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Topic: Cultural Adaptation and Effectiveness of Youth Mental Health First Aid for South Asian and Southeast Asian American Parents and Teens.

Project Summary

Research has shown most Asian American parents and youth do not seek mental health services/programs because of a lack of culturally relevant programs, as well as lower mental health literacy among immigrant parents and other barriers to offering support to their children when experiencing mental health challenges. The lack of cultural responsiveness among providers could also be a factor in preventing South Asians and Southeast Asians in the U.S. from utilizing health services, particularly for mental health issues.

Therefore, my proposed research will use a longitudinal, mixed-methods, and randomized controlled trial (RCT) design to examine the effectiveness of the Blended with virtual Instructor-led training version of Youth Mental Health First Aid (YMHFA) among South Asian and Southeast Asian parents and youth. This will be done by adapting YMHFA to meet the unique needs of South Asian and Southeast Asian Americans after (1) conducting interviews with Asian American (especially South Asian and Southeast Asian) mental health professionals (e.g., psychologists, psychiatrists, counselors), YMHFA Instructors and parents and teens with lived experience; (2) learning about the long-term impacts of YMHFA training on learners (parents' knowledge, attitudes and first aid behaviors and youth perception of parents' use of Mental Health First Aid) via survey questionnaires and (3) obtaining feedback from participants via focus groups to learn about their experiences and inform improvements that can be made to the training.

This study can help to target an underserved and understudied group of parents and teens, and in recognizing the unique culture-specific needs of various subgroups within Asian Americans.