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Summary:

Latino youth experience some of the highest rates of depressive symptoms, with 46% of 10th-grade Hispanic adolescents in Washington reporting feelings of sadness or hopelessness in the past year (Healthy Youth Survey, 2021). Given that Latino families often have lower levels of mental health literacy, face a greater treatment gap, and have higher stigmatizing beliefs about mental health compared to non-Hispanic White populations (Cooper et al., 2003; Dixon De Silva et al., 2020; Vega et al., 2010), improving mental health literacy is crucial.

This proposed study will use a mixed-methods approach to assess the effectiveness of the Spanish Youth Mental Health First Aid (MHFA) training. It aims to evaluate how this training enhances Latino parents' knowledge, confidence, and intentions to use the five-step MHFA action plan. Additionally, the study will explore participants' experiences in supporting youth and determine if they have applied the five-step MHFA action plan through in-depth individual interviews.