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Topic: The effectiveness of culturally adapted Mental Health First Aid training in a national sample of immigrant Chinese Americans.

Project Summary

Suicide is the leading cause of death for Asian Americans ages 15-24 years old (U.S. Department of Health and Human Services (HHS) Office of Minority Health, 2021). While Asian American Youth (AAY) had significantly higher rates of suicidal attempts and psychiatric symptoms among those undiagnosed with mental illness than Whites (Chen et al, 2019), Asian Americans are three times less likely than any other racial group to seek professional help (Lee et al, 2021). Most Asian Americans are foreign-born (Pew Research Center, 2017), and tend to have lower mental health literacy (MHL) than nonimmigrants in North America (Na et al., 2016).

Mental Health First Aid (MHFA) is an effective evidence-based intervention that removes barriers for mental health seeking (Aakre et al., 2016; Gryglewicz et al., 2018; Haggerty et al., 2019; Wang et al., 2022) by increasing knowledge, decreasing stigma, and increasing help seeking. A recent meta-analysis demonstrated that culturally adapted interventions were more effective than non-adapted interventions (Smith & Trimble, 2016). Yet, there are no experimental studies in evaluating MHFA efficacy in immigrant Chinese Americans, the largest Asian American sub-group (Pew Research Center, 2021). The purpose of this pilot study is to evaluate the effectiveness of culturally adapted MHFA training in a national sample of immigrant Chinese Americans by using a pre-test and post-test comparison group design. The participants will be randomized to participate either in a culturally adapted (translated Chinese curriculum) training led by a Chinese-speaking MHFA Instructor or English-speaking training by an English-speaking Instructor group. Both groups' mental health knowledge levels will be assessed pre- and post-training on the training date, three months and six months after the training.