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Comparing the Impact of Cultural Factors on Mental Health Help-Seeking Among Chinese and Other Asian Background College Students with Symptoms of Depression and Anxiety

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Comparing the Impact of Cultural Factors on Mental Health Help-Seeking Among Chinese and Other Asian Background College Students with Symptoms of Depression and Anxiety

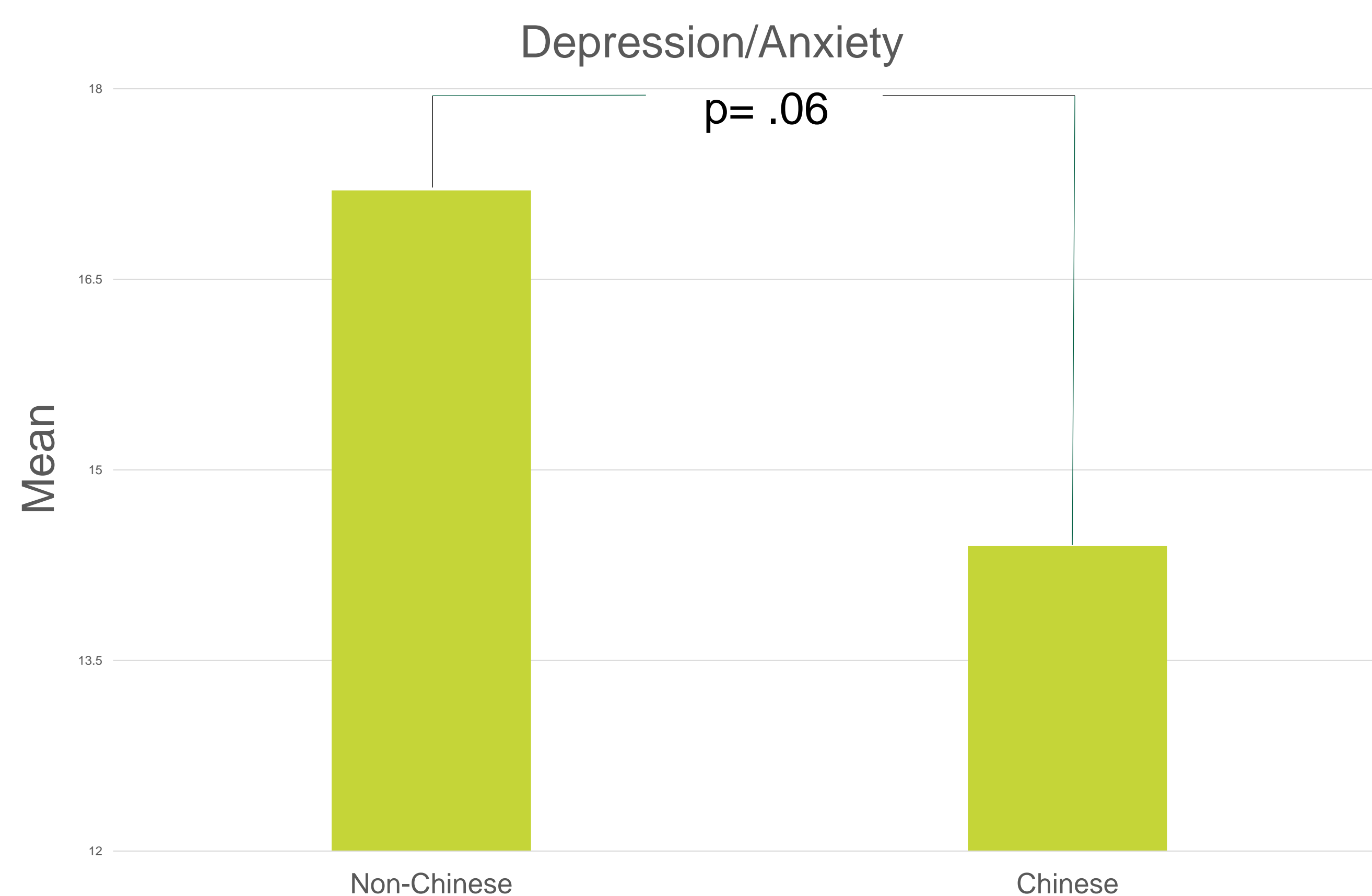
INTRODUCTION

- Asian-American students tend to underutilize mental health services.
- The study examines cultural factors in help-seeking behaviors, comparing Chinese-American and other Asian-American students.
- Understanding these differences is vital for reducing stigma and barriers to mental health treatment.
- The study aimed to explore the potential cultural influences on mental health help-seeking behaviors among Asian-American college students. It was expected that cultural factors would be associated with help-seeking differences among Chinese-American and other Asian-American students with depression and anxiety symptoms.

METHODS

- The study used a cross-sectional, Likert scale survey to examine help-seeking behaviors.
- A total of 204 Binghamton University students participated.
- 103 Chinese-American, and 101 from other Asian backgrounds.
- Participants were recruited from SONA and surveys were completed on Qualtrics.
- Measures: PHQ-9, GAD-7, MEIM-R, (for additional measures refer to the QR code)

RESULTS



MAIN FINDINGS

Cultural barriers and family support are important for help-seeking among Asian/Asian-American students with depression and anxiety.

Perceived peer support was not correlated with depression and anxiety symptoms.

Chinese-American students demonstrated slightly lower depression and anxiety symptoms compared with students from other Asian backgrounds.

For More Information, Scan the QR Code Here!

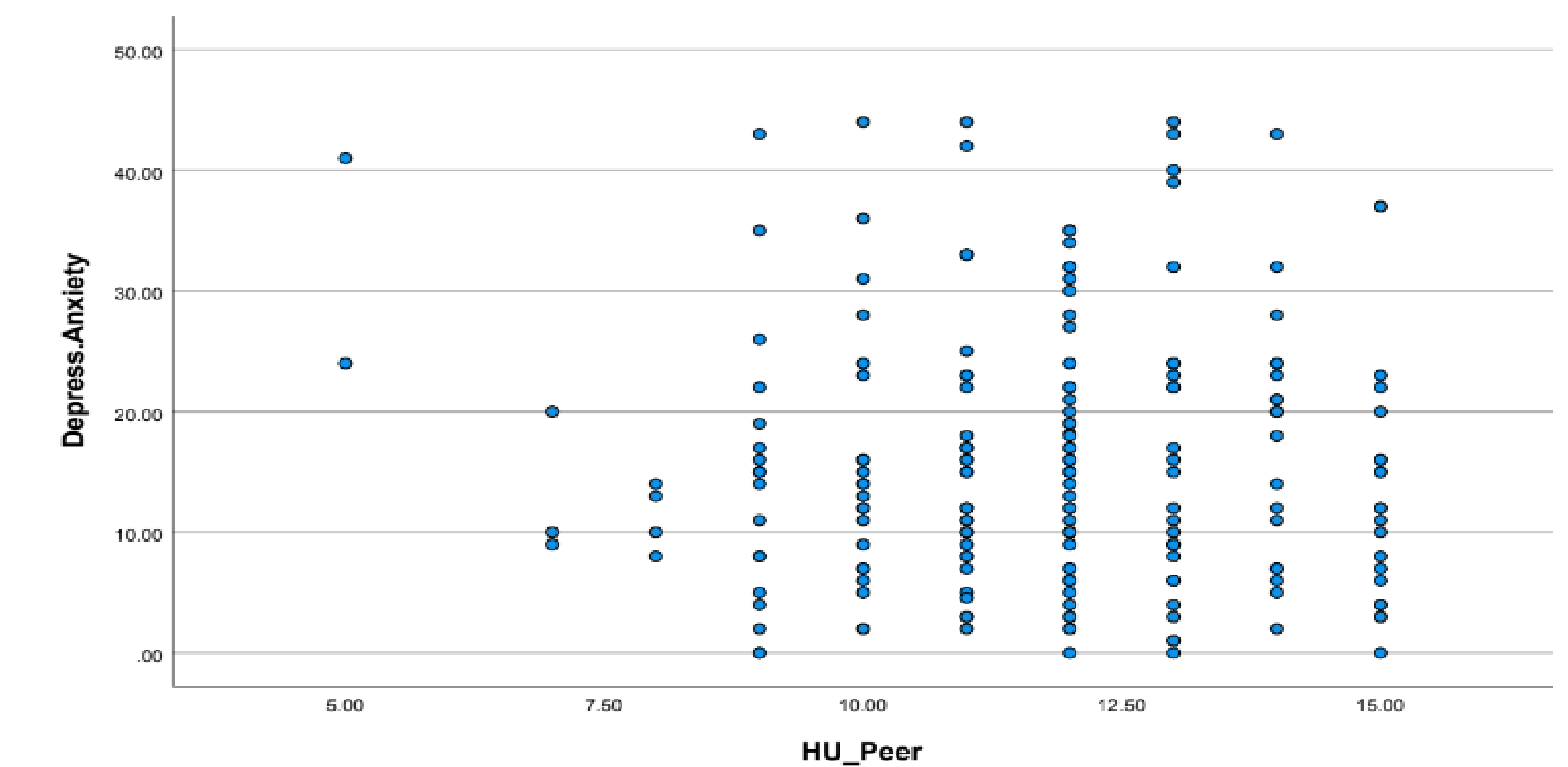
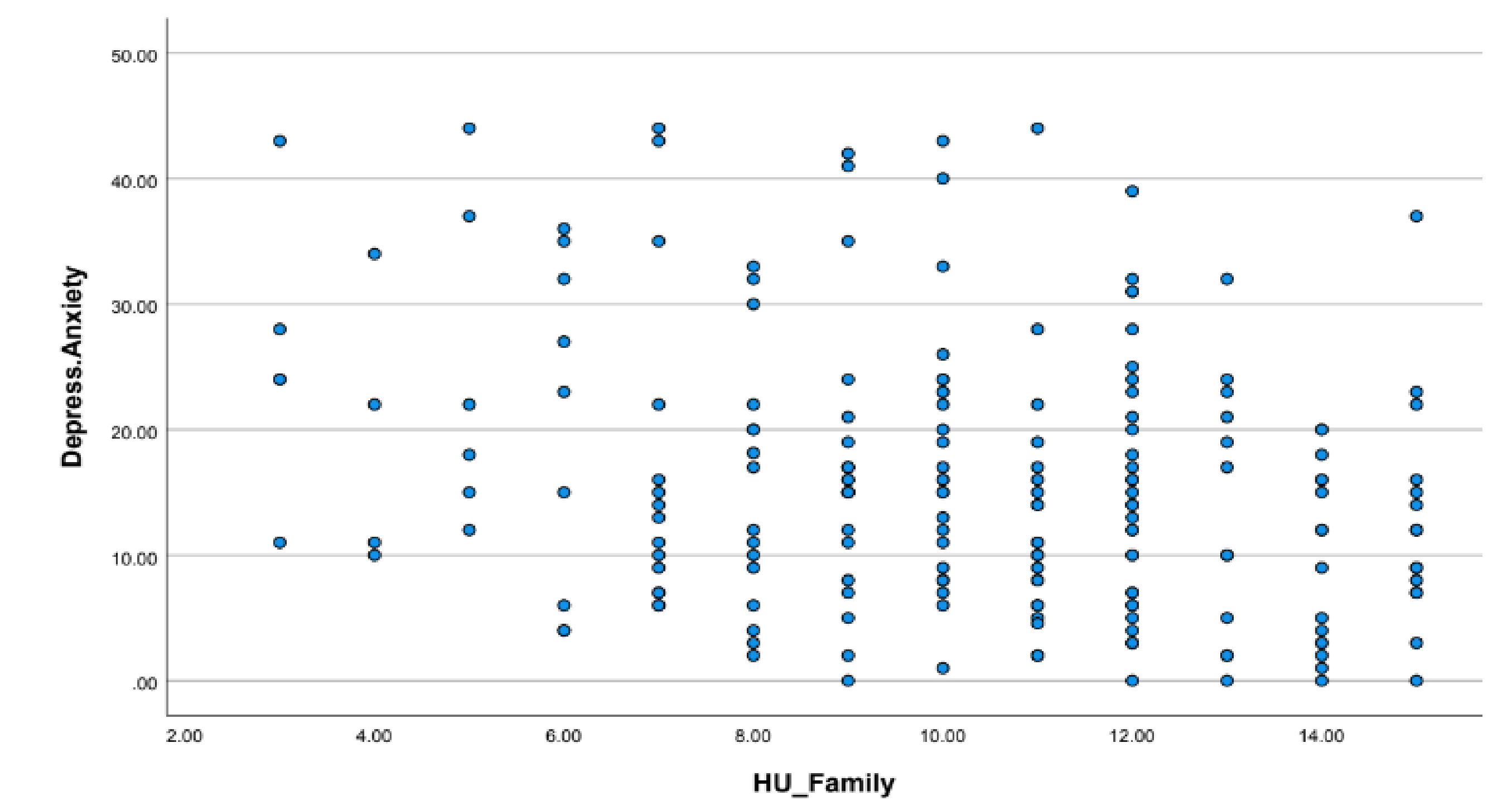


FIGURES

	Barriers Peers	Barriers Family	Barriers Culture	Support Peers	Support Family	Stigma
Depression/Anxiety	.162*	.243**	.272**	-.021	-.273**	.256**

*. Correlation is significant at the 0.05 level (2-tailed).

** . Correlation is significant at the 0.01 level (2-tailed).



CONCLUSIONS/FUTURE DIRECTIONS

- This study emphasizes the importance of family support and understanding cultural influences on help-seeking among Asian-American college students.
- More work needs to be done to increase awareness, reduce stigma, and provide culturally relevant care to address their mental health concerns for Asian & Asian-American students.
- Future research should explore concerns using diverse qualitative and quantitative approaches methods.