

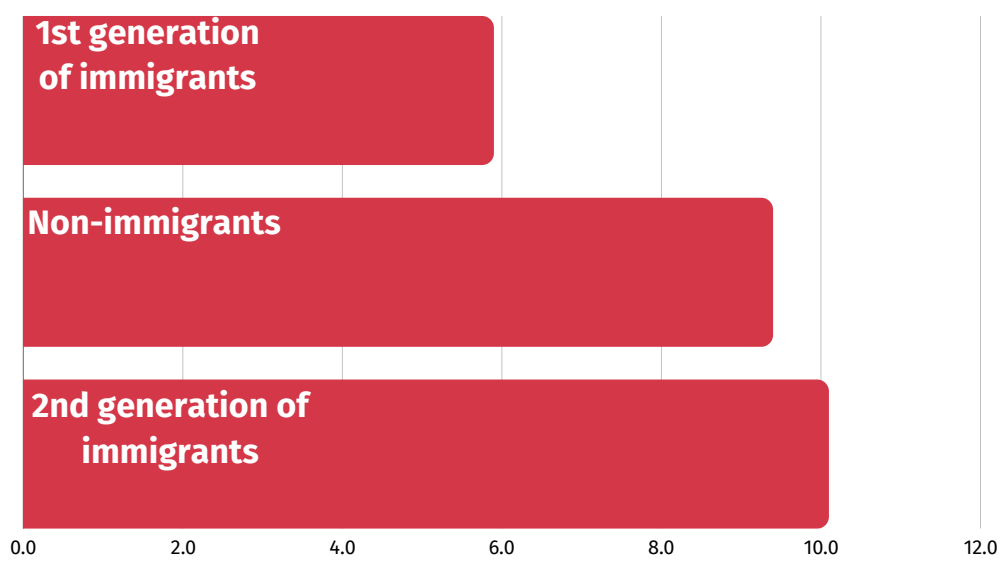


Immigrants Mental Health

The intersectionality of generational status, race, income, and gender.

The study by Mancenido et al. (2020) highlights the importance of considering generational status in discussions of mental health, particularly among second-generation immigrants living between two cultural worlds.

Psychological Distress Reported by Population



Psychological distress was identified by symptoms such as feeling nervous, hopeless, restless, worthless, and sad, as well as struggling with everyday tasks, where everything seemed to require a lot of effort. Participants were asked how often they experienced these feelings over the past year.

1st Generation Protective Factors

- Close family ties
- Strong cultural connections
- Neighborhood cohesion



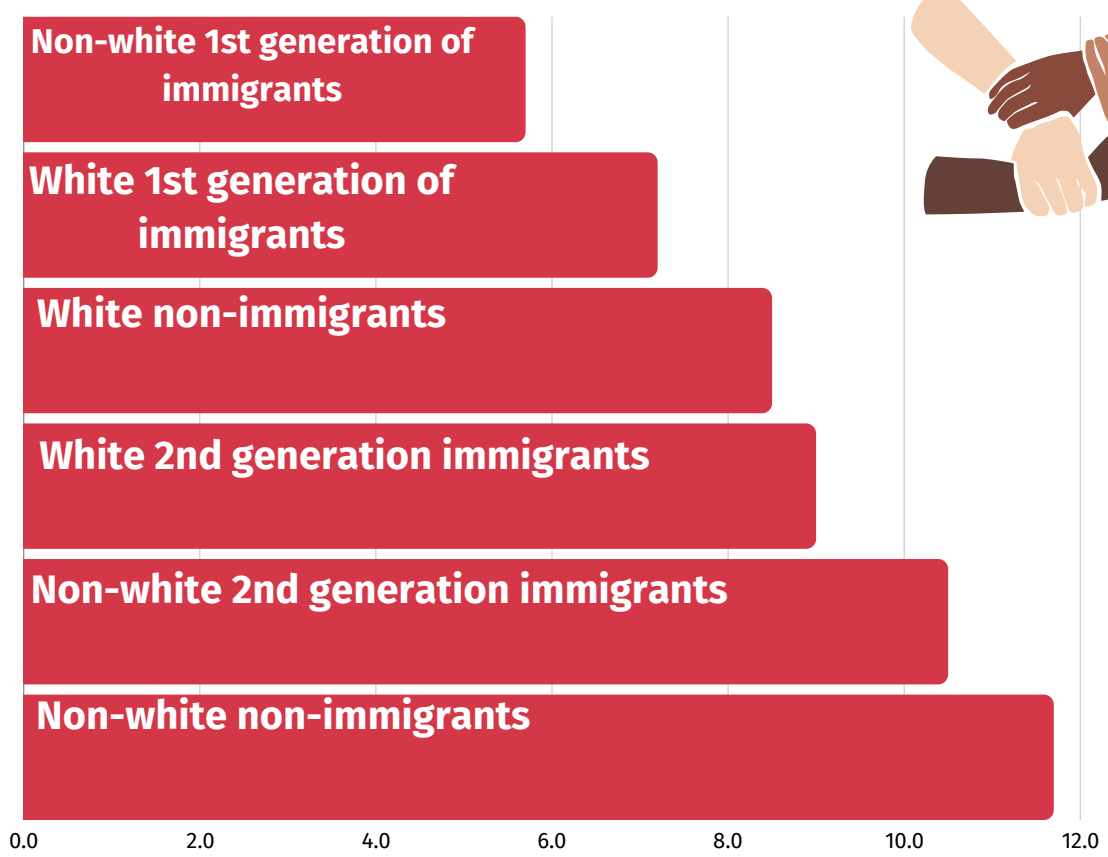
➔ These protective factors may help when facing negative stressors such as discrimination and poverty

2nd Generation Risk Factors

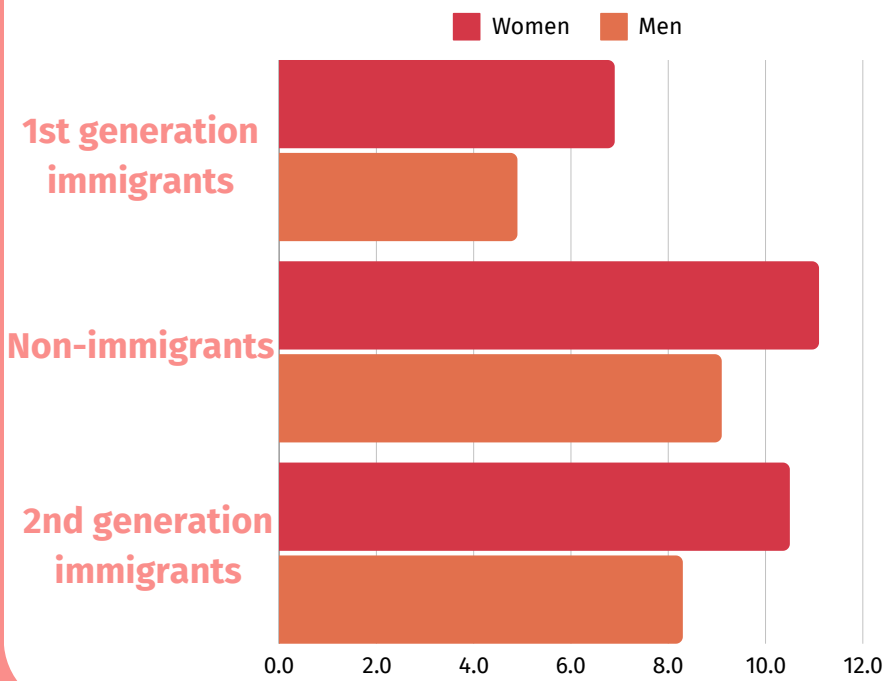
- Greater exposure to discrimination
- Fewer protective cultural ties
- Limited material and social resources
- Conflict between the cultural norms and expectations of their heritage culture and the host culture



Psychological Distress Reported by Race

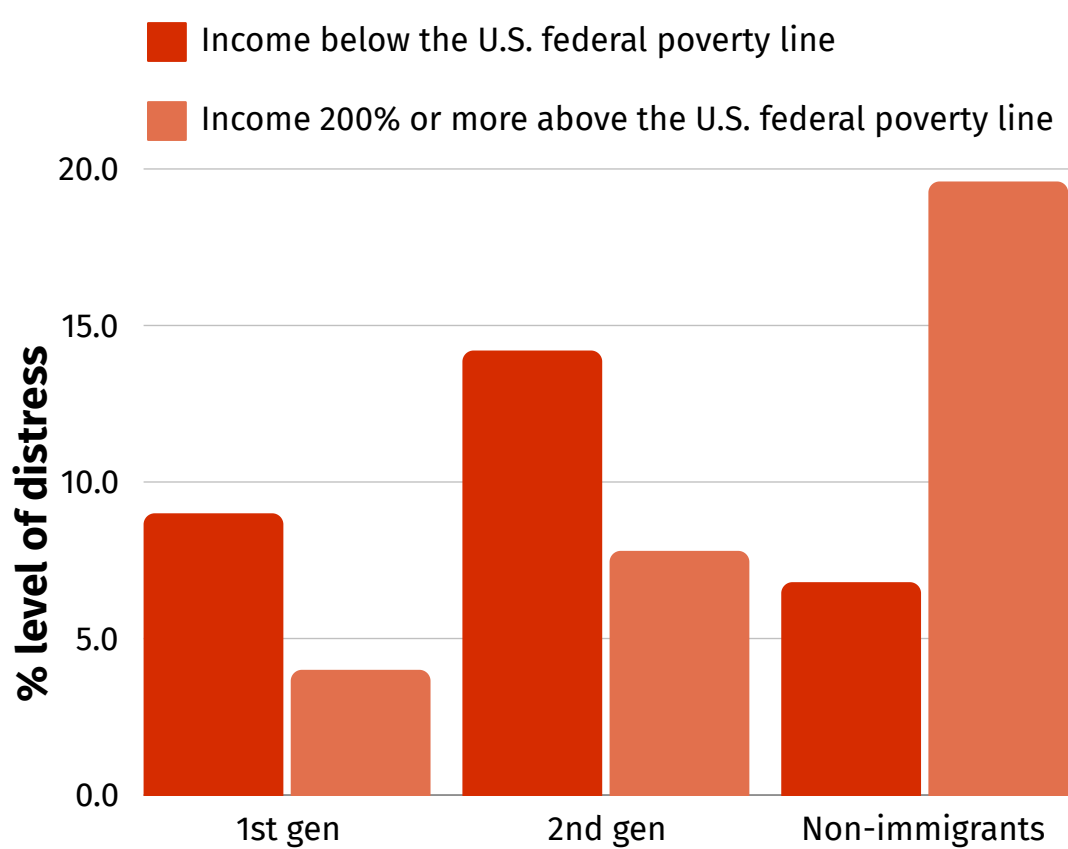


Psychological Distress Reported by Women



Among each immigrant generation, women reported higher levels of psychological distress than men.

Psychological Distress Across Income Levels



For both generations of immigrant groups, psychological distress was more common among those with lower incomes



2nd generation immigrants are at high risk of experiencing psychological distress in all categories. Other immigrant groups are most likely to report distress include women, lower income individuals and 2nd generation minority groups.

References

Mancenido, A., Williams, E. C., & Hajat, A. (2020). Examining Psychological Distress Across Intersections of Immigrant Generational Status, Race, Poverty, and Gender. *Community Mental Health Journal*, 56(7), 1269–1274. <https://doi.org/10.1007/s10597-020-00584-w>