

Depression among Four Groups of Ethnic Asian American Adolescents in New York City

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ABSTRACT

This descriptive, survey, cross-sectional study was conducted to investigate the risk factors of depression among four ethnic groups of Asian American adolescents. Convenience sample of 316 adolescents, 16 to 19 years of age ($M = 17.53$ years, $SD = 1.13$), living in New York City, were recruited from members and friends of Asian American organizational sources. Adolescents receiving treatment for depression were excluded from the data analysis. Measures included Demographic, depression (CES-D scale), English language acculturation scale, and smoking opportunity survey questionnaires. Ninety percent of the participants were enrolled in school; 11th grade (29.3%), 12th grade (29%), and college freshman (20.1%) levels. Ninety-two percent spoke another language other than English. Analysis revealed that 50% ($n = 158$) of all participants scored at or above the cut-off point of 16 on the CES-D Scale ($M = 17.85$, $SD = 10.89$). Significant risk factors found were English language acculturation, current enrollment in school and smoking status, as well as the interaction between ethnicity and smoking status. Depression may be prevalent among Asian American adolescents and it is important to focus attention on this significant health problem. Acculturation assessment must be integrated into clinical evaluations and smoking prevention programs should be culturally and ethnically sensitive to the needs of Asian American adolescents.

Keywords: Asian American adolescent; risk factors; depression; Risk factors of Depression in Asian-American Adolescents in New York City

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