Do Life Habits and Parent-Child Connectedness Influence Mental Health of Asian American Adolescents?

**INTRODUCTION**
- Number of US adolescents reporting poor mental health is increasing.¹,²
- COVID-19 pandemic disproportionately exacerbated mental health issues in the Asian American community, in which the topic of mental health is often considered taboo and a limited number of studies have focused on.³⁻⁶

**RESULTS**
- 13.0% Reported Poor Mental Health Overall.
- Gender was Associated with Mental Health.
- Life Habits and Parent-Child Connectedness were Associated with Mental Health.

**METHODS**
- The data were collected through an anonymous mental health Google Form survey from 9/1/23 through 10/23/23 by an author of the poster, in a student-led (Grades 5-12) non-profit volunteer organization with over 5000 members, primarily Asian Americans, in 23 US states.
- Descriptive statistical analysis was used for Results 1A -1B and 2A. Chi-square test was used for results 2B and 3A - 3D. A p-value < 0.05 was considered statistically significant.

**FUTURE DIRECTIONS**
- A multivariable model to examine whether any of the factors remain independent variables, accounting for demographic characteristics, such as gender and age.
- An interventional study by implementing modifications in the independent variable and then comparing mental health outcomes with a control group, or comparing outcomes before and after the intervention to establish causality.

**CONCLUSION**
Our results demonstrated that life habits (exercise, sleep, social media time) and parent-child connectedness, were significantly associated with mental health among post pandemic Asian American adolescents, providing potential opportunity for interventions, such as dedicating more time to exercise and sleep and less time on social media, and improving parent-child communication on mental health issues, for better mental health.