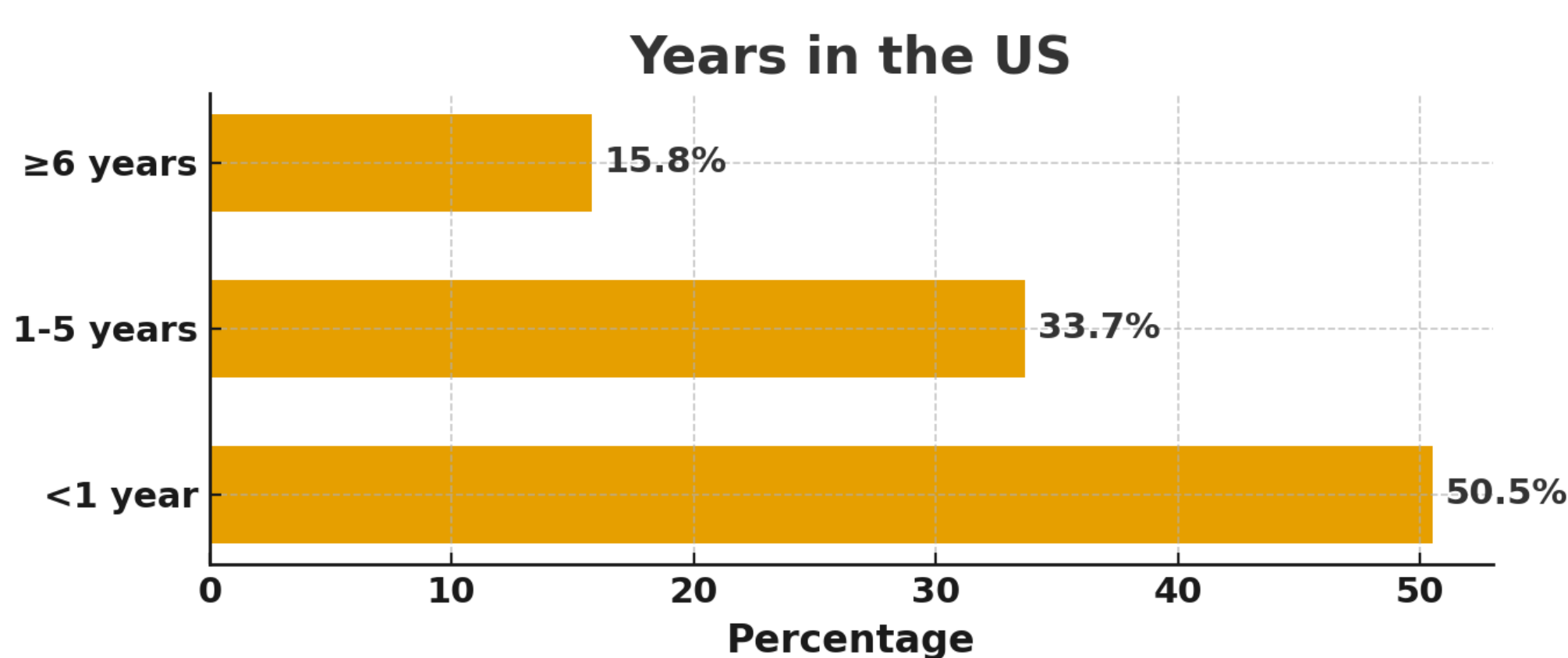


INTRODUCTION

- Immigrant adolescents experience significant acculturative stress such as anti-immigration sentiment, discrimination, and limited access to healthcare (Lerias et al., Sirin et al., 2019).
- Mental health outcomes in this population are mixed potentially due to the timing of the mental health assessment (Cleary et al., 2018).
- The immigrant paradox may apply to the mental health outcomes of adolescents where over time it becomes less optimal.
- This study investigates whether the duration of time immigrant adolescents have lived in the US is associated with differences in mental health screening scores, using validated tools in a school-based health clinic.**

METHOD

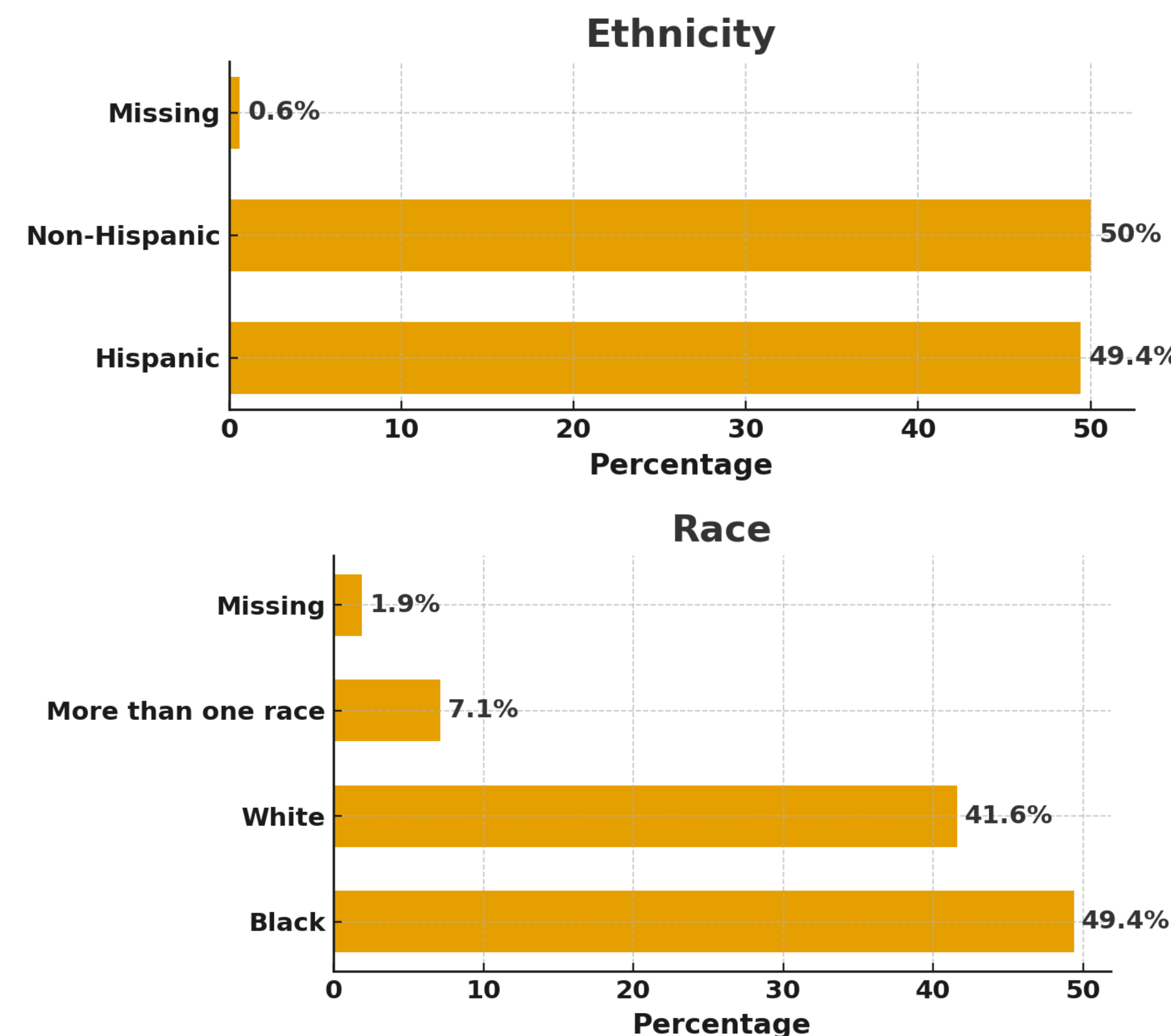
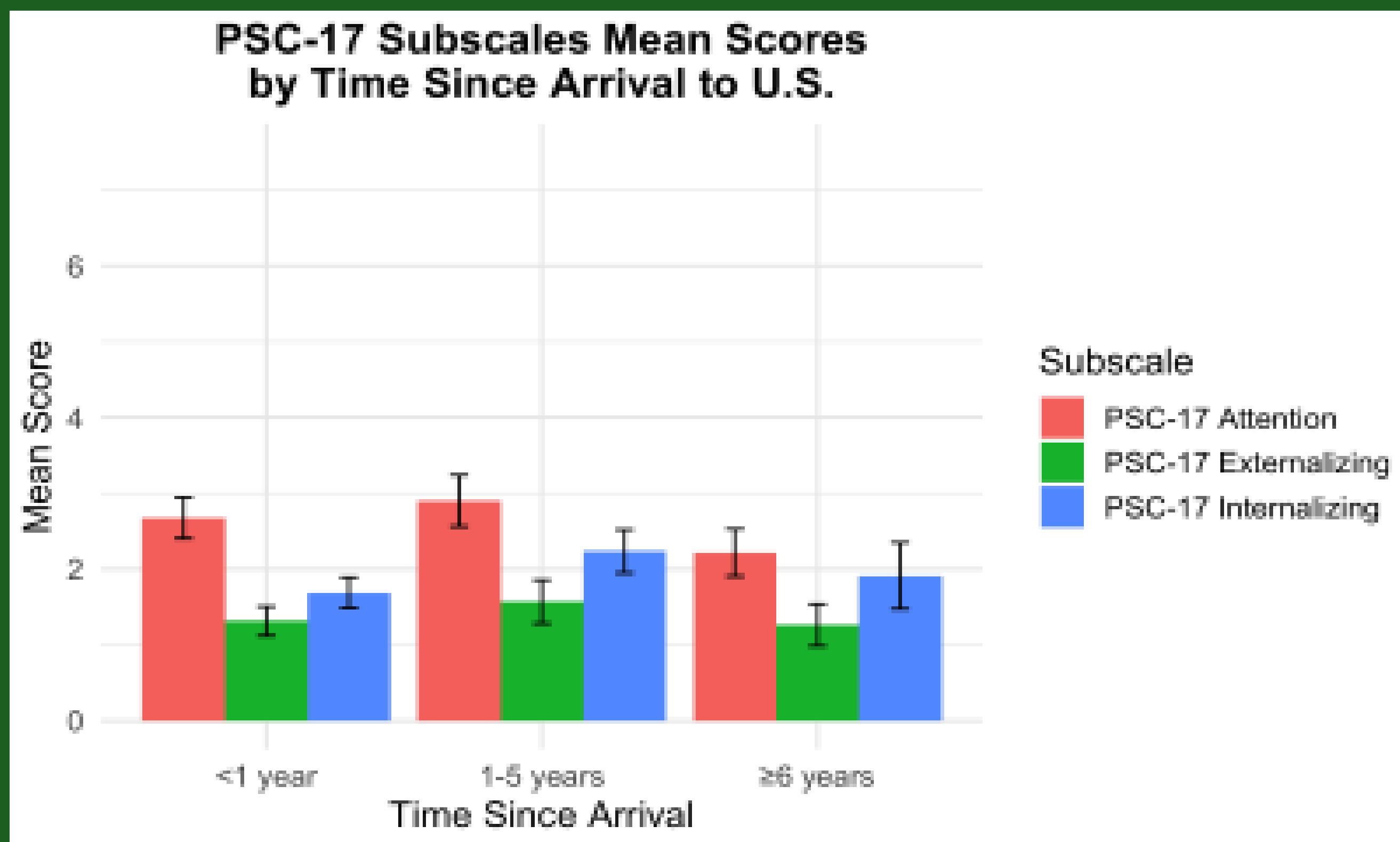
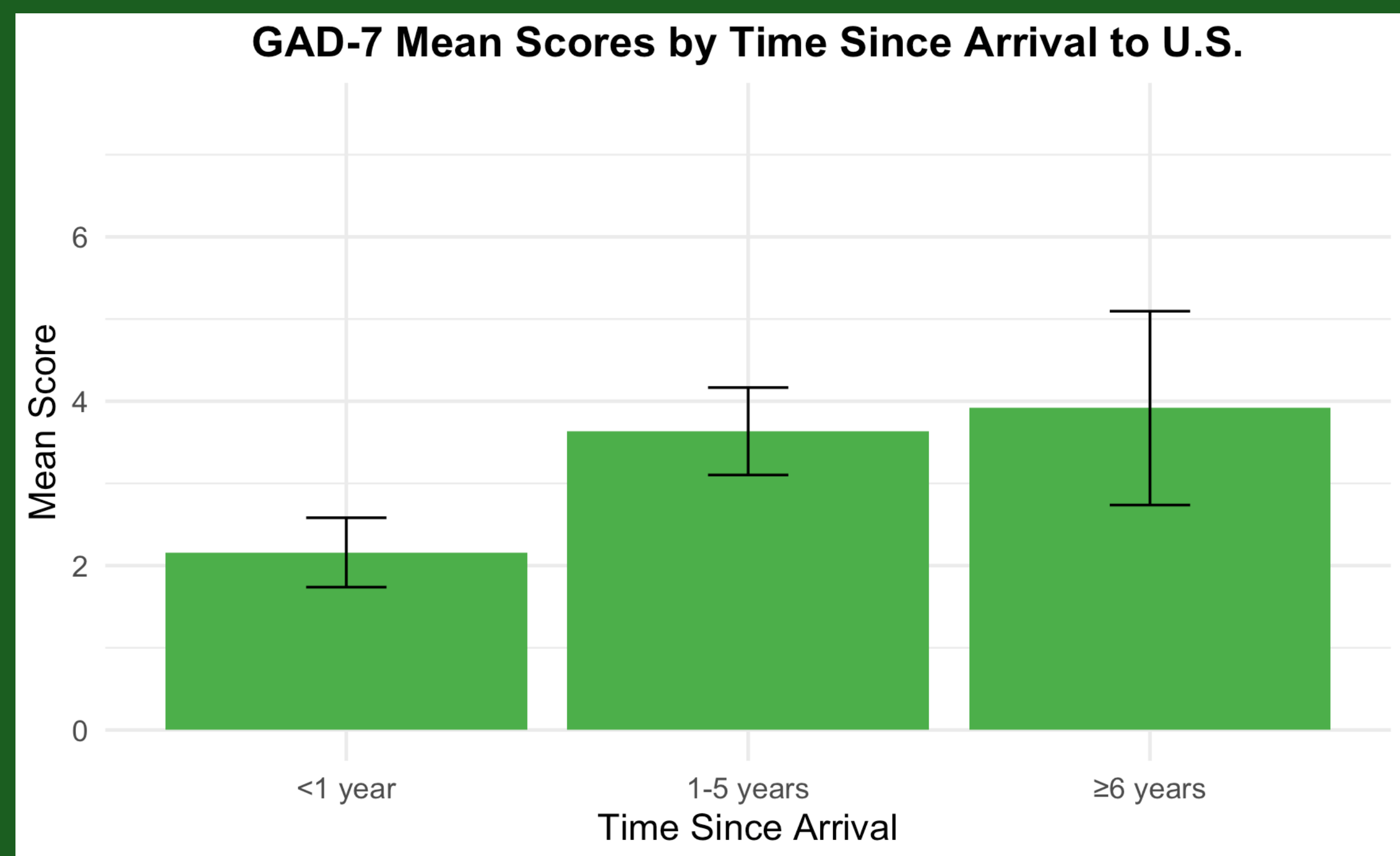
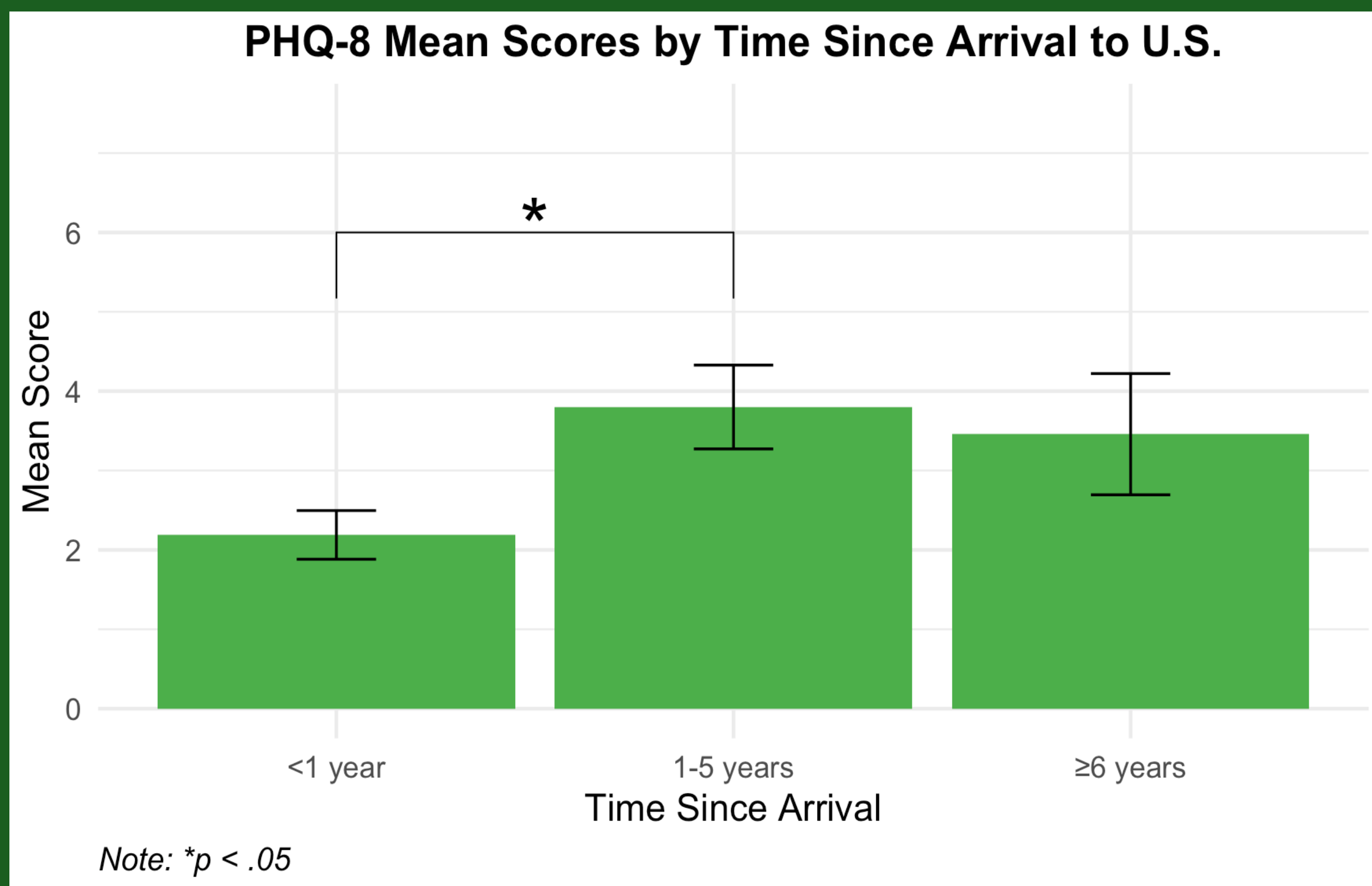
- A chart review was conducted of 154 patients (ages 11-19) who completed mental health screeners (PHQ-8, GAD-7, and PSC-17) during their well adolescent visits in three different school health-based clinics.
- The mean for age was 15.42 years old ($SD=1.60$) with 51% female and 49% male.
- The study population is a largely diverse sample coming from 18 different countries, the largest group of Hispanics originating from Cuba (12.3%) and the largest group of non-Hispanics originating from Haiti (43.5%).
- Patients were placed into categories based on time since arrival (i.e., less than a year, 1-5 years, and 6 or more years since arrival).
- One-way analysis of variances (ANOVAs) were performed using RStudio with length of time as a categorical independent variable and total score on each of the screener measures as the outcome.



References

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- Lerias, D., Ziaian, T., Miller, E., Arthur, N., Augoustinos, M., Pir, T., (2025). The Role of Acculturative Stress on the Mental Health of Immigrant Youth: A Scoping Literature Review. *Community Mental Health Journal*, 61(3):462-491.
- Sirin, S.R., Sin, E., Clingain, C., Rogers-Sirin, L. (2019). Acculturative Stress and Mental Health Implications for Immigrant-Origin Youth. *Pediatric Clinics*, 66(3):641-653.

Immigrant adolescents often present with minimal mental health concerns upon arrival to the United States; however, clinicians should remain vigilant for increases in depressive symptoms over time.



RESULTS

- One-way ANOVA revealed significant differences among the arrival groups on the PHQ-8 ($F(2,153) = 7.88$, $p < 0.05$, $\eta^2 = 0.05$).
- Tukey's HSD test revealed significantly higher depression score in the 1-5 years since arrival ($M = 3.80$, $SD = 3.81$) group in comparison to the <1 year since arrival group ($M = 2.19$, $SD = 2.71$).
- There were no significant differences between the ≥6 years since arrival group ($M = 3.46$, $SD = 3.74$) and the other groups.
- There were no significant differences among the arrival groups on the GAD-7 ($F(2,153) = 5.44$, $p = 0.07$, $\eta^2 = 0.04$), PSC-17 internalizing subscale ($F(2,153) = 2.43$, $p = 0.30$, $\eta^2 = 0.02$), PSC-17 externalizing ($F(2,153) = 0.78$, $p = 0.68$, $\eta^2 = 0.01$), or PSC-17 attention subscales ($F(2,153) = 1.4$, $p = 0.50$, $\eta^2 = 0.01$).

DISCUSSION

- While scores were not clinically significant, the results point to a progressive increase in depressive symptoms, which may signal elevated depression risk among specific immigrant subgroups and may warrant continued screening in this population.
- This study is limited by its exclusion of additional migration periods between the country of origin and entry into the United States, and by not addressing immigrant-related stressors that may vary according to country of origin.
- Future work will incorporate a U.S.- born group for comparison.