

## **Immigrants' Mental Health Dilemma**

Social scientists have long documented the health advantage of immigrants over natives. However, our understanding of whether and how immigrants' mental health advantage changes over the life course remains limited. In theory, immigrants' relative mental health advantage could grow as they become acculturated, with increasing English proficiency and cultural immersion potentially protecting them against depressive disorders. At the same time, however, immigrants' cumulative exposure to discrimination and inferior working conditions could erode this mental health advantage over the long run, resulting in a shrinking or even reversed nativity gap in psychological well-being. This study uses 28 years of longitudinal data in the U.S. and finds that immigrants report lower levels of depression than natives in their 50s; however, this advantage declines with age and reverses around the mid-60s, when immigrants exhibit higher levels of depression. The pattern holds across ethnoracial and gender groups. We further investigate pre- and post-migration factors that may contribute to this dilemma.