

Treatment Considerations for Latino Consumers

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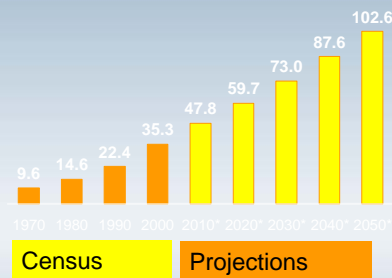
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Latinos in the U.S.

- Latinos are the largest minority group in the US
- Latinos are the fastest-growing racial/ethnic group in the US

Latino population in US: 1970-2050



U.S. Census Bureau, 2008



Latinos in the U.S. (cont.)

Source: U.S. Census Bureau, 2009

Type of origin in 2007	Percent
Mexican	64.0
Puerto Rican	9.0
Cuban	3.5
Salvadoran	3.1
Dominican	2.7
Other	17.7



Latinos in the US (cont.)

• Top 5 States by Latino Population Size: 2006

Rank	State	Population Size
1	California	13,074,156
2	Texas	8,385,139
3	Florida	3,646,499
4	New York	3,139,456
5	Illinois	1,886,933



Not all Latinos live in California, Texas,
Florida!



Socio-demographic profile (cont.)

- **Top 5 States by Latino Growth Rate: 2006**

Rank	State	Growth Rate (percent)
1	Arkansas	60.9
2	Georgia	59.4
3	South Carolina	57.4
4	Tennessee	55.5
5	North Carolina	54.9



Socio-demographic profile (cont.)

- **Top Five Counties by Hispanic Growth Rate: 2000 to 2006**
(For counties with 10,000 or more Hispanics in 2006)

Rank	County	Growth Rate (percent)
1	Kendall County, IL	203.9
2	Luzerne County, PA	175.9
3	Loudoun County, VA	151.1
4	Prince William County, VA	146.9
5	Frederick County, MD	143.7



Heterogeneity of the Latino Population

- Latinos vary greatly by a number of social and economic characteristics
 - country of origin
 - political and social history of their countries of origin
 - educational levels
 - immigration experience
 - acculturation levels
 - generational status
 - occupational, demographic, language profiles



Hispanic versus Latino?

- **Hispanic:** “the term Hispanic is inaccurate, incorrect, and often offensive as a collective name for all Spanish speakers of Latinos. Many millions of Spanish-speaking people – such as Native Americans – are not of true Spanish descent, and millions of Latin Americans do not speak Spanish or claim Spanish heritage (e.g., Brazilians), therefore they are not Hispanic.”
- **Latino/Latina:** “Latino is preferred by many over the term Hispanic because it excludes Europeans such as Spaniards from being identified as ethnic minorities in the US while it includes Brazilians, who do not qualify as Hispanics because their mother tongue is Portuguese.”

Comas-Diaz, L. (2001). Hispanics, Latinos, or Americanos: The evolution of identity. *Cultural Diversity and Ethnic Minority Psychology, 7*, 115-120.



Culture and Symptom Expression

- **"Culture not only shapes illness, but also determines the ways one conceives of illness." (Kleinman, 1987).**
- Cultures also vary with respect to the meaning they impart to illness, their way of making sense of the subjective experience of illness and distress



Culture Bound Syndromes

- **DSM-IV-TR:** “recurrent, locality-specific patterns of aberrant behavior and troubling experience that may or may not be linked to a particular DSM-IV diagnostic category. Many of these patterns are indigenously considered to be “illnesses,” or at least afflictions, and most have local names. Although presentations conforming to the major DSM-IV categories can be found throughout the world, the particular symptoms, course, and social response are very often influenced by local cultural factors. In contrast, culture-bound syndromes are generally limited to specific societies or culture areas and are localized, folk, diagnostic categories that frame coherent meanings for certain repetitive, patterned, and troubling sets of experiences and observations.”



Culture Bound Syndromes (cont.)

- **Ataque de nervios**
 - Commonly reported symptoms include uncontrollable shouting, attacks of crying, trembling, heat in the chest rising into the head, and verbal or physical aggression.
 - A general feature of an ataque de nervios is a sense of being out of control.
 - Ataques de nervios frequently occur as a direct result of a stressful event relating to the family (e.g., news of the death of a close relative, a separation or divorce from a spouse, conflicts with a spouse or children, or witnessing an accident involving a family member).



Colera (bilis)

- The underlying cause of these syndromes is thought to be strongly experienced anger or rage.
- Anger is viewed among many Latino groups as a particularly powerful emotion that can have direct effects on the body and can exacerbate existing symptoms.
- Symptoms can include acute nervous tension, headache, trembling, screaming, stomach disturbances, and, in more severe cases, loss of consciousness. Chronic fatigue may result from the acute episode.



Locura

- refer to a severe form of chronic psychosis.
- The condition is attributed to an inherited vulnerability, to the effect of multiple life difficulties, or to a combination of both factors.
- Symptoms exhibited by persons with locura include incoherence, agitation, auditory and visual hallucinations, inability to follow rules of social interaction, unpredictability, and possible violence.



Mal de Ojo

- *Mal de ojo* is a Spanish phrase translated into English as "evil eye." Children are especially at risk.
- Symptoms include fitful sleep, crying without apparent cause, diarrhea, vomiting, and fever in a child or infant. Sometimes adults (especially females) have the condition.



Susto (“fright” or “soul loss”)

- Susto is also referred to as *espanto*, *pasmo*, *trípa ida*, *perdida del alma*, or *chibih*.
- Susto is an illness attributed to a frightening event that causes the soul to leave the body and results in unhappiness and sickness.
- Individuals with susto also experience significant strains in key social roles.
- Typical symptoms include appetite disturbances, inadequate or excessive sleep, troubled sleep or dreams, feeling of sadness, lack of motivation to do anything, and feelings of low self-worth or dirtiness. Somatic symptoms accompanying susto include muscle aches and pains, headache, stomachache, and diarrhea.
- Ritual healings are focused on calling the soul back to the body and cleansing the person to restore bodily and spiritual balance.
- Different experiences of susto may be related to Major Depressive Disorder, Posttraumatic Stress Disorder, and Somatoform Disorders.



Cultural Values and Therapy Implications

- Family (familismo)
- Personalismo
- Respeto
- Family structure
- Sex role expectations
- Spirituality and Religiosity (fatalismo)
- Acculturation conflicts



Familismo

- Familismo (family orientation) refers to the strong emphasis Latinos place on the importance of the family as the center of one's experience and the greater good of collective over individual needs.
- Therapy implications
 - outside help is generally not sought
 - conceptualize some problem behavior as conflict between cultural and societal expectations
 - problem definition and solution may need to incorporate the perspectives of both the nuclear and extended family members



Personalismo

- A preference for relating on a personal, rather than formal or institutional level.
- Therapy implications
 - Latinos may prefer interpersonal contact that promotes getting to know the provider as a person.
 - Appropriate therapist self-disclosures may play an important role in rapport building, and treatment engagement.
 - Decrease physical distance in meetings.



Respeto

- Respeto refers to the tendency to adhere to a strict hierarchical structure, in which individuals in the family or community defer to authority and openly recognize those individuals with more seniority or status.
- Therapy implications
 - Explore with the client the manner in which she/he wants to be addressed. Rule of thumb is to use the formal manner when addressing clients (e.g., Usted) until told otherwise.



Family structure

- Traditional Latino families are hierarchical in form with special authority given to the elderly, the parents, and males.
- Therapy implications
 - Assess the structure of the family
 - In a traditionally oriented family, the father should be addressed first and his comments given weight.
 - Determine how decisions are made.
 - Often conflicts arise because of differences in acculturation



Sex role expectations

- Traditional culture, men are expected to be strong, dominant, and the provider for the family (machismo) whereas women are expected to be nurturing, submissive to the male, and self-sacrificing (marianismo).
- Therapy implications
 - Be aware of role changes or conflicts



Spirituality and religiosity (fatalismo)

- Fatalismo is related to the notion that life's outcomes may not be fully under one's control, suggesting a belief that outcomes may be decided by fate, luck, or a higher power.
- Therapy implications
 - determine the possible influence of religious or spiritual beliefs.
 - collaborate with priests or other spiritual leaders – assess belief in evil spirits and consult curandero or spiritual healer



Acculturation and Acculturation Conflicts

- Acculturation
 - Latinos are faced w/ a society that has different values. Some maintain their traditional orientation, whereas others assimilate and exchange their native cultural practices and values for those of the host culture.
- Therapy implications
 - Degree of acculturation should be assessed.
 - ARSMA (Acculturation Rating Scale for Mexican Americans; Cuellar et al., 1980)



Immigrants and mental health

- Do immigrants have poorer mental health than non-immigrants?
 - Early theories were built on the idea that immigrants faced many obstacles as they adjusted to a new society that negatively affected their mental health.
 - What difficulties do you think they encounter?



Immigrants and mental health (cont.)

- A paradox...
 - Recent empirical data shows that some immigrant groups experience better mental health than US-born individuals.
 - For some immigrant groups, their mental health worsens as they become more integrated with American culture, values, and lifestyles.



The mental health of immigrant Latinos*

- A recent study examined the prevalence of depressive, anxiety, and substance use disorders among Latinos residing in the United States using data from the National Latino and Asian American Study, which included a nationally representative sample of Latinos.
- 2554 English- and Spanish-speaking Latinos
 - Mexican, 868
 - Puerto Rican, 495
 - Cuban, 577
 - Other, 614
- WMH-CIDI – structured diagnostic instrument based on DSM-IV criteria



The mental health of Latino immigrants (cont.)

- Lifetime psychiatric disorder prevalence estimates were 28.1% for men and 30.2% for women.
- Puerto Ricans had the highest overall prevalence rate among the four Latino sub-groups
- Increased rates of psychiatric disorders were observed among US-born, English-language-proficient, and third-generation Latinos.



Important to remember...

- Measures of immigration that are associated with mental health are not consistent across the different studies.
- Gender seems to play an important role in understanding how immigration is linked to mental health, although the findings vary across Blacks, Asians, and Latinos.



Cultural Formulation for Diagnosis and Assessment of Diverse Patients

- Cultural Identity
- Cultural Explanations of the Illness
- Cultural factors related to the psychosocial environment and levels of functioning
- Cultural elements in the patient-client relationship
- Overall cultural assessment for diagnosis and care



Psychotherapy

- Therapy techniques
 - Latinos, regardless of acculturation level, prefer directive and formal types of therapy over non-directive approaches.
 - Latinos prefer present (e.g. alleviation of symptoms and problems) over future oriented therapy (e.g., long-term plans on personal change).
 - Services that are incongruent with Latinos' preferences and expectations of therapy may inhibit Latinos from seeking services or remaining in treatment.



Gracias
Thank You!

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