



# Examining Cultural Sensitivity for Mindfulness Meditations for Chinese American Adolescents

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## 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.

## 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:
  - Review of 3-minute meditations for Relax, Reflect, and Empower (RRE)
  - Selecting avatars for RRE, which serves as a "bridge" between CAA and RRE app
  - Wellness check for RRE, which asks participants to rate daily and weekly wellbeing
  - Ecomap Survey, which asks the participant to weigh their sources of stress & support on a scale

## 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 minority groups.
- Future research should aim to develop age-appropriate content and cultural relevance for other immigrant minority groups whilst incorporating other agreeable components such as voice.

## References

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## Positive Perceptions Across All Mindfulness Meditation Videos

