

Unmet Need of Mental Health Services Use among Asian Americans and Whites

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Health

- WHO-definition: "a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity"
- Mental health: no formal definition, emotionally and psychologically competent in daily life



Mental Disorders

- High prevalence
 - Over 25% of Americans had at least one mental disorder in previous 12 months
- High cost
 - Account for 11% of disease burden worldwide
- Inadequate treatment
 - Only 40% mental disorder patients received treatment in the past 12 months
 - 13% received minimally adequate treatment
 - Racial/ethnic disparities

Asian Americans

- Asian Americans are less likely to use mental health services than Whites
- Why?
 - Less need?
 - Cultural barriers?
 - Practical barriers?

Less need?

- Depression

- Prevalence reported to be as high as that of Whites

- Post Traumatic Stress Disorder

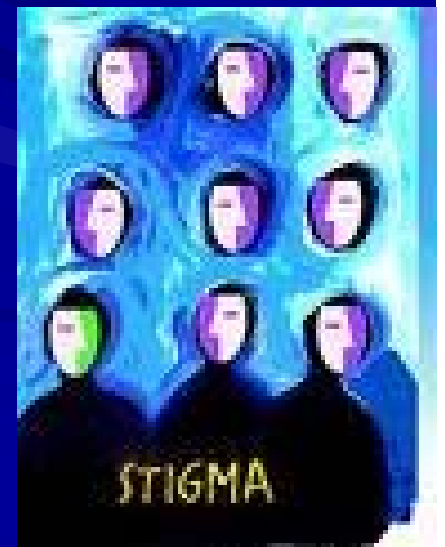
- High among Southeast Asian refugees

- Other mental disorders

- Severity of mental disorders

Cultural Barriers?

- Distinctive cultural values
 - Perception of mental disorders and treatment
 - Internalization of personal feelings
 - Shame and stigma
 - Collectivism
 - Male dominance
- Immigration history
 - Purpose of immigration
 - Experience in the U.S.(Acculturation)



Practical Barriers?

- Socioeconomic status
 - Education
 - Income
 - Employment status
 - Health insurance status
- Availability of resources
 - Place of residence (population density)

Objective

- To examine the level of unmet need of mental health services use among Asian Americans and Whites
- To investigate the association between practical barriers and the unmet need of mental health services use among Asian Americans and Whites

Data Source & Sample Size

■ Data source

- 2002-2004 National Survey on Drug Use and Health (NSDUH)

■ Sample size

- Asian Americans: 3, 572
- Whites: 75, 486
- Subsample with Serious Mental Illness: 6, 185
 - Asian Americans: 209
 - Whites: 5, 976

Definition of Unmet Need

- Serious mental illness (SMI)
 - K6 scale: nervous, hopeless, restless or fidgety, depressed, everything was an effort, and worthless
 - K6 score ≥ 13 : having SMI
- Mental health services use
 - Any use of inpatient or outpatient services for emotional and psychological problems in the past 12 months
- Unmet need of mental health services use

Covariates of Unmet Need

- Age: 18-25, 26-34, 35-49, ≥ 50 years
- Education: < high school, high school graduate, some college, college and above
- Marital status: married, widowed/divorced/separated, never married
- Employment status: full-time, part-time, unemployed
- Household income: < \$20, 000, \$20,000-\$49,999, \geq \$50,000
- Health insurance status: yes vs. no
- Population density: ≥ 1 million metropolitan, <1 million metropolitan, non-metropolitan

Statistical Methods

- Rao-Scott χ^2 test was used to test the difference in prevalence of demographic and socioeconomic covariates between Asian Americans and Whites
- Multivariate logistic regression models were used to examine the independent effect of demographic and socioeconomic covariates on unmet need of mental health services use

Demographics (N=6,185)

	Whites		Asian Americans		<i>P</i> -value
	%	SE	%	SE	
Gender, male	33.1	0.9	42.8	5.9	0.13
Age (years)					
18-25	20.8	0.5	32.3	4.1	<0.001
26-34	18.9	0.7	26.7	4.7	
35-49	34.9	0.9	32.4	6.0	
50 or more	25.4	1.0	8.5	5.0	
Marital status					
Married	41.5	1.0	38.3	6.1	<0.001
Widowed/Divorced/Separated	27.3	1.0	8.0	3.3	
Never married	31.1	0.9	53.7	5.8	

Socioeconomic factors

	Whites		Asian Americans		<i>P</i> -value
	%	SE	%	SE	
Education					
Less than high school	17.4	0.8	3.8	1.6	<0.001
High school graduate	34.2	1.0	20.6	5.0	
Some college	29.5	0.9	27.1	4.5	
College and above	19.0	0.8	48.5	5.7	
Population density					
Metropolitan with ≥ 1 million	39.0	0.5	73.2	1.6	<0.001
Metropolitan with <1 million	35.0	0.4	23.0	1.5	
Non-metropolitan	26.0	0.4	3.8	0.5	

Prevalence of SMI, Mental Health Service Use, and Unmet Need

	Whites		Asian Americans		<i>P</i> -value
	%	SE	%	SE	
SMI	8.9	0.2	6.4	0.8	0.003
Any mental health services use in past 12 months	15.0	0.2	5.5	0.7	<0.001
Unmet need of mental health services use	46.7	1.7	71.8	8.0	<0.001

Predictors of Unmet Need

	OR	95% CI
Race (ref=Whites)	4.94	(2.93, 8.34)
Gender (ref=female)	1.72	(1.42, 2.08)
Age (years, ref=18-25)		
26-34	0.73	(0.58, 0.90)
35-49	0.67	(0.54, 0.84)
50 or more	0.91	(0.67, 1.23)
Marital status (ref=married)		
Widowed/divorced/separated	0.79	(0.61, 1.01)
Never married	1.30	(1.03, 1.64)
Education (ref=college and above)		
Less than high school	2.06	(1.50, 2.83)
High school graduate	1.62	(1.25, 2.11)
Some college	1.45	(1.12, 1.88)

Predictors of Unmet Need (Con'd)

	OR	95% CI
Employment status (ref=full time employed)		
Employed part time	0.73	(0.57, 0.92)
Unemployed	0.66	(0.80, 1.39)
Household income (ref= <\$20, 000)		
\$20,000-49,999	1.11	(0.88, 1.39)
\$50,000 and above	1.17	(0.91, 1.49)
Health insurance in past 12 months (ref=with no insurance)		
	0.53	(0.43, 0.66)
Population density (ref=metropolitan with \geq 1 million)		
Metropolitan with <1 million	0.95	(0.78, 1.17)
Non-metropolitan	1.10	(0.87, 1.40)

Discussion

- Asian Americans have higher level of unmet need of mental health services use than Whites
- Male gender, younger age, and never been married are independently associated with higher level of unmet need
- People with health insurance are 47% less likely to have unmet need