Familism as a Mediator of Depression and Help-seeking Among Spanish-Dominant Hispanics

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Overview

- Many need mental health care but fail to seek it
  - Especially prevalent in Hispanic populations

- Goal: explore potential utility of increasing familial values to increase help seeking in Spanish-dominant Hispanics
Depression and Help Seeking

- Affects 121 million worldwide (WHO, 2008)
- 15 million in US (Kessler, Chiu, Demler, & Walters, 2005)
- Depression linked suicide (WHO, 2011)
- Treatable (NIH, 2011)
- Seek help from family first (Lindsey, Joe, & Nebbit, 2010)
- Hispanics
Familism

- Core cultural belief (Ho, Weingart, & Rousseau, 2004)

- Key components (Bermuddez et al., 2010; Perez & Cruess, 2011)
  - Strong connection family
  - Overshadows individual
  - Obligations (Knight et al., 2010)
  - Positive personal outcomes (Ayon, Marsiglia, & Berudez-Parsai, 2010).
Familism and Help Seeking

- Effects of familism
- Positives
  - Primarily protective
  - Social benefits Calderón-Tena, Knight, & Carlo, 2011; Esparza, & Sánchez, 2008)
  - Health benefits (Abe-Kim, Takeuchi, & Hwang, 2002; Koydemir-Özden, 2010)
- Negative
  - Increase depression when caring for others (Losada et al., 2010; Sayegh & Knight, 2010)
  - Subject negative bias (Ayon et al., 2010; Maher, Mora, & Leventhal, 2006).
Hypotheses

- Hypothesis 1.
  - Depression negatively associated with family support (H1a)
  - Depression negatively associated with comfort approaching family (H1b)

- Hypothesis 2.
  - Familism will be positively associated with help seeking
Hypotheses

- Hypothesis 3.
  - Depression negatively associated with familism

- Hypothesis 4.
  - Familism will mediate relationship between depression and help seeking from family (H4a).
  - Familism will mediate relationship depression and comfort approaching family (H4b)
Method

- Secondary analysis (Siegel et al. in press)
- 84 participants
- Spanish Survey
  - Beck Depression Inventory (Beck, Rush, Shaw, & Emery, 1979).
  - Familism (Ramirez et al., 2004)
  - Help seeking for depression (Siegel et al., in press)
Results

- Depression scores
  - No or minimal (N = 58)
  - Mild (N = 10)
  - Moderate (N = 14)
  - Severe (N = 2)

- Hypothesis 1
  - H1a. Depression negatively associated with perception family support \( (r_{74} = -.32, p < .01) \)
  - H1b. Depression negatively associated with comfort approaching family \( (r_{74} = -.33, p < .01) \)
Results

- **Hypothesis 2**
  - Familial values positively associated with perceived utility of family support ($r_{74} = .32 \ p < .01$)
  - Familial values positively associated with comfort approaching family ($r_{74} = .42, \ p < .01$)

- **Hypothesis 3.**
  - Depression negatively associated with familial values ($r_{74} = -0.35, \ p < .01$)
Results Hypothesis 4a

- Hypothesis 4a.

Note: All values are standardized effects. Total effects shown in parentheses (N = 84). *p < .05, **p < .01
Sobel z = -1.76, p = .04
Results Hypothesis 4b

- Hypothesis 4b.

- Hypothesis 4b.

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<tr>
<th>Familism</th>
<th>Depression</th>
<th>Comfort with approaching family</th>
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<tbody>
<tr>
<td></td>
<td>-.338**</td>
<td>.425*</td>
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<td>(-.255*)</td>
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Note: All values are standardized effects. Total effects shown in parentheses (N = 84). *p < .05, **p < .01
Sobel z = -2.16, p = .02
Overview Results

- Increased depression, less help seeking
- Increased depression, lower familism
- Increased familism, increased help seeking
- Familism partial mediator
  - Depression and usefulness family support
  - Depression and comfort approaching family
Discussion

- Implications
- Future directions
- Limitations
- Take away
Thank you!

- Questions?
- Comments?
- Accolades?
References


References


