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Diagnosis of Depression Among Hispanic Individuals--Appropriate Methods and Measures

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Poster Presentation P14

**DIAGNOSIS OF DEPRESSION AMONG HISPANIC INDIVIDUALS - APPROPRIATE
METHODS AND MEASURES**

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The diagnosis of mental illnesses in Hispanic individuals has received much criticism within the past decade. The amount of Hispanics that have immigrated to the United States has been on the rise, and this immigration to the United States has involved varying degrees of acculturation. Although newly immigrated Hispanics face a whole new set of challenges compared to Hispanics who have lived in the United States for many years, the obvious language barriers, poor socioeconomic statuses, and the ability to fit in and understand the American culture are all issues that might affect one's mental state. Many individuals, therefore, suffer from this transition into a new culture or suffer from a lack of balance between their own culture and the new culture. These circumstances might, then, correlate with the frequency of mental illness in Hispanics. Depression, in particular, is one serious mental illness that appears in the Hispanic population. Unfortunately, many Hispanics do not receive proper diagnosis for their mental illness and thus do not receive the appropriate treatment. Research has investigated the different measures and methods used to diagnose depression in Hispanics, but these systems have not proven to be valid or reliable. This situation needs to be further researched and changes regarding the diagnosis of depression in Hispanics needs to be addressed.