Several familismo value scales have been developed. Generally, literature has revealed mixed findings regarding the importance on connectedness and loyalty to one’s family. Familismo differentially impact mental health.

Roberts (1978) defined acculturation as the “cultural change and adaptation that occurs when individuals with different cultures come into contact”. Acculturation is defined as the “cultural change and adaptation that occurs when individuals with different cultures come into contact” (Roberts, 1978).

Both of these dimensions have been defined in terms of 3 A’s: assimilation (i.e., cultural expressions), intercultural (i.e., connections), and subculture (i.e., one’s ethnicity). This approach allows for a clearer picture of the relationship between familismo and mental health outcomes.

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

Ashley Neduvelil, M.A., Mandriila Das, M.A., Abigail Cruz, M.A., & Brandy Piña-Watson, Ph.D.
Texas Tech University

**References**


**Conclusions**

- 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.
- The values-based behaviors scale can be used to test congruence 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 familismo 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 the familismo values-based behaviors scale may offer a clearer picture of the relationship between familismo and mental health in the literature.

**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.