

CULTURALLY ADAPTED DEPRESSION ASSESSMENT FOR CHINESE AMERICANS: HOW TO REDUCE MENTAL HEALTH DISPARITIES AND IMPROVE ACCESS TO CARE

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(she/her)

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Culturally Adapted Depression Assessment for Chinese Americans: How to Reduce Mental Health Disparities and Improve Access to Care

AANHPI 'Ohana Center of Excellence

November 15, 2023

Workshop Presenter:

Rose Wong, PhD, MPA, LCSW
Director of Social Work, Palo Alto University





**San Francisco Bay Area
Chinese Community
Depression Education Project**

三藩市灣區華人社區憂鬱症教育計劃

Co-Leaders:

Rose Wong, PhD, MPA, LCSW

Nancy Lim-Yee, LCSW

Project Website:

<https://vimeo.com/chinesedepression>

Phase 1 – 2012-13



- Community-based participatory research project by a team of health and behavioral health professionals and community members.
- Developed posters, brochures with symptom checklists, and videos to educate Chinese immigrants about depression.
- Volunteer actors played the roles for teen, adult and older adult videos.

Six Videos for Community Members

為社區人士提供六套影片



Andy's Story (14 min.)
安迪的故事 (14分鐘)

Videos on Teenagers with Depression

有關青少年憂鬱症的錄影

English, Cantonese, or Mandarin versions available.
有英語, 廣東話或普通話版。



Mei's Story (12 min.)
阿美的故事 (12分鐘)



Mr. Leung's Story (17 min.)
梁生的故事 (17分鐘)

Videos on Adults with Depression

有關成年人憂鬱症的錄影

Cantonese and Mandarin versions available.
有廣東話或普通話版。



Mrs. Chu's Story (15 min.)
朱太的故事 (15分鐘)



Mr. Yip's Story (21 min.)
葉生的故事 (21分鐘)

Videos on Older Adults with Depression

有關老年人憂鬱症的錄影

Cantonese and Mandarin versions available.
有廣東話或普通話版。



Mrs. Wong's Story (23 min.)
王太的故事 (23分鐘)

View and download the videos at: 觀看及下載視頻:

vimeo.com/chinesedepression

Phase 2 – 2016-17

- Used a similar community-based participatory research approach.
- Developed videos for training primary care doctors, nurses, and other healthcare providers to detect depression and suicidal risk in Chinese immigrants.
- Volunteer actors played the roles of physicians and patients.



Four-Video Series for Medical Providers

為醫療人員提供一系列四套影片



Video 1 (10 min.)

影片一 (10分鐘)

A Radar for Depression

探測憂鬱症的雷達



Video 2 (10 min.)

影片二 (10分鐘)

The Stressed Doctor

肩負壓力的醫生



Video 3 (13 min.)

影片三 (13分鐘)

The Zen Doctor

禪定醫生



Video 4 (20 min.)

影片四 (20分鐘)

Signs of Suicide: Eliciting Ideation and Intent

自殺的徵兆：探測自殺意念和意圖



View and download the videos at: 觀看及下載視頻:

vimeo.com/chinesedepression

Workshop Objectives

1. Articulate a Chinese culture-based construct of depression with three dimensions—psychological, somatic, and interpersonal.
2. Articulate Chinese expressions of depressive distress used by Chinese American immigrants.
3. Recognize differences in the differential endorsement of depressive symptoms based on level of acculturation to U.S. society, gender, education, and other factors.
4. Articulate how you can integrate culturally sensitive depression assessment and educational tools into your practice and social services with Chinese-speaking patients and clients.

Context for a Chinese-specific Construct of Depression: Depression Rates & Risk Factors

Chinese Americans: Prevalence of Depression

National Latino and Asian American Study, Chinese American sample (N = 600)

	Depressive Disorder	
	Lifetime	12-month
Sex		
Male	7.7%	3.9%
Female	14.6%	10.8%
Nativity		
U.S.-born	23.2%	10.4%
China-born	8.3%	8.0%
Immigrated		
< 18 years	17.9%	9.0%
>= 18 years	7.1%	6.0%

Zhang, J., Fang, L., Wu, Y-W.B., Wiczorek, W.F. (2013). Depression, anxiety and suicidal ideation among Chinese Americans: A study of immigration related factors. *Journal of Nervous and Mental Diseases*, 201(1), 17-22.

Asian American Youth: Risk Factors for Depression

- Later adolescence brings an increase in depressive symptoms.
- Chinese teen females were at more risk than males.
- Anxiety predicted depression in Chinese middle-school students.
- Worry about school failure or grades was associated with depressed mood.
- Parent reports of economic stress predicted Chinese teens depressive symptoms.
- Smoking was related to depression.
- Alcohol use was related to depression in females.

Wyatt, L.C., Ung, T., Park, R., Kwon, S.C., & Trinh-Shevrin, C., (2015). Risk factors of suicide and depression among Asian American, Native Hawaiian, and Pacific Islander youth, A systematic literature review, *Journal of Health Care for the Poor and Underserved*, 26(2 0), 191-237.

Asian American Youth: Social Risk Factors for Depression


- Perceived discrimination & stress from perceived discrimination
- Feeling socially excluded and alienated (i.e., ethnic marginalization)
- Greater teen vs. parent differences in acculturation.
- Greater acculturation (to U.S. society) and acculturative stress
- Low orientation to U.S. culture for Chinese in early-middle teen years.
- Higher ethnic orientation & low American orientation for H.S. students.
- Being foreign-born & lacking English proficiency.
- Exposure to violence and daily hassles for Chinese teens.
- Family conflict, parental control, and parental depression influencing parenting.

Wyatt, L.C., Ung, T., Park, R., Kwon, S.C., & Trinh-Shevrin, C., (2015). Risk factors of suicide and depression among Asian American, Native Hawaiian, and Pacific Islander youth, A systematic literature review, *Journal of Health Care for the Poor and Underserved*, 26(2 0), 191-237.

Differences from the PHQ-9?

What are some Chinese culture-specific symptoms of depression?

(i.e., how might Chinese immigrants experience or express their distress differently from [the PHQ-9](#) symptoms of depression?)



1. Little interest or pleasure in doing things

2. Feeling down, depressed, or hopeless

3. Trouble falling or staying asleep, or sleeping too much

4. Feeling tired or having little energy

5. Poor appetite or overeating

6. Feeling bad about yourself—or that you are a failure or have let yourself or your family down

7. Trouble concentrating on things, such as reading the newspaper or watching television

8. Moving or speaking so slowly that other people could have noticed. Or the opposite — being so fidgety or restless that you have been moving around a lot more than usual

9. Thoughts that you would be better off dead, or of hurting yourself

QUESTION:

What are typical Chinese immigrant stressors that can trigger depression?

“The Stressed Doctor” Video

Dr. Stressed and Mrs. Chen (10 min.)

<https://vimeo.com/243267877>

Answer these questions after you view “The Stressed Doctor”:

1. What does Dr. Stressed do wrong? How is he ineffective at recognizing depression?
2. What are the social or interpersonal clues that Mrs. Chen expressed in her internal dialog?
3. What does a somatic presentation of depression look like in primary care?

“The Zen Doctor” Video

Dr. Zen and Mrs. Chen (12 min.)

<https://vimeo.com/243260651>

Answer these questions after you view “The Zen Doctor”:

1. How is Dr. Zen more effective and culturally sensitive to Mrs. Chen? What strategy did he use?
2. What are the key characteristics to keep in mind for effective engagement with patients?
3. Compared to Dr. Stressed, why does Dr. Zen seem more empathetic toward the patient?

DEPRESSION ASSESSMENT FOR CHINESE AMERICAN IMMIGRANTS

Source: WONG, R. et al. (2012). Culturally sensitive depression assessment for Chinese American Immigrants: Development of a comprehensive measure and a screening scale using an item response approach. Asian American Journal of Psychology, 3(4), 230–253.

Depression Construct: Three Dimensions of Distress

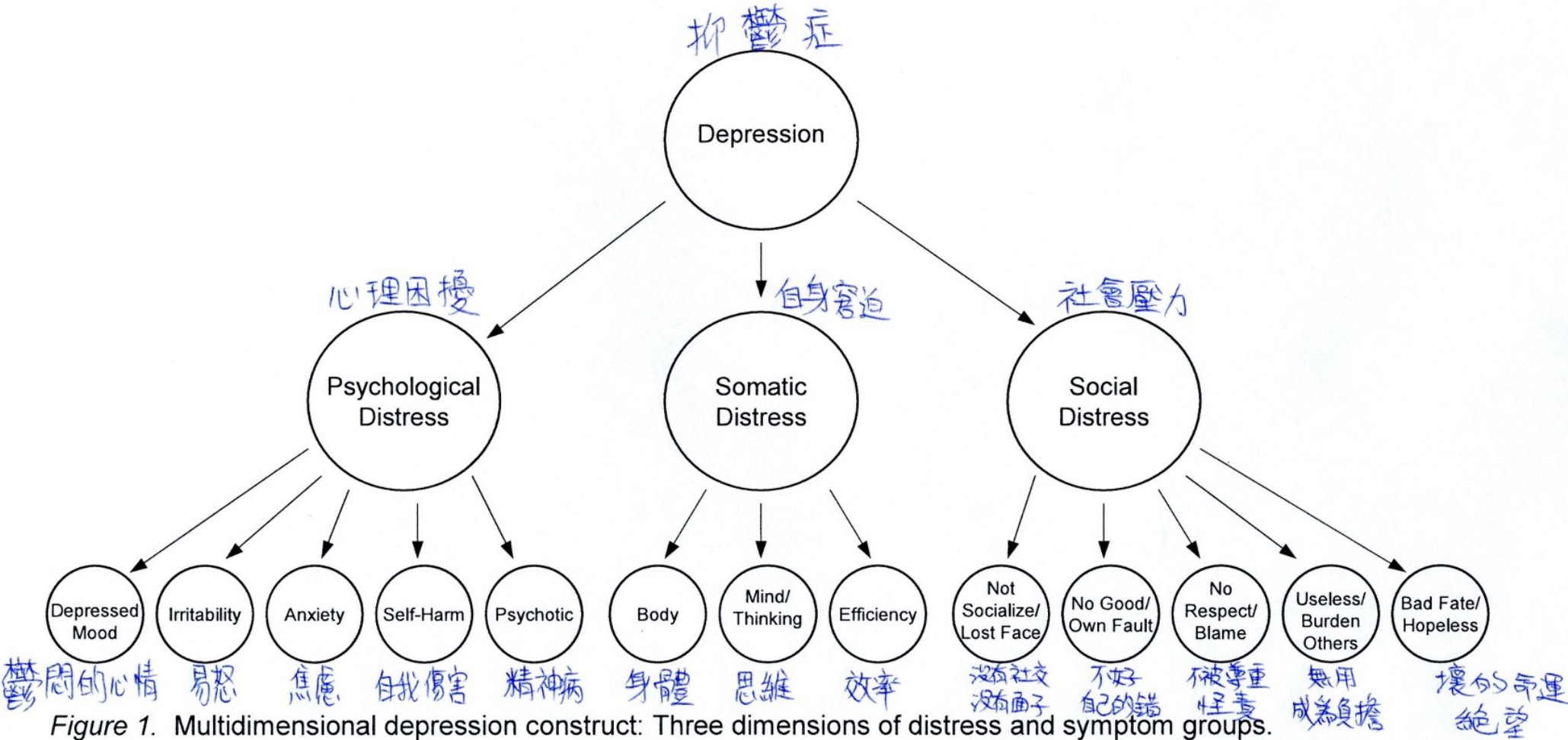


Figure 1. Multidimensional depression construct: Three dimensions of distress and symptom groups.

As you view the next slides ...

Have heard Chinese American immigrants (or immigrants from other groups) use any of these socially focused symptoms before?

Social Symptoms – 15 items

Ordered from least to most severe

1. You feel very helpless. You feel you have no way to change your own fate.

你感到很無助。你感到沒有辦法改變自己的命運。

2. You feel very lonely.

你感到很寂寞。

3. You feel like no matter how hard you try, you can't be as good as other people.

你感到不論你多努力都比不上別人。

4. You are afraid of losing your working ability completely one day.

你害怕有一天會完全失去做事能力。

5. You feel useless.

你覺得自己沒用。

6. You hide your life difficulties from other people.

你隱瞞自己生活有困難.

7. You feel hopeless.

你感到沒有希望.

8. You don't want to talk.

你不想說話.

9. You feel life is meaningless.

你感到做人沒有意思.

10. You feel you don't have the kind of respect from work and family that you should have.

你覺得在家中和工作的地方得不到應該有的尊重.

11. You feel everything is your fault.

你感到所有問題都是自己的錯。

12. You think you made your family lose face.

你感到讓親人丟臉。

13. You don't want to have contact with people, socialize or go out at all.

你完全不想和別人接觸, 交往, 或外出。

14. You feel you are a burden to your family and society.

你覺得自己是家人和社會的負擔。

15. You strongly blame your family members or partner for your life difficulties.

當你生活有困難, 你強烈地埋怨家人或伴侶。

Differential Endorsement of Symptoms by Sex

- Easier to endorse for males

Bored, NotTalk, NoRespect, Lonely, Troubled

- Easier to endorse for females

Crying, Meaningless, Memory

Differential endorsement of symptoms by education & acculturation to U.S.

- Easier to endorse for those with more education

NoRespect, Stress, Anhedonia

- Easier to endorse for those with less education

Burden, Psychosis, Ruminant

- Easier to endorse for those with higher acculturation

Suicidal, Hurtsself, NoRespect

- Easier to endorse for those with lower acculturation

Useless, Hopeless

As you view the next slides ...

Have heard Chinese American immigrants (or immigrants from other groups) use any of these somatic symptom expressions?

Somatic Symptoms – 30 items

Ordered from least to most severe

1. You feel **very fatigued**. Younger
2. You feel your **working & learning ability** has decreased significantly.
3. You are **unable to sleep well**.
4. Have you experienced: Feeling **physically tired or having no energy?** Younger
5. You are **unable to concentrate well**. Younger
6. Your **ability to remember things has worsened very much**. For example, you forget where you put your keys, or your appointments.
7. You are very **afraid of having health problems**. For example, you may have cancer or heart disease.
8. You have **trouble making decisions**.

9. It feels **very hard to get started on doing things**. Younger
10. You feel that you are **thinking very slowly**.
11. You are **afraid of losing your working ability completely one day**. Older
12. Have you experienced: **Wanting to sleep during daytime?** Younger
13. You have **bodily aches and pains**. Older
14. Have you experienced: **Jointaches?** Older
15. You have **heart palpitations or chest discomfort**.
16. Have you experienced: **Low sexual desire or dysfunction**. Older
17. Have you experienced: **Unable to think clearly?**

19. Have you experienced: **Feeling of heaviness in head?**

20. You have **poor appetite.**

21. Have you experienced: **Stomach bloating, or poor or uncomfortable digestion?**

Older

22. Have you experienced: **Feeling faint or dizzy?**

23. Have you experienced: **Sensitivity to light?**

24. You have **stomach pains or discomfort?**

25. Have you experienced: **Tinnitus (ringing sound in ears)?**

Older

26. Have you experienced: **Throat discomfort or soreness?**

27. Have you experienced: **Temporary unclear vision?**

28. Have you experienced: **Cold sweat (due to fear)?**

Younger

29. Have you experienced: **Hiccups?**

30. Have you experienced: **Nausea or throwing up?**

Younger

Differential Endorsement of Symptoms by Age

- **Easier to endorse for those who are older**

Bodyaches, Jointaches, SexDesire, Indigestion, Tinnitus, AbilityLoss

Psychosis, Fate

- **Easier to endorse for those who are younger**

GetStarted, ColdSweat, Nausea, Tired, SleepDay, Fatigue, Concentrate

Lonely, Bored

As you view the next slides ...

Here are the psychological symptoms. They integrate both depression & anxiety symptoms.

Psychological Symptoms – 21 items

Ordered from least to most severe

1. You feel heavy stress living in the US.
2. Many things make you feel very troubled or bothered.
3. Many things make you feel very worried.
4. You are very bored. Men
5. You are very afraid of having health problems. For example, you might have cancer or heart disease.
6. You feel very helpless. You feel you have no way to change your own fate. Older
7. You are very nervous.
8. You think about unpleasant things the whole day and cannot stop.
9. You feel very unhappy.
10. You have no interest in many things. For example, you used to like to exercise, go shopping, or go out for entertainment, but not anymore. More English & More Education

11. You feel emotionally irritated.

12. You feel useless.

13. You have tantrums and get angry very easily.

14. You feel hopeless.

15. You feel life is meaningless. *Women*

16. You feel very afraid.

17. You feel you are a burden to your family and society. *Less Education*

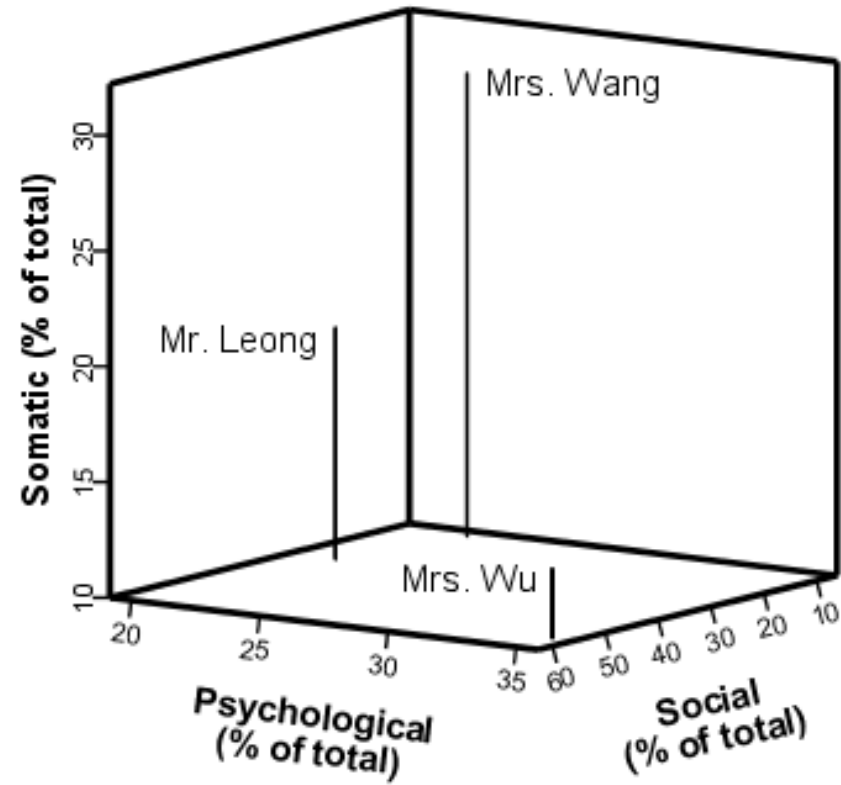
18. You cry. *Women*

19. You have auditory or visual hallucinations. *Older* *Less Education*

20. You have thoughts about hurting yourself. *More English & Higher Acculturation*

21. You think about killing yourself. *More English & Higher Acculturation*

Assessment by Dimensional Profiles



Integrating Culturally Sensitive Assessment

Depression Assessment & Education Tools

*Brochures with Symptom Checklists
for Teens, Adults & Older Adults*

It is very common for teens to experience the emotional and physical symptoms listed on the other side.

青少年經歷上頁列舉的心理和生理症狀是很普遍的。

They are associated with a condition called “depression”.

這些與心理有關的症狀稱作“憂鬱症”。

Teens face many stressors that can lead to depression.

青少年面對很多可以導致憂鬱症的壓力。

Common stressors include:

一些很普遍的壓力包括：

- Conflict with parents
與父母有爭執
- Poor performance in school
在學校表現差
- Difficulties dealing with two cultures and languages
面對兩種文化和語言有困難
- Breakup or conflict with girlfriend or boyfriend
和女朋友/男朋友有爭執或分手
- Living in a small, cramped space
生活在狹小的空間
- Witnessing fighting in family
目擊家庭成員之間的爭吵/打架
- Issues of self-image or identity development (gender, sexual, cultural, etc.)
自我形象或身份問題(包括:性別,性取向,文化)
- Loss or death of a friend or family member
失去一個重要的朋友或家庭成員
- Not fitting in with peers
不合群
- Being bullied or pressured to bully
被嘲笑或嘲笑他人

Having these symptoms doesn't necessarily mean that you have depression. Get a professional evaluation to find out.

有這些症狀不一定表示你有憂鬱症。
需要作一個專業評估去確定。

Symptoms will usually not go away on their own

症狀通常不會自動消失

Getting help is important and effective

尋求幫助是非常重要的和有效的方法



A Brighter Future Is Ahead!

走出困境!光明在望!

For more information, please contact:

如需要更多資訊,請聯絡:

Physical & Mental Health Are Linked

生理和心理健康是相關連的

Stress Can Make Us Sick!

壓力可以導致疾病!



Know When You Need to Regain Your Health

知道你在何時需要重新找回健康

Help Yourself and Friends Find Hope

幫助自己或你的朋友重拾希望

Evaluate Your Physical and Mental Health

Have You Experienced Any of These Symptoms in the Past Week?

評估你的生理和心理健康狀況。你最近幾個星期是否感到這樣？

- 1. Unhappy
不開心
- 2. Feeling that you don't care about anything
覺得你對任何事情再也不計較
- 3. Changed sleep pattern: Unable to sleep or sleeping a lot
改變睡眠方式:不能入睡或睡很多
- 4. Frustrated that your parents don't understand you
因父母不明白你而覺得沮喪
- 5. Hopeless - like there is no solution for your problems
絕望 - 你的問題沒有解決方法
- 6. Low energy
沒有精力
- 7. Feeling that your parents view you negatively
覺得你的父母對你有負面的看法
- 8. Angry - holding it inside or showing it
憤怒 - 將憤怒藏於內心或發洩出來
- 9. Changed eating pattern: Eating little or overeating
改變進食方式:吃很少或吃很多
- 10. Feeling that life has no meaning
覺得生活沒有意義
- 11. No interest in socializing
對社交失去興趣
- 12. Thoughts of hurting yourself
有傷害自己的想法

Total symptoms:

症狀總數

Do your symptoms make it difficult to fulfill your responsibilities at school, home or work?

有關生理和心理方面的症狀是否令你在履行學習、家庭或工作的責任時有困難？

- A. No 沒有
- B. A little bit 有一點
- C. A lot 有很多

Who Can Help?

誰可以幫助你？

Get information and a referral to someone who can help you from these professionals: school nurse or counselor, teacher, family doctor, social worker, or mental health specialist. Show him or her this brochure with your symptoms checked off.

你可以與下列專業人員傾談並得到幫助:學校的護士、老師或輔導員、家庭醫生、社工或心理健康治療師。把你已填寫的症狀表交給專業人員。

WARNING: If you are very distressed by your symptoms or you have thoughts of hurting yourself, get help from a professional or call the 24-hour Crisis Line immediately.

請注意: 當你的症狀令你感到極度不安或有傷害自己的想法,請你尋求專業人士的幫助或立刻致電24小時危機熱線。

San Francisco/三藩市: 415-781-0500
National/全美: 1-800-273-8255

What do your answers mean?

6 or fewer symptoms

有六項或以下症狀

And you chose A or B

如果你選擇 A 或 B

Pay attention to your symptoms and get help if they become more severe. ←

要留意那些症狀;如果變得更嚴重時,要尋求幫助。

And you chose C

如果你選擇 C

You are probably experiencing physical and mental health changes that require professional care. ←

Get help immediately from a professional.

你極有可能正在經歷生理或心理健康方面的轉變,並需要專業人士的幫助。
立刻向專業人士尋求幫助。

7 or more symptoms

有七項或以上症狀

And you chose A

如果你選擇 A

Pay attention to your symptoms and get help if they become more severe. ←

要留意那些症狀;如果變得更嚴重時,要尋求幫助。

And you chose B or C

如果你選擇 B 或 C

You are probably experiencing physical and mental health changes that require professional care. ←

Get help immediately from a professional.

你極有可能正在經歷生理或心理健康方面的轉變,並需要專業人士的幫助。
立刻向專業人士尋求幫助。

有八項或以下症狀

如果你選擇 A 或 B

要留意那些症狀;如果變得更嚴重時,要尋求幫助。 ←

如果你選擇 C

你極有可能正在經歷生理或心理健康方面的轉變。 ←

立刻向醫生尋求幫助。

有九項或以上症狀

如果你選擇 A

要留意那些症狀;如果變得更嚴重時,要尋求幫助。 ←

如果你選擇 B

你極有可能正在經歷生理或心理健康方面的轉變。 ←

你需要盡快告訴醫生。

如果你選擇 C

你極有可能正在經歷生理或心理健康方面的轉變。 ←

立刻向醫生尋求幫助。

有這些症狀不一定表示你有病
請聯絡醫生作一個專業評估

在家庭衝突、工作環境困難、
經濟問題、難以適應美國生活
和缺少社會支持的壓力下,每一
個人在生活的某個階段會經歷
這些症狀是很平常的事。

症狀通常不會自動消失
尋求幫助是非常重要
和有效的方法



走出困境!光明在望!

如需要更多資訊,請聯絡:

生理和心理健康 是相關連的

壓力可以導致疾病!



知道你在何時需要
重新找回健康

幫助你的家人,
朋友或自己重拾希望

評估你的生理和心理健康狀況

你最近幾個星期是否感到這樣？

- | | |
|---|---|
| <input type="checkbox"/> 1. 身體疲倦或疲乏無力 | <input type="checkbox"/> 13. 很多事情讓你感到很擔心 |
| <input type="checkbox"/> 2. 睡得不好 | <input type="checkbox"/> 14. 感到很寂寞 |
| <input type="checkbox"/> 3. 難以集中精神 | <input type="checkbox"/> 15. 非常害怕健康有問題 |
| <input type="checkbox"/> 4. 記憶力比以前差很多 | <input type="checkbox"/> 16. 感到非常不開心 |
| <input type="checkbox"/> 5. 渾身疼痛 | <input type="checkbox"/> 17. 對很多事情失去興趣 |
| <input type="checkbox"/> 6. 心跳加速或胸悶 | <input type="checkbox"/> 18. 感到心煩氣燥 |
| <input type="checkbox"/> 7. 頭腦不清醒 | <input type="checkbox"/> 19. 感到前途沒有希望 |
| <input type="checkbox"/> 8. 沒有胃口 | <input type="checkbox"/> 20. 感到做人沒有意思 |
| <input type="checkbox"/> 9. 胃氣脹,消化不良造成的不適 | <input type="checkbox"/> 21. 覺得在家中和工作的地方得不到應該有的尊重 |
| <input type="checkbox"/> 10. 頭痛 | <input type="checkbox"/> 22. 完全不想和別人接觸,交往,或外出 |
| <input type="checkbox"/> 11. 頭暈目眩 | <input type="checkbox"/> 23. 覺得自己是家人和社會的負擔 |
| <input type="checkbox"/> 12. 作嘔惡心或嘔吐 | <input type="checkbox"/> 24. 有傷害自己的想法 |

請注意:

當你的症狀令你感到極度不安,或有傷害自己的念頭,你應尋求專業人士幫助或立即致電24小時危機熱線求助。

三藩市: 415-781-0500

全美: 1-800-273-8255



一共有 項症狀

有關生理和心理方面的症狀
是否令你在工作、學習、
照顧自己或其他人上有困難？

- A. 沒有
- B. 有一點
- C. 有很多



(答案在下一頁)



在經歷喪偶、長期患病、
缺乏家人關懷、經濟困難、
難以融入美國生活和孤獨的
壓力下，長者有這些症狀
是很平常的事。

症狀通常不會自動消失
尋求幫助是非常重要
和有效的方法



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**幫助你的家人,朋友
或自己重拾希望**

有八項或以下症狀

要留意那些症狀並
告訴醫生。



有九項或以上症狀

你極有可能正在經歷
生理或心理健康方面
的轉變。



**立刻向醫生尋求
幫助。**

評估你的生理和心理健康狀況

你最近幾個星期是否感到這樣？

- 1. 身體疲倦或疲乏無力
- 2. 睡得不好
- 3. 難以集中精神
- 4. 記憶力比以前差很多
- 5. 渾身疼痛
- 6. 心跳加速或胸悶
- 7. 頭腦不清醒
- 8. 沒有胃口
- 9. 胃氣脹,消化不良造成的不適
- 10. 頭重
- 11. 頭暈目眩
- 12. 作嘔惡心或嘔吐
- 13. 很多事情讓你感到很擔心
- 14. 感到很寂寞
- 15. 非常害怕健康有問題
- 16. 感到非常不開心
- 17. 對很多事情失去興趣
- 18. 感到心煩氣燥
- 19. 感到前途沒有希望
- 20. 感到無助
- 21. 完全不想和別人接觸,交往,或外出
- 22. 覺得自己是家人和社會的負擔
- 23. 時常想哭
- 24. 有傷害自己的想法



一共有 項症狀

請注意：

當你的症狀令你感到極度不安,或有傷害自己的念頭,你應尋求專業人士幫助或立即致電24小時危機熱線求助。

三藩市：415-781-0500
全美：1-800-273-8255

Adult Brochure

Physical & Mental Health Are Linked

生理和心理健康是相關連的

Stress Can Make Us Sick!

壓力可以導致疾病!

Know When You Need to Regain Your Health

知道你在何時需要重新找回健康

Help Yourself or Friends Restore Hope

幫助自己或你的朋友重拾希望

Evaluate Your Physical and Mental Health Condition

Have You Experienced Any of These Symptoms in the Past Few Weeks?

評估你的生理和心理健康狀況。你最近幾個星期是否感到這樣?

- | | |
|--|---|
| 1. Physically tired or no energy
身體疲倦或疲乏無力 | 13. Feeling worried about many things
很多事情讓你感到很擔心 |
| 2. Unable to sleep well
睡得不好 | 14. Feeling lonely
感到很寂寞 |
| 3. Unable to concentrate well
難以集中精神 | 15. Very afraid of having health problems
非常害怕健康有問題 |
| 4. Memory is worse than before
記憶力比以前差很多 | 16. Feeling very unhappy
感到非常不開心 |
| 5. Bodily aches and pains
渾身疼痛 | 17. Loss of interest in many things
對很多事情失去興趣 |
| 6. Heart palpitations or chest discomfort
心跳加速或胸悶 | 18. Feeling irritated
感到心煩氣燥 |
| 7. Mind is unclear or confused
頭腦不清醒 | 19. Feeling hopeless about the future
感到前途沒有希望 |
| 8. No appetite
沒有胃口 | 20. Feeling that life is meaningless
感到做人沒有意思 |
| 9. Stomach bloating or discomfort from digestion problems
胃氣脹,消化不良造成的不適 | 21. Feeling that you don't have the kind of respect at work and home like you should have
覺得在家中和工作的地方得不到應該有的尊重 |
| 10. Headaches
頭痛 | 22. Not wanting to have contact with people, socialize or go out at all
完全不想和別人接觸,交往,或外出 |
| 11. Feeling dizzy
頭暈目眩 | 23. Feeling that you are a burden to your family and society
覺得自己是家人和社會的負擔 |
| 12. Nausea or vomiting
作嘔惡心或嘔吐 | 24. Having thoughts of hurting yourself
有傷害自己的想法 |

Total number of symptoms: _____

一共有____項症狀

Warning

If your symptoms make you feel very distressed or you have thoughts of hurting yourself, please obtain help from a professional or call the 24-hour Crisis Hotline immediately.

請注意:當你的症狀令你感到極度不安或有傷害自己的想法,請你尋求專業人士的幫助或立刻致電24小時危機熱線。

San Francisco/三藩市: 415-781-0500

National/全美: 1-800-273-8255

Have these physical and mental symptoms made it difficult for you to work, study or care for yourself or others?

有關生理和心理方面的症狀是否令你在工作、學習、照顧自己或其他人上有困難?

- | | |
|-----------------|-----|
| A. No | 沒有 |
| B. A little bit | 有一點 |
| C. A lot | 有很多 |

Eight or fewer total symptoms

有八項或以下症狀

If you chose A or B

如果你選擇 A 或 B

Pay attention to your symptoms. Obtain help if they become more severe.

要留意那些症狀;如果變得更嚴重時,要尋求幫助。

If you chose C

如果你選擇 C

You are very likely experiencing some physical and mental health changes.

Obtain help from a doctor immediately.

你極有可能正在經歷生理或心理健康方面的轉變。立刻向醫生尋求幫助。

Nine or more total symptoms

有九項或以上症狀

If you chose A

如果你選擇 A

Pay attention to your symptoms. Obtain help if they become more severe.

要留意那些症狀;如果變得更嚴重時,要尋求幫助。

If you chose B

如果你選擇 B

You are very likely experiencing some physical and mental health changes.

You should contact your doctor as soon as possible.

你極有可能正在經歷生理或心理健康方面的轉變。你需要盡快告訴醫生。

If you chose C

如果你選擇 C

You are very likely experiencing some physical and mental health changes.

Obtain help from a doctor immediately.

你極有可能正在經歷生理或心理健康方面的轉變。立刻向醫生尋求幫助。

Having these symptoms does not necessarily mean you are sick.

Please contact your primary care physician for an evaluation to find out. **Immigrant Stressors**
有這些症狀不一定表示你有病。請聯絡醫生作一個專業評估。

It is very common for people to experience these symptoms at some time in their lives due to stressors such as family conflicts, difficulties related to their work, financial problems, difficulties adapting to life in the US, and lack of social support.

在家庭衝突、工作環境困難、經濟問題、難以適應美國生活和缺少社會支持的壓力下,每一個人在生活的某個階段曾經歷這些症狀是很平常的事。

Symptoms usually will not go away on their own. Seeking help is important and effective.

症狀通常不會自動消失。尋求幫助是非常重要的和有效的方法。

Let Go of the Distress! A Brighter Future Is Ahead!

走出困境!光明在望!

Older Adult Brochure

Physical & Mental Health Are Linked

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評估你的生理和心理健康狀況。你最近幾個星期是否感到這樣?

- | | |
|--|---|
| 1. Physically tired or no energy
身體疲倦或疲乏無力 | 13. Worry about many things
很多事情讓你感到很擔心 |
| 2. Unable to sleep well
睡得不好 | 14. Feeling lonely
感到很寂寞 |
| 3. Unable to concentrate well
難以集中精神 | 15. Very afraid of having health problems
非常害怕健康有問題 |
| 4. Memory is worse than before
記憶力比以前差很多 | 16. Feeling very unhappy
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| 5. Bodily aches and pains
渾身疼痛 | 17. Loss of interest in many things
對很多事情失去興趣 |
| 6. Heart palpitations or chest discomfort
心跳加速或胸悶 | 18. Feeling irritated
感到心煩氣燥 |
| 7. Mind is unclear or confused
頭腦不清醒 | 19. Feeling hopeless about the future
感到前途沒有希望 |
| 8. No appetite
沒有胃口 | 20. Feeling that life is meaningless
感到做人沒有意思 |
| 9. Stomach bloating or discomfort from digestion problems
胃氣脹,消化不良造成的不適 | 21. Not wanting to have contact with people, socialize or go out at all
完全不想和別人接觸,交往,或外出 |
| 10. Feeling of heaviness in head
頭重 | 22. Feeling that you are a burden to your family and society
覺得自己是家人和社會的負擔 |
| 11. Feeling dizzy
頭暈目眩 | 23. Always wanting to cry
時常想哭 |
| 12. Nausea or vomiting
作嘔惡心或嘔吐 | 24. Having thoughts of hurting yourself
有傷害自己的想法 |

Total number of symptoms: _____

一共有 _____ 項症狀

Warning

If your symptoms make you feel very distressed or you have thoughts of hurting yourself, please obtain help from a professional or call the 24-hour Crisis Hotline immediately.

請注意: 當你的症狀令你感到極度不安或有傷害自己的想法,請你尋求專業人士的幫助或立刻致電24小時危機熱線。

San Francisco/三藩市: 415-781-0500

National/全美: 1-800-273-8255

Eight or fewer total symptoms

有八項或以下症狀

Pay attention to your symptoms. Obtain help if they become more severe.

要留意那些症狀並告訴醫生。

Nine or more total symptoms

有九項或以上症狀

You are very likely experiencing some physical and mental health changes.

Obtain help from a doctor immediately.

你極有可能正在經歷生理或心理健康方面的轉變。

立刻向醫生尋求幫助。

Immigrant Stressors

It is very common for people to experience these symptoms at some time in their lives due to stressors such as losing a significant other, chronic illness, lack of care or support from family members, financial problems, difficulties adapting to life in the US, and lack of social support.

在經歷喪偶、長期患病、缺乏家人關懷、經濟困難、難以融入美國生活和孤獨的壓力下,長者有這些症狀是很平常的事。

Symptoms usually will not go away on their own. Seeking help is important and effective.

症狀通常不會自動消失。尋求幫助是非常重要和有效的方法。

Let Go of the Distress! A Brighter Future Is Ahead!

走出困境!光明在望!

美國華人移民心理健康問卷
Chinese American Depression Scale (CADS-9)

姓名：NAME: _____ 日期：DATE: _____

在過去兩星期，你是否被以下事情所困擾？如果是，被困擾多少天？請閱讀每題並圈上最合適的答案。
Over the last two weeks, were you bothered by the following problems? If so, how many days? Please read each statement carefully and circle the most appropriate answer.

	完全沒有/ 沒有一天 (0天) Not at all/ No days	非常少/ 幾天 (1-3天) A little bit/ A few days	有時/大約 一半時間 (4-10天) Quite a bit/ About half the days	經常是/ 差不多每天 (11-14天) Extremely/ Nearly every day
1. 很多事情讓你感到很擔心。 Many things make you feel very worried.	0	1	2	3
2. 你難以集中精神。 You are unable to concentrate well.	0	1	2	3
3. 你非常害怕自己健康有問題。 例如：患癌症或心臟病。 You are very afraid that you have health problems. For example, you might have cancer or heart disease.	0	1	2	3
4. 你感到非常不開心。 You feel very unhappy.	0	1	2	3
5. 你很容易發脾氣和發怒。 You have tantrums and get angry very easily.	0	1	2	3
6. 你隱瞞自己生活有困難。 You hide your life difficulties from other people.	0	1	2	3
7. 你感到很害怕。 You feel very afraid.	0	1	2	3
8. 你完全不想和別人接觸，交往，或外出。 You don't want to have contact with people, socialize, or go out at all.	0	1	2	3
9. 你想過傷害自己。 You have thought about hurting yourself.	0	1	2	3

合計：
ADD COLUMNS: + +

總計：
TOTAL:

How to use CADS-9

Chinese American Depression Scale

- ◆ **Eligibility:** CADS-9 is for adults, ages 21-60, who consider Chinese as their primary culture, or consider themselves as bicultural, and speak and understand Chinese fluently. It is intended for the screening of symptoms associated with depression in medical clinics and social services agencies.
- ◆ **Directions:** CADS-9 is a self-report instrument that may be administered by a health or social services provider, or self-administered by the patient or client. Read each item as written. For example, do not change “very worried” to “extremely worried.” Make sure that the respondent understands the meaning of the respective answers (0, 1, 2 and 3) in terms of the number of days over the past two weeks. Also, encourage the respondent to answer each item with his or her own understanding and judgment.
- ◆ **Cutoff Score:** A total score of 10 or more points for women, and 9 or more points for men, indicate risk of major depression or dysthymia. Use CADS-9 as an initial screen, rather than a means of clinical diagnosis.
- ◆ **Severity Levels:** Higher total scores indicate more severe depression.
 - ◆ Minimal symptoms: 5-9 *women*, 4-8 *men*.
 - ◆ Mild: 10-14 *women*, 9-13 *men*.
 - ◆ Moderate: 15-19 *women*, 14-18 *men*.
 - ◆ Severe: 20+ *women*, 19+ *men*.

Provide referral to mental health assessment and treatment to individuals who score “mild,” “moderate,” and “severe.” Provide education and follow-up to individuals who have “minimal symptoms.”

- ◆ **Other Information:** The first items indicate milder depression, and the last items indicate more severe depression. For example:
 - ◆ Mild: 1-worry, 2-poor concentration.
 - ◆ Moderate: 3-health concerns, 4-unhappiness, 5-anger, 6-hiding difficulties.
 - ◆ Severe: 7-fear, 8-social avoidance, 9-self-harm.

An individual may be at risk of major depression or dysthymia even if his or her total score is very low, such as below the cutoff score. Consider providing further screening and referral to anyone who answers:

- ◆ 2 (quite a bit) or 3 (extremely) to several of the nine items, or
 - ◆ 1 (a little bit), 2 (quite a bit), or 3 (extremely) to 8-social avoidance or 9-self-harm.
- ◆ **Scale Development:** CADS-9 was developed with a sample of 227 Chinese immigrant adults in the San Francisco metropolitan area during 2008-09. Study participants were persons diagnosed with major depression or dysthymia, and community members. As a new scale, CADS-9 will need to be researched with more samples to confirm its validity and effectiveness. The Chinese Community Health Care Association, the National Institute of Mental Health, and the Fahs-Beck Fund for Research and Experimentation provided research grants for the development of CADS-9. Donaldina Cameron House was the principal community study site. For information, please contact Rose Wong at rosewong@csueastbay.edu.

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