

Prevalence of Mental health and Receipt of Services in Latino Immigrants Living in Philadelphia

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Background

- Over 15% of Philadelphia’s population self-identify as Hispanic or Latino. Among that population, an estimated 1 out of every 5 are foreign born.
- Immigrant populations face stressors that increase the risk for mental health disease.
- Latino populations are less likely to seek formal mental health services, these attitudes combined with difficulty finding affordable services impact the ability to receive a mental health diagnosis.
- Region of origin, health insurance, immigration status, and English proficiency can impact the utilization of mental health services.

Methodology

Participants

- 420 Latino/a/e immigrants.

Procedure

- Data was collected between 2021-2022 by Drexel University’s CRISOL lab using a cross-sectional respondent-driven sample survey of Latinos born outside the U.S. mainland and residing in Philadelphia.

Analysis

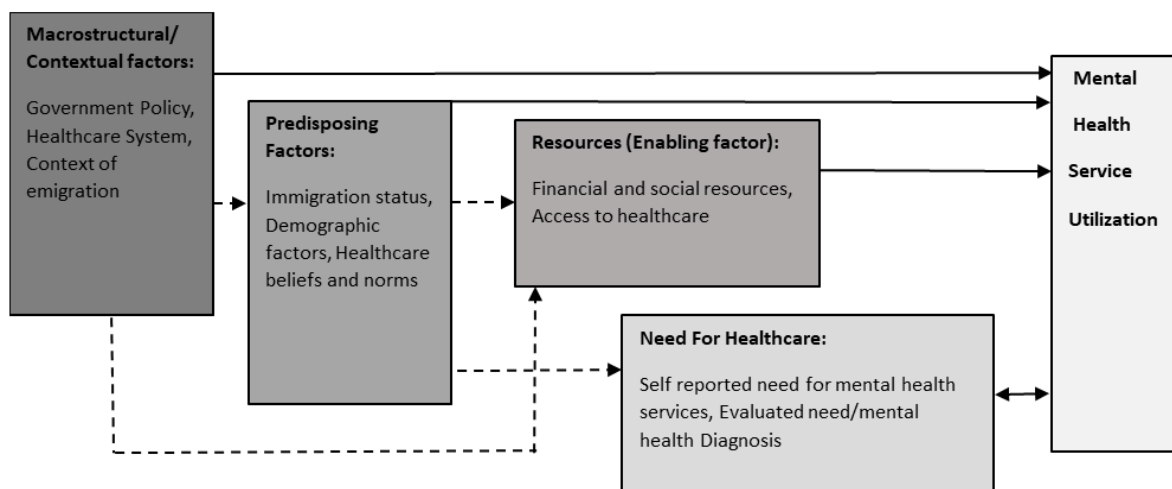
- Descriptive statistics and bivariate associations using Chi-square analyses were computed using SPSS.

Results

	n	%	Received services (Past Year) % (n)	Received services (Ever) % (n)
Depression				
• Yes	120	29.1	28.3 (34)	37.5 (45)
• No	292	70.9	9.6 (28)	26.4 (77)
Anxiety				
• Yes	149	36.1	26.2 (39)	43 (64)
• No	264	63.9	8.3 (22)	22.3 (59)
PTSD				
• Yes	36	8.7	38.9 (14)	63.9 (23)
• No	376	91.3	12.2 (46)	26.3 (99)
Any combination Depression, Anxiety, PTSD				
• Yes	177	43.4	25.4 (45)	39.5 (70)
• No	231	56.6	6.9 (16)	22.9 (53)

- The findings revealed that 29.1% of the surveyed individuals exhibited signs of Depression, 36.1% experienced symptoms of Anxiety, 8.7% showed signs of PTSD, and 43.4% possessed one or more mental health conditions.
- The findings show that country of origin ($p < .01$), health insurance ($p < .05$), immigration status ($p < .01$), and language proficiency ($p < .001$) are significantly associated with whether an individual has received mental health services in the past year or in their lifetime.
- Of the survey population, only 39.5% of individuals with one or more mental issues had received mental health services in their lifetime.

Figure 1: Adapted Andersen Health Behavior Model



Note: Solid lines represent direct impact; a broken line indicates that some of the factors within the category have an indirect effect on health service utilization.

Conclusion

- Interventions to increase access to mental health services for Latino communities are needed.
- Solutions addressing disparities in access to mental health services must address systemic, cultural, and language barriers.