

Common Patterns in Latina Adolescents' Experiences of Depressive Symptoms

Principal Investigator: Allison McCord, Rn, BSN; (Faculty Advisors) Claire Burke Draucker, PhD, RN, APRN, FAAN; Ukamaka Oruche, PhD, RN, PMHCNS-BC, Silvia Bigatti, PhD

Dates of Support: 03/07/2017– 03/06/2018

Total Award Amount: \$1,500.00

Funding Agency: International Society of Psychiatric-Mental Health Nurses

Abstract:

Latina adolescents are more likely to suffer from depressive symptoms than Latino (male) adolescents and Caucasian and African American females in the same age group. High rates of depressive symptoms for Latina adolescents have contributed to similarly high levels of suicidality and other negative health consequences. Despite the high prevalence of depressive symptoms for Latina adolescents living in the US, they are less likely to receive formal mental health services than their Caucasian and African American counterparts. Even when Latina adolescents do receive evidence-based mental health services, these treatments have not been culturally adapted for use in the Latino/a population. Since culture affects mental health problem development, diagnosis, and treatment, it is necessary to develop culturally sensitive strategies for identification and treatment of depressive symptoms for Latina adolescents. In order to achieve this, it is critical to understand the Latina adolescent's subjective experience of depressive symptoms. The purpose of this qualitative descriptive study will be to describe common ways that Latina adolescents experience depressive symptoms including how they develop depressive symptoms, self-manage their depressive symptoms, and seek and use mental health treatment.

A total of 14 Latina adolescents will be recruited for this study. Seven participants will be recruited from a community based summer camp for Latino/a youth, and seven adolescents will be recruited from an outpatient mental health treatment setting. Each participant will be interviewed for one hour and asked to describe their current experiences with and management of depressive symptoms as well as any experiences they have had with seeking and using mental health services for their depressive symptoms. The result of this study will be the identification of common themes in how Latina adolescents develop, self-manage, and seek treatment for depressive symptoms. These results will provide an empirical foundation for the development of strategies to assist mental health providers with the identification and treatment of depressive symptoms in the Latina adolescent population.