

The Unfolding of Depressive Symptoms, Disease Self-Management, and Treatment Utilization for Latina Adolescents

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Abstract: Latina adolescents are more likely to suffer from depressive symptoms than Latino (male) adolescents and White and Black females in the same age group.⁹ Despite the high prevalence of depressive symptoms for Latina adolescents living in the U.S., they are less likely to receive mental health services than their White and Black counterparts.⁴⁴ Even when Latina adolescents do receive mental health services, these treatments have not been culturally adapted for use in the Latino/a population.³⁰ Since culture affects the development, diagnosis, and treatment of mental health problems,^{2; 5} it is necessary to develop culturally sensitive strategies for prevention, identification, and treatment of depressive symptoms for Latina adolescents. To achieve this, it is critical to understand the Latina adolescent's experience of depressive symptoms. The purpose of this study will be to develop a theoretical framework that describes how Latina adolescents experience, self-manage, and seek treatment for depressive symptoms.

The purpose of this study will be to develop a framework that reflects the experience of Latinas suffering from depressive symptoms during their adolescent years. The specific aims of the study are to describe how Latina adolescents who suffer from depressive symptoms: 1) experience the unfolding of their depressive symptoms over time; 2) self-manage their depressive symptoms; and 3) seek and utilize mental health treatment.