

Acculturation and Mental Health Challenges in Asian American Youth (2019-2022)

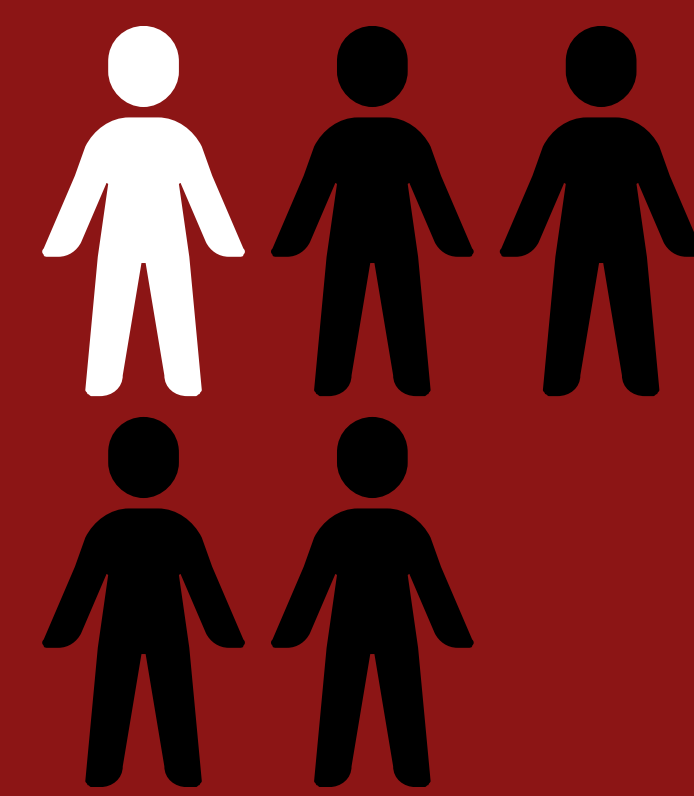
Psychological distress in Asians is linked with the number and type of languages spoken at home, but shows no association with nativity status.

Authors

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Introduction

Mental health challenges affect 1 in 5 adolescents in the U.S., yet risk factors for Asian American youth remain underexplored.¹ More than one million immigrants enter the U.S. each year.² Acculturation to a new culture poses psychological challenges, particularly to developing children and adolescents.³



Objective

To investigate the prevalence of psychological distress among Asian American adolescents compared to non-Hispanic White (NHW) counterparts focusing on its relationship with acculturation.

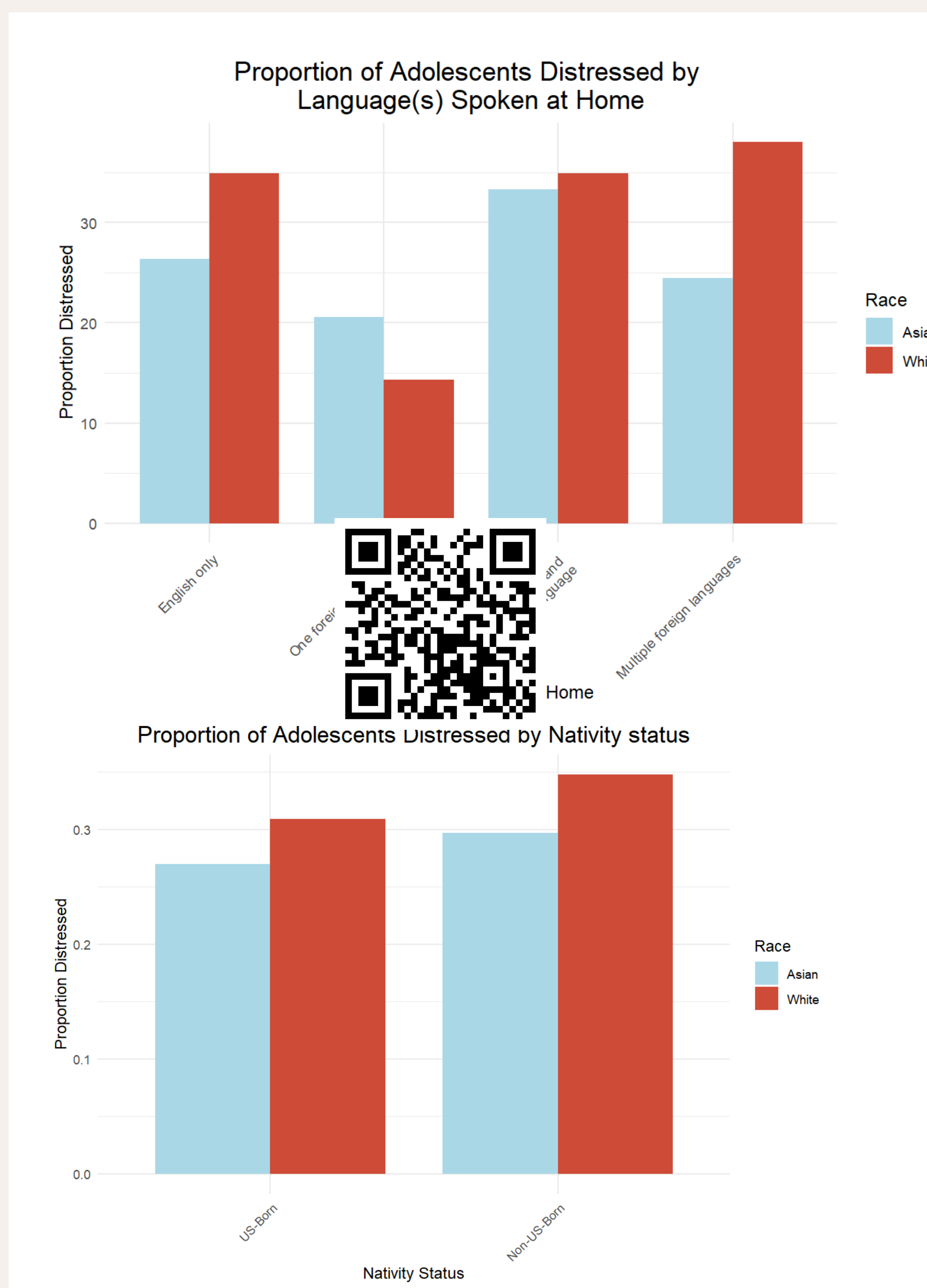
Methodology

Analyzed California Health Interview Survey (CHIS) data (2019-2022) for adolescents (12-17) identifying as Asian or NHW.

Variables:

- **Predictor:** Acculturation (citizenship status, years in the U.S., language spoken at home)
- **Outcome:** Psychological distress (Kessler K6 scale)
- **Covariates:** Primary care use, Adverse and Positive Childhood Experiences (ACEs/PCEs)

Analysis Method: Multivariate logistic regression, t-test



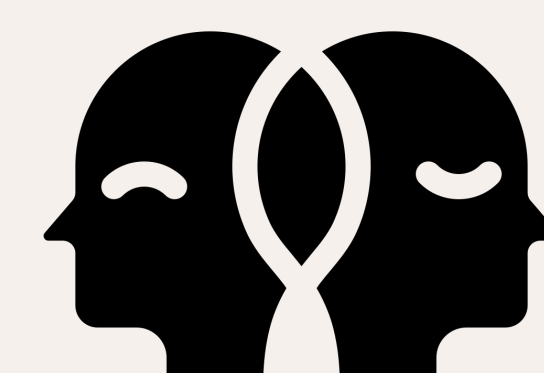
Summary Demographics			
	Asian (N=616)	White (N=3164)	P-value
Age			
Mean (SD)	14.9 (1.66)	14.8 (1.65)	0.091
Median [Min, Max]	15.0 [12.0, 17.0]	15.0 [12.0, 17.0]	
sex			
Male	330 (53.6%)	1682 (53.2%)	0.886
Female	286 (46.4%)	1482 (46.8%)	
acculturated			
Yes	502 (81.5%)	3090 (97.7%)	<0.001
No	114 (18.5%)	74 (2.3%)	
language			
English only	205 (33.3%)	1936 (61.2%)	<0.001
One foreign language	34 (5.5%)	42 (1.3%)	
English and one foreign language	291 (47.2%)	1115 (35.2%)	
Multiple foreign languages	86 (14.0%)	71 (2.2%)	
Nativity Status			
Naturalized or Non-Citizen	141 (22.9%)	97 (3.1%)	<0.001
US-Born Citizen	475 (77.1%)	3067 (96.9%)	
Able to get a doctor's appointment in 2 days if needed			
Inapplicable	482 (78.2%)	2244 (70.9%)	0.001
Never	1 (0.2%)	42 (1.3%)	
Sometimes	40 (6.5%)	230 (7.3%)	
Usually	48 (7.8%)	349 (11.0%)	
Always	45 (7.3%)	299 (9.5%)	
Have a usual place to go when sick or needing health advice			
Yes	464 (75.3%)	2566 (81.1%)	0.001
No	152 (24.7%)	598 (18.9%)	

Plan to explore the influence of adverse and positive childhood experiences on psychological distress.

Results

- Preliminary analysis shows negative correlations between acculturation and psychological distress; more acculturated adolescents experience lower distress.

Conclusion



- **Data limitations:** 2019-2022 public data, low number of Asian individuals, and lack of detailed ACE/PCE data before 2020.
- Exploring acculturation's impact on distress can guide culturally targeted mental health research and policies for adolescents.



Abstract, acknowledgement and references

