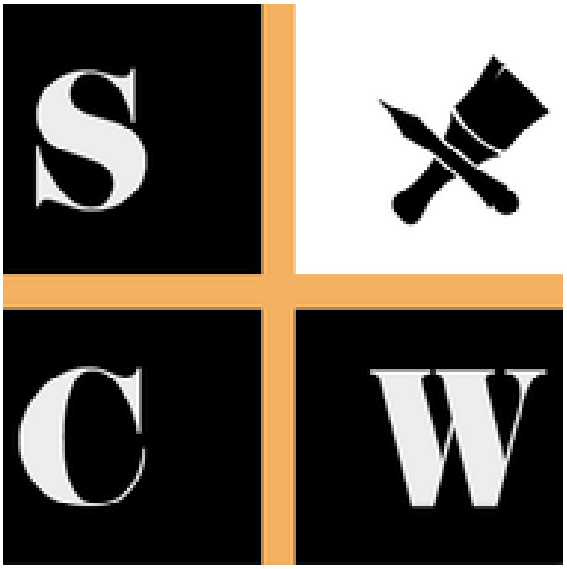


DOMINICAN UNIVERSITY of CALIFORNIA

Scholarly & Creative Works Conference

#10

Presenter: Jessica Velasquez

Session & Time: Poster_V / 4:00 to 4:50pm

Room: Guzman Lecture Hall

Discipline: Psychology

Faculty Mentor: Veronica Fruiht

Digital Portfolio URL:

Title: Cultural Influences on Mental Health Stigma and Help-Seeking Behaviors among College Students

Abstract:

Mental health stigma is a barrier that influences seeking mental health care across different populations. Both self-stigma and societal stigma significantly discourage help-seeking behavior across various groups (Corrigan et al., 2004). For Latino students, cultural factors such as familismo (family ties) and machismo (male pride), discourage help-seek (Corona et al., 2017), while White students may face less culturally specific stigma, potentially leading to more use of mental health resources (Pescosolido et al., 2008). These dynamics vary across racial and cultural values influencing access to mental health support (Kourta et al., 2024; Eisenberg et al., 2007). This study aims to explore whether Latino college students will experience more mental health stigma and demonstrate lower rates of help-seeking behavior than their White peers. This study investigates cultural values that predict higher levels of stigma around seeking help among Latinos and White college students. Participants in this study consisted of 60

individuals enrolled at a private, liberal arts institution, in Northern California. Participants completed a survey of questions derived from Mexican American Cultural Values Scale (Knight et al., 2010), General Help Seeking Questionnaire (Wilson et al., 2005), Stigma-9 Questionnaire (Gierk et al., 2018), and demographics questionnaire. This study is expected to show higher stigma and lower help-seeking behavior among Latino students compared to White students. Cultural values are expected to significantly predict stigma levels, revealing strong cultural alignment correlates with increased stigma and reduced help-seeking behavior, particularly among Latino students. The findings would underscore the role of cultural factors in shaping attitudes toward mental health and emphasized the varying impacts of stigma across different racial and cultural groups. The research is expected to guide universities in developing culturally tailored mental health programs that address specific stigma-related barriers faced by diverse student populations.