

Background

- We aimed to conduct a cultural sensitivity review to help develop a mindfulness mobile application (*RRE (Relax*, *Reflect, Empower)* to combat mental health issues for Chinese-American adolescents (CAA).
- Cultural sensitivity is the degree to which health information resources consider cultural, historical, environmental, social, and psychological variables or values when treating an individual (Owens et al., 2020).
- Some structural barriers in place that erode specifically CAA's mental health are the myth of Asian Americans being the "model minority", intensified anti-Asian hate as a response to COVID-19, and intercultural stressors that specifically affect CAA. (Jungmi et al., 2021; Li et al., 2016)
- There is a gap in literature examining what makes a culturally sensitive mindfulness practice for CAA. For this reason, we aim to study this demographic to develop and create a culturally sensitive mobile application for fostering CAA mental health.

Results

- Our preliminary findings indicate that our participants mainly had a positive perception toward the meditation videos. The primary theme identified across all 5 videos was that the videos were 'calming' and 'culturally inclusive.'
- However, the primary critiques revolved around the videos being "better suited for a younger audience" and 'not appropriate for our target audience', CAA.

Examining Cultural Sensitivity for Mindfulness Meditations for Chinese American Adolescents

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Methodology

Sample

Individuals were recruited from different high schools in the Boston, Massachusetts area and from Tallahassee, Florida. Our pilot study includes 23 CAA ages from 13-18 both male and female. Methods

• Four Qualtrics surveys were used as part of the data collect process:

- 1. Review of 3-minute meditations for Relax, Reflect, and Empower (RRE)
- CAA and RRE app
- 3. Wellness check for RRE, which asks participants to rate daily and weekly wellbeing
- 4. Ecomap Survey, which asks the participant to weigh their sources of stress & support on a scale

Positive Perceptions Across All Mindfulness Meditation Videos

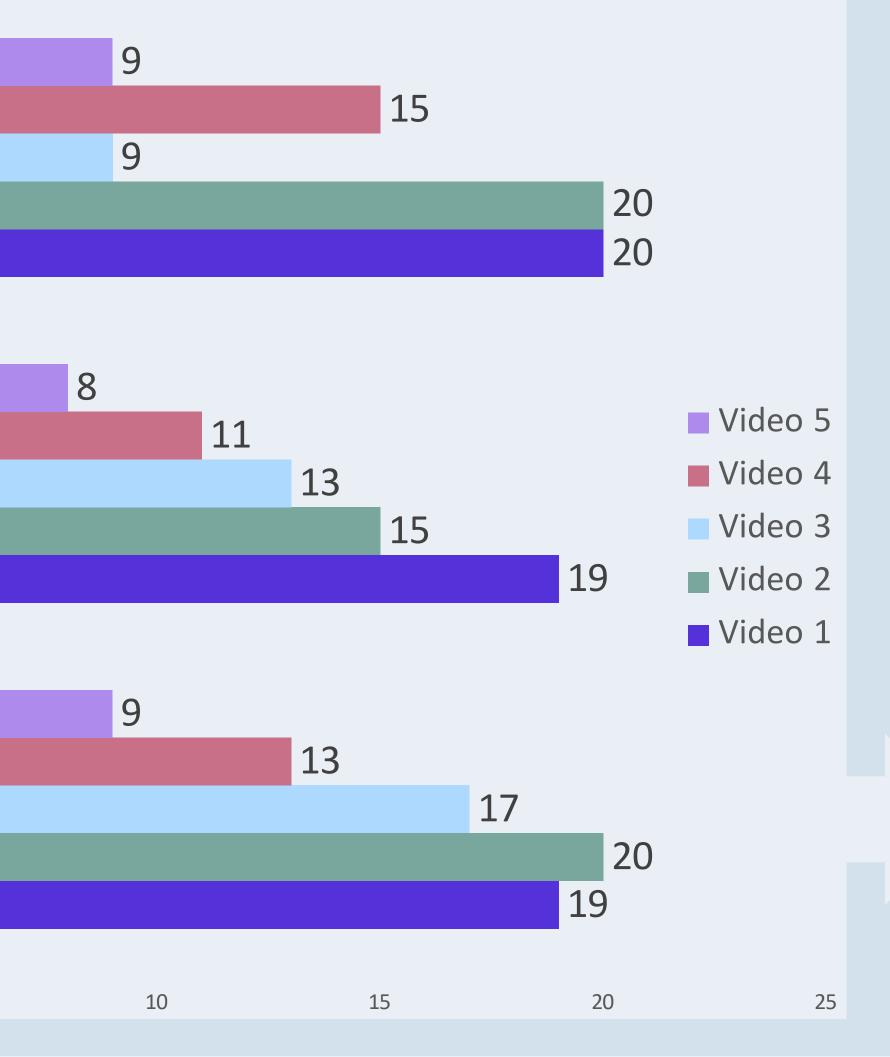
Agreed Appropriate Voice

Agreed Culturally Relevant

Agreed Appropriate for CAA

Results from 23 participants

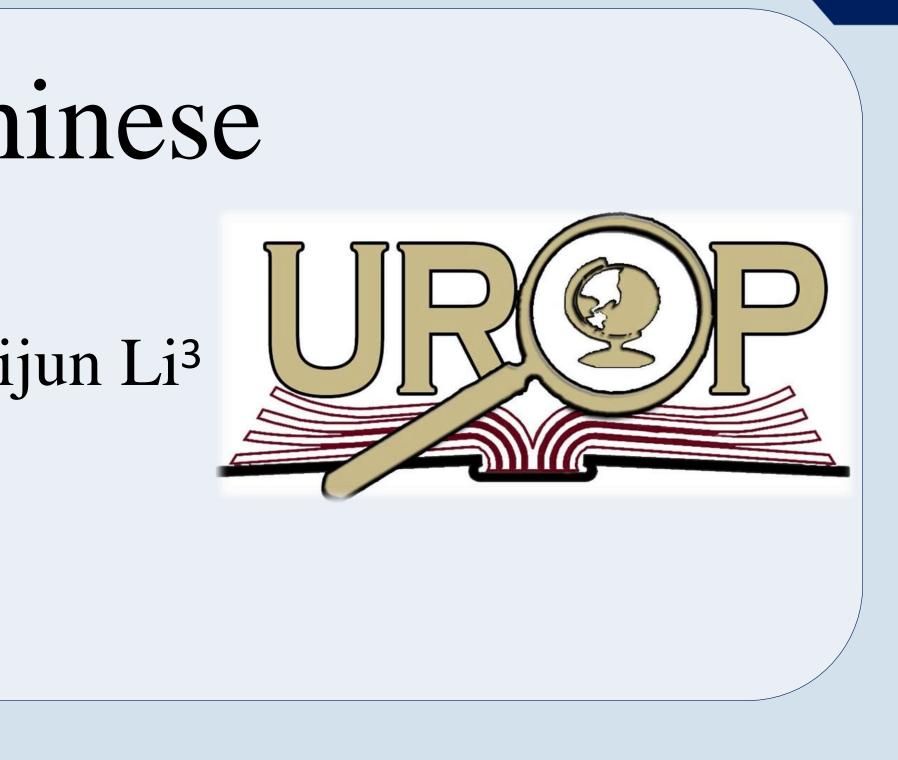
2. Selecting avatars for RRE, which serves as a "bridge" between



- minority groups.
- voice.

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Conclusion

Our findings found CAA mindfulness meditations to be mostly appropriate and culturally relevant. • Based on our preliminary findings we can use this information to help others build mindfulness mobile applications targeted towards other

Future research should aim to develop ageappropriate content and cultural relevance for other immigrant minority groups whilst incorporating other agreeable components such as

