

Culturally-Sensitive Mental Health Research Instrument for Indigenous Oaxacan Communities

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INTRODUCTION

*This project consisted of creating a research instrument in Spanish, Mixteco, and Zapoteco to assess the mental health status, as well as the protective and risk factors in the Indigenous Oaxacan groups of the Central Valley in California.
*This project involved the creation of the instrument and its translation into the most common languages spoken by Oaxacans (Spanish, Mixteco, and Zapoteco.)

LITERATURE REVIEW

*Oaxacans come from the Mexican state of Oaxaca and have relocated primarily in the Central Valley of California, Los Angeles, and San Diego.
*They are the fastest growing farm-worker population in California and are estimated to be between 100,000 and 150,000.
* Affected by marginalization, poverty, lack of health insurance, substandard housing, and increased levels of stress and anxiety.
Source: Kresge, California Center for Rural Studies



Ethnobotanical Garden in Oaxaca- Source: all-free-download.com

METHODS

*Literature Review
*Included questions on the perception of Covid-19 risk, its implications on mental health, and other relevant mental health constructs.
* Translated by native speakers (Spanish, Mixteco, Zapoteco)

OUTCOMES:

*The mental health research instrument is now available in three languages: Spanish, Mixteco, and Zapoteco

* We created a written version in Spanish and an oral/audio version in Mixteco and Zapoteco since these last two languages are "oral" languages and do not have a written form.
* Available now for anyone who needs it with the goal of increasing health access and health equity for this community.

CONCLUSIONS

*To serve the Oaxacan community via this project
* To increase health literacy
*To strengthen collaborations between the involved university, the Oaxacan community, and local organizations serving this group.