

ACCULTURATIVE STRESS MEDIATING DISCRIMINATION AND NICOTINE USE

By Joshua Rashe



This project was partially supported by funds provided by The Regents of the University of California, Research Grants Program Office, Tobacco Related Disease Research Program, Grant Number T33SR6550. The opinions, findings, and conclusions herein are those of the author and not necessarily represent those The Regents of the University of California, or any of its programs.

What is Discrimination?

The unjust treatment of disadvantaged or marginalized groups

Everyday discrimination

Events that occur within the average life.

E.g., microaggressions, 'where are you from?.'



Acculturative Stress

Different from general stress

Can overlap in many ways (e.g., life changes).
Distinctions: (immigration vs. moving)



Discrimination

Has been shown to increase acculturative stress
AND maintain nicotine dependence.

Acculturative stress

Has been shown to influence nicotine use and to
be influenced by discrimination.

Students

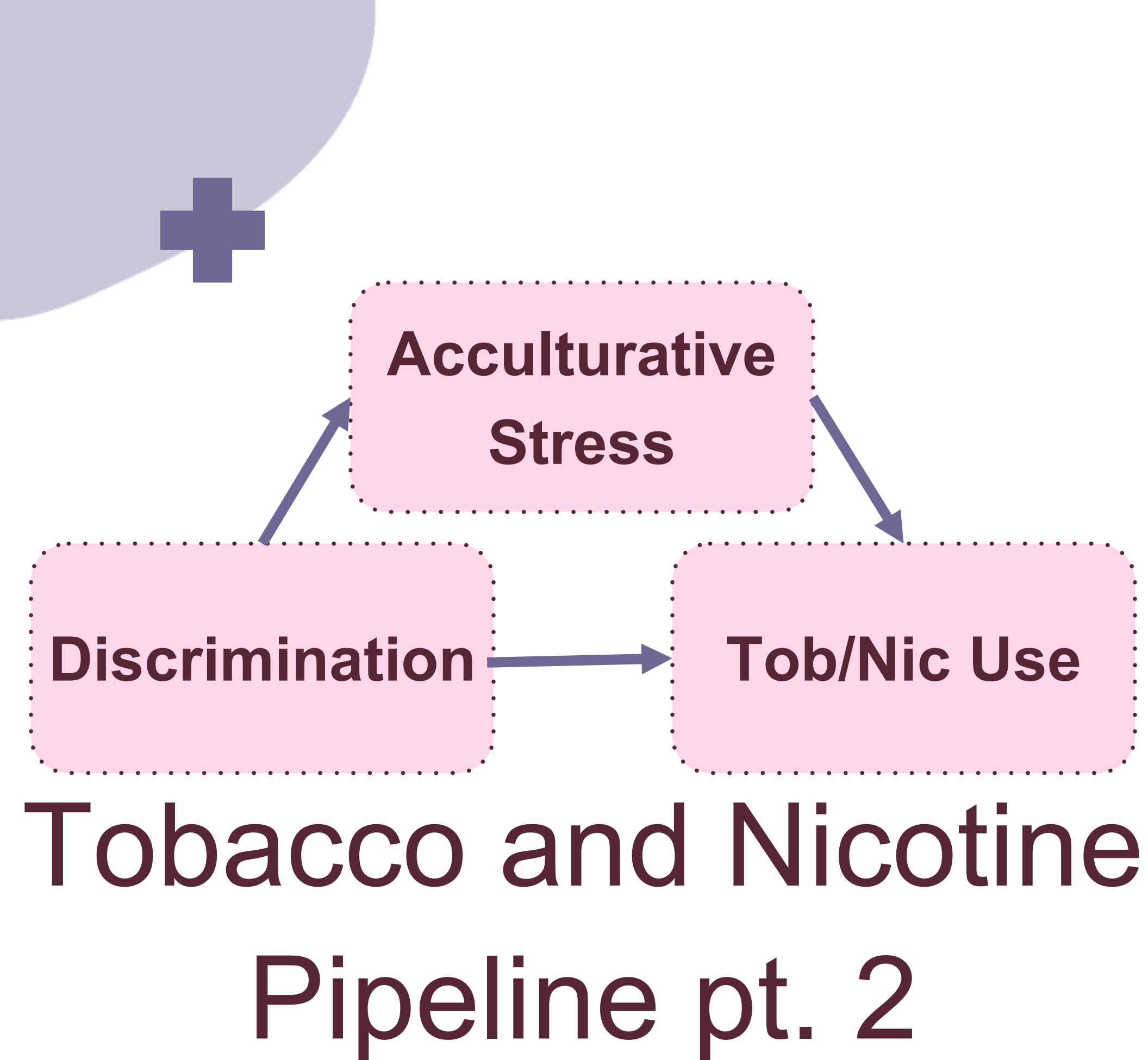
often report frequent feelings of
stress.

Latinx

Individuals often report experiences of
discrimination and feelings of acculturative
stress.

Tobacco and Nicotine Pipeline





Compound

Negatively affecting physical and mental health.

Understand

How these constructs interact with one another to better understand how Latinx students are being affected.

Is there a connecting road?

If the constructs are connected, then is there a clear road for an indirect effect?

Methods

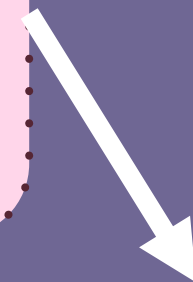
What We Did

- Gathered 348 Latinx participants.
 - Gathered Demographic info.
- Tobacco and Nicotine use.
 - National Youth Tobacco Survey.
 - What product within the last 30 days?
- Hispanic Stress Inventory.
 - Examines stress related to immigration, occupational and economic, language, and discrimination.
 - Discrimination measured independently.

Discrimination

**Acculturative
Stress**

Tob/Nic Use



Discrimination & acculturative stress

Were found to have a moderate positive relationship ($r = .62$).

Tob/Nic use & age

Were found to have a weak positive correlation ($r = .25$).

U.S born Hispanics & acculturative stress

Were found to have a weak positive correlation ($r = .2$).



Correlation Results



No indirect effect

- Discrimination *did not* affect tobacco and nicotine use through acculturative stress.

Discrimination had an effect on acculturative stress

- In line with prior research.
- Sub-scale of Hispanic Stress Inventory.

Responses may have impacted results

- Over half of participants reported non-use.
- Many zeros in data.



Finding the Indirect Effect



Zero-inflated Poisson Regression

Took a step back

Recoded tobacco and nicotine use to rank 'non-use'.

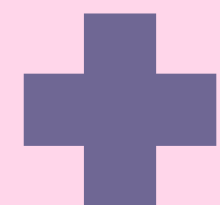
Accounted the 'zeroes'

Utilized a special regression to take account of the large amount of non-users in the data.

No 'road', but still useful

The regression doesn't determine indirect effects, but can still examine if any direct effects take place.





Results

Zero-Inflation Count and Model Coefficients From Poisson Regression Predicting Tobacco and Nicotine Usage.

	Count Model Coefficients			
	Estimate	Standard Error	Z Value	Significance
Intercept	.16	.14	1.12	.26
HSI	-.26	.12	-2.01	.04
Discrimination	.14	.07	2.06	.04
	Zero-Inflation Model Coefficients			
	Estimate	Standard Error	Z Value	Significance
Intercept	-1.37	.36	-3.81	<.001

Direct effects found

Discrimination and
acculturative stress did
affect tobacco and
nicotine use.

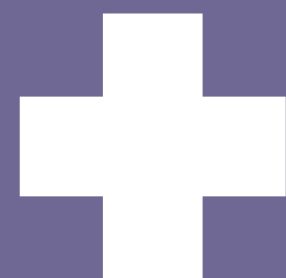


What do these results mean?

- **There may be no mediation.**
- **Acculturative stress and discrimination may affect tobacco and nicotine use.**
- **Latinx may experience more acculturative stress.**
- **Females may utilize tobacco and nicotine more frequently.**

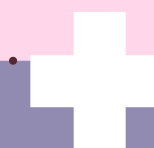
What are the next steps?

- **A more comprehensive scale for discrimination.**
- **Utilizing a sample that 'uses' for an in-depth look into habits.**
- **Reshift perspective on the interactions between the constructs.**



Conclusion

- Students feel frequent stress
- In addition to general stress, Latinx students also face discrimination and acculturative stress.
- By understanding how these constructs affect our students, we can continue to work towards ensuring their mental and physical health.





Thank you!

