

# Cooper Fellow

## LECTURE SERIES

THURSDAY, SEPTEMBER 11, 2025

3:30 P.M. via Zoom

<https://miami.zoom.us/j/93083834579>



**MARIA M. LLABRE**

**Professor of Psychology**

*“Language and health: What does Spanish have to do with it?”*

**Abstract:** Hispanics in the US experience less heart disease and mortality than expected, a phenomenon called the "Hispanic paradox." This may relate to cultural factors shaped by language. Language influences the way emotions are appraised and expressed. The Spanish language, a unifying component defining Hispanic cultures, has unique features that allow its speakers a wide range of emotion schemas by virtue of its emotion lexicon, the ability to easily minimize or exaggerate expression, and ease in considering hypothetical situations with the use of the subjunctive. I propose the hypothesis that the Spanish language is directly and indirectly (via culture) responsible for dampening the effects of stress responses among Hispanics and, therefore, limits stress accumulation, partly explaining the Hispanic paradox.

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Cooper Fellows Lectures are free and open to the public. Parking is available in the Pavia garage. For more information, contact Rose Glemaud at 305-284-4021; [rglemaud@miami.edu](mailto:rglemaud@miami.edu).

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