

## J. HIGH-EFFORT ACTIVE COPING AND HEALTH OUTCOMES AMONG OLDER ARAB IMMIGRANTS

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Little empirical evidence exists on the health of older Arab immigrants in the United States. This paper explores the relationship between high-effort coping and a number of health outcomes, as well as coping beliefs among Arab immigrants, ages 60 years and older, living in the Detroit Metro area. Results are presented from an National Institute of Aging (NIA) funded pilot study, which targets both Arabic- and English-speaking immigrants, as well as US-born second generation immigrants.

A convenience sample of 101 participants responded to a survey that measured high-effort coping by utilizing the John Henryism Active Coping scale (JHAC12). In addition, nine focus groups were conducted to gather data on beliefs about high active coping.

Analyses demonstrated high-effort coping to be positively associated with a number of chronic health conditions. Those scoring high on the JHAC12 scale reported a higher number of chronic conditions in general, but there is no significant association with high blood pressure, self-rated health, or life satisfaction. While US-born participants reported better health status and life satisfaction, place of birth was not found to be associated with the number of chronic health conditions nor with high-effort active coping. Thematic coding of focus group data indicated that beliefs about coping (ie, whether or not one has control over one's fate) do not vary by place of birth. These findings provide important initial insight about high-effort coping among this understudied immigrant group.

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