MINORITY HEALTH IN NEBRASKA

Individual and Familial Stressors Among Rural Nebraskan, Bilingual, Paraprofessional Educators

Participants were divided into two groups who had high and low depression scores.

Intimacy/assistance, social integration/affirmation, and nurturance were all negatively correlated to depression.

Participants mental and physical health was influenced by spouses or significant others.

Out of 24 items on the acculturation scale 20 participants identified 8.6 of the items as relevant to their lives.

Strong support is correlated with better mental health.

Acculturation stress was negatively correlated to perceived support from network members.

Individuals who spoke English more often were more likely to be depressed than those who did not among the most depressed subgroup in the study.