

Introduction

- The American Community Survey conducted in 2021 by the United States Census Bureau found that the Latinx immigrant population consisted of 19.9 million people.
- Latina immigrant women and men face a number of stressors related to immigration and social status, which are linked to increased symptoms of depression and anxiety (Ornelas et al., 2021).
- Immigrants face a variety of social and psychological stressors, and the effects of these stressors can vary by gender (Arcury et al., 2006).
- A national sample found that internalizing disorder are more common in women, whereas externalizing disorders, such as antisocial personality disorders are more common in men (Eaton et al., 2012).
- In a 2021 study, Latinx immigrant fathers reported less parenting stress whereas mothers reported higher stress (Alonso et al., 2021).
- However, more research is needed to understand the differences in psychopathology and parenting stress in men and women specifically among Latinx immigrant caregivers in the U.S. The current study examines psychopathology and parenting stress among male and female Latinx immigrant caregivers.

Hypotheses:

- Female caregivers will have higher levels of depression, anxiety, interpersonal sensitivity, and psychoticism, whereas male caregivers will have higher symptoms of somatization, hostility, paranoia, and obsessive compulsive disorder.
- Female caregivers will report higher levels of parenting stress than males.
- Gender will moderate the association between parenting stress and mental health symptoms.

Methods

Participants

- 104 Mexican-origin families had at least one Mexican-origin caregiver and one child between the ages of 6-10 years old
- N=175 primary or secondary caregivers
- N=62 males; N=113 females

Procedure

- Administration of parent questionnaires occurred during a home visit compromised of questionnaires and interaction tasks.
- Baseline data (Time 1) data utilized in the current student

Measures

- Psychopathology symptoms: Brief Symptom Inventory (BSI)
- Parenting Stress: Hispanic Stress Inventory (HSI), subdomain of parenting stress

Analyses

- Independent samples *t*-tests were conducted to analyze gender differences between caregivers in different domains of psychopathology and parenting stress.
- Moderation analyses were also conducted with Process.

Results

T-tests: Gender Differences in Domains of Psychopathology

- Results suggested that female caregivers reported higher levels of somatization symptoms for depression ($p < 0.02$), somatization ($p < 0.01$), and phobia ($p < 0.03$). Obsessive compulsive, interpersonal sensitivity, anxiety, hostility, paranoia, and psychoticism resulted in nonsignificant gender differences.

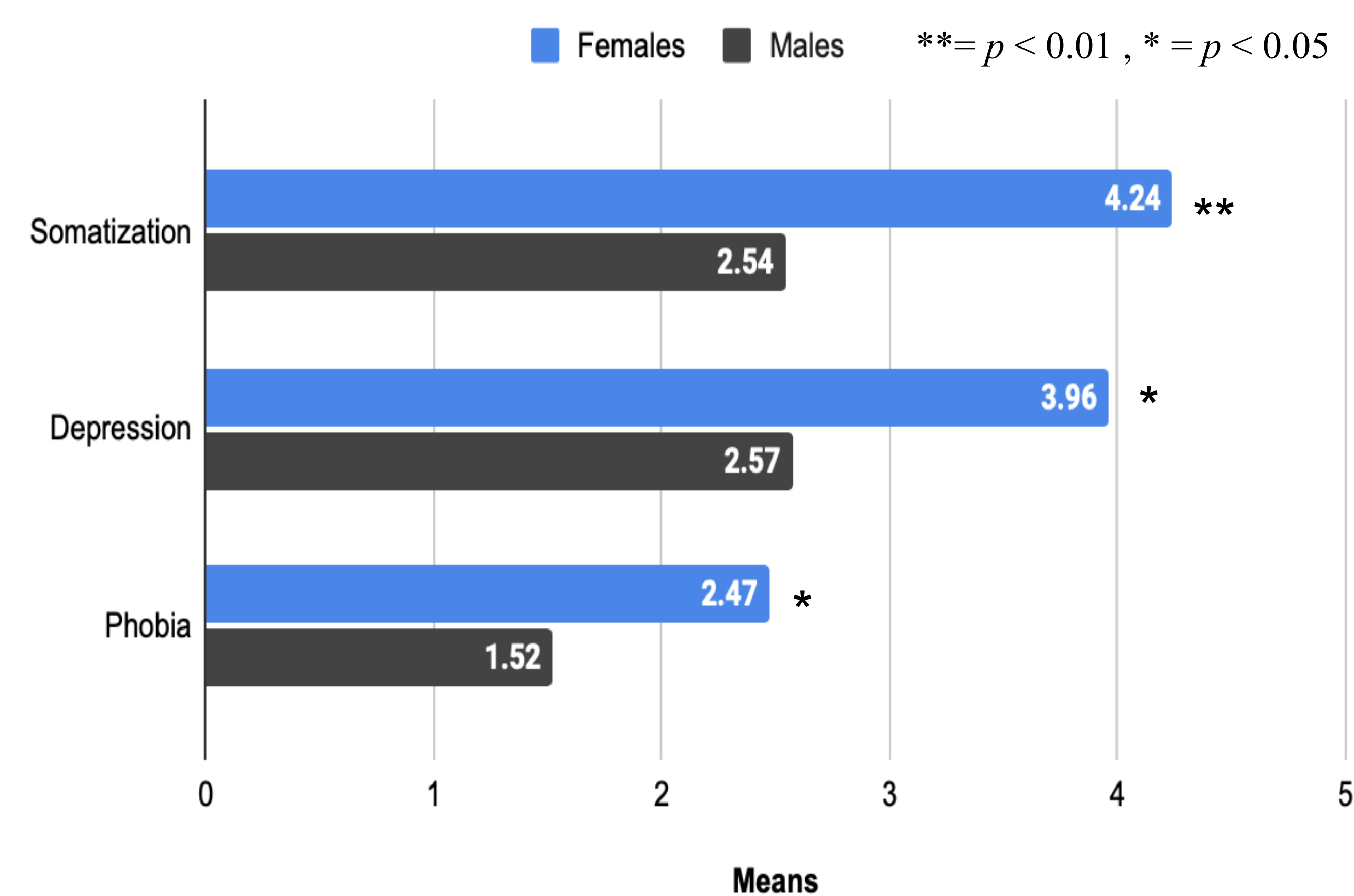
T-tests: Gender Differences in Parenting Stress

- There were no significant gender differences in parenting stress

Moderations

- Gender does not significantly moderate the association between parenting stress and mental health symptoms.

Gender Differences in Domains of Psychopathology



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Conclusion

- Results suggest that there are gender differences in depression, somatization, and phobia.
- These findings confirm that women are more likely than men to have depression symptoms (Alonso et al., 2021).
- Most psychopathology domains showed no gender differences between male and female caregivers.
- Stigma in Latinx communities may impact emotional awareness and openness to share struggles with mental health; thus self-report may lead to underreporting (Mascayano et al., 2016).
- Results suggest that there are no significant gender differences in parenting stress which does not support prior literature.
- Results did not support initial hypotheses for men to display greater externalizing symptoms than women; this may be due to immigrant men and women experiencing overall higher levels of stress and thus having a similar presentation.
- The HSI parenting subscale used in 2013 may not fully capture all components of parenting stress Latinx immigrant caregivers face; an expanded HSI-2 measure was published in 2016 (Cervantes et al., 2016).
- Clinicians can help Latinx families cope and manage psychopathology by considering gender inequalities.
- This study also suggests that policy adjustments may be needed to reduce stressors on Latinx immigrant families with significant psychopathology symptoms.

Future Studies

- COVID-19 research done in 2014 shows the pandemic's effects on marginalized families, which are exacerbated by mothers' gender, color, and socioeconomic status (Jamison et al., 2023).
- Post-COVID-19 studies may result in different reports of symptoms of psychopathology and parenting stress compared to pre-COVID-19.

Limitations

- Data used in analyses was limited to baseline reports
- Self-report data was utilized in analyses
- Based on prior literature (Alonso et al., 2021), it is evident that further research is needed to solidify patterns of psychopathology by gender in Latinx immigrant caregivers.
- Stigma around mental health and stereotypes in Latinx culture surrounding machismo may cause males to underreport mental health issues.
- Gender was a binary choice in demographics, future studies should consider inclusivity of other identities.