

Title: The Societal Impacts of COVID-19 on Asian Americans: Mitigating Mental Health Disparities Stemming from Labels Like the “China Virus”

Corresponding Author: Elisabeth Dubois, PhD Student, The University at Albany

"This extended abstract provides recommendations to mitigate the mental health challenges that arise from COVID-19 to people of Asian descent, a group that has been historically marginalized and experience disproportionate effects of COVID. Below I highlight a few areas to improve upon to strengthen the abstract as a whole.

Introduction:

- What is GDP? Lay readers should be able to understand without the need to reference google for acronyms/abbreviations. Any acronyms should be spelled out and first used with the acronym in parenthesis (e.g., Gross Domestic Product (GDP)).
- This is a run-on sentence. Perhaps insert a period after 'greater health risk.' --> These disparities are accentuated given that Asian Americans disproportionately hold high-contact essential jobs that place them at greater health risk, Asian-owned businesses are overrepresented in sectors that have been hardest hit by COVID-19, and anti-Asian xenophobia and racism have been exacerbated (McKinsey 2020).
- Causation can only be established with experimental manipulations/ RCTs, i.e. "According to DeVitre and Pan (2020), the problematic, biased, and misleading media coverage of COVID-19 coupled with racial microaggressions and trauma CAUSED race-related stress that magnified in increases in mental health challenges including lower levels of self-esteem and increased levels of psychological distress." Perhaps saying, 'may have contributed to race-related stress...'. Please do a scan through to look for other places language should be tempered.
- "Research has found that racism, xenophobia, and microaggressions can worsen mental health, leading to increased incidence of depression and suicide ideation (O'Keefe et al. 2015)..". Please see comment above. I would suggest softening language here as well.. e.g., 'Research suggests that racism... may worsen mental health..".
- Increase concision in the last paragraph of the introduction.

Interactionism, Race, Disaster and Mental Health

- This sentence was difficult to follow: "According to Blumer the role of the institutionalized authority, whether Former President Trump, other elected leaders, or the mass media, such prejudice or discriminatory language would position the group in question as to the cause and increase racial prejudice."
- In general, I found this section of the abstract challenging to follow. It may be helpful to increase concision and be mindful of sentence structure.

Nature of Disparities

- I enjoyed the use of a figure here to aid in understanding.

Recommendations for Mitigating Mental Health Disparities Among Asian Americans

- Providing specific examples of suggestions may be helpful (e.g., what exactly does a positive media campaign look like? Something 'positive' to one individual may be 'negative' to another).

- What are some of the mental health stigmas that may be impacted Asian American's? Is it that they may be less likely, compared to other racial and ethnic groups, to seek out mental healthcare due to cultural norms or religious beliefs? It may be both and there are other documented reasons. I encourage the authors to look into related literature and incorporate findings.

Other comments:

- I encourage the authors to also incorporate specifics on mental health impacts. There is no denying that COVID-19 has impacted individuals mental health, however, what those impacts are should be stated for the readers. Are studies finding increased anxiety? depression? Internalizing symptoms as a whole? A sentence or two in the introduction that includes findings would be helpful."

"Disaggregating data - the author(s) needs to pay particular attention to specifying the population of Asian Americans particularly impacted. The text suggests all Asian Americans face mental health disparity equally. If in fact the argument is true, data should support the claims. What separates the ethnic groups? The argument could be strengthened with attention to the links between poor mental health and harassment rooted in racist history to current day. Essentially, the author(s) might consider a trauma-informed approach to recommendations. The abstract recommendations need to expand beyond current interventions. The notion of culture needs to be discussed and expanded."