



Asian American Bias on Mental Health and the Consequences

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Introduction

In Asian American families, there is a lot of negative stigma and biases when it comes to mental health. These stigmas can often discourage people from this demographic from seeking help and treatment for mental health issues. This research project investigates the experiences of Asian American students with mental health, and analyze how to make resources more accessible. This research project aims to answer the following questions: What biases do Asian Americans have on mental health and what can be done to unlearn them so that they can easier access mental health care?

Research Methodologies

- Narrative & Ethnographic
- Primary Source
- Interviews
 - Summarized
 - Analyzed
 - Interpreted
- Four interviews → two college students
→ two high school students
 - Across three states with different backgrounds and experiences

Data & Findings

Four Individuals referred by letters to ensure anonymity.

S: Students at UCSD that use the school's mental health resources didn't want to explain to her parents why she was feeling the way she did.

N: Student at UofW and does not use counseling as a resource. Chose not to because of his own biases as well as fear of judgement from parents.

K: High school student based in California found her own ways of coping with her mental struggles. Plans to pursue professional help once in college.

A: High school student based in New York expressed to her parents that she wanted to try counseling, but was shut down. Worried if she keeps trying her parents will only amplify her issues.

Conclusions & Analysis

Based solely on the interviews, the research is inconclusive. It is not fair to generalize an entire population of people based off of four individuals and their experiences. However, we can still learn a lot from the information gathered through the interviews and past research.

We can draw a few general similarities between the four interviews:

- These individuals felt scared to approach their parents about mental health and getting professional help.
- They were worried about the biases associated with counseling.
- They believe that there should be more education around this topic, and it should be talked about more in schools and in the workplace.

What does this mean?

There is still a lot that needs to be addressed in this field of question.

Students know themselves the best so it is important to go to them directly.

Implications & Next Steps

Next steps to further developing this research would be to start by talking to more students across the United States; including, implement what they want/need into the healthcare field. Speaking with healthcare professionals would also be beneficial in order to get a better understanding of what they see day to day and what they think should be done to unlearn bias.

Making mental health care more accessible for students is very difficult as there are still many rules in place. Once more data is gathered, aligning the information and input from young Asian Americans with the health care laws would help students have easier access to mental health care. This is a very complicated issue and this research is just the start of creating a change to the healthcare system.

Acknowledgements/References

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