



Enhancing the Wellbeing and Mental Health of Chinese American Adolescents

By Dr. Chieh Li, Dr. Huijin Li, Dr. Shengli Dong and research team



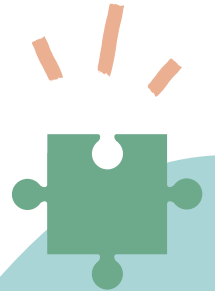


Our Goals:

Enhancing the wellbeing and mental health
of Chinese American adolescents (CAA)



Developing CAA social emotional awareness
and self care skills



What is this study?

- ✧ Focus on improving CAA mental health
- Provide culturally and developmentally appropriate support for CAA (We did cultural review)
- Gather your input for strengthening a self-help tool for CAA



- Supported by the National Institutes of Health (NIH) (1R21MD016513-01A1)
- Led by Dr. Chieh Li (Northeastern University), Dr. Huijun Li (Florida A&M University), and Dr. Shengli Dong (Florida State University)
- 3 month-long research study



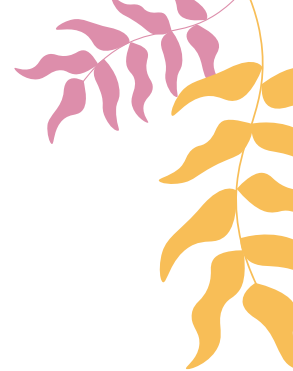
Why do we need this study? Who will it help?

- CAA need and deserve culturally tailored mental health support and attention
- CAA are traditionally perceived as a model minority
- CAA often experience the serious stress of acculturation, anxiety, and depression
- CAA face cultural barriers to care and racial/cultural discrimination

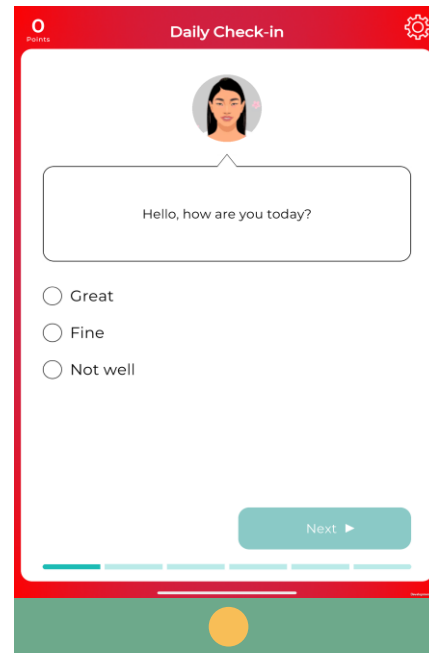
We have developed a self-help tool to support CAA: The RRE App!!!



The RRE (Relax, Reflect and Empower) App



- RRE, a Mobile Health Application (MHA)
- Developed to help CAA enhance wellness and mental health
- Designed to provide support and resources in a culturally and developmentally appropriate manner
- CAA experience using the app and feedback will inform the improvement of the app



RRE Relaxation activities:

Choices of 3-minute meditation

Examples

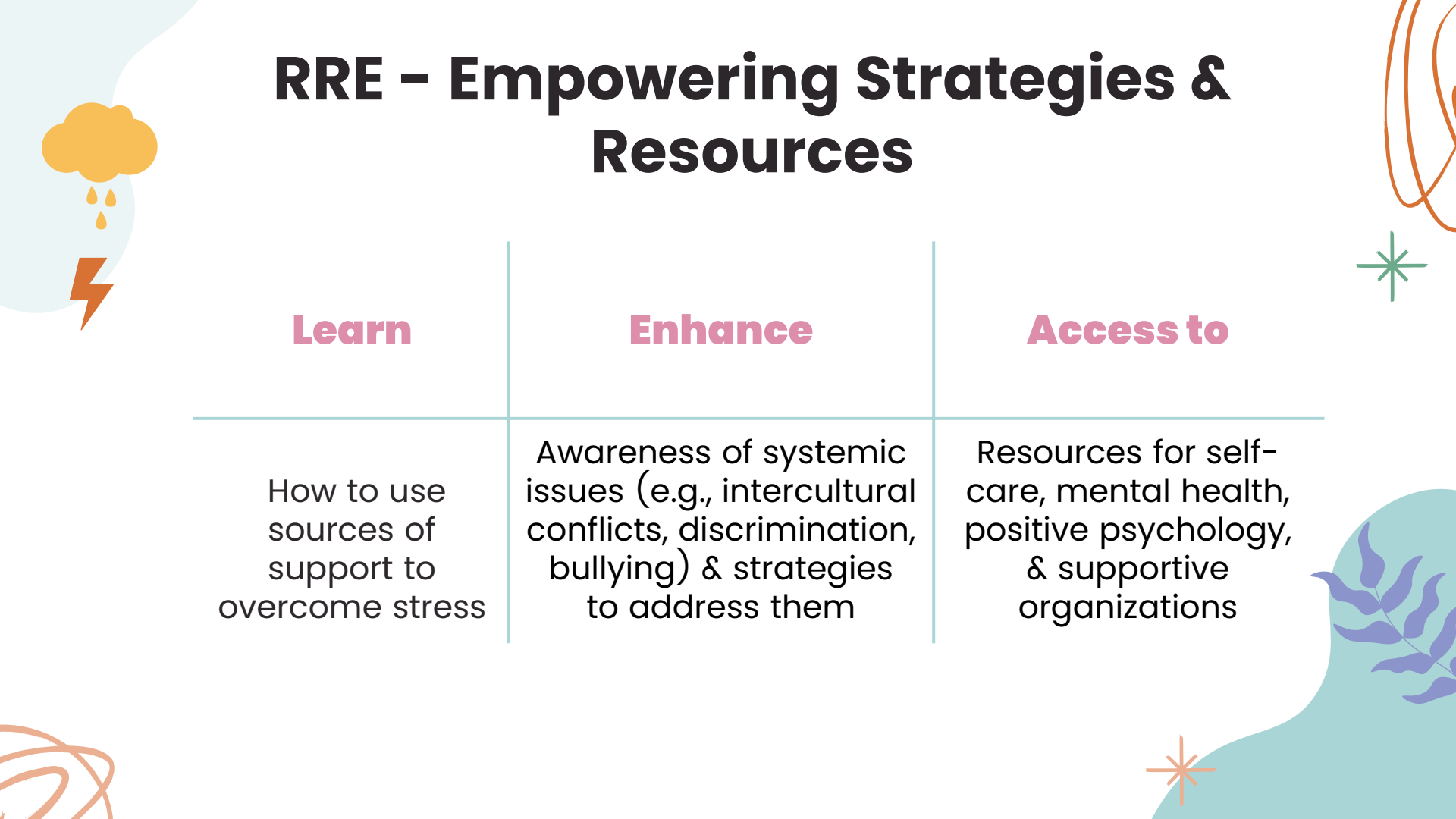
- Hello, breath: Listen
<https://vimeo.com/398366578>
- 3-Minute Breathing Space
<https://mindfulnessandwellbeing.com/resources/>
- Mindful Meditation
Mind Yeti: 3.32 minutes



RRE – Reflecting activities

Wellness	Selfcare	Coping strategies
<ul style="list-style-type: none">• Physical• Psychological• Sources of stress & support	<p>What did you do for self care?</p>	<ul style="list-style-type: none">• What coping strategies were used?• Which are effective?• Which are not effective?• Why?

RRE – Empowering Strategies & Resources



Learn	Enhance	Access to
How to use sources of support to overcome stress	Awareness of systemic issues (e.g., intercultural conflicts, discrimination, bullying) & strategies to address them	Resources for self-care, mental health, positive psychology, & supportive organizations

Eligibility & Rewards

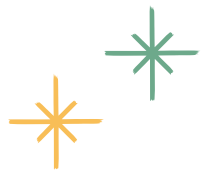


- **Ethnicity and Age:** Of Chinese descent who was born or grew up in the U.S., is 14-18 years old and enrolled in school
- **Reading Level:** Can sign an informed consent (or assent for minors) document and is able to read at the 6th grade level
- **Health Conditions:** Not diagnosed with major depression disorder or other mental health disorders. Score BELOW 3 in the Patient Health Questionnaire-2 or Generalized Anxiety Disorder-2



- Receive a participation certificate
- Receive a gift card of value of up to **\$120**
- Have access to RRE strategies and resources
- Possible community service or volunteer hours opportunity





Group 1: RRE Activities

Daily and weekly wellness check-ins via RRE for 3 months:

- Four daily check-ins: 5 minutes
 - Includes a 3-minute relaxation meditation and a few wellness questions
- One weekly check-in: 15 minutes
 - Includes relaxation meditation, wellness questions, a self-reflection activity, and strategies and resources for self-help

Benefits:

- ✓ Daily and weekly wellness check-in for 3 months
- ✓ Culturally tailored, personalized, and interactive app (RRE)
 - ✓ Activities and thought-provoking questions
 - ✓ Increase social emotional awareness and strengthen your self care skills



Day 1

Daily wellness check-in

Day 2

Daily wellness check-in

Day 3

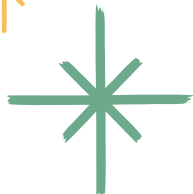
Daily wellness check-in

Day 4

Daily wellness check-in

Day 5

Weekly wellness check-in



Group 2: Brief Text Messages

Daily and weekly wellness check-ins via text message for 3 months:

- Daily wellness check-in (2-3 minutes) 4 days/week
- Weekly wellness check-in (4-5 minutes) 1 day per week

Benefits:

- ✓ Daily wellness check-in for 3 months
- ✓ Increase social emotional awareness and strengthen your self care skills



Day 1

Daily wellness check-in

Day 2

Daily wellness check-in

Day 3

Daily wellness check-in

Day 4

Daily wellness check-in

Day 5

Weekly wellness check-in



ARE YOU INTERESTED?



If you are interested in participating in this study, please apply through the link below or scan the QR code:

https://neu.co1.qualtrics.com/jfe/form/SV_e evS6liHPGVr8XQ



ANY QUESTIONS?


***Please email:**

Wellnesscheckin@northeastern.edu
for more information





Principal Researchers



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Thank you for your interest!

Relax, reflect, and empower!