

Bicultural Conflicts and Mental Health among Asian Indian Immigrant Women



LOMA LINDA UNIVERSITY

School of Nursing



Acknowledgements

Understanding Health, Emotional Responses, and Perceptions of Asian-Indian Needs (HER PAIN)

► Researchers:

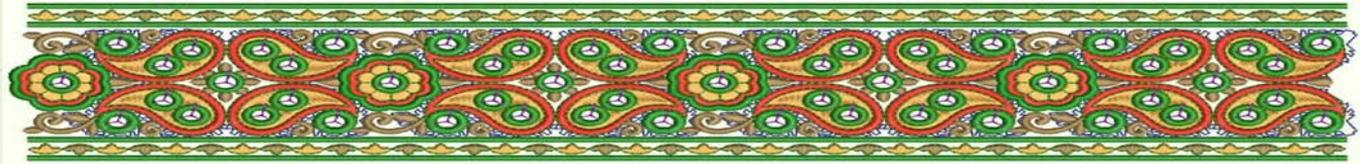
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Objectives



- Note gender differences in Asian Indian (AI) immigrants' mental health
- Discuss bicultural tensions linked to mental health among AI immigrant women
- Identify patterns of mental health issues among AI immigrant women

Background



- Asian Indian (AI) immigrants are a fast growing minority group
- AI immigrants: model minority
 - Highly educated
 - Professional
 - High income

AI immigrant women at risk?



- Hidden tensions
 - Success in the majority culture
 - Meeting traditional expectations at home and in the community
- Other factors
 - Gender, race, culture, immigration status
 - Stigmatization of mental health

Purpose



- ▶ Our aim was to explore how bicultural conflicts affect Asian Indian immigrants in California

Methods



- Mixed-methods
- Participants
- Data collection process
- Measures
- Analysis

Qualitative Phase

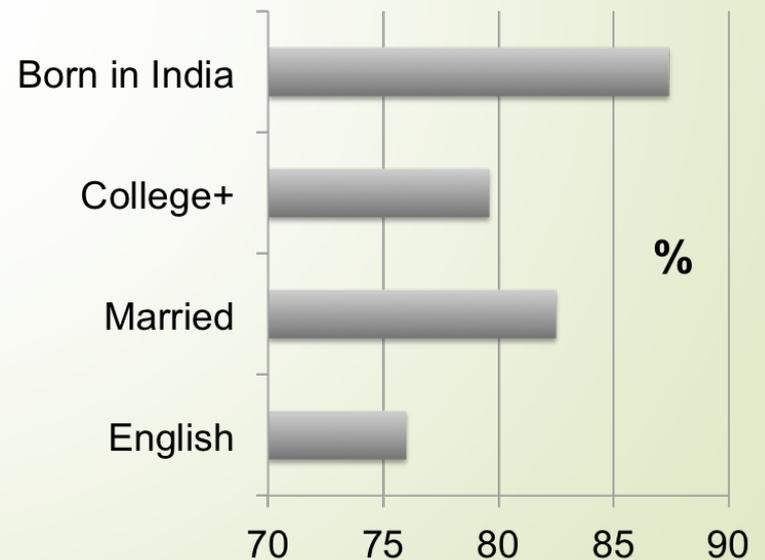
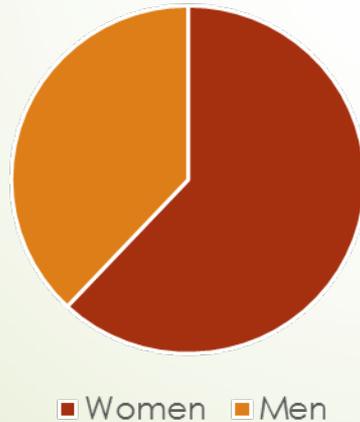


- 11 key informant interviews
- 4 focus groups ($n = 47$)
 - Men
 - Women of reproductive age
 - Older women
 - Punjabi social advocates

Survey Participant Demographics



- ▶ $N = 350$
- ▶ Mean age: 42
- ▶ Mean years in US: 18.5

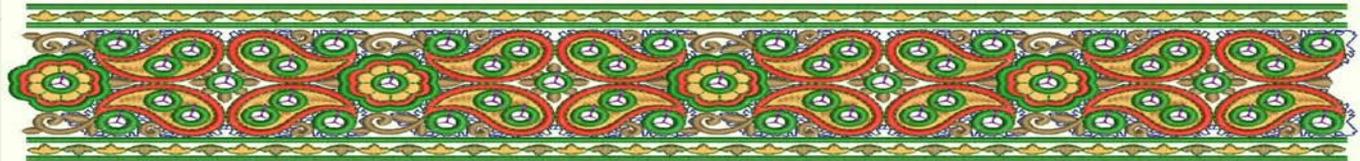


Quantitative Results



- ▶ Significant associations with depression
 - ▶ Language preference
 - ▶ Education level
 - ▶ Female gender
 - ▶ Negative religious coping
 - ▶ Attitudes towards women
 - ▶ Satisfaction with life
 - ▶ Anxiety

Differences by Gender



Men ($n = 133$)

- ▶ Regardless of language
 - ▶ Normal anxiety
 - ▶ Low depression levels
 $M < 5.0$

Women ($n = 217$)

- ▶ English survey ($n = 165$)
 - ▶ Depression $M = 4.89$
 - ▶ Anxiety $M = 6.00$
- ▶ Punjabi survey ($n = 52$)
 - ▶ Depression $M = 7.73$
 - ▶ Anxiety $M = 7.19$



Differences among Women



English survey

- ▶ Anxiety associated with
 - ▶ Desire for larger family
 - ▶ Negative religious coping
- ▶ Higher education

Punjabi survey

- ▶ Anxiety and depression associated with
 - ▶ Older age at marriage and 1st pregnancy
 - ▶ Greater acceptance of DV myths
- ▶ Living in a joint family

Conclusion



- AI mental health needs go unaddressed
- Subgroups of AI immigrants with elevated needs
- AI women have complex needs
 - Bicultural tensions and mental health
- Nurses' awareness