

Machismo, Marianismo & Traumatic Grief in Latinx Survivors of Suicide Loss

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Content Warning

I will be discussing suicide, suicide loss and sharing about a completed suicide. If you're in crisis, please call 988 or text "Home" to 741741.

Abel Garcia

“Silently loud” mental health struggles.

- Family Stressors
- Financial Stressors
- Isolation & Withdrawal



Grieving a Suicide Loss

Playing Detective

Guilt/Shame

Cultural Factors

- Stigma
- Religion/Suicide as a sin.
- Culture

Anger, Blame

- And nothingness



**I could finally
breathe...**

Suicide and Suicide Loss

- Suicide rates increased 36% between 2000-2021 (CDC, 2023)
- Provisional 2022 suicide data shows additional 2.6% increase. (CDC, 2023)
 - 4.6% increase in Hispanic/Latinos
 - 2nd leading cause of death for individuals 10-34 years old.
 - Each suicide loss effects an estimated 5-6 family members, 135 community members (Cerel, et al., 2019)
 - 2022 estimated impact: 6.9 million SOSLs



Traumatic Grief

- Grief following a traumatic loss - such as deaths by suicide, homicides, accidents, and overdoses - which can disrupt or complicate typical grief responses.
- Initially introduced in DSM-5 as Persistent Complex Bereavement Disorder
- Prolonged Grief Disorder: (PGD), currently in the DSM-5-TR and the ICD-11

Suicide Loss as Traumatic

- Highest PGD symptoms
- Highest functional impairment (Thielman et al., 2023)
- Highest rates of PTSD (Tal et al., 2017)
- Non-white individuals significantly higher PTSD, depression, and anxiety (Sangvhi, 2021)
- Women SOSLs reported significantly higher depression (Groff et al., 2016)

Suicide Loss, Guilt, & Stigma

- Higher perceived stigma associated with increased psychological distress and PGD symptoms, stigma higher in minority groups (Rivart et al., 2021)
- Social constraints: any social conditions that causes a trauma survivor to feel unsupported, misunderstood, or otherwise alienated when they are seeking social support or attempting to express trauma related thoughts, feelings, etc. (Groff et al., 2016)
 - Social constraints significantly associated with PTSD & Depression for individuals bereaved by suicide.
 - Non-white SOSLs reported higher social constraints. (Sangvhi, 2021)

Suicide Loss and Suicide Risk

- Suicide loss associated with heightened suicidal ideation (SI) and suicide attempts (Krysinska, 2003; Levi-Belz & Birnbaum, 2022)
- 2x SI compared to those bereaved by natural death. (Tal et al, 2017)
- Thwarted Belongingness (TB) and perceived burdensomeness (PB) predicts suicidal behavior; increased in SOSLs (Kinory et al., 2020)
 - **Thwarted Belongingness (TB):** An unmet need for an individual's social connectedness.
 - **Perceived Burdensomeness (PB):** An individual's belief that they are a burden and that others would benefit from their death/their death is worth more than their life.

Machismo

- A set of values, attitudes, and beliefs assigned to hispanic males
- Traditional machismo (hyper-masculinity/toxic masculinity) vs Caballerismo (chivalrous)

Marianismo

- Gender roles, expectations, and norms assigned to Latinas
- Family oriented, virtuous, humility, and spirituality
- Submissive
- Extreme sacrifice and suffering on behalf of the family (Castillo et al., 2010)

Machismo, Marianismo & Mental Health

- **Traditional machismo** associated with:
 - aggression, antisocial behavior, decreased emotional connectedness (Arciniega et al., 2008), PTSD and psychological distress (Herrera, 2013)
- **Marianismo** associated with:
 - psychological distress following traumatic events (Da Silva et al., 2021); disengagement coping styles and poor mental health outcomes (Sanchez et al., 2018)
- **Traditional machismo and marianismo** associated with higher levels of negative cognitions and emotions. (Nunez et al., 2016)

Theoretical Framework



Social Cognitive Processing Model (Lepore, 2001)

Positive and appropriate processing of traumatic events can occur if:

- Disclosure occurs*
- Supportive network that* validates responses, challenges altered cognitions
- Outlet for trauma-related reactions reduce stress.*

Incorporates emotional, social, & cognitive processes

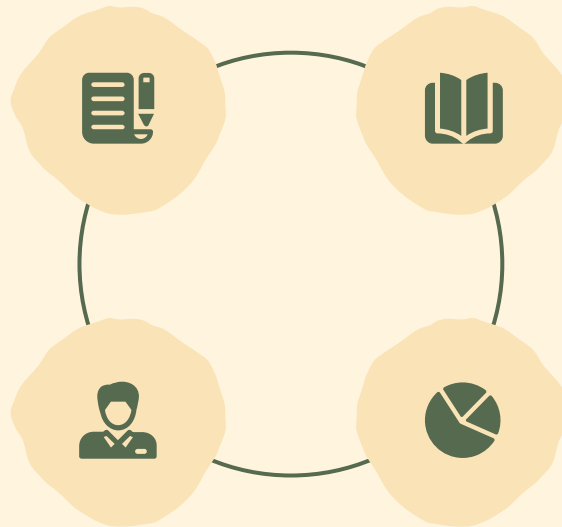
Methodology

Quantitative

Descriptives
Stepwise & Enter
Regressions Analyses

Population

Latinx adults survivors of
suicide loss (SOSL)



Procedure

IRB approval
Online Survey
English & Spanish version

Sampling

Convenience, purposive, and
snowball

Measures



**Machismo &
Caballerismo
Scale
(Arciniega,
2008)**



**Marianismo
Belief Scale
(Castillo, 2010)**



**TGI-SR+
(Lenferink,
2022)**

Demographic Data

N=152

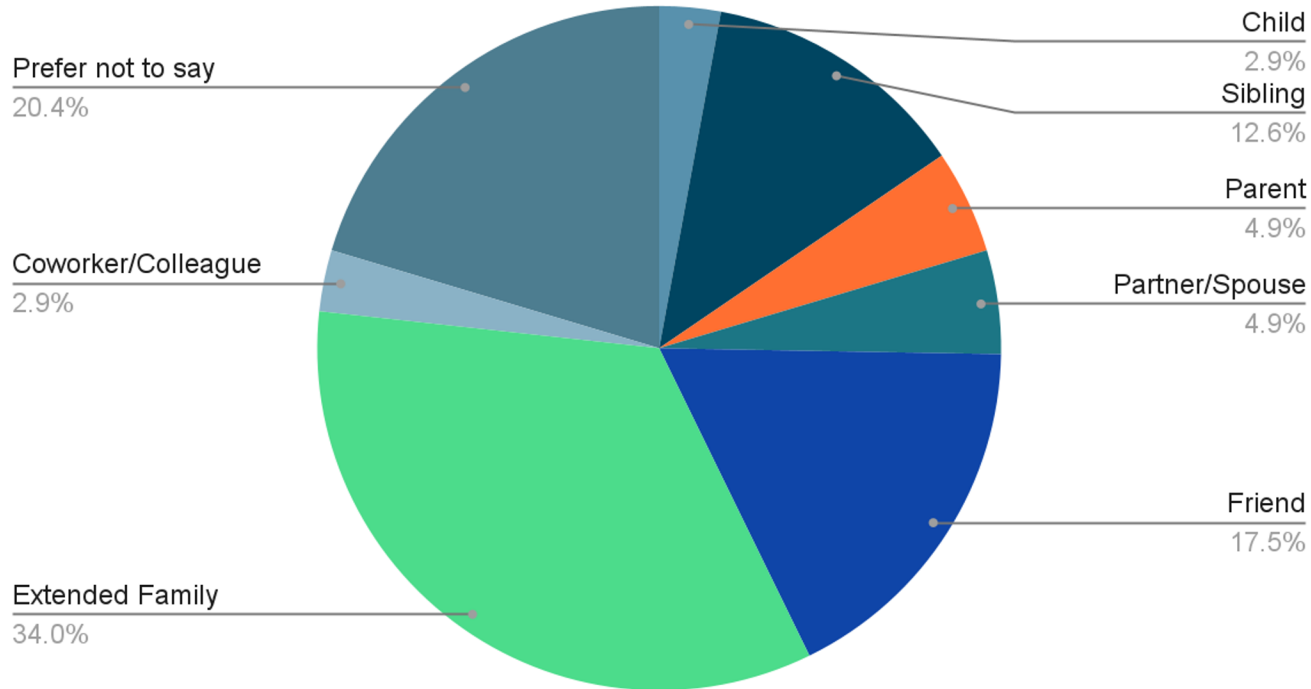
Total number of participants

94%

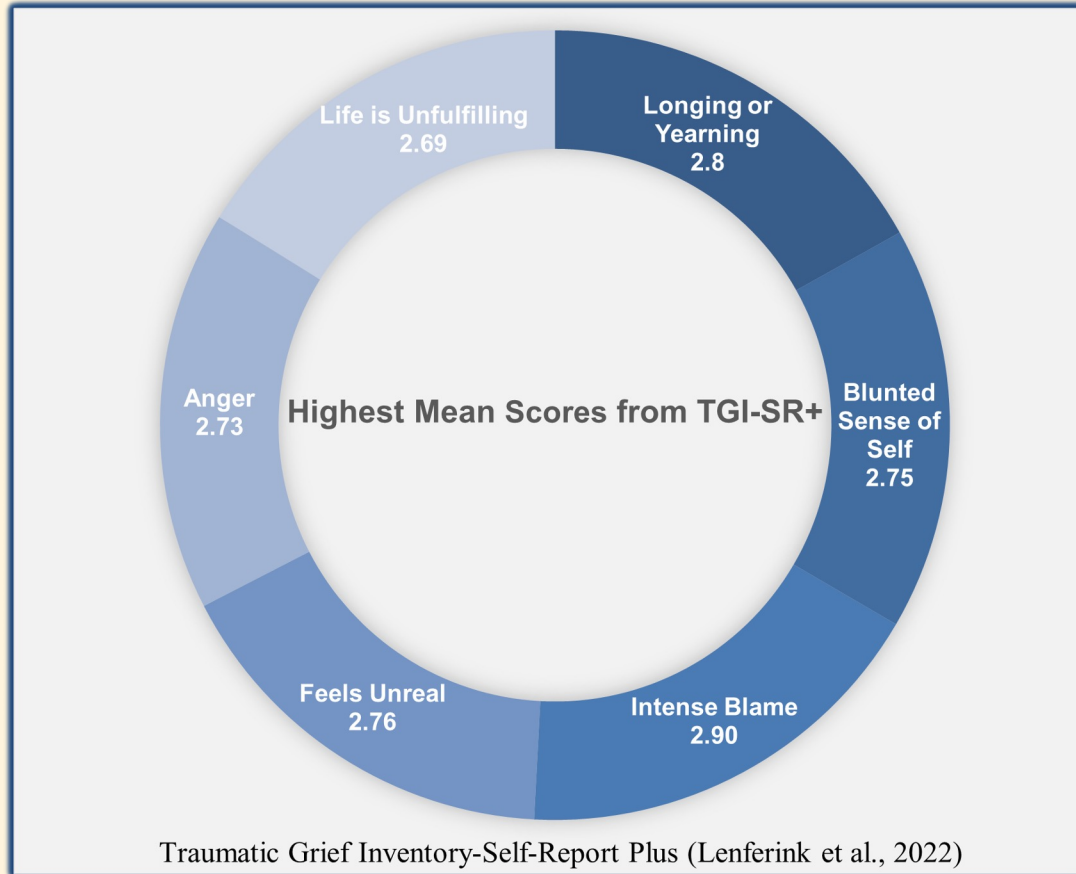
Mexico as familial country of origin


Suicide Loss Characteristics

Relationship to the Person Lost



TGI-SR+ Responses






23%

**Met threshold for
disturbed grief**

Predictors for Traumatic Grief

- Age (younger than 26)
 - Relationship to the Person Lost
 - Spouse & Children
 - Prefer not to say
 - Siblings
- 
- A decorative graphic at the bottom of the slide depicts a mountain range. The mountains are rendered in a dark green color, with a lighter green or yellowish-green area below them, suggesting a valley or a different type of terrain. The style is simple and illustrative.

Results of Hypotheses



1

Machismo & Traumatic Grief

Overall machismo will be associated with traumatic grief (non-directional)

2

Marianismo & Traumatic Grief

Overall marianismo will be associated with traumatic grief (non-directional)

3

Traditional Machismo

Traditional machismo will be positively associated with traumatic grief.

Hypotheses



4

Caballerismo

Caballerismo will be negatively associated with traumatic grief

5

Subordinate to Others

Subordinate to others (subscale of MBS) will be positively associated with traumatic grief.

6

Silencing Self to Maintain Harmony

Silencing self to maintain harmony (subscale of MBS) will be positively associated with traumatic grief.

Family Pillar

Protective factor; inverse relationship with traumatic grief ($p=-.05$).



Implications for Social Services

- Evidence Based Practices
 - Identify, fund, research, and implement policies and protocols that adequately address barriers for latinx survivors of suicide loss.
 - Addresses stigma and provides psychoeducation, may support decreases in care disparities and health outcomes. (Kapke & Gerdes, 2016)
 - Practitioner implementation of Latinx cultural constructs may increase service utilization and retention (Davis et al., 2019)
 - Fresno: top five communities with greatest health needs are predominantly Latinx (FCHIP, 2023)
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Thank you CCASSC!



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Thesis

