

The Mental Health Status of Migrant Farmworkers in the Midwest United States: What We Know, and What We Need to Do

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Scant research has examined the mental health of migrant farmworkers in the United States. For example, until recently, Vega, Warheit, and Palacio's (1985) study of farmworkers in central California were the only published findings of psychological distress among Mexican American farmworkers in the U.S. Their overall conclusion was that the farmworkers' severe lifestyle (e.g., high frequencies of environmental stressors, such as hazardous working conditions) placed them at extraordinary psychological risk.

In the past four years, we have begun to examine the mental health of migrant farmworkers in southeast Michigan and northwest Ohio (Hovey & Magaña, 2000, in press a, in press b, in press c). This paper will first review some of our findings, and then discuss their implications for research, prevention, and treatment.

ANXIETY

Our purposes in our assessment of anxiety among Mexican migrant farmworkers (Hovey & Magaña, in press a, in press b) were twofold: to assess the prevalence levels of anxiety symptoms; and to identify the best predictors of anxiety symptoms. We used the four anxiety scales of the Personality Assessment Inventory (PAI) (Morey, 1991) to measure clinical features of symptoms related to anxiety disorders. The Cognitive Anxiety subscale measures expectations of harm and ruminative worry that may compromise an individual's ability to concentrate. The Affective Anxiety subscale measures subjective feelings of apprehension, tension, panic, nervousness, and difficulty in relaxing. The Physiological Anxiety subscale measures physical signs of anxiety. An overall Anxiety scale reflects all

three expressions of anxiety. On each scale, an individual scoring 60 or greater reaches caseness, which represents potentially significant symptomatology that may impair the individual's psychological functioning. Morey estimates that 16% of individuals from the general population will reach caseness.

As shown in Table 1, we found that our overall sample revealed relatively high rates of anxiety. The expected 16% was surpassed on all scales. We find these high levels of anxiety worrisome. First, the experience of high physiological anxiety may lead to more dangerous working conditions. Second, there are numerous negative health consequences related to chronic anxiety. These include suppressed immune system functioning and thus a greater chance for infectious diseases, high blood pressure, and heart disease, to name a few. Due to chronic anxiety, migrant farmworkers may be at an increased risk for such conditions.

On each scale, females reported greater anxiety than males. In addition, in comparison to immigrants, nonimmigrants reported greater anxiety, especially for cognitive anxiety, $\chi^2(1) = 5.05, p < .03$. We conjectured that this latter finding may partly depend on the question of comparison. Immigrant farmworkers may compare their current life situation to a lower socioeconomic experience in Mexico. On the other hand, the point of reference for nonimmigrant farmworkers may swing more towards the mainstream.

Farmworkers who are born in the U.S. may be more sensitive to the discrepancy between their current life conditions and those of other individuals in the U.S. They may also have set life goals other than migrant farmwork and may believe that they have failed to achieve these goals.

Table 2 shows correlation coefficients among predictor variables and overall anxiety. As indicated, low self esteem, ineffective social support, low influence of religion, low religiosity, low contribution to the decision to live a migrant farmworker lifestyle, low agreement with the decision to live a migrant farmworker lifestyle, greater education, and elevated acculturative stress were associated with high anxiety.

DEPRESSION

In Hovey and Magaña (2000), we explored risk factors for depression among immigrant Mexican migrant farmworkers. Our purposes were as follows: to assess the prevalence level of depression; and to identify the predictors of depression. We used the Center for Epidemiologic Studies Depression Scale (CES-D) (Radloff, 1977) to measure depression. The accepted caseness score on the CES-D is 16 or more. Reaching caseness indicates the presence of potentially significant depressive symptomatology. Approximately 20% of individuals from the general population will reach caseness.

Our sample revealed a relatively high level of depression. In comparison to the expected 20%, 38% of the migrant farm-

TABLE 1
PERCENTAGES OF CASENESS ON ANXIETY SCALES

	Anxiety Overall	Anxiety Cognitive	Anxiety Affective	Anxiety Physiological
Overall Sample (N = 95)	29.5%	25.3%	31.6%	27.4%
Females (n = 58)	34.5%	29.3%	32.8%	29.3%
Males (n = 37)	21.6%	18.9%	29.7%	24.3%
Immigrant (n = 65)	27.7%	18.5%	27.7%	24.6%
Nonimmigrant (n = 30) ^a	33.3%	40.0%	40.0%	33.3%

Note. ^a Nonimmigrants reported a significantly higher level of caseness on cognitive anxiety in comparison to immigrants, $\chi^2(1) = 5.05, p < .03$

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workers in our sample reached caseness. To noté, unlike anxiety, we found neither gender nor generational differences for depression.

Table 2 shows correlation coefficients among predictor variables and depression. High depression was associated with low self esteem, ineffective social support, low influence of religion, low religiosity, low church attendance, low agreement with the decision to live a migrant farmworker lifestyle, greater education, high acculturative stress, and high anxiety.

SUMMARY OF FINDINGS FOR ANXIETY AND DEPRESSION

We expected that those individuals who voluntarily worked as migrant farmworkers ("wanted to") would report less anxiety and depression than those individuals who involuntarily ("had to") worked as migrant farmworkers. This expectation was based on the notion that greater depression among individuals who unwillingly worked as migrants might be partly due to the influence of the lack of empowerment to control their lives. We assessed the farmworkers' willingness to migrate by asking whether they contributed to and agreed with the decision to live a migrant farmworker lifestyle, or whether they lived as a migrant worker due to the desire of others. As expected, those farmworkers who were willingly involved in the migrant lifestyle reported significantly less anxiety and depression.

In our assessment of religion as a predictor (and possible protective factor) of anxiety and depression, we measured church attendance, how religious farmworkers felt they were, and how much influence farmworkers felt that religion had upon their lives. We found that farmworkers who reported high levels of religiosity and influence of religion also reported low anxiety. Our findings suggest that religion may serve as a protective factor (i.e., a coping resource) against anxiety.

Because Mexican culture traditionally emphasizes collective values and affiliation, Mexican migrant farmworkers may be especially vulnerable to anxiety and depression when they lack social support. Moreover, given that social support helps provide acculturating individuals with a sense of belonging and self esteem, ineffective social support may lead migrant farm-

workers to feel undervalued and contribute to low self esteem. Because positive self esteem may protect against distress, low self esteem may place the farmworker at an increased risk for distress. It is not surprising, therefore, that our findings indicated that both ineffective social support and low self esteem were associated with high levels of anxiety and depression. These findings suggest that, among migrant farmworkers, effective social support and positive self esteem may serve to protect against distress.

SUICIDAL IDEATION

As noted earlier, in our assessment of anxiety among migrant farmworkers, females reported greater levels of anxiety in comparison to men. Moreover, in our conversations with some of the female participants, they spoke about stressors they had experienced that they felt were particular to them

as women (for example, childcare, cleaning the home, doing the laundry). We thus decided (Hovey & Magaña, in press c) to more closely examine the psychological status of female migrant farmworkers and the stressors that may be commonly experienced by them. Our study, which focused on immigrant Mexican female migrant workers, utilized a combination of quantitative and qualitative methods.

As part of our quantitative analyses, we assessed the women's history of suicidal ideation and determined the best predictors of suicidal ideation. We found that, out of 20 women, 7 women had experienced suicidal thoughts since they began working as a migrant farmworker. We used analyses of variance (ANOVAs) to assess the differences among migrant women who had experienced suicidal ideation and migrant women who had not experienced suicidal ideation. As shown in Table 3,

TABLE 2
CORRELATIONS AMONG PREDICTOR VARIABLES, ANXIETY, AND DEPRESSION

	<u>Overall Anxiety</u>	<u>Depression</u>
Self Esteem	-.31****	-.53****
Social Support	-.19**	-.52****
Influence of Religion	-.20**	-.01
Perception of Religiosity	-.16**	-.06
Church Attendance	-.06	-.25**
Contribute to Farmwork	-.22***	-.13
Agreement with Farmwork	-.29****	-.41****
Education	.30****	.23*
Income	.11	-.01
Acculturative Stress	.55****	.57****
Anxiety	—	.57****

Note. Significance levels are based on one-tailed tests.
* p < .10, ** p < .05, *** p < .01, **** p < .005

TABLE 3
MEANS AND STANDARD DEVIATIONS FOR MIGRANT FARMWORKER WOMEN WITH HISTORY OF SUICIDAL IDEATION VERSUS MIGRANT FARMWORKER WOMEN WITHOUT HISTORY OF SUICIDAL IDEATION

	<u>HISTORY OF SUICIDAL IDEATION</u>				<i>F</i> (1, 18) <i>df</i>
	<u>Yes</u> (n = 7)		<u>No</u> (n = 13)		
	<i>M</i>	<i>SD</i>	<i>M</i>	<i>SD</i>	
Self Esteem	18.4	2.6	20.9	2.6	3.88*
Family Functioning	2.22	0.48	1.66	0.40	7.79**
Social Support	131.1	10.8	148.4	12.1	9.87***
Hopelessness	6.3	3.7	3.2	3.4	3.39*
Acculturative Stress	62.7	15.9	48.2	12.5	5.10**
Anxiety	50.6	8.0	52.0	11.0	0.09
Depression	18.9	9.7	8.7	6.5	.78**

Note: Significance levels are based on one-tailed tests.
* p < .05, ** p < .01, *** p < .005

migrant farmworker women with a history of suicidal ideation reported significantly lower self esteem, greater family dysfunction, less effective social support, more hopelessness, higher acculturative stress, and greater depression than migrant women without suicidal ideation. We then used a logistic regression analysis to determine whether these six variable could together predict the present of suicidal ideation (i.e., which group each woman fell into). The model's chi-square value ($\chi^2 [6] = 25.9, p = .0002$) and Cox and Snell's $R^2 (.73)$ indicated a significant goodness of fit of the model, suggesting that the predictor variables had a significant combined influence on suicidal ideation. The model accurately classified 100% of the cases. The findings in this paragraph suggest that the combined influence of family dysfunction, ineffective social support, hopelessness about the future, a weakened sense of self, acculturative stress, and depression may lead to reduced coping and thus a susceptibility to suicidal ideation.

STRESSORS EXPERIENCED BY MIGRANT FARMWORKERS

As part of our qualitative analyses in Hovey and Magaña (in press c), we determined (through interviews) the stressors associated with migrant farmwork that were commonly experienced by the migrant farmworker women. These findings are very similar to the stressors that we identified among both women and men in Magaña and Hovey (2000). We will thus limit our present discussion to the findings from Hovey and Magaña (in press c). Table 4 lists the results of a content analysis of these data. Language barriers was the most common stressor. It had been experienced by all the women. The overall analysis revealed 21 distinct stressors. Eleven of the stressors were reported by at least 40% of participants. Nineteen of the 21 were reported by at least 25% of participants.

The following defining characteristics of the stressors are given to help clarify and understand the distinction among some of the stressors. "Hard physical labor" represented those difficulties due to the actual work itself (e.g., difficult physical nature of work; physical pain and health consequences related to work; not having enough water to drink while in the fields).

This compares to "rigid work demands," which were those difficulties resulting from the structure of the work environment (e.g., long hours; no days off).

"Unpredictable work/housing and uprooting" represented both the unpredictable nature of finding work or housing, and the feeling of instability due to constantly being uprooted. The "migration experience" represented those stressors related to the migration experience itself (e.g., owing money to individuals who helped them cross the border; dangerous situations such as swimming across polluted waters or walking extremely long distances in the desert to avoid being caught by immigration authorities). "Geographical and social isolation" represented those stressors associated with being physically isolated (e.g., difficult to meet people; no place for grocery shopping). On the other hand, "emotional isolation" was characterized by an emotional (rather than physical) inability to confide in others, and keeping feelings inside rather than sharing feelings with others. Finally, "loss of spouse" represented those stressors due to the spouse no longer

being in the home (e.g., death of spouse; spouse leaving or being kicked out of home).

MODEL OF STRESS

We feel some degree of stress when we face demands that require us to change in some manner. The state of stress has two components (Lazarus, 1999). A stressor is the event that creates the demands; and a stress response is the person's reaction to the demands. Our stress response is influenced by the way we cognitively appraise (evaluate) both the stressors and our capacity to effectively react to them.

Individuals who appraise a situation as threatening are likely to experience greater stress than individuals who sense that they have the ability to respond constructively to the situation. Coping occurs when individuals change their thoughts and behaviors in an effort to manage the specific external or internal demands that they appraise are taxing their adaptive resources. Several authors (e.g., Shneidman, 1996) have found that the experience of severe stress may overwhelm an individual's

**TABLE 4
STRESSORS IDENTIFIED BY FEMALE MIGRANT FARMWORKERS**

Stressors	Percentage of Farmworkers Who Experienced Stressor (N = 20)
Language Barriers	100%
Unpredictable Work Or Housing / Uprooting	70%
Being Away From Family Or Friends	70%
Hard Physical Labor / Physical Pain Related To Farmwork	65%
Migration Experience	60%
Rigid Work Demands	55%
Worries About Socialization Of Children	55%
Undocumented Status	50%
Low Family Socioeconomic Status / Poor Pay / Poverty	45%
Acculturating To New Environment	45%
Education Of Self Or Children	40%
Lack Of Daycare And Supervision Of Children	35%
Poor Housing Conditions	30%
Geographical And Social Isolation	30%
Lack Of Transportation / Unreliable Transportation	30%
Loss Of Spouse	30%
Discrimination From Society / Exploitation By Employer	25%
Domestic Abuse / Poor Spousal Relations	25%
Emotional Isolation	25%
Limited Access To Medical Care / Paperwork For Social Services	20%
Responsibilities Specific To Being A Female	15%

capacity to cope, and thus increase the individual's risk for psychological distress.

This model has relevance for understanding the stress that is experienced by migrant farmworkers. One of the major premises of our work has been that the migrant farmworker lifestyle, in conjunction with the acculturation experience, may place migrant farmworkers at risk for psychological problems. Another way to state this is that migrant farmworker stress, in concurrence with acculturative stress, may lead to psychological risk. Acculturative stress has been defined as the stress that directly results from and has its source in the acculturative process. Those individuals who appraise acculturative stressors as threatening may experience greater acculturative stress than those individuals who appraise the acculturative changes more opportunistically (Hovey, 2000a, 2000b). In the same manner, those individuals who appraise migrant farmwork stressors (such as those listed in Table 4) as threatening may experience greater migrant farmworker stress. This combination of stresses may overwhelm the farmworkers' capacity to cope. We believe that the high rates of anxiety and depression we found among migrant farmworkers may be due to the stress resulting from acculturative and migrant farmworker stressors.

As noted, we found that those migrant farmworkers who experience high acculturative stress tend to experience higher levels of anxiety, depression, and suicidal ideation. Up until now, however, we have only been able to identify migrant farmworker stressors. Due to the qualitative nature of our migrant farmworker stressors data, we have not yet been able to assess the *severity* of stress that results from these specific stressors, nor have we been able to directly examine the relationship of migrant farmwork stress to anxiety, depression, and suicidal ideation.

To address these limitations, we developed a new measure called the Migrant Farmworker Stress Inventory (MFWSI) (following this article). The MFWSI items are based on our qualitative data from Hovey and Magaña (in press c) and Magaña and Hovey (2000). As suggested in our discussion of the stress model, two migrant farmworkers may experience the same stressors with equal frequency but they may not experience the same amount

of stress. The stressors would have a greater negative impact on the farmworker who appraised them as threatening. The MFWSI takes this logic into account. It assesses both the *type* of stressors experienced, and the *level* of stress experienced as the result of the stressors. The MFWSI can be used as a research tool to directly examine the relationship between farmworker stress and other types of psychological distress, and as a screening device for agencies assessing the emotional health of farmworkers. Preliminary data (Hovey, 2001) suggest that the MFWSI has excellent interitem reliability and construct validity.

RECOMMENDATIONS FOR FUTURE RESEARCH

Although scant research has addressed the mental health of migrant farmworkers in the United States, what we do know points to a population at risk. Our research, for example, shows high levels of anxiety and depression among migrant farmworkers in Michigan and Ohio. In addition, our preliminary data suggest that some migrant farmworkers may be at risk for suicide. In order to arrive at more precise prevalence estimates, we need to further explore the rates of these and other psychological problems with large-scale studies of a representative design. Because of the differential characteristics (e.g., differing levels of available social support network) of the streams in which migrant farmworkers travel, implicit in this recommendation is that future research should be comprehensive and thus explore the mental health of migrant farmworkers in all areas of the country. Only then will we have a clear picture of the at risk nature of the migrant farmworker lifestyle. Longitudinal research can track the fluctuations in mental health status, and can, for example, determine whether individuals are at greater risk during the migratory agricultural season in comparison to the "off-season." Finally, future research should attempt to isolate risk and protective factors. This will help detail the possible points for service intervention.

SUGGESTIONS FOR PREVENTION AND TREATMENT

Our research suggests the need for prevention, assessment, and treatment services for migrant farmworkers. However, in the area

from which we collected our data, there are little to no prevention and treatment options available for farmworkers who are experiencing psychological problems. This situation most likely exists in other parts of the country.

PREVENTION

It is essential therefore that prevention efforts be directed toward those farmworkers who may be at risk for psychological difficulties. Due to their demanding work schedule, efforts toward prevention should be targeted to times and places that are convenient to migrant farmworkers (e.g., at the labor camps on evenings or weekends; outreach efforts in Texas during the off-season). Possible preventive strategies include the establishment of support groups—at camps or local community centers—where migrant farmworkers can discuss their difficult experiences and the ways in which they can cope with distress. Support groups would provide emotional support and increase self-esteem. Educational workshops and presentations—conducted by health professionals—can also be established. These workshops and lectures can address specific topics including risk factors for anxiety and depression, substance abuse, and how to cope with migratory stressors. These educational programs would be preventive because active participation would help detour future problems in these areas. English classes can be held on-site to offset the inherent difficulties of not knowing English. Mental health services can be integrated into mobile health clinic programs which have been found to be effective in providing health care to rural underserved populations.

The church is another possible prevention resource. Religious organizations help foster social networks and therefore may reduce psychological risk through social support. Church attendance also provides exposure to religious beliefs that may increase coping. Church members may use their priests and ministers as sources for emotional support. In addition to providing direct support, the clergy may disseminate information to farmworkers about the availability of other community resources. The cultural importance of the church extends beyond scheduled religious services. Therefore, outreach programs sponsored by the church, but not necessarily

held at the church, may have the respect of farmworkers.

Finally, mental health prevention efforts can be incorporated into Camp Health Aide or *Promotora* programs. These programs train farmworkers to provide health information and support to the farmworker community. The promotoras organize and facilitate educational sessions and act as liaisons between community health agencies and migrant workers. In addition to being educational, these programs may help provide social contacts and increase self-esteem among migrant workers.

TREATMENT

Because some farmworkers may be more receptive to seeking services from general health practitioners than from mental health service providers, physicians, nurses, and other general health providers should consider the influence of mental health problems in their assessment of the farmworkers' overall health and functioning. If necessary, the practitioner should make an effort to help destigmatize mental health care and refer the farmworker to a mental health provider.

In the evaluation and treatment of migrant farmworkers, the clinician should include an assessment of the stress connected to migrant farmwork and acculturation, including the migration experience itself; the farmworker's sense of self; social support; the farmworker's hopes and expectations for the future; and past and present coping strategies including religion. Because of the migratory nature of

their lifestyle, treatment for migrant farmworkers should be short-term in focus. Finally, the clinician should be aware of

health services that are available in the farmworker's other areas of residence.

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Migrant Farmworker Stress Inventory (MFWSI)

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OVERVIEW

The Migrant Farmworker Stress Inventory (MFWSI) is a 39-item self-report instrument that assesses the quality and severity of stressors inherent in migrant farmwork. This instrument was developed for adult migrant farmworkers.

TESTING CONDITION

The MFWSI is user friendly and thus presents few difficulties with respect to test administration. The MFWSI requires a 6th grade literacy level and takes between 10 and 15 minutes to complete. For those participants who have difficult reading, the MFWSI can be verbally administered.

SELF-ADMINISTRATION

Respondents are asked to rate how stressful they have found the experience described in each statement. Participants rate each item that they have experienced on a 5-point scale ("Have Not Experienced" to "Extremely Stressful"). If participants have not

experienced that statement, they circle "Have Not Experienced" under the statement.

The following administration instructions appear on the MFWSI form:

Below are a number of statements that migrant farmworkers have reported as stressful. For each statement that you have experienced, circle only one of the numbers, according to how stressful you found the situation.

If the statement does not apply to you, circle number 0: Have Not Experienced.

SCORING

Each item is scored from 0 to 4. The total MFWSI score is obtained by summing the scores for all 39 items. MFWSI scores range from 0 to 156, with higher scores indicating a greater degree of stress related to the migrant farmworker lifestyle.

MFWSI

Below are a number of statements that migrant farmworkers have reported as stressful. For each statement that you have experienced, circle only one of the numbers according to how stressful you found the situation.

If the statement does not apply to you, circle number 0: Have Not Experienced.

0 = HAVE NOT EXPERIENCED
 1 = NOT AT ALL STRESSFUL
 2 = SOMEWHAT STRESSFUL
 3 = MODERATELY STRESSFUL
 4 = EXTREMELY STRESSFUL

STATEMENTS

1. Sometimes I have difficulty communicating in the English language	0	1	2	3	4
2. I have to work in bad weather	0	1	2	3	4
3. There are not enough Spanish radio or television shows in this area	0	1	2	3	4
4. Because of the physical nature of farmwork, I have health problems	0	1	2	3	4
5. At times I have not been able to buy things that I want because I make little money	0	1	2	3	4
6. I worry about not having medical care	0	1	2	3	4
7. At times I have to work long hours	0	1	2	3	4
8. It is difficult to be away from family members	0	1	2	3	4
9. I have had to adjust to the different foods in this country	0	1	2	3	4
10. Due to following migrant farmwork, sometimes I do not feel settled (that I am often on the move)	0	1	2	3	4
11. Because I feel isolated, I find it hard to meet people	0	1	2	3	4
12. I have been taken advantage of by my employer, supervisor, or landlord	0	1	2	3	4
13. Sometimes I don't feel at home	0	1	2	3	4
14. I worry about not having a permit to work in this country	0	1	2	3	4
15. Sometimes I feel that my housing is inadequate	0	1	2	3	4
16. Sometimes I have difficulty finding a place to live	0	1	2	3	4
17. I worry about my relationship with my partner	0	1	2	3	4
18. I find it difficult to talk about my feelings to other people	0	1	2	3	4

19. There is not enough water to drink when I am working	0	1	2	3	4
20. I worry about not having anyone to care for my children while I am working.	0	1	2	3	4
21. Because of farmwork, I do not have time to get things done outside of work	0	1	2	3	4
22. My life has become more difficult because my partner is no longer with me (because he or she has moved or has died)	0	1	2	3	4
23. It is difficult to be away from friends	0	1	2	3	4
24. I worry about the values that my children are being exposed to in this country.	0	1	2	3	4
25. It bothers me that other people drink too much alcohol	0	1	2	3	4
26. I sometimes worry because I do not have reliable transportation	0	1	2	3	4
27. There are no stores nearby	0	1	2	3	4
28. I have experienced discrimination in this country	0	1	2	3	4
29. Sometimes I have difficulty finding a job	0	1	2	3	4
30. I worry about being deported	0	1	2	3	4
31. Migrating to this country was difficult	0	1	2	3	4
32. Sometimes I feel that the conditions of the bathrooms are bad	0	1	2	3	4
33. I worry about who my children are spending time with	0	1	2	3	4
34. I have been physically or emotionally abused by my partner	0	1	2	3	4
35. It is difficult to complete the paperwork necessary to receive social services	0	1	2	3	4
36. I do not get enough credit from other family members for the work I do	0	1	2	3	4
37. I have difficulty understanding other people when they speak English	0	1	2	3	4
38. I worry about my children's education	0	1	2	3	4
39. It bothers me that other people use drugs	0	1	2	3	4

MFWSI

Debajo hay varias situaciones que trabajadores del campo migrantes han dicho que son difíciles o estresantes (pueden causar tensión emocional)

Para cada frase, si usted ha tenido esa experiencia por favor circule sólo una respuesta, según que tan estresante o difícil fue esa situación para usted

Si no ha tenido esa experiencia por favor, circule el número 0: No Me Ha Pasado

0 = NO ME HA PASADO
 1 = PARA NADA ESTRESANTE
 2 = UN POCO ESTRESANTE
 3 = MODERADAMENTE ESTRESANTE
 4 = EXTREMADAMENTE ESTRESANTE Y STRESSFUL

SITUACIONES

1	A veces me es difícil comunicarme en inglés	0	1	2	3	4
2	Tengo que trabajar en mal clima (por ejemplo, en la lluvia, calor, o frío)	0	1	2	3	4
3	No hay muchos programas de televisión o radio en español en este lugar	0	1	2	3	4
4	Debido al la labor física del trabajo del campo, tengo problemas de salud	0	1	2	3	4
5	A veces no he podido comprar cosas que quiero porque gano poco dinero	0	1	2	3	4
6	Me preocupo el no tener cuidado médico	0	1	2	3	4
7	A veces tengo que trabajar muchas horas en un día	0	1	2	3	4
8	Es difícil estar lejos de miembros de mi familia	0	1	2	3	4
9	He tenido que acostumbrarme a diferentes comidas en este país	0	1	2	3	4
10	Por ser trabajador(a) del campo, a veces me siento inestable (que siempre me estoy mudando)	0	1	2	3	4
11	Porque me siento aislado(a), me es difícil conocer gente	0	1	2	3	4
12	Mi patrón, contratista, o rentero(a) han tomado ventaja de mí	0	1	2	3	4
13	A veces yo no me siento en casa	0	1	2	3	4
14	Me preocupa el no tener permiso/papeles para trabajar en este país	0	1	2	3	4
15	A veces yo siento que mi vivienda es inadecuada (que no esta bien)	0	1	2	3	4
16	A veces me es difícil encontrar un lugar para vivir	0	1	2	3	4
17	Me preocupo por mi relación con mi pareja	0	1	2	3	4

18	Me es difícil hablar con otras personas acerca de mis sentimientos	0	1	2	3	4
19	Cuando estoy trabajando, no hay suficiente (muchacha) agua para tomar	0	1	2	3	4
20	Me preocupo por no tener a nadie que cuide a mis hijos mientras yo estoy trabajando	0	1	2	3	4
21	Debido al trabajo del campo, no tengo tiempo de hacer otras cosas	0	1	2	3	4
22	Mi vida se ha puesto más difícil porque mi pareja ya no está conmigo (porque se mudó o se murió)	0	1	2	3	4
23	Es difícil estar lejos de mis amistades	0	1	2	3	4
24	Me preocupo por los valores que mis hijos están siendo expuestos en este país	0	1	2	3	4
25	Me molesta que otras personas toman demasiado alcohol	0	1	2	3	4
26	A veces me preocupo porque no tengo transporte seguro	0	1	2	3	4
27	No hay tiendas cercanas	0	1	2	3	4
28	Yo he sido discriminado(a) en este país	0	1	2	3	4
29	A veces me es difícil encontrar trabajo	0	1	2	3	4
30	Me preocupa el que me puedan deportar de este país	0	1	2	3	4
31	Fue difícil emigrar a este país	0	1	2	3	4
32	A veces siento que las condiciones de los baños son malas	0	1	2	3	4
33	Me preocupa con quién mis hijos están pasando tiempo	0	1	2	3	4
34	Yo he sido abusado(a) física o emocionalmente por mi pareja	0	1	2	3	4
35	Es difícil completar (llenar) los papeles necesarios para recibir servicios sociales (estampillas, Medicaid, Welfare)	0	1	2	3	4
36	Mi familia no me da suficiente mérito (crédito) por el trabajo que hago	0	1	2	3	4
37	Me es difícil entender a otras personas cuando hablan inglés	0	1	2	3	4
38	Me preocupo por la educación de mis hijos	0	1	2	3	4
39	Me molesta que otras personas usen drogas	0	1	2	3	4