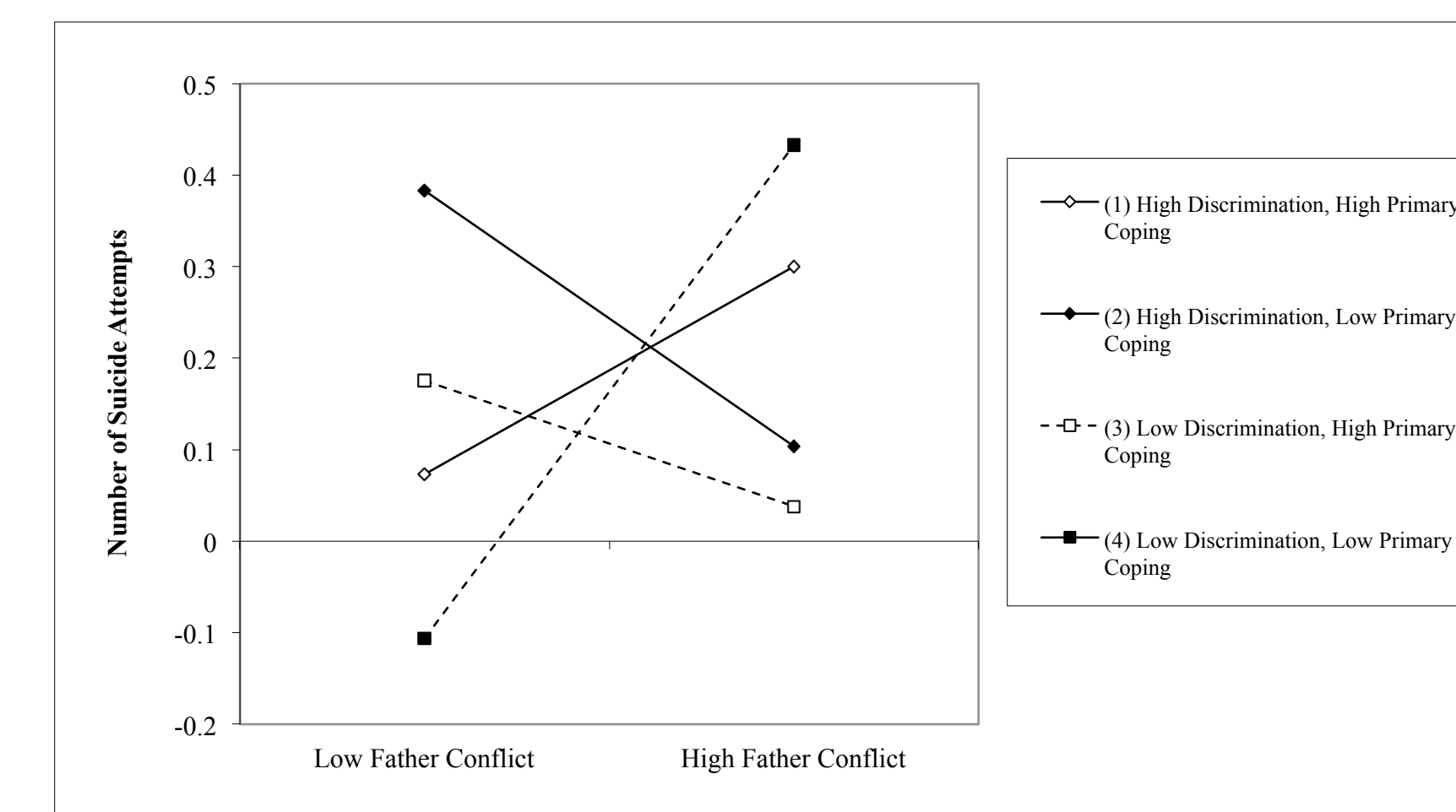
- Online questionnaire took 30-45 minutes to complete
- Participants were given course credit for participation
- Data collected through SONA

Results

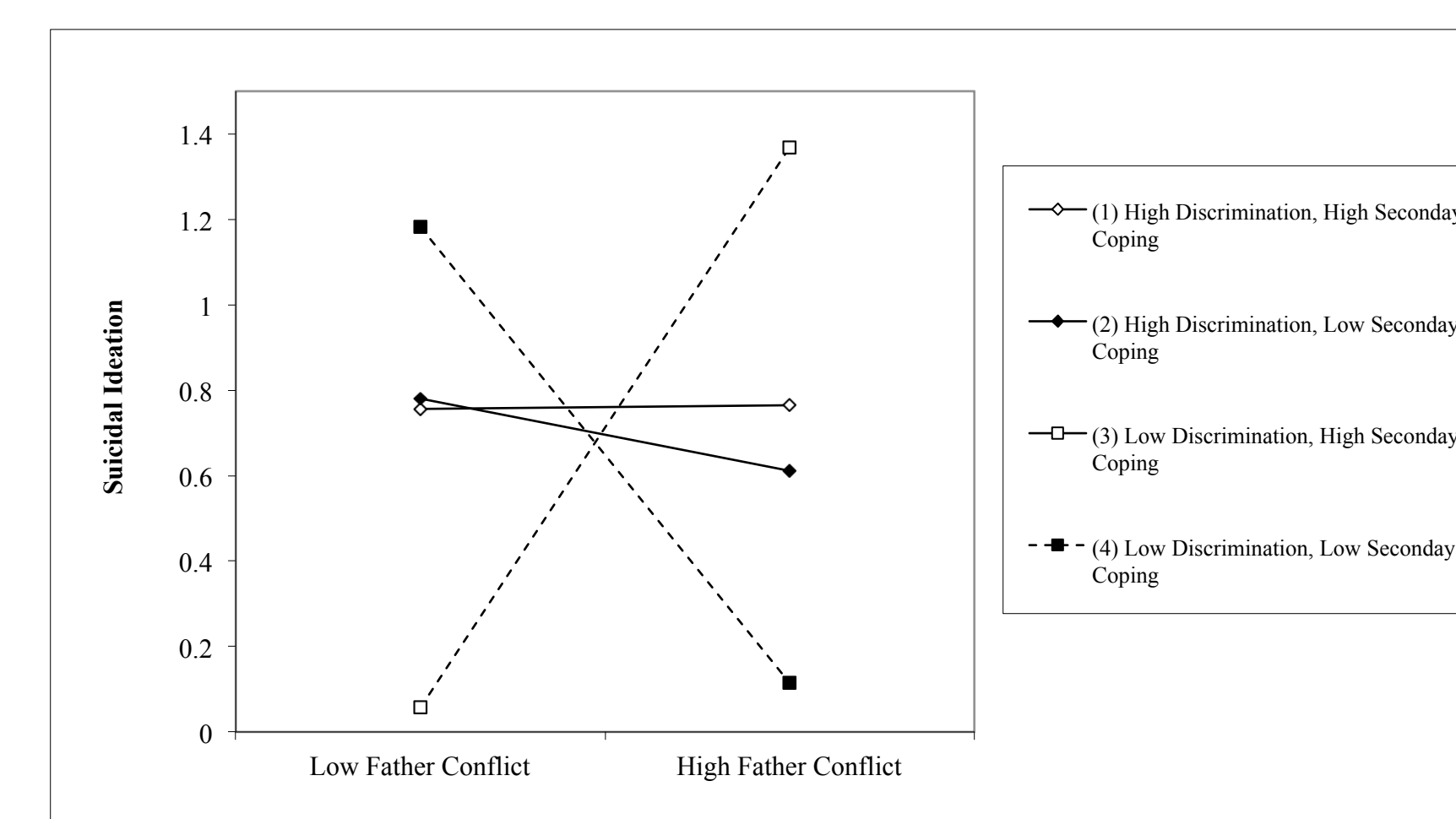
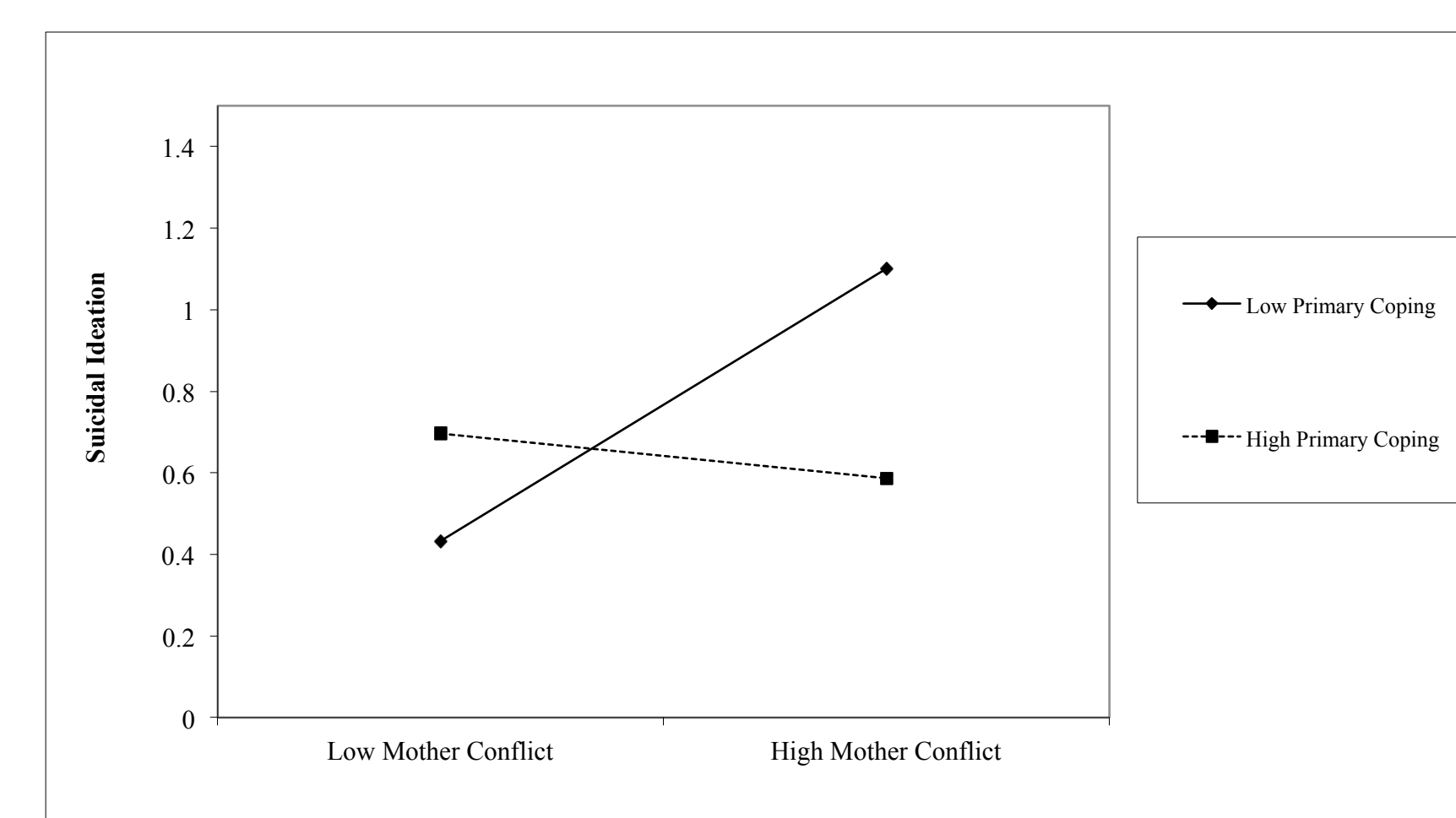
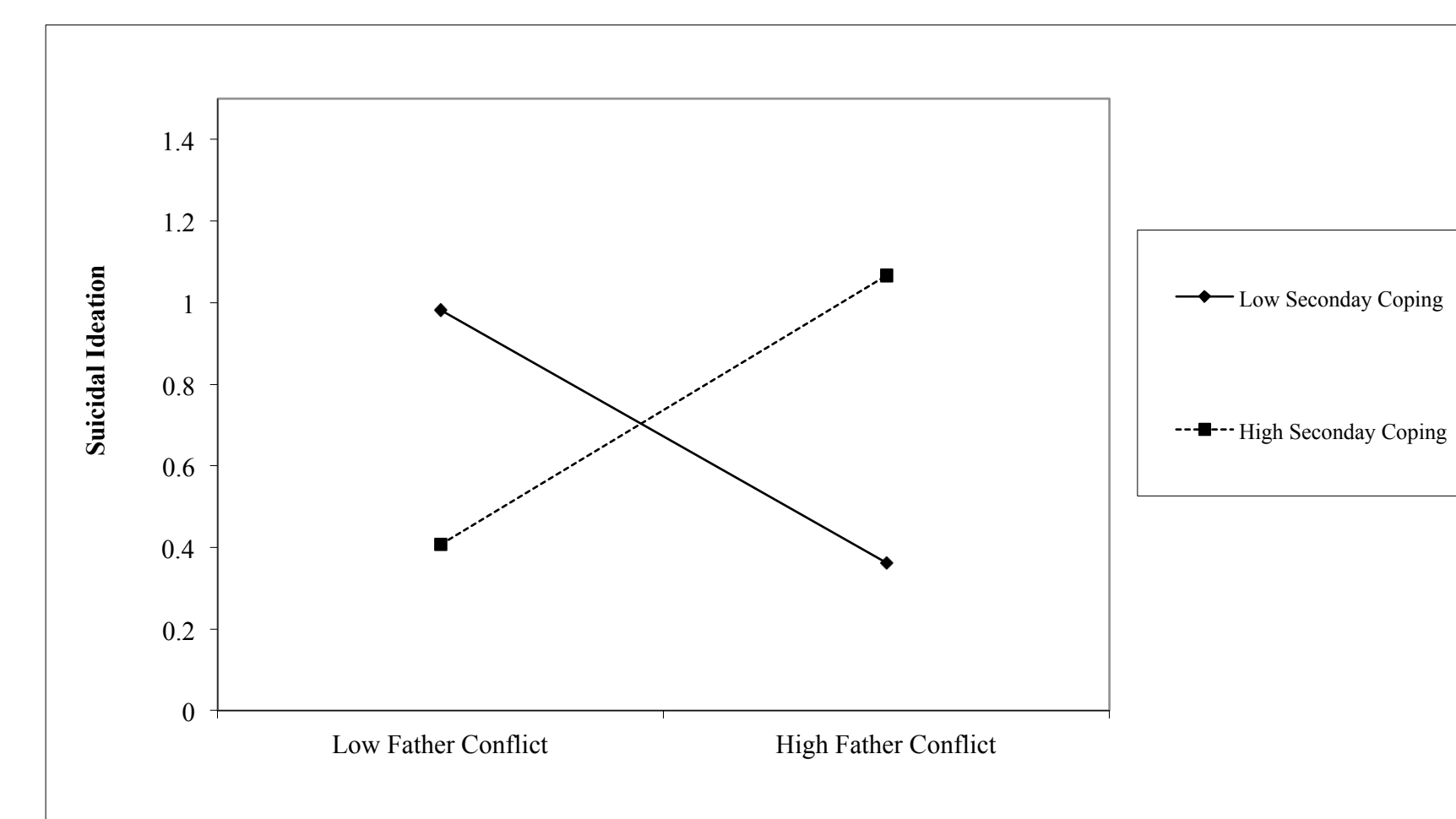
ATTEMPTS



Results



IDEATION



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

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