

# Help-Seeking Behaviors in Asian American Adolescents and College Students

PRESENTER:

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## BACKGROUND:

- U.S. Asian population has grown by 72% between 2000 and 2015
- Asian American adolescents report highest lifetime prevalence of any mental illness (49.5%)
- Asian Americans ages 18 to 25 report the second highest prevalence of any mental illness (22.1%)

## AIMS

1. Explore Asian American adolescents' and college students' mental health help-seeking behaviors
2. Uncover specific barriers to utilization of mental health services in the Asian American adolescent and college student populations
3. Identify gaps in existing literature

## METHODS

- Databases: PsycInfo
- Key search terms: Asian, help seeking, Asian American
- Years of Publication: 2009 to 2019

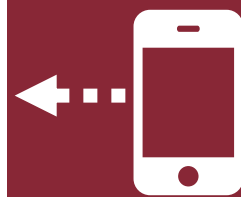
## RESULTS

- 8 total publications
- Includes mixed methods, cross-sectional, quantitative, and secondary report studies
- Asian Americans who sought treatment reported symptoms of greater severity than White counterparts (U.S. Department of Health & Human Services, 2001)
- Asian American adolescents were less inclined to utilize school-based mental health services compared to their other peers (Wang et al., 2018)
- Asian American parents reported several barriers to utilizing school-based mental health services, including lack of psychoeducation, perceived ineffectiveness of these services, stigma, and parent-adolescent conflict (Wang et al., 2018)

## DISCUSSION

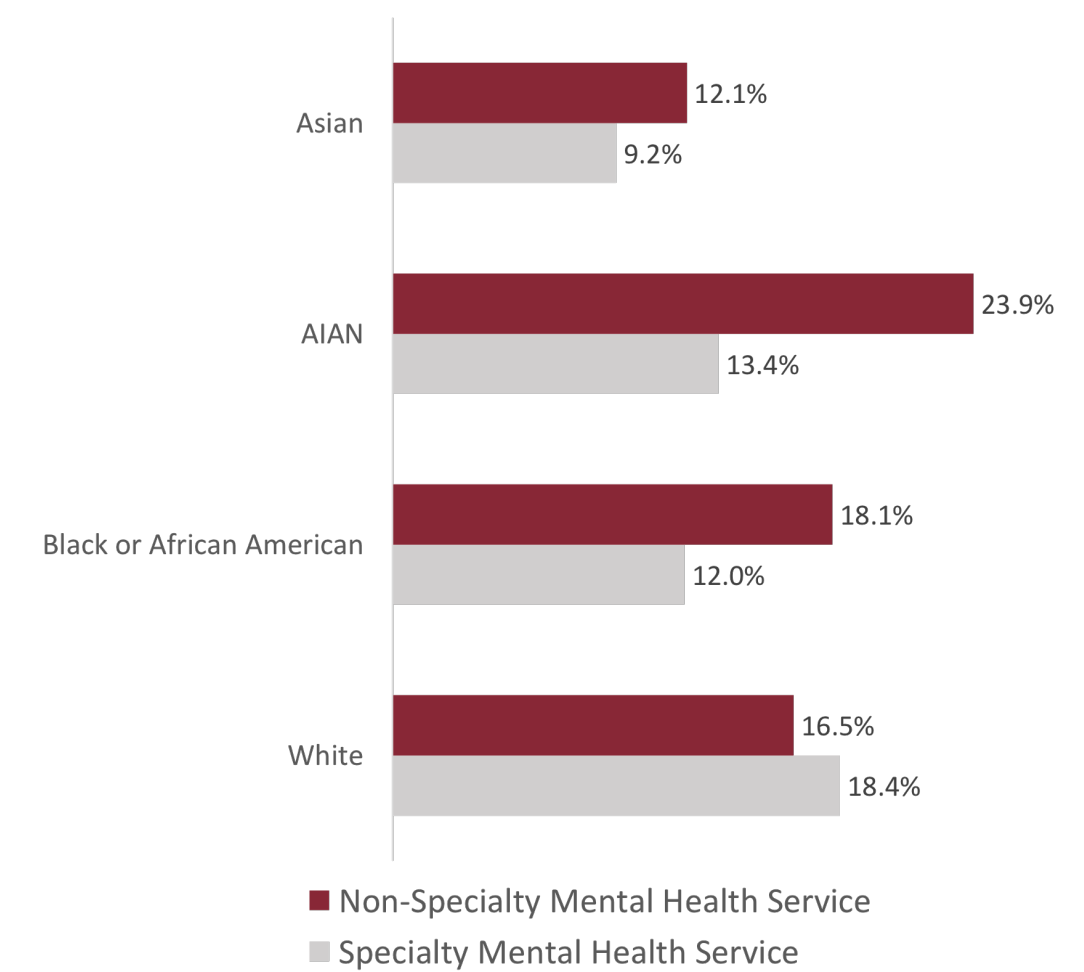
- Increased need to identify culturally relevant methods of reaching these populations
- Potential avenues include culturally relevant psychoeducation, greater collaboration with community groups, and non-traditional treatment methods

Asian American adolescents and college students are less likely to seek treatment despite greater severity of psychological symptoms.



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Mental Health Service Use in the Past Year, Ages 12-17



Source: SAMHSA National Survey on Drug Use and Health, 2018.  
Note: AIAN = American Indian and Alaskan Native

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