

Acculturative family distancing and help-seeking behaviors in Asian American adolescents



¹Bal K.; ²Sharma P.; ³Kaushik M.; ⁴Ali S.; ^{5,6}Chiu L., MS; ^{5,6}Kim Y.; ⁵Kapur JS.; ⁶Ng J.; ⁶Cummings, M.; ⁷Quintana, S.; ⁷Maneja, J.; ⁷Canez, M. S.; ⁷Kellas, I.; ⁷Dasalla, K.; ⁷Dang, A.; ⁷Talukdar, S.; ⁵Latha P., MD, MS; ⁵Malathi, S., MD; ⁶Patel, S., PhD; and ⁵Shashank J., MD.
¹University of California, Davis; ²University of California, Berkeley; ³University of California, Los Angeles; ⁴New York University; ⁵Stanford University School of Medicine; ⁶Palo Alto University; ⁷Milpitas Unified School District



Stanford Children's Health

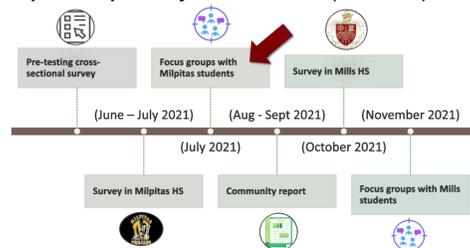
Background

- Acculturative family distancing (AFD) is the distancing that occurs between parents and their children caused by cultural incongruence and communication breakdowns¹
- AAs, the fastest growing racial and ethnic group in the US, are less likely to seek professional help than NHWs²
- Conflict of cultures can increase stress for adolescents², **but the relation between AFD and help-seeking behaviors in AA youth has not been identified**



Parent Project

- **Project SHINE for Families**
- **Type of Study:** Mixed-methods, community-based participatory research (CBPR)



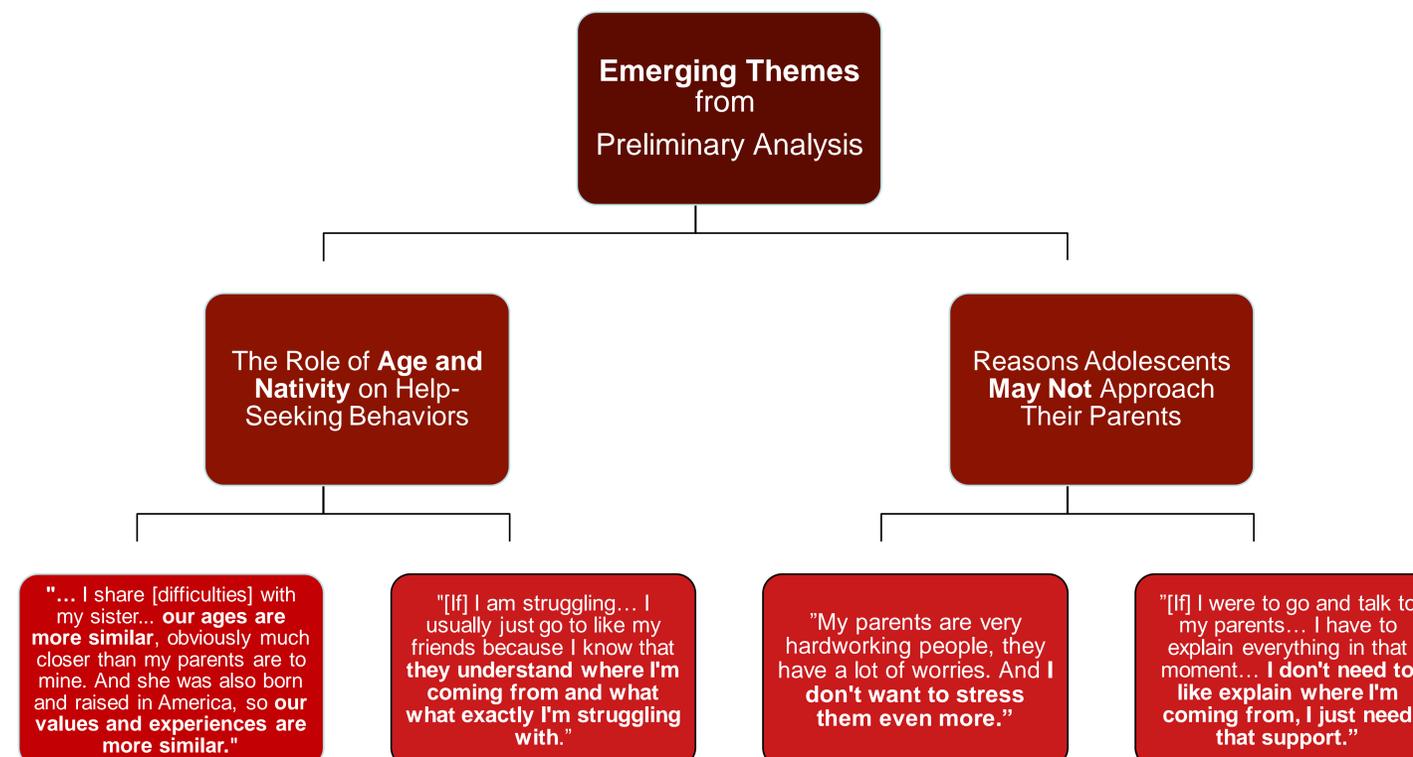
- Quantitative analysis
 - Cross-sectional survey, participants self-reported answers
 - Pre-tested
 - K10, FACES-IV, RRS
 - 107 high schoolers, 33 parents
- Qualitative analysis
 - 4 focus groups conducted semi-sequentially with only AA parents and students
 - 12 students and 3 parents participated
- Community partners
 - Questions developed in consultation with community partners, including the staff members and youth from **Milpitas HS in Santa Clara County**

Parent research question: How do cultural factors, communication styles, and mental health issues affect Asian American adolescents and their families?

Methodology

- **Research Question:** Does AFD influence help-seeking behavior in Asian American teens?
- **Predictor: Acculturative Family Distancing (AFD)**
 - Quantitatively measured on the cross-sectional survey
 - 46 7-point Likert scale questions, 4 of which are reverse-coded
 - 22 ask about differences in cultural values, 15 of which are reverse-coded
 - 24 ask about communication, 11 of which are reverse-coded
 - Higher AFD signifies more distancing between guardians and adolescents
- **Outcome: Help-seeking behavior⁴**
 - Formal sources of help
 - Semi-formal sources of help
 - Informal sources of help
 - Traditional sources of help
 - Other sources of help
- **Directed content qualitative analysis** to **preliminarily** identify patterns of help-seeking behaviors from the 12 students that participated in the focus groups from the parent study

Results & Preliminary Qualitative Themes



Discussion

- Further research is needed to understand what drives varying help-seeking behaviors
- Implementing culturally sensitive community-level interventions
- **Limitations**
 - Sample from one high school in Northern California
 - Self-selection bias
 - Focus groups only composed of AAs

Future Steps

- Create community report for the high school from Santa Clara County
- Modify future survey and focus group questions based on current analyses
- Conduct outreach to the high school in San Mateo county and repeat research process

Acknowledgements

- **Woo Family Fund**
- Stanford School of Medicine Center for Asian Research Health & Education
- Project SHINE for Families

References

1. Hwang, W. C., Wood, J. J., & Fujimoto, K. (2010). Acculturative family distancing (AFD) and depression in Chinese American families. *Journal of consulting and clinical psychology, 78*(5), 655–667. <https://doi.org/10.1037/a0020542>
2. Kim-Mozeleski, J. E., Tsoh, J. Y., Gildengorin, G., Cao, L. H., Ho, T., Kohli, S., Lam, H., Wong, C., Stewart, S., McPhee, S. J., & Nguyen, T. T. (2018). Preferences for Depression Help-Seeking Among Vietnamese American Adults. *Community mental health journal, 54*(6), 748–756. <https://doi.org/10.1007/s10597-017-0199-3>
3. Lee, S., Juon, H. S., Martinez, G., Hsu, C. E., Robinson, E. S., Bawa, J., & Ma, G. X. (2009). Model minority at risk: expressed needs of mental health by Asian American young adults. *Journal of community health, 34*(2), 144–152. <https://doi.org/10.1007/s10900-008-9137-1>
4. Markova, V., Sandal, G.M. & Pallesen, S. Immigration, acculturation, and preferred help-seeking sources for depression: comparison of five ethnic groups. *BMC Health Serv Res* 20, 648 (2020). <https://doi.org/10.1186/s12913-020-05478-x>