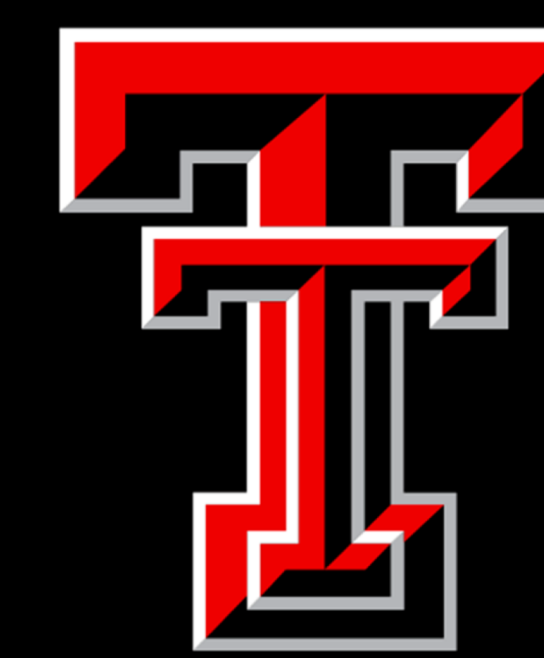




The Development and Validation of the Familismo Value-Based Behavior Scale: An Attempt to Extend and Disentangle the Current State of Familismo Value Research

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Introduction

ACCULTURATION

- Acculturation is defined as the “cultural change and adaptation that occurs when individuals with different cultures come into contact”.¹
- Acculturation has 2 dimensions: acculturation and enculturation.^{2,3}
 - Acculturation refers to the process of learning and acquiring the norms of the dominant group. Meanwhile, enculturation refers to the process of retaining the norms and values of their own ethnic group.^{2,3}
- Both of these dimensions have been defined in terms of 3 domains of functioning:
 - 1) Cognitive (i.e., beliefs and values about gender roles, illness)
 - 2) Affective (i.e., one’s emotions that have cultural connections),
 - 3) Behavioral (i.e., verbal behavior, language, customs, cultural expressions)⁴
- Literature reveals that these different dimensions can differentially impact mental health.⁵

FAMILISMO LITERATURE

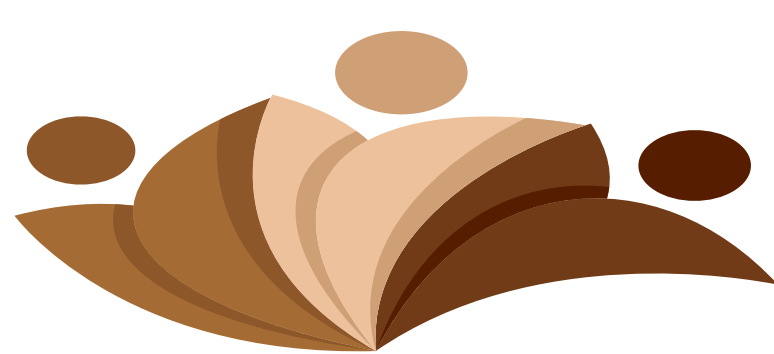
- *Familismo* is defined as a Latina/o value that places importance on connectedness and loyalty to one’s family.⁶
- Familismo has been the focus of various acculturation research.^{7,8}
- Generally, literature has revealed mixed findings regarding the impact of familismo on mental health outcomes.
 - Some literature indicates that familismo is tied to decreases in psychopathology and negative outcomes.^{8,9,10,11}
 - Meanwhile others suggest that familismo is tied to poorer outcomes^{12,13}, and others have found no relationship between familismo and mental health outcomes.¹⁴
- One reason for the mixed literature might be tied to the methodological/measurement approaches, specifically the scales that are used in measuring familismo in research.

FAMILISMO SCALES

- Several familismo value scales have been developed^{6,15}, though it is possible that endorsement of a value might not be predictive of mental health outcomes, as values do not necessarily translate to familismo values-based behaviors.
- Although many familismo values scales exist^{6,15}, no behavioral familismo scales have been developed.

Purpose

- Develop and validate a behaviors-based scale for familismo, which can be used along with the values-based familismo acculturation scale.



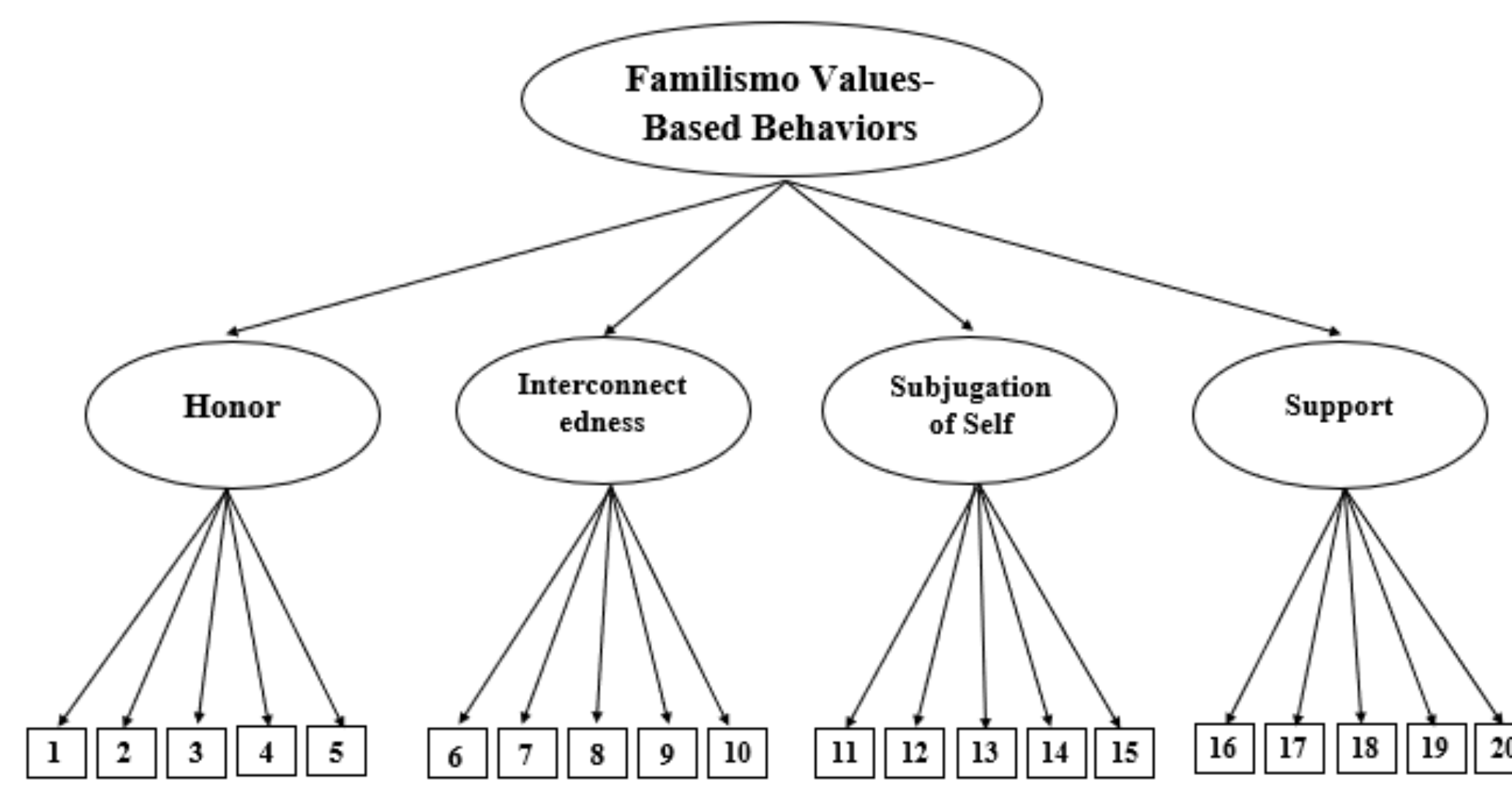
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Hypothesis

FAMILISMO VALUES-BASED BEHAVIOR SCALE ITEMS & SUBSCALES

Familismo Values-Based Behaviors Items	Subscale
1. I give part of my earnings to my parents.	Honor
2. I defend my family's honor no matter what the cost.	
3. I do not feel ashamed if I do something that dishonors the family name.	
4. I do what I can to honor my family.	
5. I make choices that will reflect favorably on my family.	
6. I treat my parents with respect even if I disagree with their views.	Interconnectedness
7. I value the time I spend with my relatives.	
8. I feel close with my family members.	
9. I do activities that help me feel more connected with my family.	
10. I do not spend time with my family unless I have to.	
11. I respect my older siblings even if I do not agree with their views.	Subjugation of self
12. I do not obey my parents if I think they are wrong about something.	
13. I take care of my self first, then I think about what my family needs	
14. I do things that are in line with what is best for me even if it is not what is best for my family.	
15. When I make choices, I put the needs of my family ahead of my own.	
16. I spend time with my family to provide support.	Support
17. I rely on my family if I need something.	
18. I do whatever I can to emotionally support my family.	
19. Whenever my family members are in need of help, I offer my services.	
20. I do not give financial support to my family when it is needed.	

HYPOTHESIZED FACTOR STRUCTURE (20-item)



Methods

PARTICIPANTS

- 1052 Latinx emerging adults
- 2 public universities in Texas
- **Ages:** 18-25 ($M = 20.68$, $SD = 4.26$)
- **Gender:** 66.3 % women, 33.7% men
- **Ethnicity:** 85.4% Mexican descent

DATA ANALYTIC STRATEGY

- Language in values-based scale was altered to reflect behaviors.
- Mplus 7.2 software was used.
- CFA was conducted to develop the best-fitting and parsimonious model.

Methods Cont'd

INSTRUMENTS

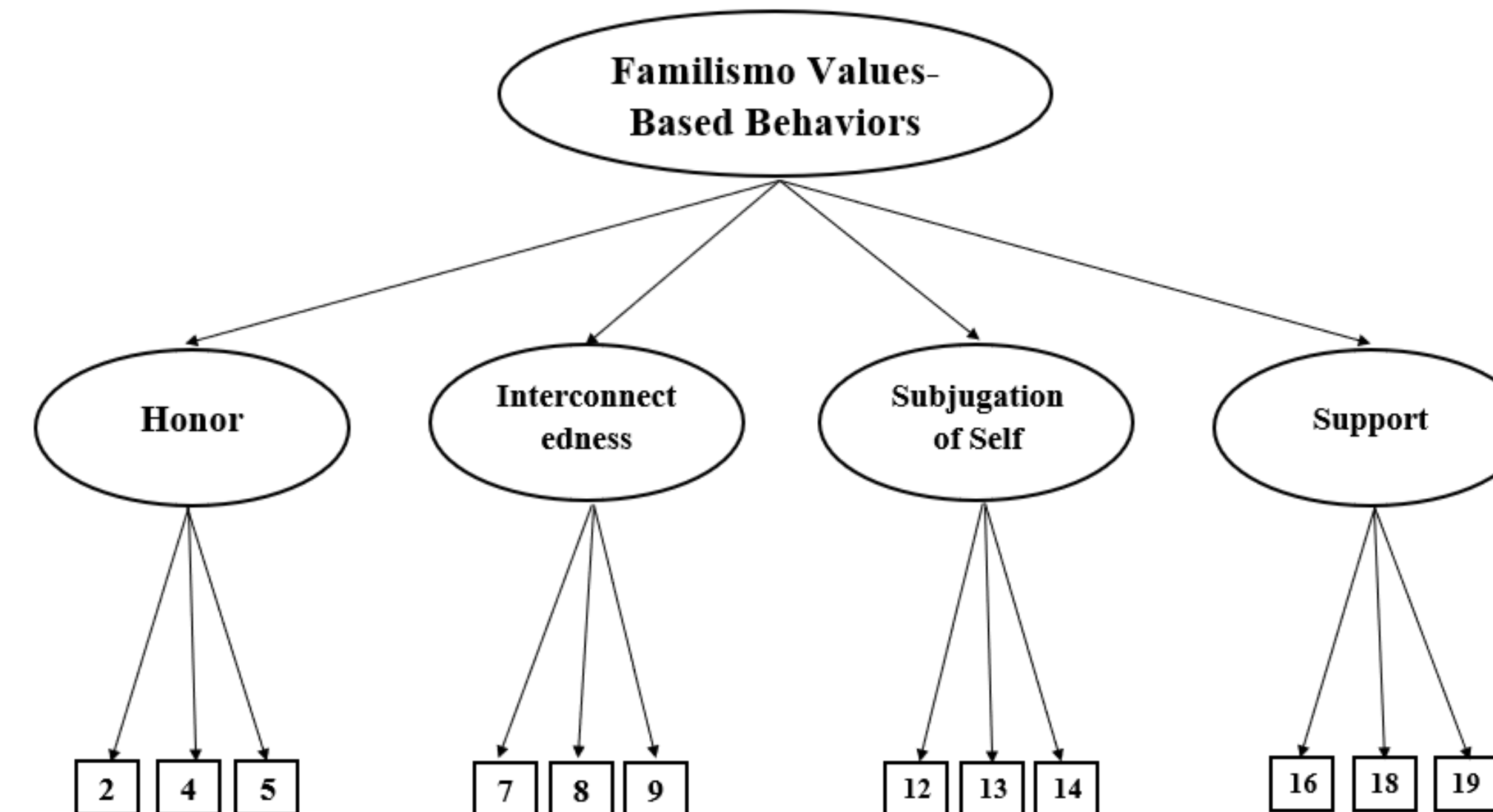
- **The Attitudinal Familism Scale** ($\alpha = 0.88$)¹⁵
 - **Sample item:** “Aging parents should live with their relatives”
- **Ethnic Identity Scale** ($\alpha = 0.92$ affirmation, $\alpha = 0.88$ exploration, $\alpha = 0.88$ resolution)¹⁶
 - **Sample item:** “I understand how I feel about my ethnicity”
- **Individualism and Collectivism Scale** ($\alpha = 0.84$ individualism, $\alpha = 0.88$ collectivism)¹⁷
 - **Sample item:** “I would sacrifice an activity that I enjoy very much if my family did not approve of it”
- **Brief Acculturation Rating Scale for Mexican Americans-II** ($\alpha = 0.65$ AOS, $\alpha = 0.93$ MOS)¹⁸
 - **Sample item:** “I enjoy Spanish language TV”

Results

FAMILISMO BEHAVIORS SCALE CFA'S

- Initial model (20-item) revealed poor fit:
 - RMSEA = 0.119
 - CFI = 0.766
 - TLI = 0.733
 - SRMR = 0.146
- Final model (12-item) revealed acceptable model fit:
 - RMSEA = 0.081
 - CFI = 0.950
 - TLI = 0.934
 - SRMR = 0.049

FINAL FACTOR STRUCTURE (12-item)



CORRELATION TABLE

Measure	1	2	3	4	5	6	7	8	9
1. Familismo Behaviors	---	.46**	.32**	.31**	.35**	.08*	.44**	.11**	.13**
2. Familismo Values	.46**	---	.107**	.23**	.22**	.24**	.52**	.15**	.12**
3. Affirmation	.32**	.11**	---	.14**	.22**	-.005	.11**	.11**	.104**
4. Exploration	.31**	.23**	.14**	---	.65**	.08**	.21**	.06	.36**
5. Resolution	.35**	.22**	.22**	.65**	---	.15**	.23**	.11**	.28**
6. Individualism	.08*	.24**	-.005	.08**	.15**	---	.38**	.23**	-.004
7. Collectivism	.44**	.52	.113**	.21**	.23**	.38**	---	.2**	.19**
8. AOS	.11**	.15**	.11**	.06	.11**	.23**	.2**	---	.15**
9. MOS	.13**	.12**	.104**	.36**	.29**	-.004	.19**	.15**	---
Mean	31.68	63.97	21.59	19.73	12.14	96.85	100.02	24.24	17.37
SD	7.9	10.10	3.81	5.29	3.13	18.39	19.87	3.62	7.06
α	.87	.88	.92	.88	.88	.84	.88	.65	.93

Conclusions

SUMMARY

- The study produced a 12-item scale with good model fit that can be used to measure familismo value-based behaviors
- The scale demonstrated good reliability and had significant correlations with other ethnicity-related variables, highlighting good validity

IMPLICATIONS

- The values-based behaviors scale can be used, in conjunction with the familismo values scale to gain a more holistic representation of the salience of familismo in a Latinx individual’s life.
- The values-based behaviors scale can be used to test incongruence between behaviors and values, especially since cognitive dissonance literature indicates that incongruence can lead to poor outcomes.
- It can help us observe any differential, mental health outcomes between familism behaviors and values. The use of the values-based behaviors scale may provide more predictive information regarding mental health outcomes. To be specific, the use of the familismo values-based behaviors scale may offer a clearer picture of the relationship between familismo and mental health in the literature.

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Acknowledgements

- Thank you to the *Texas Tech Department of Psychological Sciences* for the financial support for this project.
- Additionally, a special thanks to all of the members of the *Latina/o Mental Health and Resilience Research Team* at Texas Tech for their work and dedication to this project.



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