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Topic: Mixed Methods Approach to the Korean Mental Health First Aid training: A Pilot Study

Project Summary

Korean Americans are one of the five largest Asian ethnicities in the U.S., and number one in Alabama (17% in 2019; Budiman & Ruiz, 2021). The high percentage can be attributed to the large employment opportunities from the Korean automotive industry (e.g., Hyundai, Kia) in Alabama starting in 2005. However, cultural factors contribute to limited knowledge about navigating the U.S. health system despite needed care, especially in mental health. This pilot study aims to examine the feasibility (preliminary effectiveness and acceptability) of the Korean translation of Mental Health First Aid (K-MHFA) training among Korean immigrants in Alabama using a mixed methods evaluation design. Specifically, we will use a community-based participatory research approach to generate understanding of feasibility in the context of the Korean immigrant community in Alabama. The study context, the lack of ethnic mental health resources, indicates that K-MHFA will be beneficial in providing culturally relevant resources in a language the population is more comfortable with, providing an early intervention delivered by trusted community members.