

DISAGGREGATING THE EFFECTS OF ACCULTURATION AND ACCULTURATIVE STRESS ON THE MENTAL HEALTH OF ASIAN AMERICANS

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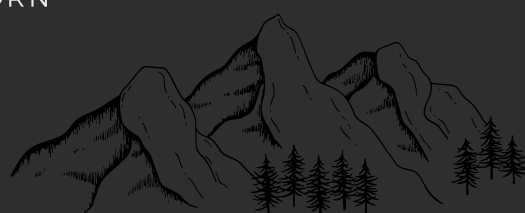


The goal of this study is to find the relationship between level of acculturation, acculturative stress, and the mental health status of Asian American college students.



OF THE STUDENTS WHO PARTICIPATED IN THE STUDY, **39%** WERE FOREIGN BORN

CONDUCTED AT A UNIVERSITY IN THE ROCKY MTN. REGION OF THE U.S.



ASIAN AMERICANS

DISCUSSED IN THE STUDY



(five most common ethnic groups who participated)

CHINESE AMERICANS
VIETNAMESE AMERICANS
JAPANESE AMERICANS
TAIWANESE AMERICANS
KOREAN AMERICANS

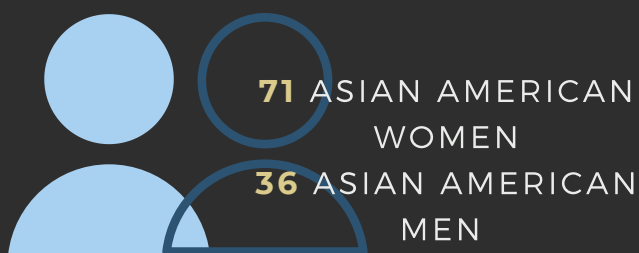
(international students were not included)

\$10

STUDENTS WERE COMPENSATED \$10 FOR THEIR PARTICIPATION

107

NUMBER OF ASIAN AMERICAN COLLEGE STUDENTS WHO PARTICIPATED IN THE STUDY WAS **107**



THE AVERAGE LENGTH OF RESIDENCE IN THE U.S. FOR FOREIGN BORN STUDENTS WAS **12.87 YEARS**

12.87

HOW PARTICIPANTS WERE RECRUITED



IRB-APPROVED EMAIL SENT WITH INFO. ABOUT STUDY



STUDENTS TAKE SURVEY ABOUT STUDENT HEALTH



COMPENSATED FOR PARTICIPATION

MULTICULTURAL HEALTH ASPECT

ASIAN AMERICANS' STRESS LEVELS BASED ON THEIR ASSIMILATION INTO AMERICAN CULTURE



COMMUNICATING WITH LOCAL INDIVIDUALS CAN LEAD TO **STRESS** IF YOU ARE **NOT PROFICIENT** IN THE HOST COUNTRY'S PRIMARY **LANGUAGE**

FINDINGS



Lower levels of acculturation to U.S. culture are associated with greater psychological maladjustment



The relationship between level of acculturation and mental health outcomes are lost once more proximal predictors of risk such as acculturative stress are identified and accounted for



Acculturative stress is a distinct form of stress and made an independent contribution to mental health outcomes even after general perceived stress is accounted for
