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Acculturation, Religious Fatalism, & Psychological Healthcare Utilization Among Latinxs

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INTRO

- As Latinx individuals acculturate to the U.S. (i.e., changes and transfer of customs from the host culture), they may have more positive attitudes towards healthcare utilization^{1,4}
- Religious fatalism, the belief that an individual's health is predetermined by a higher power, has also been shown to be associated with healthcare utilization, such that individuals who endorse higher religious fatalism have more negative attitudes and less health care utilization.^{2,3}
- This study examines acculturation and religious fatalism to understand the attitudes towards utilization of health services among Latinx individuals.
- This is essential to illuminate negative attitudes and health care utilization as to strengthen multicultural competency in healthcare.

METHODS

- Recruitment was accomplished through community outreach by word of mouth in Phoenix, Arizona.
- There were 102 participants (63 females, 39 males) with a mean age of 33.3 and standard deviation of 10.67.
- Participants were selected by meeting criteria eligibility (e.g., at last 18 years of age, can speak English or Spanish, identify as a first-generation immigrant from Mexico or Mexican American).

- Acculturation, religious fatalism, and help seeking were measured using the following: Bidimensional Acculturation Scale, the Religious Health Fatalism Questionnaire (RHFQ), and the Attitudes Towards Seeking Professional Psychological Help Scale (ATSPPH).
- Bivariate correlations were used for analysis as well as a mediation analysis on SPSS.

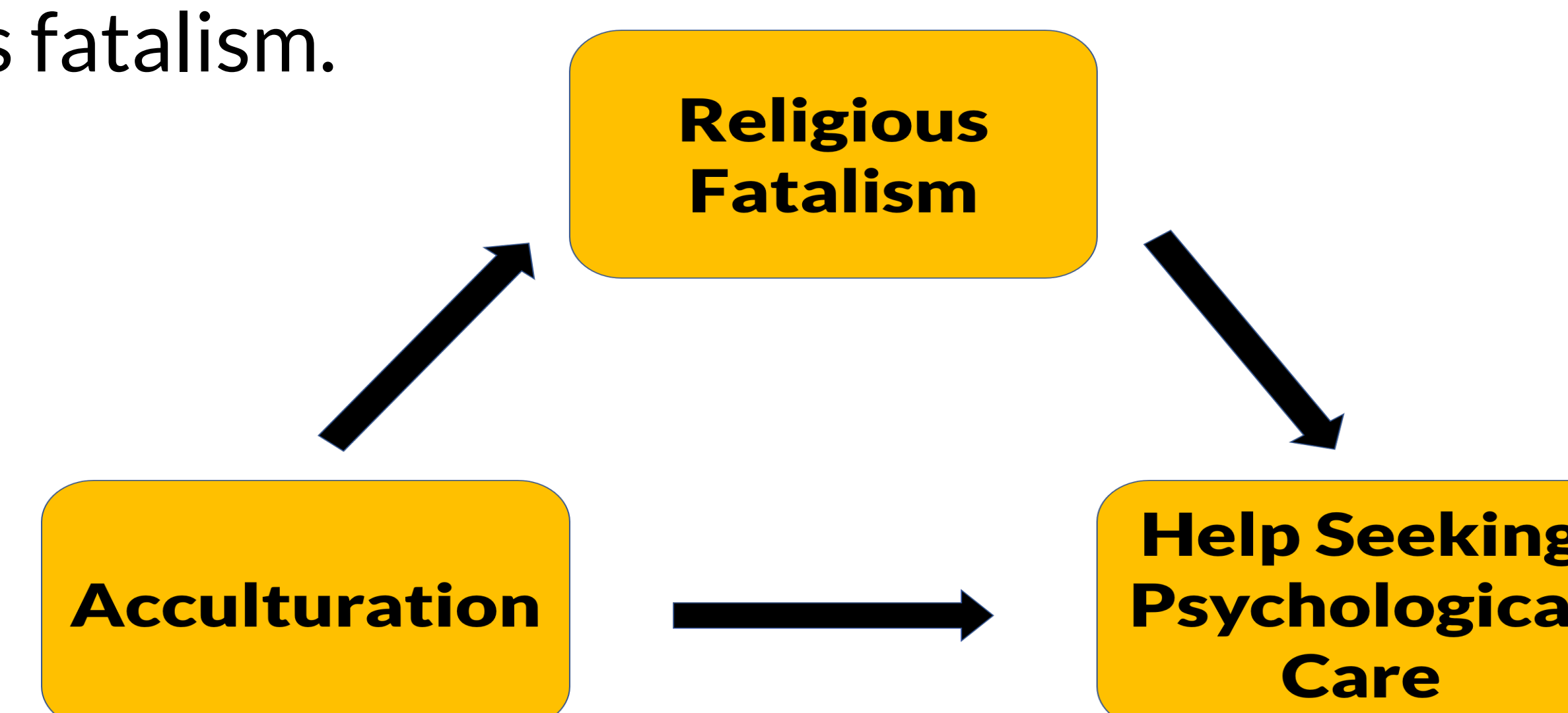
RESULTS

- Higher levels of acculturation are significantly and negatively correlated with religious fatalism ($r = -.216, p < .05$)
- Lower levels of religious fatalism are significantly and positively correlated with attitudes towards healthcare utilization ($r = -.308, p < .01$).
- There was no significant correlation between acculturation and attitudes towards psychological healthcare utilization ($r = .039, p > .05$).

Descriptive Statistics			
Scales	Mean	Std.Deviation	N
Acculturation	2.9929	.47555	100
RHFQ_Total	53.9412	17.10528	102
ATSPPH_Total	26.0882	6.73119	102

MAIN FINDING

Our findings indicate that Latinx individuals who acculturate to the U.S, are more likely to have positive attitudes towards seeking psychological care through the indirect relationships of religious fatalism.



DISCUSSION

- Our findings promote awareness among counseling psychologists ultimately advocating for culturally sensitive constructs like acculturation and religious fatalism, providing services that are more culturally sensitive.
- Future research should investigate other possible mediators to explore the relationship between acculturation and behaviors towards professional psychological health help seeking.
- Additionally, future researchers should investigate different religious affiliations and the role of spirituality throughout a larger sample size from the broader communities of those who identify as Latinx.

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