



The Role of Social Networks and Loneliness in Discrimination-Related Mental Health Outcomes Among Hispanic Immigrant Women in Nebraska



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BACKGROUND

Loneliness is a public health concern:

Latinxs are at risk

- Loneliness is associated with a 26% higher likelihood of mortality (Holt-Lunstad et al., 2015).
- Latinx immigrants experience physical separation from native land social ties
 - Results in smaller social networks for migrants compared to US-born counterparts (Viruell et al., 2013).
- Latinx immigrant women face unique barriers in creating robust social networks (Hurtado-de-Mendoza et al., 2014).

The impact of discrimination on Latinxs

- Discrimination exacerbates loneliness for immigrant Latinxs. Due to immigration policy-related stressors like fear of deportation, Latinx immigrants isolate themselves by avoiding various institutions, including healthcare and social services (Pinedo & Valdez, 2020; Almeida et al., 2016; Negi, 2011).

Social networks as protective factors:

- Social support networks may act as a protective factor by reducing mental health issues (Held et al., 2022).

RESULTS

	1	2	3
1. UCLA Loneliness Scale			
2. Everyday Discrimination	.41***		
3. Number of supportive ties	-.20	.10	
4. Number of nearby supportive ties	-.01	-.11	.41**

*p < .05. **p < .01. *** p < .001.

METHODS

80 Latinx adults in Nebraska (72.5% were women) completed measures on Qualtrics: Social support (MSPSS), depression (PHQ-9), PTSD (PCL-5), loneliness (UCLA Loneliness Scale), frequency of discrimination exposure (Everyday Discrimination Scale), social network questionnaire

RESULTS

Hypothesis 1: Not supported

Social networks were not associated with loneliness

Hypothesis 2: Supported

Discrimination was positively associated with loneliness

Hypothesis 3: Not supported

Social isolation was not associated with loneliness

PURPOSE & HYPOTHESES

Purpose

- Assess the relationship between loneliness, social networks, and discrimination-related mental health outcomes among Hispanic immigrant women in Nebraska

Hypotheses

1. Social networks will be negatively associated with loneliness, such that those with denser social networks will be less likely to have higher scores on loneliness than those with higher scores on loneliness
2. Discrimination will be positively associated with loneliness, such that those who report discrimination at higher rates will be more likely to have higher scores on loneliness than those with lower scores on loneliness
3. Social isolation will be positively associated with loneliness, such that those who report social isolation at higher rates will be more likely to have higher scores on loneliness than those with lower scores on loneliness

CONCLUSIONS

- Experiencing discrimination may contribute to loneliness for Latinx immigrants in Nebraska
- Having a larger support network or having support nearby (i.e., more available) was not associated with loneliness
- Discrimination may play more of a role in loneliness for Latinx immigrants than support network factors
- Efforts to reduce loneliness should focus on reducing discrimination and its effects

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References