Research Background

- Depression prevalence among Chinese diasporic communities has increased in recent years.¹
- Theoretical models suggest that cultural stress (i.e., a cluster of “othering” post-migration experiences) contributes to a greater risk of internalizing disorders (e.g., MDD).²
- Immigration-related stressors highlighted as a risk factor.³
- Yet, there is little understanding of how cultural minority status and immigrant status distinctly influence experiences of cultural stress.

Research Question

How does cultural stress uniquely influence depression symptomology among Chinese international students and Chinese domestic students?

Expected Outcomes

Hypothesis 1:
Acculturative stress will be associated with greater depressive symptoms.

Hypothesis 2:
Chinese international students will experience greater acculturative stress than Chinese domestic students.

Discussion

Interpretation of Expected Outcomes:
- If supported: further the cultural stress framework by evaluating how multiple minority factors uniquely shape depression outcomes
- If supported: potential clinical benefits in addressing unique experiences of cultural stress and distinct vulnerabilities to MDD

Future Directions:
- Longitudinal analysis of cultural stress and depressive symptoms

Selected References