



### Introduction

#### Bicultural Stress

- Pressure to adopt the cultural norms of the majority culture while maintaining one's heritage culture (Romero & Roberts, 2003).

#### Ethnic Identity

- A stronger ethnic identity can lead to increased ability to manage ethnic related stress by focusing on the positive aspects of one's identity when faced with negativity (Quintana et al., 2010).
- Ethnic identity development includes the processes of *exploring* and *resolving* one's ethnic identity.
- Interaction between exploration and resolution creates 4 statuses: diffusion, foreclosure, moratorium, and achievement.
- Ethnic identity content is the degree to which one feels positively or negatively about one's ethnic group referred to as *affirmation*.

#### Cultural Context

- Attending a university where one is a minority (PWI) or a numerical majority (HSI) may influence one's appraisal of stress and ethnic identity.
- Bicultural stress has been found to be consistent across contexts (Romero et al., 2007).
- Ethnic identity is salient across contexts, but may be more so for individuals in a minority context (Umaña-Taylor, 2004).

#### Gaps in the Literature

- There is a lack of research examining the relationship of bicultural stress on the mental health of Latinx emerging adults. Further investigation is needed to determine not only the impact of bicultural stress, but also which factors may protect against these associations.

### Purpose & Hypotheses

#### Purpose

- Examine the impact of bicultural stress among Latinx emerging adults within two different cultural contexts to determine if there are differential associations with both positive/negative mental health outcomes.
- Evaluate ethnic identity development and affirmation as potential protective factors.

#### Hypotheses

- **H<sub>1</sub>**: Bicultural stress will be related to worse mental health outcomes.
- **H<sub>2</sub>**: EI development statuses with higher levels of resolution (i.e., foreclosure, achievement) and EI affirmation will be protective against high levels of bicultural stress.
- **H<sub>3</sub>**: EI development and affirmation will be more protective against high levels of bicultural stress on mental health outcomes for those attending a PWI.

### Methods

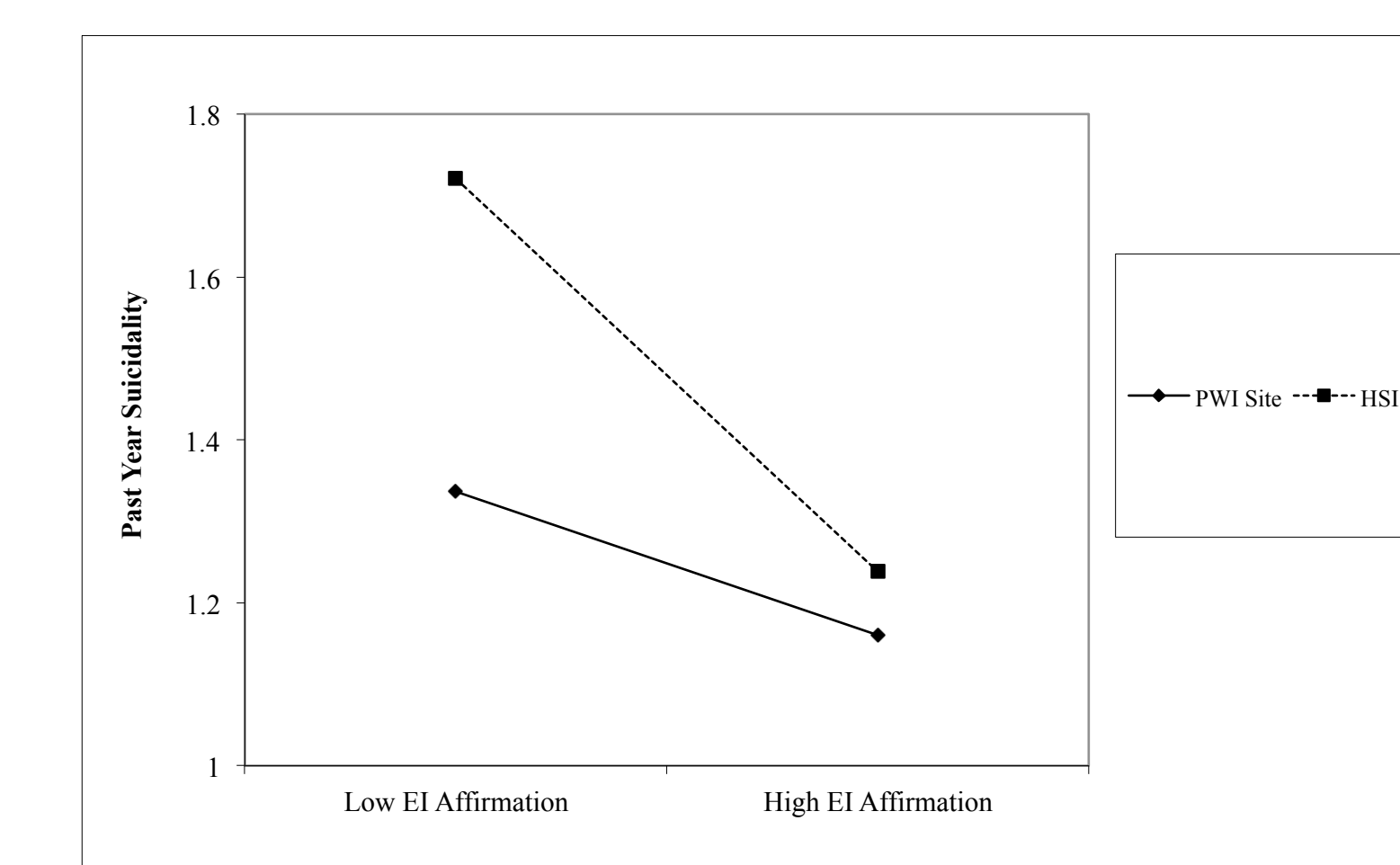
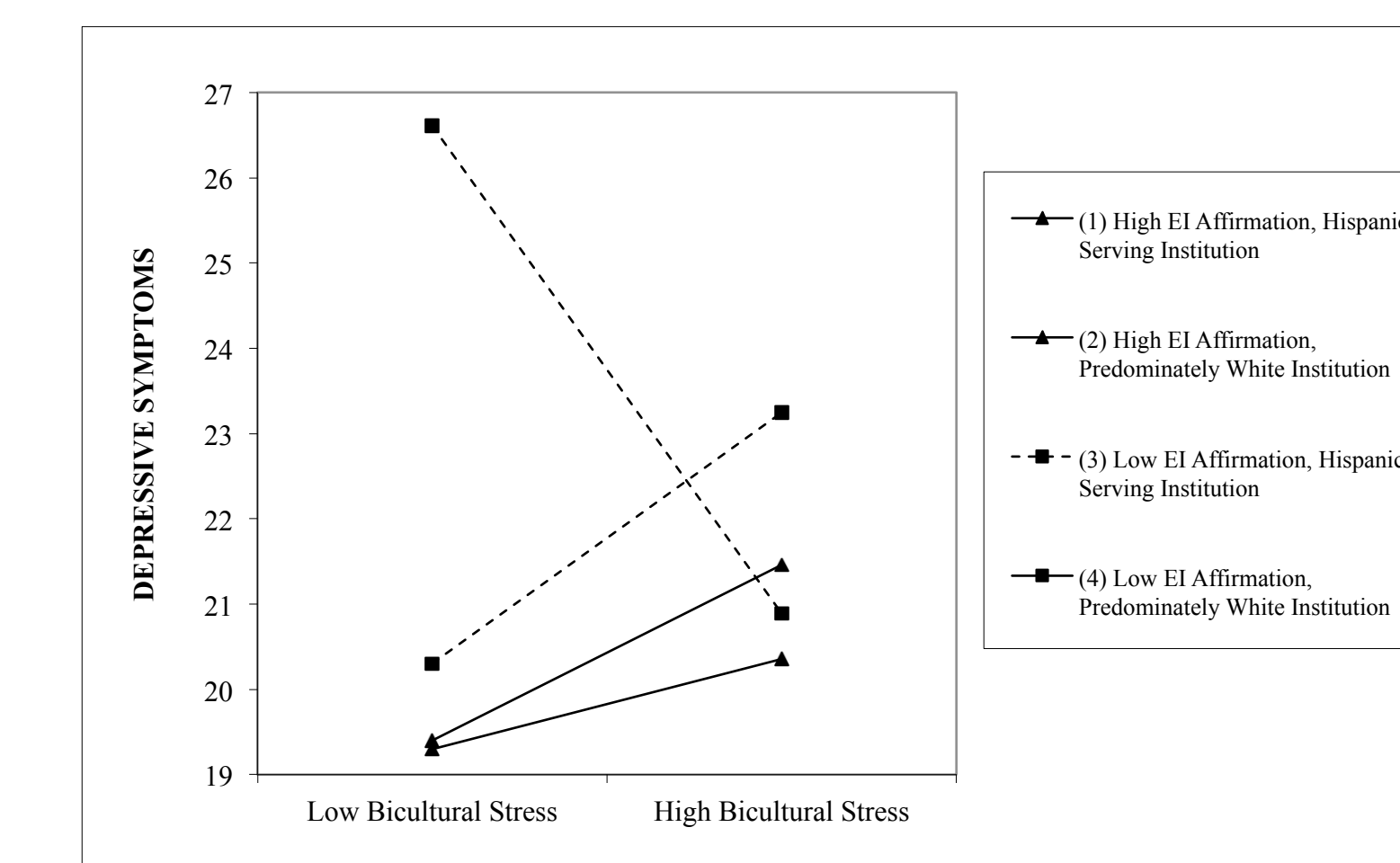
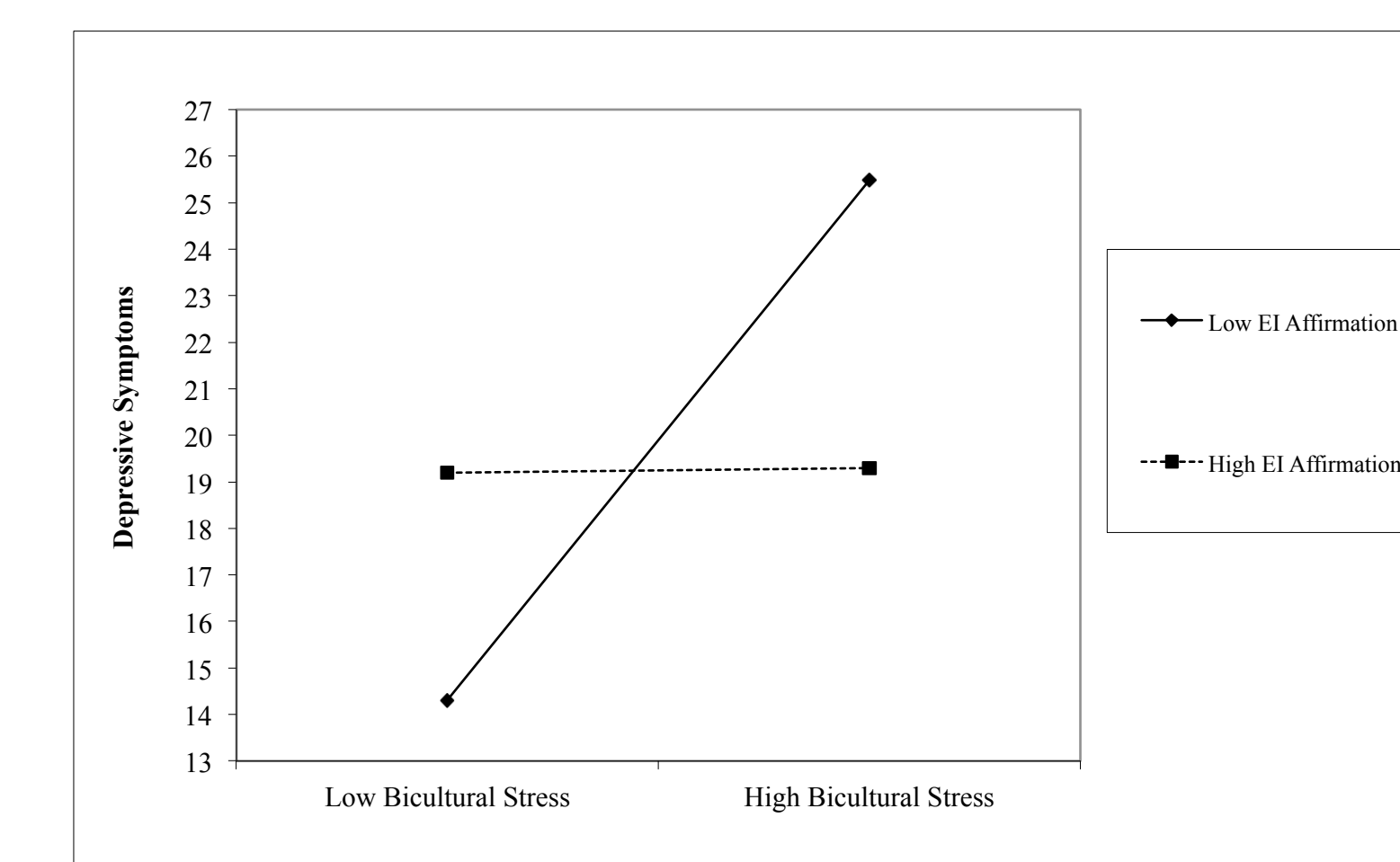
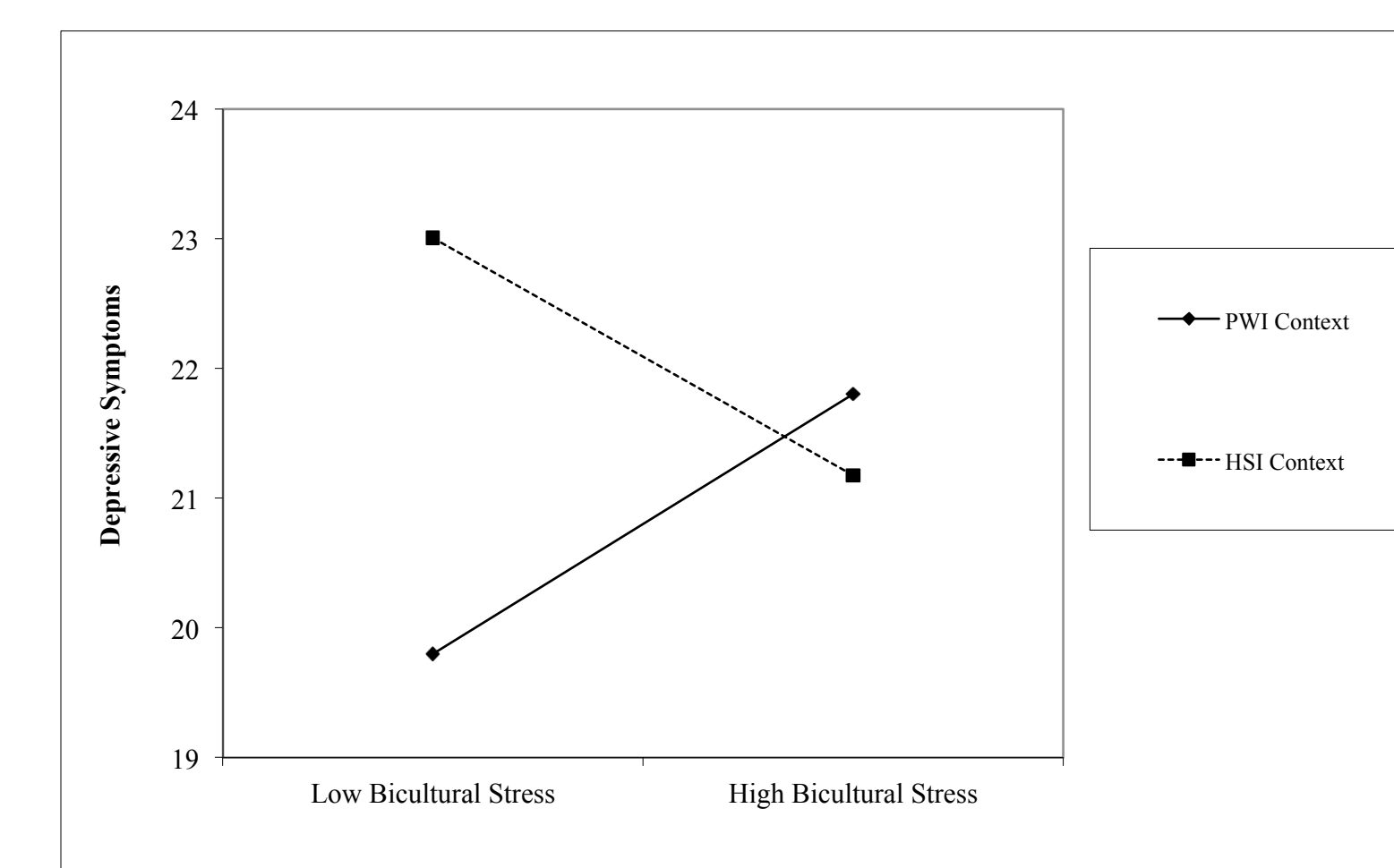
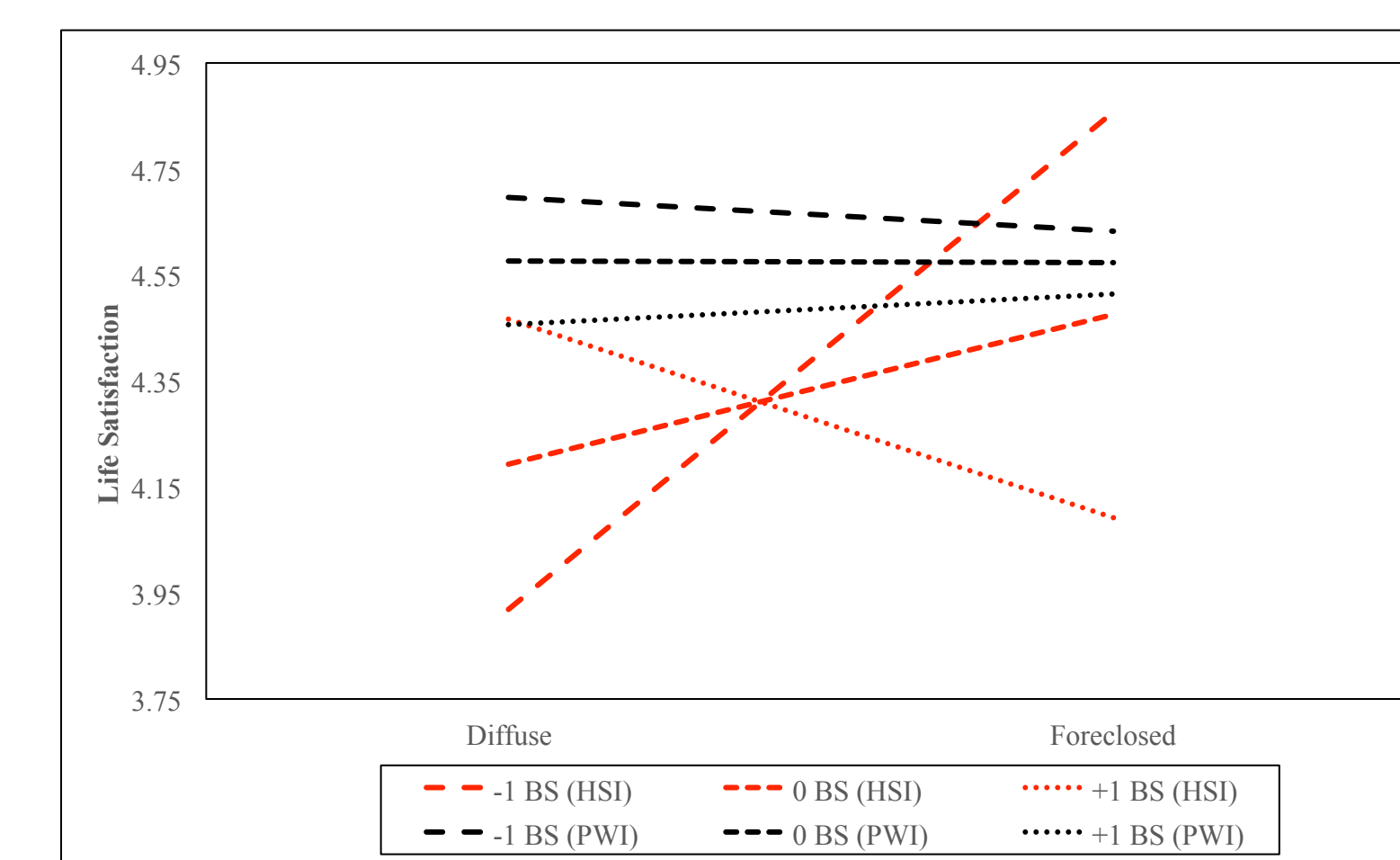
#### Participants

- 570 Latinx emerging adults
- **Ages**: 18-25 years ( $M = 19.56$ ;  $SD = 1.66$ )
- **Gender**: 60.4% women and 39.5% men

#### Instruments

- **Bicultural Stress** ( $\alpha = .95$ ; Romero & Roberts, 2003)
- **Ethnic Identity Scale** (EIS; Umaña-Taylor et al., 2004)
  - Exploration,  $\alpha = .87$
  - Resolution,  $\alpha = .90$
  - Affirmation,  $\alpha = .90$
- **Depression** (CESD-10;  $\alpha = .76$ ; Radloff, 1977)
- **Suicidality** (single items; Osman, 2001)
- **Life Satisfaction** ( $\alpha = .90$ ; Diener et al., 1985)
- **Self-Esteem** ( $\alpha = .90$ ; Rosenberg, 1965)

### Results



### Conclusions

- At low levels of bicultural stress, attending an HSI and having a foreclosed EI status is protective against lower life satisfaction.
- At high levels of bicultural stress, attending a PWI is protective against experiencing depressive symptoms.
- At high levels of bicultural stress, attending a HSI and having low levels of affirmation is protective against experiencing depressive symptoms.
- When attending an HSI, high affirmation is protective against suicidality.
- Results suggest that EI affirmation may be a more salient predictor of Latinx emerging adult mental health than EI development.
- Suggestions for clinicians working with Latinx emerging adults in various settings regarding possible bicultural stress and their ethnic identity will be discussed.

### References

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