

Ethnicity and preferences for coping strategies

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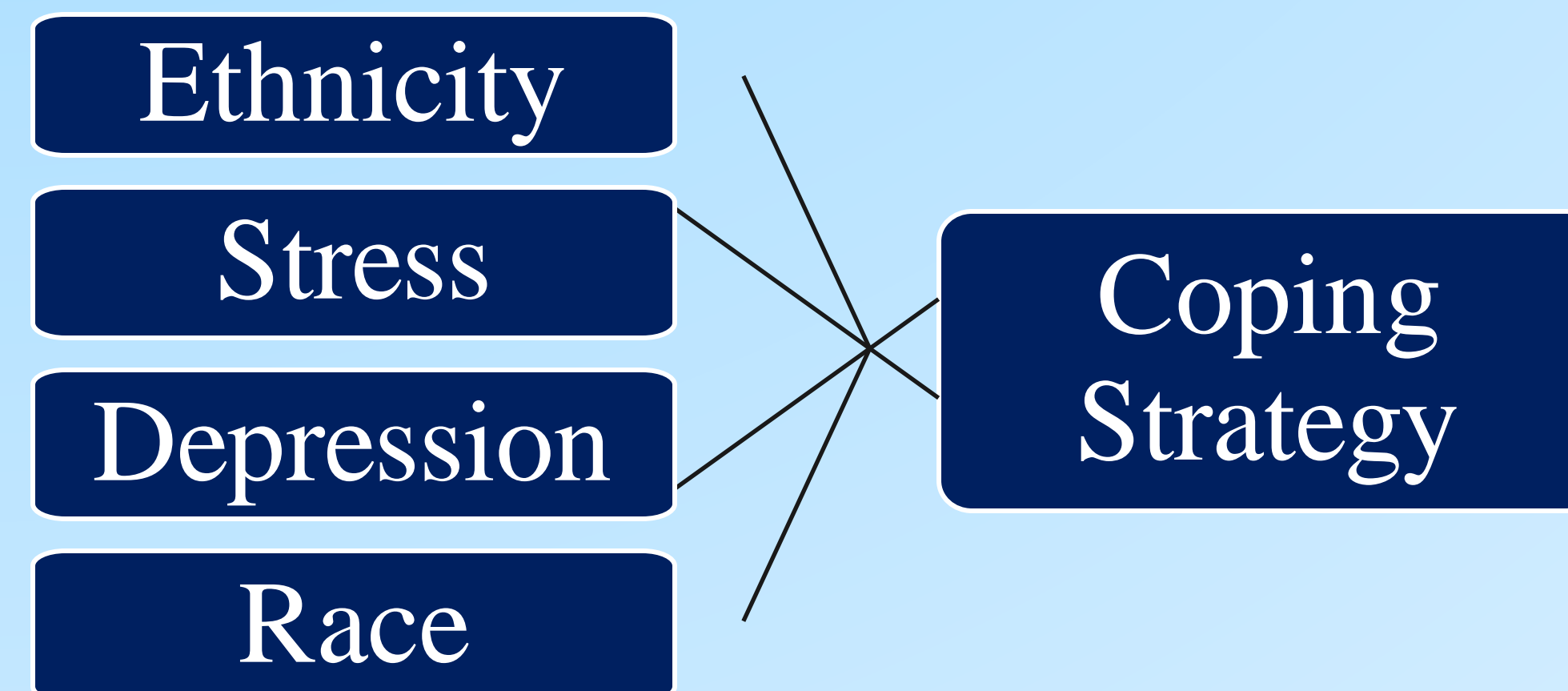
Research Question

What are the preferred coping mechanisms within an ethnically diverse sample of college students with high levels of depression and/or stress?

Hypotheses

Brown et al., (1996) showed that nonwhites dealing with depression utilized help seeking attitudes less than Whites.

- Predict a significant relationship between ethnicity, stress, depression, race and coping strategy



Alternatively,

- No significant relationship

Method

Participants

- 97 students from The College of Idaho
- 34 Students of Color, 63 White

Materials

- The Undergraduate Stress Questionnaire (USQ, Crandall et al., 1992)
- Brief Coping Orientation to Problems Experienced Inventory (Brief COPE, Carver, 1997)
- Center for Epidemiological Studies Depression (CES-D, Radloff, 1977)

Quantitative, correlational research design

Data collected with internet surveys

Results

Factor analysis identified four coping strategies subscales.

A least squares regression analysis examined the relationship between the predictors – Ethnicity, Stress, Depression, Race – and the outcome measure – each of the coping strategy subscale scores.

None of the predictor variables were significant correlates with Collective coping.

Positive predictors were identified for the other three coping strategies.

- Stress
-> Africultural coping
- Stress and depression
-> Avoidance coping
- Depression
-> Dysfunctional coping

Ethnicity and Race weren't significant predictors.

Coping Strategy	Example Survey Question	F (4,91)	p
Collective	I've been getting comfort and understanding from someone.	2.87	0.026*
Africultural	I've been taking action to try to make the situation better.	3.56	0.01*
Avoidance	I've been making fun of the situation.	3.71	0.008*
Dysfunctional	I've been using alcohol or other drugs to make myself feel better.	16.88	.02***

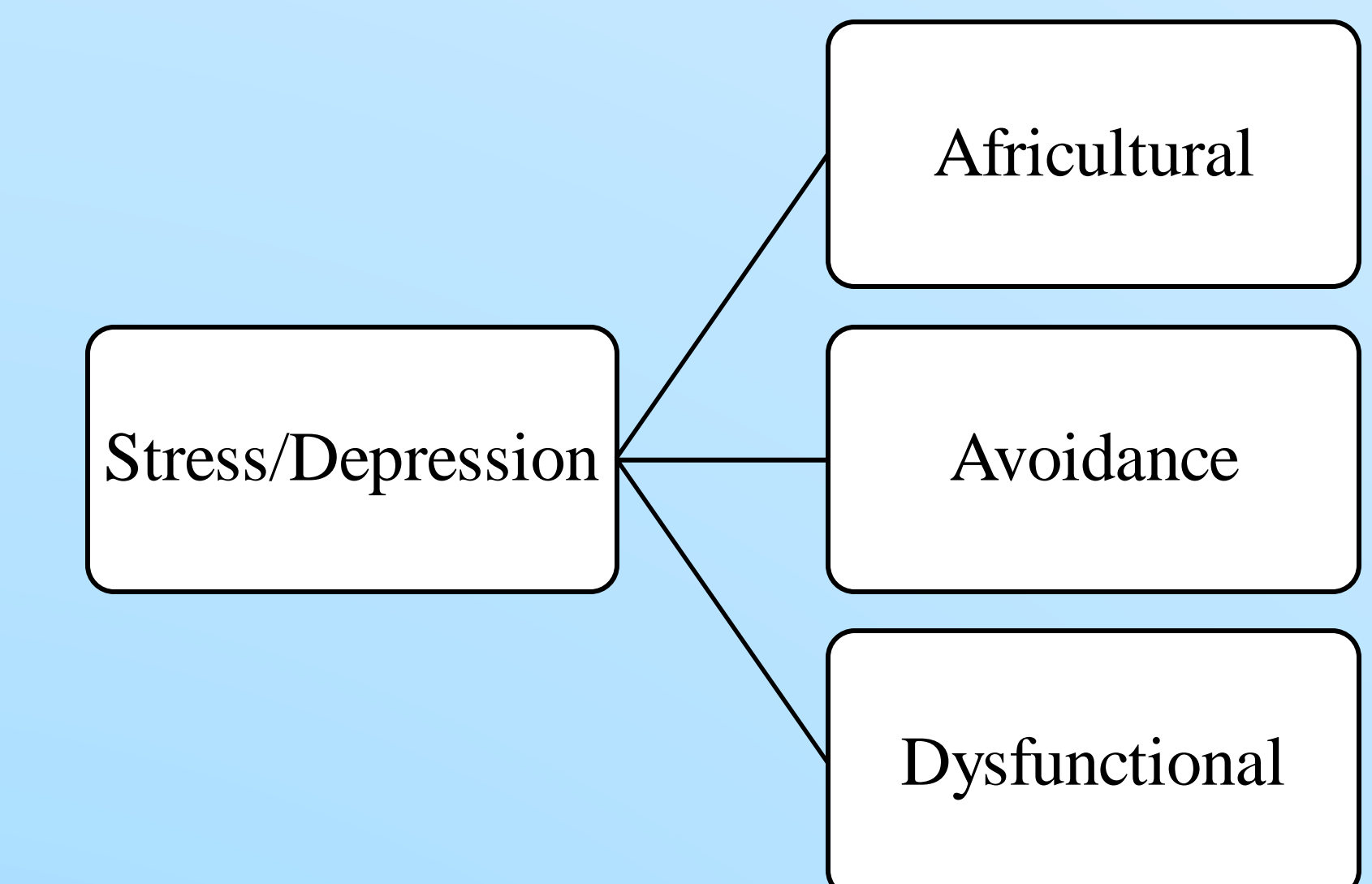
Variables	β	CI - lower 95%	CI - upper 95%	t	p
Collective					
Ethnicity	0.09	-0.59	0.76	0.25	0.8
Stress	0.11	-0.02	0.24	1.64	0.11
Depression	0.07	-0.02	0.15	1.63	0.17
Race	-1.23	-3.59	1.13	-1.03	0.3
Africultural					
Ethnicity	-0.16	-0.78	0.45	-0.51	0.61
Stress	0.13	0.01	0.25	2.15	0.035*
Depression	0.07	-0.01	0.14	1.77	0.08
Race	0.68	-1.45	2.81	0.64	0.53
Avoidance					
Ethnicity	-0.12	-0.61	0.37	-0.48	0.63
Stress	0.1	0.005	0.2	2.1	0.039*
Depression	0.06	0.004	0.12	2.13	0.036*
Race	-0.75	-2.46	0.97	-0.86	0.4
Dysfunctional					
Ethnicity	0.1	-0.46	0.66	0.35	0.72
Stress	0.1	-0.04	0.18	1.21	0.23
Depression	0.24	0.17	0.3	6.92	<.001***
Race	-0.25	-2.2	1.703	-0.25	0.8

References

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Discussion

- This study indicated that ethnicity, race, stress, and depression together predict a significant relationship with coping strategies.
- These variables alone showed no significant relationship with coping strategies.



Future Directions and Applications

- This study has implications for continuing the framework for ethnicity and coping strategies when dealing with mental health issues.
- Similar studies can further investigate different ethnicities preferred coping strategies and the importance of counseling centers exposing them to other forms of coping.
- Future research is needed to examine ethnicities preferred coping strategies with different types of stress such as academic, acculturative, and race related stressors.