

ARCHIVE

THE ARCH NEWSLETTER

OCTOBER 2020

NEWS

ASPIRE Awarded PCORI Enhancement Funding for UCSF COVID-19 Patient and Community Advisory Board. UCSF COVID Patient and Community Advisory Board (PCAB) has been funded by the Patient-Centered Outcomes Research Institute (PCORI). COVID-19 has exacerbated health disparities experienced in African Americans, Latinx, American Indians and Native Hawaiians/Pacific Islanders, possibly leading to decline in research participation. To address this issue, COVID PCAB will work with researchers by connecting them to diverse patients, community leaders, and other stakeholders. More information can be found here: <https://ctsi.ucsf.edu/news/ucsf-covid-research-patient-and-community-advisory-board-motion-receives-pcori-funding>

Region VI AAPI Virtual Health Summit Registration Now Open. The Asian American Health Coalition/HOPE Clinic has partnered with local health and community organizations to host a virtual Region VI AAPI Health Summit. This summit will

identify, discuss and address the health needs of AAPI's in the US Public Health Region VI (Texas, Oklahoma, Arkansas, Louisiana and New Mexico). The summit will be held on October 29, 2020 and October 30, 2020 from 10AM – 2PM PST. Jeff Caballero from AAPCHO will be a panelist in Session 2: Clinical Focus on AAPI Health on October 30. Arnab Mukherjea will be speaking on October 30 in Session 3: Update on Data Disaggregation for AAPIs. Registration link is here:

<http://asianhealthhouston.org/registration/>



Network of Minority Health Research Investigators (NMRI) Virtual West Regional Meeting. National Institute of Diabetes and Digestive and Kidney Disease (NIDDK) has established NMRI as a communication network between current and potential biomedical research investigators and technical personnel

interested in minority health research. This virtual meeting is on December 7, 2020 8AM – 3:45PM PST. Deadline to submit abstracts is October 26, 2020 by 11:59PM EST. Deadline to register is November 2, 2020. Link to register: <https://www.niddk.nih.gov/news/meetings-workshops/2020/nmri-virtual-west-regional-meeting?abstracts>

Please welcome new ARCH members!



Jamie Chang, DrPH, Core Member

I am an Assistant Professor of Public Health at Santa Clara University. I conduct research on homelessness and drug/alcohol use, focusing on structural and environmental

factors that shape these experiences. I am leading a multi-method mapping project to track and analyze the increasing number of people who are homeless and dying in Santa Clara County (the unhoused death dashboard). I am interested in ways structural racism and processes of exclusion shape API health, particularly substance use and housing. In the past I have led projects characterizing API health disparities at the neighborhood level in San Francisco, and examining API experiences in drug and alcohol treatment.



Christina Tam, DrPH, Associate Member

I am an associate scientist at Alcohol Research Group. My research focuses on the socioecological contexts that contribute to racial/ethnic disparities in alcohol use and other health

risk behaviors, with a particular interest in Asian Americans.



Angela Sy, DrPH, Associate Member

I am an Assistant Professor at the John A Burns School of Medicine, University of Hawaii. I conduct community based participatory research (CBPR) with a focus on

program evaluation among Asian and Pacific Islander (API) communities. I teach community research courses (research methods, CBPR, qualitative methods), and public health management courses (program evaluation, needs assessment). I am involved in initiatives to promote diversity of students in research including providing research training for racially/ethnically, geographically, and economically underrepresented students. My publications include research capacity building, cancer prevention, and prevention of other non-communicable diseases among APIs. I received my Doctor of Public Health degree from the University of North Carolina-Chapel Hill. I immigrated with my parents from the Philippines to Hawaii where I still reside.

Congratulations to our former ARCH interns!



Duc Giao
Harvard Medical School



Isabel Nguyen
UCSD, Skaggs School of Pharmacy &
Pharmaceutical Sciences



Minh Patrick Cao Nguyen
UCSF, School of Medicine



Michael Thanh Sharp
UC Davis, School of Medicine



Filmer Yu, MPH
Touro University Nevada, Osteopathic
Medicine Program

RESEARCH GRANTS

ARCH Associate member Angela Sy received a research award from Rutgers Asian Resource Centers for Minority Aging Research (RCMAR). Congratulations!

For more information:

<https://rcmar.rutgers.edu/rcmar-scientists>

- **Angela Sy:** Impact of Caregiving for Older Adults with Dementia on the Quality of Life and Health Status of Asian American Family Caregivers.
Mentor: Merle Kataoka-Yahiro, DrPH

Van Park, Janice Tsoh and Linda Park along with collaborators from UCD and ICAN received a COVID-19 Admin Supplement.

Project title: "COVID-19 Effects on the Mental and Physical Health of AAPI Survey Study (COMPASS)." The goal of COMPASS is to assess the effects of COVID-19 on AAPI.

ABSTRACT REVIEWS

PREPARED BY VAN TA PARK

July 1, 2020 – September 21, 2020

Selected Abstracts Highlight

- **Tsoh** co-authored a paper that explored associations between neighborhood ethnic composition and self-rated health among Asian immigrants.
<https://pubmed.ncbi.nlm.nih.gov/32617753/>
- **Kanaya** co-authored a paper that estimated prediabetes and T2DM incidence after 5 years of follow-up in the Mediators of Atherosclerosis in South Asians Living in America study (n=481) and examined the associated correlates.
<https://pubmed.ncbi.nlm.nih.gov/32646924/>
- **Kanaya** co-authored a paper that examined the association of alcohol consumption and ideal cardiovascular health among South Asians: The Mediators of Atherosclerosis in South Asians Living in America (MASALA) Study
<https://pubmed.ncbi.nlm.nih.gov/32735738/>
- **Nguyen and Lin Gomez** co-authored a review that summarizes cancer health disparities and associated factors experienced among racial/ethnic minorities in the US.
<https://www.nature.com/articles/s41416-020-01038-6>
- **Young** et al. examined racial social practices in Asian American families during a time of increased socioracial injustices and racial tension.
<https://onlinelibrary.wiley.com/doi/10.1111/fare.12495>
- **Ho, Pak and Jih** have a manuscript in press for *Health Equity*. The paper is titled: “Pilot Cluster Randomized Controlled Trial of Integrative Nutritional Counseling Versus Standard Diabetes Self-Management Education for Chinese Americans with Type 2 Diabetes.” A diabetic integrative nutritional counseling program that combined Chinese medicine principles with biomedical nutrition standards was developed and tested for feasibility among Chinese Americans.

[J Immigr Minor Health](#). 2020 Jul 2. doi: 10.1007/s10903-020-01041-2. [Epub ahead of print]

<https://pubmed.ncbi.nlm.nih.gov/32617753/>

Neighborhood Ethnic Composition and Self-rated Health Among Chinese and Vietnamese American Immigrants

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Abstract

Immigrants tend to live in areas with higher co-ethnic density, and the effect of neighborhood ethnic composition could be particularly salient for health. This study explored associations between neighborhood ethnic composition and self-rated health among Asian immigrants. We analyzed data collected at baseline from 670 Chinese and Vietnamese immigrants enrolled in a lifestyle intervention trial. Residential addresses were geocoded and combined with neighborhood socio-demographic profiles based on census data. We used generalized estimating equations to examine neighborhood ethnic composition and self-rated health. Independent of individual-level factors, living in neighborhoods more densely populated by whites was associated with poor/fair self-rated health. Neighborhood household income and density of participants' own ethnic group were not associated with poor/fair self-rated health. More research is warranted to disentangle reasons why Chinese and Vietnamese immigrants living in white-concentrated neighborhoods reported poorer self-rated health, including investigating effects of discrimination, relative deprivation, and availability of social resources.

KEYWORDS:

Asian American; Ethnic density; Neighborhood effects; Self-rated health

PMID: 32617753 DOI: [10.1007/s10903-020-01041-2](https://doi.org/10.1007/s10903-020-01041-2)

[BMJ Open Diabetes Res Care](#). 2020 Jul;8(1):e001063. doi: 10.1136/bmjdr-2019-001063.

<https://pubmed.ncbi.nlm.nih.gov/32646924/>

Incidence of diabetes and prediabetes and predictors of glycemic change among South Asians in the USA: the MASALA study

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Abstract

Introduction: South Asians have a high prevalence of type 2 diabetes mellitus (T2DM). This may be associated with high rates of conversion through the natural history of disease. However, there is a paucity of data on prediabetes and T2DM incidence and related predictors in South Asians in the USA.

Research design and methods: We estimated prediabetes and T2DM incidence after 5 years of follow-up in the Mediators of Atherosclerosis in South Asians Living in America study (n=481) and examined the associated correlates. We defined T2DM and prediabetes using the American Diabetes Association criteria. Prediabetes included isolated impaired fasting glucose (iIFG), isolated impaired glucose tolerance (iIGT) and combined IFG and IGT.

Results: Overall, 152 (32%, 95% CI: 27.6 to 35.9) individuals progressed either from normal glucose tolerance to prediabetes or T2DM, or from prediabetes to T2DM. In standardized logistic regression models controlling for age and sex, only hepatic fat attenuation (increased hepatic fat) (OR: 0.67 (95% CI: 0.55 to 0.87) per SD, visceral fat area (OR: 1.36 (95% CI: 1.06 to 1.74) per SD and hypertension (OR: 2.21 (95% CI: 1.44 to 3.40) were associated with any glycemic progression.

Conclusions: South Asians in the USA have a high incidence of dysglycemia. Hepatic and visceral fat may be factors in glycemic progression, and prevention efforts should target ectopic fat reduction.

KEYWORDS:

Asian Indians; impaired fasting glucose; incidence; type 2 diabetes.

PMID: 32646924 DOI: [10.1136/bmjdr-2019-001063](https://doi.org/10.1136/bmjdr-2019-001063)

[Alcohol Clin Exp Res.](#) 2020 Jul 31. doi: 10.1111/acer.14422. [Epub ahead of print]

<https://pubmed.ncbi.nlm.nih.gov/32735738/>

Association of Alcohol Consumption and Ideal Cardiovascular Health Among South Asians: The Mediators of Atherosclerosis in South Asians Living in America (MASALA) Study

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Abstract

Background:

Observational studies have shown that alcohol consumption above the recommended limit is associated with increased cardiovascular disease (CVD), although its association in South Asians is unclear. Less is known regarding the association between alcohol consumption and cardiovascular health (CVH), assessed by the American Heart Association's Life's Simple 7 (LS7) health metrics among those with South Asian ancestry.

Methods:

This analysis included 701 participants without CVD from the Mediators of Atherosclerosis in South Asians Living in America (MASALA) cohort (2015 to 2018). Based on a personal history questionnaire, participants were divided into never, former, and current drinkers. The current drinking category was further classified into 1 to 3 drinks/wk, 4 to 7 drinks/wk, and >7 drinks/wk. The consumption of 5 or more drinks on 1 occasion in the past month was defined as binge drinking. Each LS7 component was given a point score of 0, 1, or 2. The total score was categorized into 0 to 6, 7 to 10, and 11 to 14 to represent poor, intermediate, and ideal CVH, respectively. We use multinomial logistic regression to examine the association between alcohol consumption and CVH.

Results:

In the MASALA cohort (mean age = 59 years, 43% female), participants consuming >7 drinks/wk had the lowest mean CVH score. Compared with never drinkers, male participants consuming >7 drinks/wk were less likely to have intermediate CVH (0.44 [0.08, 0.91]) and ideal

CVH (0.23 [0.03, 0.96]). Binge drinking was associated with significantly lower odds of ideal CVH compared with never drinkers.

Conclusion: We found evidence of an inverse association of moderate to heavy alcohol consumption and ideal CVH in South Asian men. These findings further underscore the important relationship between alcohol consumption and CVH in this unique population of South Asians.

KEYWORDS:

Alcohol; Ideal Cardiovascular Health; Life's Simple 7 Score; South Asian.

PMID: 32735738 DOI: [10.1111/acer.14422](https://doi.org/10.1111/acer.14422)

[British Journal of Cancer](#). 2020 Sept 09. doi 10.1038/s41416-020-01038-6 [Epub ahead of print]

<https://www.nature.com/articles/s41416-020-01038-6>

Cancer health disparities in racial/ethnic minorities in the United States

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Abstract

There are well-established disparities in cancer incidence and outcomes by race/ethnicity that result from the interplay between structural, socioeconomic, socio-environmental, behavioural and biological factors. However, large research studies designed to investigate factors contributing to cancer aetiology and progression have mainly focused on populations of European origin. The limitations in clinicopathological and genetic data, as well as the reduced availability of biospecimens from diverse populations, contribute to the knowledge gap and have the potential to widen cancer health disparities. In this review, we summarise reported disparities and associated factors in the United States of America (USA) for the most common cancers (breast, prostate, lung and colon), and for a subset of other cancers that highlight the complexity of disparities (gastric, liver, pancreas and leukaemia). We focus on populations commonly identified and referred to as racial/ethnic minorities in the USA—African Americans/Blacks, American Indians and Alaska Natives, Asians, Native Hawaiians/other Pacific Islanders and Hispanics/Latinos. We conclude that even though substantial progress has been made in understanding the factors underlying cancer health disparities, marked inequities persist. Additional efforts are needed to include participants from diverse populations in the research of cancer aetiology, biology and treatment. Furthermore, to eliminate cancer health disparities, it will be necessary to facilitate access to, and utilisation of, health services to all individuals, and to address structural inequities, including racism, that disproportionately affect racial/ethnic minorities in the USA.

DOI: [10.1038/s41416-020-01038-6](https://doi.org/10.1038/s41416-020-01038-6)

[Family Relations Interdisciplinary Journal of Applied Family Science](#). 2020. Sept 12. doi 10.1111/fare.12495

<https://onlinelibrary.wiley.com/doi/10.1111/fare.12495>

“Race was something we didn't talk about”: Racial Socialization in Asian American Families

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Abstract

Objective:

Our goal was to explore racial socialization practices in Asian American families during a time of heightened racial tension.

Background:

Asian Americans hold a complex racial position in the United States, made even more complicated by an increase in public protests regarding socioracial injustices in the United States experienced by racial minority groups. Discussions about race and ethnicity occur within Asian American families but often focus on cultural heritage rather than awareness of discrimination and the historical roots of racism.

Method:

Our study used an inductive–deductive thematic analysis to collect data from 12 Asian American young adults. Semistructured interviews queried participants' experiences with racial socialization in their nuclear families and their own racial identity.

Findings:

Qualitative analysis revealed the following themes: (a) Participants received limited messages regarding racial issues, (b) participants engaged in “bottom-up” racial socialization and taught their parents about race, and (c) participants felt left out of society's racial dialogue.

Conclusion:

During this time of heightened racial tension, Asian American young adults struggle to find their place, despite wanting to participate in community building.

Implications:

Without strong Asian American racial socialization practices in families, young adults must educate themselves and initiate racial meaning-making in their families.

KEYWORDS:

Asian American families; intergenerational communication; qualitative research, racial socialization, young adults.

[Am J Orthopsychiatry](#). 2020;90(4):510-522. doi: 10.1037/ort0000465. [Epub ahead of print]

<https://pubmed.ncbi.nlm.nih.gov/32614212/>

Acculturation processes and mental health of Asian Indian women in the United States: A mixed-methods study

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Abstract

Acculturation theories and research find that both new culture acquisition and heritage culture attachment are associated with positive outcomes. However, gender-related analyses are rare. In this mixed-method study of 73 Asian Indian American women who were first- or second-generation immigrants from Kerala, India, those classified as behaviorally bicultural, assimilated, separated, or marginalized did not differ significantly in well-being. Being older and married was related to higher self-esteem; unmarried women reported more Kerala attitudinal marginalization. With age, marital status, immigrant generation, and both cultural behavioral orientations controlled, Kerala attitudinal marginalization (but not Anglo attitudinal marginalization) correlated moderately with both lower self-esteem and more severe depressive symptoms. Content analysis of open-ended question data suggested associations among more intricate and multifaceted acculturation processes and psychological well-being via the rewards and challenges the women described. Attaining the "best of both worlds" that some mentioned meant selective adoption and rejection of facets of each culture: family connectedness and control, freedom and moral decline, opportunity, and discrimination. For these women, status-related characteristics (being younger and single representing lower status), discrimination experiences, and attitudinal rejection of their heritage culture (although it accords women lower status than men) had negative psychological outcomes. (PsycInfo Database Record (c) 2020 APA, all rights reserved).

PMID: 32614212 DOI: [10.1037/ort0000465](https://doi.org/10.1037/ort0000465)

[J Am Coll Health](#). 2020 Jul 1; 1-5. doi: 10.1080/07448481.2020.1777135. [Epub ahead of print]

<https://pubmed.ncbi.nlm.nih.gov/32610035/>

Preliminary efficacy of AWARE in college health service centers: A group psychotherapy intervention for Asian American women

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Abstract

Objective: Asian Women's Action for Resilience and Empowerment (AWARE) is a psychotherapy intervention designed to improve the mental health of Asian American women. This study documented the feasibility and preliminary efficacy of AWARE at three university health service centers in Massachusetts.

Participants: 174 female Asian American college/graduate students were screened, and 48 (64%) met the eligibility criteria and enrolled in the study.

Methods: This study was a non-randomized, pre-post design at three university/college health service centers in Massachusetts. Retention rates and changes in depression, anxiety, and PTSD symptoms were measured.

Results: Results demonstrated high feasibility and significant preliminary efficacy of AWARE across the sites. After the completion of AWARE, participants showed statistically and clinically significant reduction of depression, anxiety, and PTSD symptoms (p -values $<.001$).

Conclusions: This study provides strong evidence that AWARE can be successfully implemented in university settings and provides a promising model of mental health treatment for Asian American women.

KEYWORDS:

Asian American women; Asian Americans; depression; mental health; university students.

PMID: 32610035 DOI: 10.1080/07448481.2020.1777135

[J Cross Cult Gerontol.](#) 2020 Sep;35(3):291-310. doi: 10.1007/s10823-020-09407-7. [Epub ahead of print]

<https://pubmed.ncbi.nlm.nih.gov/32648075/>

"Gambling Can't Be Positive, Can it?": Gambling Beliefs and Behaviors Among Older Korean Immigrants

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Abstract

After migrating to the United States, older Korean immigrants may increase their gambling participation and be at higher risk for problem gambling. However, not much is known about their experiences and beliefs on gambling. The purpose of the present study was to explore gambling behaviors and shared beliefs about gambling among older Korean immigrants residing in New York City. A total of 20 semi-structured in-depth interviews (10 men and 10 women) were conducted in Korean. Interviews were transcribed verbatim and analyzed using a thematic analysis approach. The findings revealed three major categories among older Korean immigrants. The first category, cultural beliefs, has three subcategories (i.e., gambling is unethical, fear of addiction, and losing everything) and refers to negative beliefs about gambling. The second category, adaptation, refers to positive attitudes they acquired as they adjusted to the new gambling environment (i.e., harmless leisure, coping strategies, and excitement in life). Last, they revealed ambivalence about gambling (i.e., changes in gambling environment, 'my gambling' is different, and gambling in secrecy). Overall, older Korean immigrants have retained their cultural beliefs about gambling, even as they have embraced the legalized gambling environment and changed social norms of the U.S. However, they have trouble reconciling the differences between their beliefs, behaviors, values, and newly acquired norms. Findings point to a need for healthy and affordable leisure pursuits, and for culturally appropriate intervention programs to help problem gamblers.

KEYWORDS:

Acculturation; Asian American; Gambling; Korean culture; Older Korean immigrants; "Gambling can't be positive, can it?": Gambling beliefs and behaviors among older Korean immigrants.

PMID: 32648075 DOI: [10.1007/s10823-020-09407-7](https://doi.org/10.1007/s10823-020-09407-7)

[J Immigr Minor Health](#). 2020 Jul 20. doi: 10.1007/s10903-020-01051-0. [Epub ahead of print]

<https://pubmed.ncbi.nlm.nih.gov/32691277/>

Self-rated Health Disparities Among Asian Americans: Mediating Roles of Education Level and Household Income

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Abstract

Asian Americans represent an understudied racial category in health disparity research. Using data from the National Asian American Survey, we examined self-rated health (SRH) disparities in eight Asian subgroups compared to Whites, explored the moderating effect of nativity status, and investigated the mediating effect of socioeconomic status. None of the Asian subgroups fared better than Whites. Across Asian subgroups, South Asians, Japanese, and Filipinos had the best SRH, with Cambodians being the most disadvantaged. Nativity was a significant moderator in that SRH disadvantages were only manifested among immigrants for Chinese, Korean, Hmong, and Vietnamese and only among natives for Filipinos. For most groups showing SRH disadvantages, SES played partial mediating roles. Education showed a higher explanatory power than income for inter-ethnic SRH disparities. Contrary to popular perception, Asian Americans are not the model minority in terms of SRH. Cultural influences on SRH reporting biases were discussed.

KEYWORDS:

Asian American; Health disparity; Immigrants; Self-rated health; Socioeconomic status.

PMID: 32691277 DOI: [10.1007/s10903-020-01051-0](https://doi.org/10.1007/s10903-020-01051-0)

[Aging Ment Health](#). 2020 Jul 20;1-9. doi: 10.1080/13607863.2020.1793900. [Epub ahead of print]

<https://pubmed.ncbi.nlm.nih.gov/32687392/>

"I've been always strong to conquer any suffering:" challenges and resilience of Chinese American dementia caregivers in a life course perspective

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Abstract

Objectives: This study investigated the resilience of a growing but largely underserved and understudied population-Chinese American dementia caregivers, whose experience is embedded in their development throughout the life span, process of migration, and sociocultural contexts.

Method: Narrative data were collected from in-depth interviews with 27 Chinese caregivers in New York City. Based on the hybrid grounded theory model, a three-steps coding procedure was implemented to identify themes emerged from the data.

Results: 16 themes emerged from the data and fit two categories, challenge and resilience, in each of the four principles-time and place, timing in lives, linked lives, and agency-of the developmental life course perspective. Physical and emotional exhaustion is the challenge theme that was the most frequently mentioned followed by limited knowledge of dementia, navigating the U.S. health care system, and limited time for self-development. Three aspects of resilience-sense of mastery, access to formal and informal support, and commitment to care-were salient among the Chinese American caregivers.

Conclusion: This study shed important light on the multifaceted challenges and resilience of Chinese American caregivers. The findings indicate the necessity of developing culturally meaningful services for immigrant caregivers to address their complex challenges and improve their multifaceted resilience.

KEYWORDS:

Chinese; caregivers; dementia; immigrant; resilience.

PMID: 32687392 DOI: [10.1080/13607863.2020.1793900](https://doi.org/10.1080/13607863.2020.1793900)

[J Immigr Minor Health](#). 2020 Jul 17. doi: 10.1007/s10903-020-01050-1. [Epub ahead of print]

<https://pubmed.ncbi.nlm.nih.gov/32681495/>

Factors Influencing Formal and Informal Resource Utilization for Mental Distress Among Korean Americans in Southern California

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Abstract

Despite the high prevalence of mental distress in the Korean American (KA) community, KAs continue to have significantly lower rates of professional mental health utilization than the general U.S. population, making it increasingly critical to study factors related to such utilization. A total of 243 surveys were collected at Korean churches of various denominations in the greater Los Angeles area. This cross sectional study examined KAs' resource utilization using Andersen's Behavioral Model of Health Services Use as a multi-level theoretical framework. Level of education and employment status significantly predicted professional health service utilization. Informal resource utilization was significantly influenced by gender, attitudes toward professional mental health services, acculturation, and views of God and religion. Future studies should further explore which types of interventions or resources would be most effective for KAs to decrease their high levels of mental distress based on their unique intersections and cultural realities.

KEYWORDS:

Andersen behavioral model of health services use; Christians; Korean Americans; Mental health.

PMID: 32681495 DOI: [10.1007/s10903-020-01050-1](https://doi.org/10.1007/s10903-020-01050-1)

[Psychiatry Clin Neurosci](#). 2020 Jul 17. doi: 10.1111/pcn.13115. [Epub ahead of print]

<https://pubmed.ncbi.nlm.nih.gov/32678467/>

The September 11, 2001, terrorist attacks, media exposure, and psychotic experiences among Asian and Latino Americans

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No abstract available

[Cyberpsychol Behav Soc Netw.](#) 2020 Aug 7. doi: 10.1089/cyber.2020.0394. [Epub ahead of print]

<https://pubmed.ncbi.nlm.nih.gov/32762541/>

Discrimination and Well-Being Among Asians/Asian Americans During COVID-19: The Role of Social Media

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Abstract

Since the outbreak of COVID-19, Asians and Asian Americans have been experiencing an uptick of discrimination. With most people experiencing months of lockdowns, social media may become a particularly important tool in Asian people's coping with discrimination. Grounded in the multiactivity framework of social media use, this study explored whether experience with discrimination was associated with more social media use among Asian people and how adaptive social media use was for their well-being during COVID-19. A sample of 242 Asians/Asian Americans residing in the United States ($M_{age} = 32.88$, $SD = 11.13$; 48 percent female) completed an online survey. Results showed that more experience of discrimination during COVID-19 was associated with more engagement in social media private messaging, posting/commenting, and browsing, but the activities yielded different implications for subjective well-being. Both social media private messaging and posting/commenting were associated with more perceived social support, which contributed to better subjective well-being. Social media posting/commenting was also related to better subjective well-being through lower worry about discrimination. In contrast, social media browsing was associated with poorer subjective well-being through more worry about discrimination.

KEYWORDS:

COVID-19; coping; discrimination; social media; well-being.

PMID: 32762541 DOI: [10.1089/cyber.2020.0394](https://doi.org/10.1089/cyber.2020.0394)

[J Racial Ethn Health Disparities](#). 2020 Aug 4. doi: 10.1007/s40615-020-00836-1. [Epub ahead of print]

<https://pubmed.ncbi.nlm.nih.gov/32754846/>

A Longitudinal Analysis of Patient-Level Factors Associated with Pap Test Uptake Among Chinese American Women

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Abstract

The purpose of this study was to longitudinally examine patient-level factors associated with Pap test uptake among middle-aged Chinese American women. The study analyzed data from 498 Chinese American women (1326 person-time-waves) who participated in the Study of Women's Health Across the Nation (SWAN) Series. Generalized estimating equation (GEE) was used to longitudinally examine patient-level factors associated with Pap test uptake over the 7-year period. Of the 1326 person-time-waves, 61% had a Pap test and 39% did not. Higher amounts of time spent by female healthcare providers for female health needs ($eb = 3.35$, $p < 0.01$), having a female healthcare provider for female health needs ($eb = 3.36$, $p < 0.01$), and a history of cancer ($eb = 6.05$, $p < 0.01$) or fibroids ($eb = 1.66$, $p < 0.01$) were positively associated with Pap test uptake among Chinese American women, whereas not having a primary care provider ($eb = 0.27$, $p < 0.05$) and not having time to go to the doctor ($eb = 0.31$, $p < 0.05$) were negatively associated with Pap test uptake. Health education and health promotion messaging that accentuates the benefits of access to primary care providers and allocation of time to attend to health needs may bolster Chinese American women's acceptability and uptake of routine Pap testing for cervical cancer prevention. If health education and health promotion efforts are not developed, suboptimal rates of Pap testing will widen the disparity gap and contribute to Chinese American women's increased risk of cervical cancer morbidity and mortality in the coming years

KEYWORDS:

Chinese American women; Facilitators and barriers; Pap test.

PMID: 32754846 DOI: [10.1007/s40615-020-00836-1](https://doi.org/10.1007/s40615-020-00836-1)

[Stress Health](#). 2020 Aug 13. doi: 10.1002/smi.2979. Online ahead of print. [Epub ahead of print]

<https://pubmed.ncbi.nlm.nih.gov/32790912/>

Racism, Stress, and Health in Asian Americans: A Structural Equation Analysis of Mediation and Social Support Group Differences

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Abstract

The buffering effect of social support on the negative effects of racism exposure on health outcomes has been mixed in prior studies regarding Asian Americans. Based on the stress-coping framework and using structural equation modeling (SEM) methods, we tested a theoretical model portraying simultaneous mediational paths from racism exposure to general physical and mental health through racism-related stress. Bootstrap analysis was used to test the indirect effects present in the model. Additionally, multi-group SEM analysis was conducted to investigate the moderation effect of social support from family and friends on the paths in the model. The sample consisted of 310 Asian American adults who completed an online survey. The results from the two-step SEM analysis and bootstrap analysis supported the theoretical model-racism exposure can simultaneously have a negative indirect effect on Asian Americans' physical and mental health via racism-related stress. Multi-group SEM analysis showed that there were no differences in model path coefficients based on having varying levels of social support from friends or family. This article is protected by copyright. All rights reserved.

KEYWORDS:

Asian Americans; mental health; physical health; racial, ethnic, and cultural factors in health; social support; stress.

PMID: 32790912 DOI: [10.1002/smi.2979](https://doi.org/10.1002/smi.2979)

[Dev Psychol.](#) 2020 Aug;56(8):1431-1445. doi: 10.1037/dev0000881. [Epub ahead of print]

<https://pubmed.ncbi.nlm.nih.gov/32790443/>

Hidden among the hidden: Transracially adopted Korean American adults raising multiracial children

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Abstract

The parenting practices of both transracially adopted Korean American adults and multiracial families are often overlooked in developmental science, yet are important to address, given that the majority of Korean adoptees are now adults with families of their own and given rapid increases in the multiracial population. This qualitative study examined the cultural socialization beliefs and practices among transracially adopted Korean Americans who are parents of multiracial Asian-White children. Drawing upon interviews with 31 Korean adoptee parents (29 female; Mage = 41.26), we identified four themes that capture parents' understanding of their children's multiracial identities, how that understanding subsequently shapes their cultural socialization practices, and how parents' socialization beliefs and practices vary by developmental stage. These themes described the ways that parents' cultural socialization practices were shaped by their children's phenotypes, parents' understanding of their children's multiracial identities, geographic location, and the multiracial family context. This study also demonstrated how multiracial couples in our sample engaged in cultural socialization together. Results suggest that Korean adoptee parents largely acknowledged their children's multiracial identities through labels, but primarily socialized children as monoracial minorities. (PsycInfo Database Record (c) 2020 APA, all rights reserved).

PMID: 32790443 DOI: [10.1037/dev0000881](https://doi.org/10.1037/dev0000881)

[J Immigr Minor Health](#). 2020 Aug 13;1-8. doi: 10.1007/s10903-020-01068-5. [Epub ahead of print]

<https://pubmed.ncbi.nlm.nih.gov/32789735/>

Acculturation, HIV-Related Stigma, Stress, and Patient-Healthcare Provider Relationships Among HIV-Infected Asian Americans: A Path Analysis

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Abstract

Acculturation may limit HIV-positive Asian Americans' active interactions with patient-healthcare providers (HCP) and utilization of HIV healthcare services; however, the specific mediation effect of acculturation still unknown. A bias-corrected factor score path analysis was performed to examine the proposed model of relations among acculturation, stigma, stress, and patient-HCP relationships. A convenience sample of 69 HIV-positive Asian Americans in San Francisco, Los Angeles, and New York City were recruited and collect data were collected on demographics, HIV-related stigma, stress, and patient-HCP relationships. HIV stigma and stress had a direct, negative effect on patient-HCP relationships. Acculturation had a positive total effect on patient-HCP relationships, and was mediated by HIV stigma and stress. A acculturation also had a direct impact on stigma and stress. Acculturation, HIV-related stigma, and stress are key elements to achieving good patient-HCP relationships, and provide insights on the design of culturally sensitive interventions to improve patient-HCP relationships.

KEYWORDS:

Acculturation; Asian Americans; HIV; Patient-healthcare provider relationships; Stigma.

PMID: 32789735 DOI: [10.1007/s10903-020-01068-5](https://doi.org/10.1007/s10903-020-01068-5)

[Behav Med.](#) Jul-Sep 2020;46(3-4):217-230. doi: 10.1080/08964289.2020.1725413.
[Epub ahead of print]

<https://pubmed.ncbi.nlm.nih.gov/32787724/>

Resilience, Trauma, and Cultural Norms Regarding Disclosure of Mental Health Problems among Foreign-Born and US-Born Filipino American Women

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Abstract

Resilience refers to a set of personal qualities and abilities that allow an individual to confront challenges, risks, or traumatic experiences in an integrated manner and to thrive in the face of significant adversities. This cross-sectional study explores resilience, posttraumatic stress disorder (PTSD), and family norms with disclosure of mental health problems (FNAD) in a sample of 182 Filipino American women (FAW). Participants completed survey measures of resilience, PTSD, and FNAD and open-ended questions about beliefs and reasons for (not) disclosing mental health problems outside the family. Previous research found that the rates of psychological trauma and depression among FAW are higher than those in other Asian ethnic groups, which makes it necessary to investigate the protective characteristic of resilience among FAW. According to our results, foreign-born FAW had a significantly lower PTSD and greater resilience as compared to their US-born counterparts. A significant negative relationship between PTSD and resilience was observed only among foreign-born FAW. We also found a conditional moderating effect of FNAD on the negative relationship between resilience and PTSD. The results of our qualitative analysis of the participants' responses to the open-ended questions of the survey showed that FAW's family norms of nondisclosure are related to the cultural value of "saving face," a salient cultural construct among Asian family members. Results suggest that protective properties of resilience against PTSD are influenced by cultural factors, such as FNAD. Taken together, our findings underscore the importance of considering the impact of collectivistic cultural values (e.g., FNAD) in future research on resilience among Asian Americans.

KEYWORDS:

American women; Asian American; Filipino; cultural norms; post-traumatic stress disorder; resilience.

PMID: 32787724 DOI: [10.1080/08964289.2020.1725413](https://doi.org/10.1080/08964289.2020.1725413)

[J Aging Health](#). 2020 Aug 12;898264320950554. doi: 10.1177/0898264320950554. [Epub ahead of print]

<https://pubmed.ncbi.nlm.nih.gov/32783692/>

Gender as a Moderator of the Effect of Education and Acculturation on Cognitive Function: A Study of Older Korean Immigrants

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Abstract

Objectives: This study examined gender variations in the effect of education and acculturation on cognitive function in a group of older immigrants.

Methods: Data were from the Study of Older Korean Americans, a multistate survey of Korean Americans aged 60 years and older ($N = 2061$). Multivariate linear regression models of cognitive function, measured with the Mini-Mental State Examination, were tested to examine the independent and interactive effects of education, acculturation, and gender. We hypothesized that gender would be a moderator in the relationships of education and acculturation with cognitive function.

Results: Supporting the hypothesis, the positive effect of both education and acculturation was greater among women than men. Furthermore, the positive association of education with cognitive function was pronounced among women with low acculturation.

Discussion: Our findings suggest that gender plays a critical role in determining the cognitive health benefit arising from education and acculturation singularly and in concert.

KEYWORDS:

Asians; cognitive function; immigrants/migration.

PMID: 32783692 DOI: [10.1177/0898264320950554](https://doi.org/10.1177/0898264320950554)

[J Dev Behav Pediatr.](#) 2019 May;40(4):257-265. doi: 10.1097/DBP.0000000000000660. [Epub ahead of print]

<https://pubmed.ncbi.nlm.nih.gov/30908425/>

Parent and Provider Perspectives on the Diagnosis and Management of Autism in a Chinese Immigrant Population

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Abstract

Objective: Minority families experience disparities in the diagnosis and management of autism spectrum disorder (hereafter "autism"). To date, the experiences of Chinese immigrant families in the United States have not been explored. Utilizing parent and provider perspectives, this research sought to identify barriers and facilitators to the diagnosis and management of autism among Chinese immigrant children.

Methods: We conducted semistructured qualitative interviews with 16 parents of Chinese children diagnosed with autism and 16 providers who assist in the diagnosis and management of autism. Participant characteristics were analyzed utilizing descriptive statistics. Interviews were audiorecorded, transcribed, translated, and independently coded by 2 researchers until consensus was reached. Coded data were analyzed using a modified grounded theory approach.

Results: Parents and providers both identified cultural beliefs as an influence on the understanding and acceptance of autism as a diagnosis. There was a high degree of alignment in themes related to barriers to health care access and parent-provider communication. Recommendations to improve the system of care include (1) supporting communication, (2) cultural sensitivity, and (3) care coordination programming.

Conclusion: Findings reinforce that diagnosis and treatment of autism should take into account culturally specific beliefs about child developmental norms and should address systems-, provider-, and family-level barriers.

PMID: 30908425 DOI: [10.1097/DBP.0000000000000660](https://doi.org/10.1097/DBP.0000000000000660)

[J Cross Cult Gerontol.](#) 2020 Aug 21. doi: 10.1007/s10823-020-09410-y. [Epub ahead of print]

<https://pubmed.ncbi.nlm.nih.gov/32821996/>

Community-Engaged Research with Vietnamese Americans to Pilot-Test a Dementia Caregiver Intervention

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Abstract

Caring for a family member with Alzheimer's disease (AD) or a related dementia is stressful, and this may especially be the case for racial/ethnic minority caregivers. This study examined the feasibility and acceptability of a pilot intervention for Vietnamese American dementia caregivers. A secondary, exploratory aim was to examine post-intervention effects on AD knowledge and psychosocial outcomes. Of the 87 individuals contacted, 32 met inclusion criteria. Of this number, 14 enrolled in the study with 11 caregivers completing the intervention, and 10 of the 11 completing 3-month follow-up data. Caregivers provided positive feedback on the intervention and had higher scores on AD knowledge and self-efficacy in seeking support services post-intervention, with the effect on self-efficacy maintained at 3-month follow-up. Recruitment for the intervention was difficult; however, once caregivers came to the first session, they were engaged and found the classes informative. Recommendations for a future intervention are discussed.

KEYWORDS:

Alzheimer's disease; Culture; Disparities; Diversity; Ethnicity.

PMID: 32821996 DOI: [10.1007/s10823-020-09410-y](https://doi.org/10.1007/s10823-020-09410-y)

Int J Environ Res Public Health. 2020 Aug 26;17(17):E6187. doi: 10.3390/ijerph17176187. [Epub ahead of print]

<https://pubmed.ncbi.nlm.nih.gov/32858944/>

Body Composition, Physical Activity, and Convenience Food Consumption among Asian American Youth: 2011-2018 NHANES

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Abstract

The primary purpose of this study was to describe obesity, body composition, convenience food consumption, physical activity, and muscle strength among Asian American youth compared to other racial/ethnic groups. The secondary purpose was to examine whether obesity, body composition, convenience food consumption, physical activity, and muscle strength differed by acculturation levels among Asian American youth. A secondary analysis was conducted using data from 12,763 children aged 2 to 17 years that participated in the 2011-2018 US National Health and Nutrition Examination Survey (NHANES). In the NHANES interview, acculturation, dietary behavior, and physical activity questionnaires were administered. The acculturation level was indicated by the language spoken at home. In the NHANES examination, anthropometry, dual-energy X-ray absorptiometry (DXA), and muscle strength assessments were conducted. Compared to non-Hispanic White American boys, Asian American boys had similar levels of obesity, central obesity, and fat mass. Among the five racial/ethnic groups examined, lean body mass, muscle mass, convenience food consumption, and daily physical activity were the lowest in the Asian group. More acculturated Asian American boys, but not girls, were more likely to be obese (OR = 3.28 (1.63, 6.60)). More acculturated Asian American youth more frequently consumed convenience food (1.4 more meals/month (1.2, 1.6)). This study highlights the obesity problem among Asian American boys, which worsens with acculturation to America. The study results also suggest that although Asian American youth consume less convenience food overall than non-Hispanic White American youth, increasing acculturation may negatively influence food choices.

KEYWORDS:

acculturation; adolescents; children; muscle strength; obesity.

PMID: 32858944 DOI: [10.3390/ijerph17176187](https://doi.org/10.3390/ijerph17176187)

Comput Inform Nurs. 2020 Aug 26. doi: 10.1097/CIN.0000000000000669. Online ahead of print.

<https://pubmed.ncbi.nlm.nih.gov/32858543/>

Effect of An Online Physical Activity Promotion Program and Cardiovascular Symptoms Among Asian American Women at Midlife

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Abstract

Despite an increasing number of online programs to promote physical activity, they have rarely been evaluated for their effects on cardiovascular symptoms of racial/ethnic minority women at midlife. This study aimed to determine the preliminary efficacy of a newly developed online program for physical activity promotion on cardiovascular symptoms of Asian American midlife women. This study was a pilot repeated-measures randomized controlled trial (pretest/posttest) among 26 Asian American midlife women. The variables were measured using multiple instruments on background features, physical activity, and cardiovascular symptoms at three points of time (baseline, after 1 month, and after 3 months). Linear mixed models were used to analyze the data. The prevalence and severity of cardiovascular symptoms did not show a statistically significant group-time interaction. However, the increase in lifestyle physical activity over time was significant only among the intervention group ($\Delta = 0.49$, $P = .016$). The results supported the program's preliminary efficacy on lifestyle physical activity for Asian American women at midlife, but not on cardiovascular symptoms.

PMID: 32858543 DOI: [10.1097/CIN.0000000000000669](https://doi.org/10.1097/CIN.0000000000000669)

Prev Med Rep. 2020 Aug 21;101182. doi: 10.1016/j.pmedr.2020.101182. Online ahead of print.

<https://pubmed.ncbi.nlm.nih.gov/32844084/>

Preventing Type 2 Diabetes among South Asian Americans through community-based lifestyle interventions: a systematic review

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Abstract

Ethnic South Asians Americans (SAAs) have the highest relative risk of type 2 diabetes mellitus (T2DM) in the United States (US). Culturally tailored lifestyle interventions have the potential to promote South Asian diabetes prevention; however, the extent of their use and evaluation in US settings remains limited. This systematic review characterizes and evaluates outcomes of community-based lifestyle interventions targeted towards T2DM indicators among South Asians living in the US. A PRISMA-informed search of Pubmed, Embase, Cochrane, Web of Science, and clinical trial registry databases using key words pertaining to South Asians migrants and diabetes indicators (glucose and insulin outcomes) was conducted of community-based lifestyle interventions published up until October, 31 2019. Of the eight studies included in the final synthesis, four interventions focused on cultural and linguistic adaptations of past chronic disease prevention curricula using group-based modalities to deliver the intervention. Hemoglobin A1c (A1c) was the most common outcome indicator measured across the interventions. Three of the five studies observed improvements in indicators post-intervention. Based on these findings, this review recommends 1) greater exploration of community-based lifestyle interventions with high quality diabetes indicators (such as fasting blood glucose) in ethnic South Asian American communities, 2) expanding beyond traditional modalities of group-based lifestyle interventions and exploring the use of technology and interventions integrated with passive, active, and individualized components, and 3) development of research on diabetes prevention among second generation South Asians Americans.

KEYWORDS:

South Asian; community health; diabetes; glucose; insulin; lifestyle; Migrants; South Asian

PMID: 32844084 DOI: [10.1016/j.pmedr.2020.101182](https://doi.org/10.1016/j.pmedr.2020.101182)

J Cancer Educ. 2020 Sep 3. doi: 10.1007/s13187-020-01856-5. Online ahead of print.

<https://pubmed.ncbi.nlm.nih.gov/32880868/>

Assessing the Impact of a Patient Navigator Intervention Program for Vietnamese-American Women with Abnormal Mammograms

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Abstract

Breast cancer incidence among Asian Americans increased at a rate of 1.8% per year from 2014 to 2018, while the general population's incidence rate remained stable. Vietnamese-American women have been found to have the longest follow-up time after an abnormal mammogram. This study assesses the impact of a patient navigator program for Vietnamese-American women who received abnormal mammograms. Ninety-six Vietnamese-American participants with abnormal mammograms were assigned a Vietnamese patient navigator to provide emotional support, education, translation, and assistance with medical bills and doctor's appointments. Data collected from pre-test, post-test (1 year after initial enrollment in program), and 3-month follow-up surveys measured psychosocial outcomes and participant satisfaction. All 96 participants attended follow-up appointments for their abnormal mammograms. Psychosocial outcomes worsened from pre- to post-test, though these results were not statistically significant. Feeling in control of situations in one's life improved and was significant for participants who did not receive a breast cancer diagnosis (4.31, 5.04, $p = .039$). A majority of the participants reported satisfaction with their patient navigators. Vietnamese-American women have been found to be the least adherent to appropriate follow-up after an abnormal mammogram; in this study, all 96 participants attended a follow-up appointment within 90 days. Findings did not show improvements in psychosocial outcomes. Past research suggests that sociocultural factors may be at play: the initial abnormal mammogram may have triggered fatalistic thoughts affecting the reactions of the participants, even though the abnormal mammogram did not result in a breast cancer diagnosis.

KEYWORDS:

Abnormal mammogram; Breast cancer; Patient navigation; Vietnamese-American women.

PMID: 32880868 DOI: [10.1007/s13187-020-01856-5](https://doi.org/10.1007/s13187-020-01856-5)

Pediatrics. 2020 Sep 1;e2020021816. doi: 10.1542/peds.2020-021816. Online ahead of print.

<https://pubmed.ncbi.nlm.nih.gov/32873719/>

COVID-19 Racism and Mental Health in Chinese American Families

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No abstract available

PMID: 32873719 DOI: [10.1542/peds.2020-021816](https://doi.org/10.1542/peds.2020-021816)

<https://pubmed.ncbi.nlm.nih.gov/32909155/>

APA Health CARE: A Student-Led Initiative Addressing Health Care Barriers Faced by the Asian and Pacific Islander American Immigrant Population in Los Angeles

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Abstract

Asian and Pacific Islander Americans face cultural, linguistic, and financial barriers to accessing health care. APA Health CARE (APAHC), a UCLA student-led organization, attempts to bridge these disparities through free community health screenings, health education seminars, and follow-up procedures. From 2011 to 2018, participants' demographic and health-related information were recorded during health fairs and follow-up phone calls. Trends in participant characteristics were analyzed over time. Health fair data were compared to data from follow-up phone calls to assess the effectiveness of health fair education and referral practices. 5635 participants from 69 health fairs were screened over the 8-year period. Follow-up contact was attempted for 2258 participants, of which 555 responded. Over time, a greater proportion of participants reported higher income, health insurance, and access to a regular doctor. Of those contacted at follow-up, 32.3% reported visiting a doctor, 50.2% reported making lifestyle changes, and 68.0% of those who were uninsured at health fairs reported obtaining health insurance within 1 month of attendance. Despite an observed increase in the proportion of participants having insurance and a regular doctor, health fair attendance remained consistent, possibly due to Asian American immigrants' preference for services that are convenient and linguistically and culturally accessible. Attendees reported visiting a physician, making lifestyle changes, and obtaining health insurance based on health fair referrals, suggesting measurable success with referral uptake and follow through. Student-led initiatives similar to APAHC can

serve as catalysts to increase health literacy and motivate communities to seek health insurance and care.

KEYWORDS:

Asian and Pacific islander; Health education; Health fairs; Immigrants; Language barriers.

PMID: 32909155 DOI: [10.1007/s10900-020-00915-8](https://doi.org/10.1007/s10900-020-00915-8)

J Diabetes Complications. 2020 Jul 18;107679. doi: 10.1016/j.jdiacomp.2020.107679. Online ahead of print.

<https://pubmed.ncbi.nlm.nih.gov/32900593/>

Nativity and prevalence of cardiometabolic diseases among U.S. Asian immigrants

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Abstract

Aims: Acculturation has been shown to be an important factor for immigrants' health in the United States. We investigate whether nativity is associated with a greater risk for cardiometabolic diseases among Asian Americans (Asians) vs. non-Hispanic whites (whites).

Methods: Based on data from the U.S. National Health Interview Survey in 2006-2015, 146,862 Asians and whites aged ≥ 30 years were evaluated. Nativity as a proxy for acculturation was defined using a combination of birthplace and the duration of U.S. residency. Cardiometabolic diseases were defined based on self-reported diagnoses of diabetes, prediabetes, or cardiovascular diseases (CVD). Using 10-year pooled data accounting for complex sampling designs and weights, multiple logistic regression models were used to assess associations. Four Asian subgroups, including Chinese, Filipinos, Asian Indians and other Asians, were evaluated in subgroup analyses.

Results: Compared to U.S.-born whites, prevalent type 2 diabetes and prediabetes were higher among Asians depending on nativity. However, the prevalence of CVD was lower among Asians than among whites regardless of nativity (OR ≥ 15 years = 0.5 [95% CI:0.5-0.6], OR_{U.S.-born} = 0.7 [95% CI:0.6-0.8]). In addition, compared to U.S.-born whites, prevalent type 2 diabetes and prediabetes increased with an increasing length of U.S. residency for foreign-born Asians among Asians overall (≥ 15 years: OR_{diabetes} = 1.5 [95% CI:1.3-1.7]; OR_{prediabetes} = 1.3 [95% CI:1.2-1.6]) and Asian Indians and Filipinos. Furthermore, a significant graded association between prediabetes and length of U.S. residency was found among foreign-born Asians.

Conclusions: The prevalence of diabetes and prediabetes is higher among Asian immigrants who have spent more years in the U.S., than those in U.S.-born whites. Monitoring and prevention efforts for diabetes should target this group.

KEYWORDS:

Asian Americans; Cardiometabolic diseases; Nativity; United States National Health Interview Survey.

PMID: 32900593 DOI: [10.1016/j.jdiacomp.2020.107679](https://doi.org/10.1016/j.jdiacomp.2020.107679)

BMJ Open. 2020 Sep 6;10(9):e037078. doi: 10.1136/bmjopen-2020-037078.

<https://pubmed.ncbi.nlm.nih.gov/32895276/>

Systematic review of depressive, anxiety and post-traumatic stress symptoms among Asian American breast cancer survivors

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Abstract

Objectives: This paper aimed to review the experience of psychopathology symptoms (ie, depressive, anxiety and post-traumatic stress) and their social, cognitive and affective correlates among Asian American breast cancer survivors. Studies on psychosocial interventions for reducing psychopathology symptoms were also included in this review.

Design: A systematic review was conducted.

Methods: PubMed, PsycINFO and Web of Science were searched from database inception to November 2018. Empirical, peer-reviewed articles on adult women of Asian heritage residing in the USA with breast cancer diagnoses were included in this review. The methodological quality of the included articles was coded.

Results: The search yielded 16 empirical articles, which were all deemed to be of high methodological quality. Eleven studies utilized a quantitative design, two studies utilized a qualitative design and three studies utilized a mixed-methods design. Thirteen were cross-sectional and three were longitudinal in design. Only two intervention studies were identified. Studies showed that Asian American breast cancer survivors endorsed moderate to high levels of depressive symptoms, anxiety and post-traumatic stress symptoms; those who are more acculturated demonstrated lower levels of depressive and anxiety symptoms. Asian American breast cancer survivors with social constraints were more likely to have intrusive thoughts and, in turn, have high levels of psychopathology symptoms. Intervention studies were limited, but the use of community-based participatory research approaches and cultural adaptations were noted strengths of the studies.

Discussion: In addition to discussing clinical implications, we highlight limitations of the literature, including a lack of longitudinal studies and the limited use of standardized diagnostic instruments for assessing psychopathology symptoms among this population. Clarifying the prospective relationships between psychopathology symptoms and their social, cognitive and affective correlates will help inform the development of culturally sensitive psychosocial interventions among Asian American breast cancer survivors.

KEYWORDS:

anxiety disorders; breast tumours; depression & mood disorders.

PMID: 32895276 DOI: [10.1136/bmjopen-2020-037078](https://doi.org/10.1136/bmjopen-2020-037078)

Ethn Health. 2020 Sep 7;1-15. doi: 10.1080/13557858.2020.1817339. Online ahead of print.

<https://pubmed.ncbi.nlm.nih.gov/32894684/>

Illness perceptions as a mediator between emotional distress and management self-efficacy among Chinese Americans with type 2 diabetes

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Abstract

Objectives: Emotional distress and illness perceptions have been linked to patients' self-efficacy for diabetes management. This study, guided by Leventhal's Self-Regulatory Model, explores the direct effects of emotional distress (diabetes distress and depressive symptoms) on diabetes management self-efficacy, and the indirect effects through illness perceptions among Chinese Americans with type 2 diabetes (T2DM).

Design: Data were obtained from a cross-sectional study of Chinese Americans with T2DM recruited from health fairs and other community settings ($N = 155$, 47.1% male, mean age 69.07 years). Data analyses including descriptive statistics, correlation, and PROCESS mediation models were used to examine the mediation effects of illness perceptions.

Results: Diabetes distress and depressive symptoms had direct negative effects on self-efficacy. Perceived treatment control mediated the association between diabetes distress and self-efficacy, while none of the illness perceptions dimensions impacted the relationship between depressive symptoms and self-efficacy.

Conclusion: Improved perceptions of treatment control can ameliorate diabetes distress and improve diabetes management self-efficacy among Chinese Americans. Health providers should elicit patients' illness perceptions as a first step in evaluating their diabetes management self-efficacy and provide appropriate culturally-tailored interventions.

KEYWORDS:

Asian Americans; Diabetes distress; depressive symptoms; diabetes self-management self-efficacy; illness perception.

PMID: 32894684 DOI: [10.1080/13557858.2020.1817339](https://doi.org/10.1080/13557858.2020.1817339)

Am J Public Health. 2020 Sep 17;e1-e4. doi: 10.2105/AJPH.2020.305858. Online ahead of print.

<https://pubmed.ncbi.nlm.nih.gov/32941063/>

Potential Impact of COVID-19-Related Racial Discrimination on the Health of Asian Americans

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Abstract

Anti-Asian discrimination and assaults have increased significantly during the Coronavirus disease 2019 (COVID-19) pandemic, contributing to a "secondary contagion" of racism. The United States has a long and well-documented history of both interpersonal and structural anti-Asian discrimination, and the current pandemic reinforces longstanding negative stereotypes of this rapidly growing minority group as the "Yellow Peril." We provide a general overview of the history of anti-Asian discrimination in the United States, review theoretical and empirical associations between discrimination and health, and describe the associated public health implications of the COVID-19 pandemic, citing relevant evidence from previous disasters in US history that became racialized. Although the literature suggests that COVID-19 will likely have significant negative effects on the health of Asian Americans and other vulnerable groups, there are reasons for optimism as well. These include the emergence of mechanisms for reporting and tracking incidents of racial bias, increased awareness of racism's insidious harms and subsequent civic and political engagement by the Asian American community, and further research into resilience-promoting factors that can reduce the negative health effects of racism. (*Am J Public Health*. Published online ahead of print September 17, 2020: e1-e4. <https://doi.org/10.2105/AJPH.2020.305858>).

PMID: 32941063 DOI: [10.2105/AJPH.2020.305858](https://doi.org/10.2105/AJPH.2020.305858)

Pain Manag Nurs. 2020 Sep 12;S1524-9042(20)30169-7. doi: 10.1016/j.pmn.2020.08.001.
Online ahead of print.

<https://pubmed.ncbi.nlm.nih.gov/32933877/>

Comparison of Four Pain Scales Among Hmong Patients with Limited English Proficiency

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Abstract

Background: Little is known about the relevance of existing pain scales for patients with limited English proficiency (LEP).

Aims: To determine the ranking and perceptions of four pain intensity scales in LEP Hmong.

Design: A sequential mixed-method study.

Settings: A Midwestern city, USA.

Participants/subjects: Eight-four Hmong aged 19 to 80 years old.

Methods: Participants ranked four pain intensity scales-the Red Gradation Scale, the Black Gradation Scale, the Wong-Baker Faces Pain Rating Scale, and the Faces Pain Scale - Revised- using Likert responses of 1 (most) to 4 (least) on the following factors: the extent to which they liked the scale, perceived it to be accurate, and preferred to use it in clinical settings. A follow-up interview asked participants' scale selection decisions. Spearman correlations and ordered logistic regression assessed the scale rankings. Thematic analysis was used to analyze the qualitative data.

Results: Participants ranked the Wong-Baker Faces Pain Rating Scale as the most liked (3.22 ± 0.95 , 50.6%), the most accurate (3.13 ± 0.93 , 44.6%), and the most preferred (3.14 ± 1.03 , 49.4%). Older Age predicted the selection of this scale. Six themes influenced participants' ranking decisions: the visual clarity of the scale, their experience or familiarity with the scale, the cultural connotations of pain, the type of emotions provoked by scale, the alignment of pain expression reflected in the scale, and the literacy concerns that the scale addressed.

Conclusions: The Wong-Baker Faces could be appropriate for older Hmong. Further validity and reliability studies are needed for the Wong-Baker Faces.

PMID: 32933877 DOI: [10.1016/j.pmn.2020.08.001](https://doi.org/10.1016/j.pmn.2020.08.001)