



# Asian American Research Center on Health

## Abstract

**Title:** [Comparison of Mental Health Service Utilization by Asian Americans and Non-Hispanic Whites versus Their Cardiovascular Care Utilization.](#)

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**Abstract:**

**INTRODUCTION:**

This study will determine whether racial/ethnic disparities persist in various psychiatric disorders among Asian Americans.

**METHODS:**

Secondary analyses of data from the second largest public health system in the US (total N=22294) were performed. Chi-squared statistics were used to compare the race for mental health service utilization for five psychiatric diagnoses. Cardiovascular care utilization by Asian Americans and non-Hispanic whites was used as a proxy for overall healthcare utilization rates between the two racial groups and constituted the expected values for the analysis.

**RESULTS:**

Asian Americans were less likely to utilize mental health services for bipolar disorder, schizophrenia, anxiety, depression, and intellectual disabilities.

**CONCLUSION:**

The results of this study call for ways to increase mental health service utilization on par with cardiovascular healthcare utilization among Asian Americans.