

MLSAAF Winter Newsletter

JAN 2025

LETTER FROM DR. CHOI

Did you know suicide is a leading cause of death among Asian American young people between 15 and 24 years old? Asian Americans are the only group with this pattern. This is a serious public health problem, although not widely known even in our own communities. Our study participants are no exception -- we found notably high rates of mental distress. E.g., the proportion of our participants who thought of ending life (i.e., suicidal ideation) was 9.87% in 2014 (Wave 1), 12.06% in 2016 (Wave 2), then skyrocketed to 16.28% in 2018 (Wave 3) and 16.18% in 2020 (Wave 4). Based on the survey data we have collected so far in 2024 for Wave 5, the rate remains high at 20%. These rates are dramatically higher than those of comparable groups, at times twice as much.

Why are young Asian Americans distressed? Is it because Asian parents pressure their children? Are they really "tiger" parents? Are Asian Americans treated differently by society and its members? Aren't we the "model minority" who may be saved from discrimination? Your participation in this study can help us better understand the reasons. Based on the data you provided for the last ten years (from 2014 to 2024), we found two main stressors -- acculturation gap with parents and racial experiences. Parent-child relationships in Asian American families are indeed often strained by intergenerational acculturation gaps and conflict. But then, Asian parents are not all tiger parents but a diverse bunch, trying to figure out parenting. In addition, we have various experiences in how we are treated in relation to our race/ethnic background. Many of you reported having negative racial experiences during the last few years than prior periods. We are eager to find out the details of these relations, especially as all of you are now young adults -- young adulthood is full of challenges, active exploration and uncertainties. All of these can complicate things even more!

Your voice is crucial and we want you to be heard! The MLSAAF study is the ONLY data of Asian Americans that spans from early adolescence to late young adulthood. This isn't just about scientific advancement. This is about us. I personally am an immigrant parent with a young adult and an adolescent child. We need your data to understand your triumphs, achievements, challenges and struggles. Please make this study possible. We are in this together and the project cannot continue without your participation!

Please participate in the survey (and if you can, biodata too). Survey is the most essential part of the study. WE NEED YOU!!! Many thanks to those who already participated!!

Sincerely,
Dr. Yoonsun Choi

Have Questions or Concerns? Let's Connect!



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Learn more about
our study updates
by going to the
MLSAAF website!

[CLICK LINK HERE](#)



Click Title for
the Link!

[CORNBREAD BIBINGKA RECIPE](#) BY SALO SALO RECIPES

A cozy, easy, yummy twist on a classic Filipino
dessert!



FOR THOSE WHO HAVE NOT COMPLETED
THE SURVEY,

[IT'S NOT TOO LATE!](#)

Let us know! We're happy to send you your
survey link via text or email since it's probably
buried with all your other emails. (No
judgment, we get it.)

Have questions about the study?
Have feedback for us?

WE WANT TO HEAR IT ALL!
[Contact us](#) & let's chat!

Have Questions or Concerns? Let's Connect!

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