

## Abstract

This study used a prospective design to test psychological model of cognitive styles (Sociotropy and Autonomy), disrupted life events (short term and long term threat) and self stigma on depression among 102 MainLand Chinese New Arrival Women, aged 18-54, who were interviewed at two time periods within a 2-month interval.

Hierarchical regression analysis indicated that household income and length of study were negatively related to depression while short term disrupted life events and self-stigma was positively related to depression. Amongst the cognitive styles, only autonomy was significantly related to T1 depression but not in T2. However, Sociotropy has not statistical relationship with psychological distress in both time phases. Interaction effects of self-stigma with autonomy were found to be related to depression in both T1 and T2. Implication for further research and treatment program recommended to service providers were discussed.