



# **Handbook of Multicultural Mental Health: Chapter 9. Nativity and Migration: Considering Acculturation in the Assessment and Treatment of Mental Disorders**

*Gayle Y. Iwamasa, Shilpa M.P. Regan, Andrew Subica, Ann-Marie Yamada*

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This chapter provides an overview of research on acculturation and mental health in multicultural individuals. The principle frameworks of acculturation are reviewed and distinctions are drawn between the acculturation experiences of immigrants and refugees. This chapter also highlights various methodological considerations relevant to the assessment of acculturation and reviews existing acculturation measures developed with Latinos, Asian Americans, African Americans, and American Indians. Research examining the relationships between acculturation and mental health with emphasis placed on Latino and Asian American populations are presented. This chapter concludes with recommendations for future acculturation research and underscores areas in need of additional empirical inquiry.

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