INTRODUCTION

- COVID-19 emerged in Wuhan, China in 2019 and has spread to nearly every country in the world.
- As cases rose, so did reports of racial discrimination and hate crimes against Asian-Americans and Pacific Islanders.
- Racial discrimination plays a major role in predicting mental and physical health outcomes.

OBJECTIVE

- To identify the health impacts of COVID-19 related discrimination on AAPI communities and the factors that play a role in shaping these incidences.
- To explore how we can address these specific impacts on the AAPI community through policy and advocacy work.

METHODS

- Initial Search: 264 records identified from database searching.
- Records removed before screening: Duplicate records removed (n = 27).
- Records screened (n = 237).
- Reports sought for retrieval (n = 1).
- Reports assessed for eligibility (n = 31).
- 14 full text records included in qualitative analysis.

RESULTS

Figure 1. PRISMA Flow Chart

Figure 2. Factors associated with racial discrimination in included studies

<table>
<thead>
<tr>
<th>Authors</th>
<th>Mental Health</th>
<th>Social media</th>
<th>Bias/stigma</th>
<th>Community/resilience</th>
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Scan QR code for a detailed guide on included studies!

RESOURCES

Figure 3. Socio-Ecological Model for Mental Health & Well-being

STRENGTHS & LIMITATIONS

- **Strengths**
  - Age/gender
  - Education
  - Biological/genetic factors
  - Identity
  - Access to mental health services
  - Educational opportunities
  - Support systems
  - Government investments
  - Funding
  - Healthcare policies/incentives

- **Limitations**
  - Search limited to 2 databases
  - Intersectionality of racial identity and disability not mentioned

SUMMARY

- AAPI communities have experienced more racial discrimination since the pandemic and their mental health concerns should be addressed.
- Social media and public health framing plays a tremendous role in influencing bias and stigmatization of AAPI communities.
- Conclusion
  - The racialization of disease is not a unique experience.
  - Increased symptoms of anxiety and depression due to discrimination reveal a significant need for mental health services among AAPI communities.
- Implications for Policy & Practice
  - Anti-racism policies should be implemented across all institutional settings along with cultural competency trainings to address and debunk anti-Asian sentiment.
  - Investment in mental health services and community-based efforts for AAPI communities.
  - Continue to acknowledge race as a Social Determinant of Health.

CONCLUSIONS

For more information on stopping AAPI hate or to report a hate incident, please scan the QR code.
INTRODUCTION

• COVID-19 emerged in Wuhan, China in 2019
• Increased of racial discrimination and hate crimes against Asian-Americans and Pacific Islanders
• Racial discrimination plays a major role in predicting mental and physical health outcomes

OBJECTIVE

• To identify the health impacts of COVID-19 related discrimination on AAPI communities and the factors that play a role in shaping these incidents
• To explore how we can address these specific impacts on the AAPI community through policy and advocacy work
METHODS

Identification
Initial Search
264 records identified from database searching

Records removed before screening
Duplicate records removed (n = 27)

Screening
Records screened (n = 237)

Records excluded by title (n = 193)
Records excluded by abstract (n = 13)

Records sought for retrieval (n = 1)

Reports assessed for eligibility (n = 31)

Reports excluded
Participants not based in the USA (n = 1)
Not peer-reviewed journals (n = 1)
Non-primary research (n = 15)

Included
14 full text records included in qualitative analysis

Inclusion and Exclusion Criteria

• Inclusion
  • Papers addressing information pertaining to COVID-19 related discrimination and AAPI communities
  • Papers focused within 2020-2021 year in the United States
  • Peer-reviewed articles within journals

• Exclusion
  • Papers that do not address information about coronavirus
  • Papers that do not include relevant data about the health of AAPI communities
  • Non-primary research such as reports, opinion-based essays, etc.
## RESULTS

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### Mental Health

- Increased anxiety
- Depression
- Psychological distress
- Drain of coping resources
RESULTS

Bias/stigma
- Social media allows for this bias/stigma to be activated
- Creates a harmful narrative about those of Asian descent

Social media
- Forum for racist sentiment
- Negative beliefs about those of Asian descent
- Xenophobic attitudes

Community
- Share resources with one another regarding attacks and discrimination
- Develop positive coping strategies
- Social support

Community
- Social isolation
- Family and peer relationships
- Harsh parenting

Support systems
- Access to mental health services
- Bias/stigmatization

Individual
- Age/gender
- Education
- Biological/genetic factors
- Identity

Interpersonal
- Access to mental health services
- Bias/stigmatization
- Support systems

Organizational / Institutional
- Government investments
- Funding
- Healthcare policies/incentives

Policy
- Funding
- Healthcare policies/incentives

Housing stability
- Discriminatory experiences

Social support
• Major factors that interacted with these racial incidents were community, mental health social media, and bias/stigma
• AAPI communities have experienced more racial discrimination since the pandemic and their mental health concerns have yet to be addressed
• Social media plays a tremendous role in influencing bias and stigmatization of AAPI communities during the COVID-19 pandemic
• **Limitations**
  - Search was limited to 2 databases & cross-sectional
  - Intersectionality of **racial identity and disability** not mentioned

• **Strengths**
  - Racial discrimination on AAPI communities has increased, resulting in a **detrimental toll** on mental and physical health
  - Acknowledges **racism** as a public health issue
  - Highlights the **multi-faceted factors** that allow racism to persist

• **Future**
  - Anti-racism policies should be implemented across **all institutional settings**
  - **Invest** in mental health services and community-based efforts for AAPI communities
  - Continue to acknowledge race as a **Social Determinant of Health**

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**Acknowledgements**

This project would not have been possible without the help and constant support from Dr. Enriquez, Dr. Yu, and Deborah Son, MSW. Thank you all for your guidance and expertise throughout this project.