Attributions to Discrimination and Depression Among Latino/as: The Mediating Role of Competence

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Abstract: The present study examined the role of attributions to discrimination and competence in predicting depression among a sample of 93 Latino/a adults. The major findings showed that attributions to discrimination were related to decreases in both general competence and intercultural competence, which were in turn associated with increases in depressive symptoms. This pattern of results suggests that general and intercultural competence partially mediated the relationship between attributions to discrimination and depression. The findings are discussed within the context of the cultural adaptation process and factors that ameliorate Latino/a mental health. In addition, theoretical and practical implications are outlined along with areas of future research. © 2009 American Psychological Association.

Author Keywords: attributions to discrimination; depression; intercultural competence; Latino/a mental health

Year: 2009
Source title: American Journal of Orthopsychiatry
Volume: 79
Issue: 1
Page : 118-124
Cited by: 7
Link: Scopus Link
Document Type: Article
Source: Scopus

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