

CALIFORNIA STATE UNIVERSITY, NORTHRIDGE

Ethnic Identity and its Effects on Depression in Immigrant Youth

A graduate project submitted in partial fulfillment of the requirements for the degree of Master  
of Public Health in Applied Epidemiology

By

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## Abstract

### Ethnic Pride and its Effects on Depression in Immigrant Youths

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Eyiram Mckenzie

Master of Public Health in Applied Epidemiology

**Purpose:** Depression is increasingly becoming a topic of relevance and more factors are found which impact it either positively or negatively. Depression has also become an emergent health concern among young adults. According to results published by the WHO, depression has become the leading cause of death in young people from ages 15-29 (WHO, 2021). The aim of this study is to see if there is a correlation between ethnic identity and depression incidence rates in the Latino/a and Somali-American youth population of Twin Cities metro area of Minnesota. The second aim of the study is to see if socio-economic status plays any part in the correlation between ethnic identity and depression.

**Methods:** Data was obtained from the PCAY survey, which is a sample consisting of Hispanic and Somali youth from the Minnesota Twin Cities metro area. Univariate analyses were conducted on the CES\_D and MEIM scales to determine variance and Cronbach's alpha. Bivariate analyses were conducted between the dependent variable, the CES-D scale and the MEIM scale to determine correlation. A Negative Binomial Regression was conducted subsequently to confirm association between depression, gender, ethnic identity and ethnicity.

**Results:** Ethnic identity was a significant predictor of depression. For every additional point on the MEIM scale, the incidence rate of a higher depression score increases by .01% (IRR: 1.015, 95% CI: 1.01 – 1.02).

**Conclusion:** Both cultures exhibited similar rates of incidence with scores on the MEIM scale and the slight increase in the depression scale. The study's results noted that a lower socio-economic status is indicative of a lower incidence rate of depression. Future studies should be conducted to observe the effects of ethnic identity and depression on academic achievement.