



OT Lens: Un Paso
A La Vez

Stigma

WHAT IS STIGMA?

Stigma is when negative attitudes and beliefs are directed towards individuals who are viewed as different from others and influenced by environmental factors, such as society and culture (Montenegro et al., 2022). This can be perceived as being different from others and reducing a person's status.

Stigma has been found to be an influential factor within the Latinx community, specifically those with children with autism spectrum disorder, also referred to as ASD (Cohen & Miguel, 2018).

This has hindered children with ASD by the following:

- Preventing families from seeking answers and resources
- Delaying diagnosis



IMPACT OF STIGMA

It was recognized that Latinx mothers of children with ASD experienced the following internalized emotions:

- Guilt
- Remorse
- Shame
- Isolation
- Influenced stress
- Frustration

(Ladarola et al., 2019; Lopez et al., 2018; Rivera-Figueroa et al., 2022)

REFERENCES

Cohen, S. R., & Miguel, J. (2018). Amor and social stigma: ASD beliefs among immigrant Mexican parents. *Journal of Autism and Developmental Disorders*, 48(6), 1995–2009. <https://doi.org/10.1007/s10803-017-3457-x>

Ladarola S, Pérez-Ramos J, Smith T, & Dozier A (2019). Understanding stress in parents of children with autism spectrum disorder: A focus on under-represented families. *International Journal of Developmental Disabilities*, 65(1), 20–30.

Lopez K, Magaña S, Xu Y, & Guzman J (2018). Mother's reaction to autism diagnosis: A qualitative analysis comparing Latino and White parents. *Journal of Rehabilitation*, 84(1), 41–50.

Montenegro, M. C., Abdul-Chani, M., Valdez, D., Rosoli, A., Garrido, G., Cukier, S., ... & Montiel-Nava, C. (2022). Perceived stigma and barriers to accessing services: experience of caregivers of autistic children residing in Latin America. *Research in Developmental Disabilities*, 120, 104123.

Rivera-Figueroa, K., Marfo, N. Y. A., & Eigsti, I. M. (2022). Parental perceptions of autism spectrum disorder in Latinx and black sociocultural contexts: A systematic review. *American Journal on Intellectual and Developmental Disabilities*, 127(1), 42–63.

