

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

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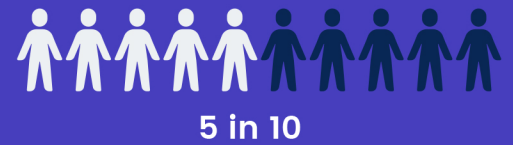
Anti-Asian sentiment in the United States remains high in 2021. Direct racial victimization of Chinese American parents and youth are more prevalent in 2021 than in 2020*. All COVID-19 race-related discrimination and worries are more strongly related to adults' and youths' poorer mental health in 2021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

2020*



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

2021



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

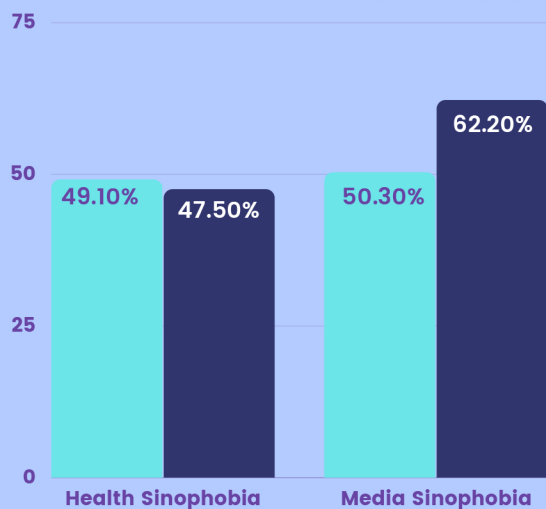


Parents and Youth witnessed racial discrimination at least once online or in person

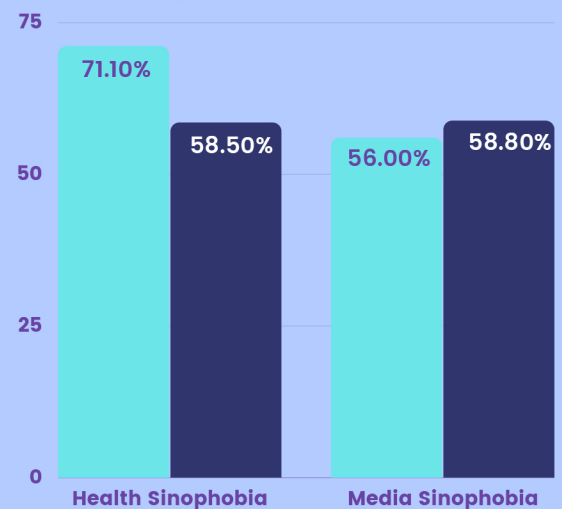


Instances of direct discrimination against Chinese American parents and children were higher in 2021 than in 2020*. Instances of vicarious discrimination remained high for both parents and youth.

Perceived Sinophobia 2020* vs. 2021



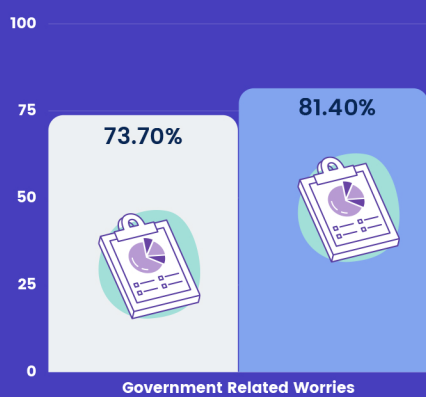
PARENT REPORT



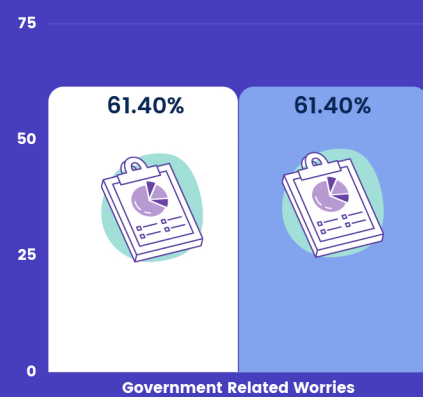
YOUTH REPORT

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

Worries about Safety and Well-being Due to the Government's Use of Sinophobic Terms



PARENT REPORT



YOUTH REPORT

A higher percentage of parents in 2021 was worried for their safety and well-being because of the previous administration's use of terms like "China virus" and "Wuhan virus" than in 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!

*Cheah, C. S. L., Wang, C., Ren, H., Zong, X., Cho, H. S., & Xue, X. (2020). COVID-19 racism and mental health in Chinese American families. *Pediatrics*. <https://doi.org/10.1542/peds.2020-021816>

FOR MORE INFORMATION: [HTTPS://CCADLAB.UMBC.EDU/RESEARCH/PROJECT-SAFER/](https://ccadlab.umbc.edu/research/project-safer/) OR CONTACT: DR. CHARISSA CHEAH AT CCHEAH@UMBC.EDU