

DIFFERENCES IN PERCEPTION OF DEPRESSION, ATTITUDES TOWARDS MENTAL HEALTH, AND GENDER ROLES AS A FUNCTION OF LANGUAGE OF RESPONSES IN ENGLISH - PUNJABI BILINGUALS

In this study, a quantitative design is being adopted to determine if English-Punjabi Bilinguals' perceptions of depression, mental health attitudes, and gender norms vary based on target reporting language. Sixty participants were recruited via social media. Participants varied from 18 to 51 years old, including 39 women and 21 men. We hypothesized English-Punjabi bilinguals would report higher depressive symptoms in English and more negative perceptions towards mental health and gender norms in Punjabi. In part one of the study, participants received either an English or Punjabi version of the following scales: Patient Health Questionnaire (PHQ-9), Warwick-Edinburgh Mental Well-Being Scale (WEMEBS), Mental Health Knowledge Questionnaire (MHKQ), and Gender Role Attitude Scale (GRAS). After two weeks, participants received the opposite language version. We conducted 8 paired t-tests to determine if there were significant differences between the two versions. The results for gender norms showed: egalitarian roles $t(59) = 6.861$, $p < .001$, female gender Roles $t(59) =$

-1.659 , $p = .102$, traditional Roles $t(59) = -6.376$, $p < .001$, marriage Roles $t(59) = -2.030$, $p = .047$, and male Gender Roles $t(59) = -3.176$, $p = .002$. The results for mental health attitudes showed $t(59) = 5.496$, $p < .001$. The results for depression showed: PHQ-9 $t(59) = .330$, $p = .89$, and WEMEBS $t(59) = .136$, $p = .74$. The significance of mental health and gender norms demonstrated that language does prime certain aspects of our attitudes and perceptions, however, differences in depression levels were not demonstrated.

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