



***Coping and Culture:
The Protective Effects
of Shift-&-Persist and
Ethnic-Racial Identity
on Depressive
Symptoms in Latinx
Youth***

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Background

WHAT RISKS DO LATINX YOUTH FACE?

Latinx youth face a number of stressors, such as exposure to ethnic-racial discrimination and structural inequalities that lead to economic stress. These factors can contribute to depressive symptoms. Shift-&-persist has been identified as a coping strategy that may mitigate these effects.



WHAT IS SHIFT-&-PERSIST?

Shift-&-persist is a coping strategy consisting of:

1. **Shifting:** Reappraising and accepting uncontrollable life stressors
2. **Persisting:** Finding meaning in life & holding positive beliefs about the future.



WHAT ARE ITS BENEFITS?

Shifting-&-persisting is theorized to minimize the impact of uncontrollable life stressors on health outcomes through better regulation of the stress response system.



BUT, WHAT IS MISSING IN THE LITERATURE?

1. **Psychological outcomes:** Although shift-&-persist has been studied in relation to physical health, it has not yet been tested with psychological outcomes such as depressive symptoms.
2. **Ethnic-racial identity:** No studies have considered how shift-&-persist can interact with ethnic-racial identity processes that are critical to positive psychosocial adjustment for minoritized teens.

Study Aims

GOAL OF THE STUDY

The goal of this study is to understand how shift-&-persist and ethnic-racial identity may come together during adolescence to protect against stressors and facilitate positive psychosocial adjustment .



WHAT WAS EXAMINED?

The potential protective effects of shift-&-persist and ethnic-racial identity were examined in the face of two stressors:

1. Economic hardship
2. Peer discrimination

WHY ADOLESCENCE?

Adolescence is a critical period when:

1. Ethnic-racial identity begins to solidify
2. Youth are able to use more elaborate coping strategies to combat life stressors



Sample

175 Latinx adolescents
10-15 years old



Measures

Looking at shift-&-persist coping, ethnic-racial identity, economic hardship, peer discrimination and depressive symptoms in youth.

What did we find?

1

In a model looking at economic hardship...

Kids who did **high levels of shift-&-persist were partially protected** against the harmful effects of economic hardship on depressive symptoms.

2

In a model looking at peer ethnic discrimination...

Peer discrimination was positively related to symptoms of depression.

3

Shift-&-persist **protected against discrimination**, but only for youth with lower ethnic-racial identities.

What do these findings mean?

Shift-and-Persist coping

This coping strategy is associated with lower levels of depressive symptoms in Latinx youth and related to positive mental health outcome.



Ethnic-racial identity

Shift-&-persist may complement a lower ethnic-racial identity, but high ethnic-racial identity and high shift-&-persist together wasn't protective.

Implications

Facilitating adaptive coping strategies

The shift-and-persist strategy is important for teaching youth to change their perspectives and encourage to identify the positive aspects of the situation

The role of cultural identity

Strong ethnic-racial identity can have a protective effect against latinx youth, and cultural identity should be included for protecting mental health of the population.

Importance of cultural sensitivity

Mental health interventions should take into account of different cultural experiences, and delivered into cultural sensitive manner



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