COVID-19 Racism Remains High and Is More Strongly Associated with Chinese American Families’ Mental Health in 2021

Anti-Asian sentiment in the United States remains high in 2021. Direct racial victimization of Chinese American parents and youth are more prevalent in 2021 than in 2020*. All COVID-19 race-related discrimination and worries are more strongly related to adults’ and youths’ poorer mental health in 2021 than 2020*.

2020*

4 in 10 Parents personally experienced racial discrimination at least once online or in person

4.5 in 10 Youth personally experienced racial discrimination at least once online or in person

8 in 10 Parents and Youth witnessed racial discrimination at least once online or in person

2021

5 in 10 Parents personally experienced racial discrimination at least once online or in person

5.5 in 10 Youth personally experienced racial discrimination at least once online or in person

8 in 10 Parents and Youth witnessed racial discrimination at least once online or in person

Instances of direct discrimination against Chinese American parents and children were higher in 2021 than in 2020*. Instances of vicarious discrimination remained high for both parents and youth.

Perceived Sinophobia 2020* vs. 2021

Perceived Sinophobia in the media was higher among parents but perceived health-related Sinophobia was lower among youth in 2021 compared to 2020*.

Proportion of Asian Americans reporting and witnessing racial discrimination in 2021 (vs. 2020).

Consequences for Mental Health

In 2021, COVID-19 race-related discrimination, Sinophobia, and worries were more strongly related with different indices of poorer mental health among Chinese American parents and youth than in 2020*. Parents’ experiences with racism also negatively impacted their children’s mental health more strongly in 2021 compared to 2020*.

What can be done?

1. Report incidences of racism to authorities
2. Have discussions with your children about the importance of diversity and equality
3. Validate and normalize mental health help-seeking behaviors among Asian Americans

We must work together to disrupt racism and address its negative effects on families!