

## Introduction

- 1) Higher self-reported stress is associated with lower life satisfaction and increase risk for multiple chronic diseases (Buser et al., 2017; Cohen et al., 2012).
- 2) Research is needed to identify sociocultural factors that may ameliorate stress among Hispanics because this population experiences high levels of stress across the life course due to disproportionate exposure to adversity and sociocultural stressors (Brondolo et al., 2017).
- 3) Theories on biculturalism propose that individuals with higher biculturalism have better mental health (e.g., depression/generalized anxiety) because they are more adaptive in responding to the demands of the social environment (Nguyen et al., 2013; Schwartz et al., 2010).
- 4) A cognitive indicator of biculturalism is **bicultural blendedness** that encompasses perceived integration of two cultures, ranging from compartmentalization to blendedness. **Bicultural harmony** is an affective indicator of biculturalism that encompasses the perceived compatibility of two cultures and ranges from conflict to harmony (Nguyen et al., 2013).
- 5) Bicultural self-efficacy, is a behavioral indicator of biculturalism. Two components of bicultural self-efficacy are: **social groundedness**, the level of confidence an individual has in establishing social networks in both the receiving (e.g., U.S. culture) and heritage cultures (e.g., Hispanic culture), and **role repertoire** the level of confidence in using or learning culturally appropriate behaviors when interacting with both cultures (David et al., 2009)

## Research Aims

- To our knowledge, no prior study has examined if distinct domains of biculturalism are associated with stress.
- Accordingly, this study aimed to advance our understanding of biculturalism, specifically if components of bicultural identity integration and components of bicultural self-efficacy, are associated with psychosocial stress among Hispanic emerging adults.

## Results

Unstandardized and Standardized Coefficients from the Final Model of a Hierarchical Multiple Regression Predicting Psychosocial Stress ( $n = 200$ )

Variable	<i>b</i>	SE	$\beta$
<b>Block 1</b>			
Age	.10	.10	.07
Gender	.64	.38	.11
Study Site	.73	.72	.12
Partner Status	-.79	.42	-.12
Nativity	.71	.45	.11
Hispanic Heritage	-.22	.71	-.04
Student Status	-.85	.45	-.13
Employment Status	-1.54	.52	-.22**
Financial Strain	.58	.32	.12
<b>Block 2</b>			
Bicultural Blendedness	-.01	.23	-.02
Bicultural Harmony	-.78	.20	-.26***
<b>Block 3</b>			
Social Groundedness	.07	.02	-.23**
Role Repertoire	.11	.06	.14

Note.  $R^2 = 20.4\%$  for Block 1,  $\Delta R^2$  change = 8.0% for Block 2,  $\Delta R^2$  change = 3.3% for Block 3.

\*\*  $p \leq .01$ , \*\*\*  $p \leq .001$

## Measures

- 1) **Sociodemographic Questionnaire:** Age, gender, study site, partner status, nativity, Hispanic heritage group, student status, employment status, and financial strain.
- 2) **Bicultural Identity Integration:** Bicultural Identity Integration Scale–Version 2 (Huynh et al., 2018), Bicultural Blendedness Subscale ( $\alpha=.89$ ), and Bicultural Harmony Subscale ( $\alpha=.86$ )
- 3) **Bicultural Self-efficacy:** Bicultural Self-efficacy Scale (David et al., 2009), Social Groundedness Subscale ( $\alpha=.92$ ), and Role Repertoire Subscale ( $\alpha=.77$ )
- 4) **Stress:** Short-form Perceived Stress Scale (Cohen et al., 1983) ( $\alpha=.70$ )

## Participants & Procedures

- 1) A cross-sectional, convenience sample of 200 participants (Arizona  $n = 99$ , Florida  $n = 101$ ) completed an online survey.
- 2) Inclusion criteria were being ages 18-25, self-identify as Hispanic or Latina/o, and currently living in Maricopa County or Miami-Dade County.
- 3) Data were analyzed using hierarchical multiple regression

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