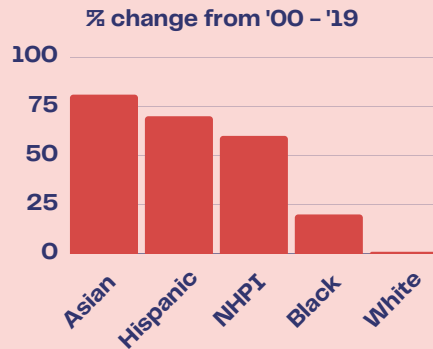


ASIAN AMERICAN Mental Health

Racial and gender stereotypes contribute to the severe underuse of mental health services among a growing population.

By Janella Camp

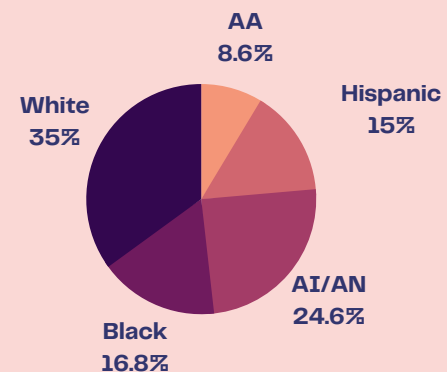


POPULATION GROWTH

Asian Americans (AAs) were the fastest-growing ethnic or minority group in the U.S. with a **population growth of 81%** from 2000–2019 (Budiman & Ruiz, 2021). The older Asian population is projected to **increase to 7.9 million** by the year 2060, making up **8% of the entire older population**.

AA WOMEN

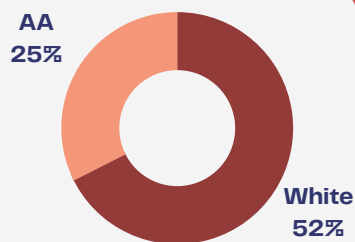
- Asian women are especially vulnerable to unfair provider care due to larger **gender-based forms of discrimination**.
- AA women are **3x** more likely to report discrimination in a healthcare setting than men (Robert Wood Johnson Foundation, 2017).



Mental health service use between minority women

BIASES

Racial stereotypes perpetuate **exclusion** and **misrepresentation** in health research. Specifically, the **model minority, healthy immigrant effect**, and **perpetual foreigner** fuel disbelief of experienced health disparities.



UNDERUSE

Only 25% of AAs with any mental illness sought mental health services in the past year compared to 52% of white Americans (Artiga & Panchal, 2023).

OLDER ADULTS

Self-reported discrimination & **30-day suicide ideation** are closely associated among older Chinese adults aged 60+ (Li et al., 2018). Identifying the importance of taking older adults' **reported discrimination** as a **risk factor for mental health problems**.

IMPLICATIONS

- Provider and health research discrimination can **negatively impact patient care**.
- AA women who experienced discrimination were 2–4 times more likely to experience **chronic physical or depressive and mental health conditions** (Do et al., 2022).

FUTURE

Culturally sensitive screenings, community **partnership**, and improved data collection are suggested to improve AA mental health.

