

# DEPRESSION AND ANXIETY IN THE NATIVE HAWAIIAN-PACIFIC ISLANDER POPULATION

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## Background:

Information about the prevalence of and factors associated with depression and anxiety symptoms in NHPI populations is limited.

## Aims:

In 2014, the National Center for Health Statistics conducted the NHPI National Health Interview Survey. These data were used to estimate the prevalence of depression and anxiety feelings among respondents and factors associated with these symptoms for NHPI persons living in all 50 states and D.C.

## Methods:

**Sample:** A single year of the U.S. Census Bureau's American Community Survey of 300 households that included one or more NHPI individuals.

**Measures:** Dependent variables included anxiety and depression symptoms. Independent variables included demographics, health behaviors, health status and healthcare utilization.

**Data analysis:** Missing variables were imputed using SAS 9.4 multiple imputation procedure. Logit models identified factors associated with anxiety or depression symptoms.

## Results:

A total of 1330 was included in the analyses using population weights. The population was young with 62.1% ages 18–44 years and 78.2% identified as NHPI; approximately 50% were women. The overall prevalence of any symptoms (mild, moderate, or severe) was 62.5% for anxiety and 39.2% for depression. Factors associated with moderate or severe anxiety symptoms included alcohol use, poor self-rated health status, number of painful conditions, having at least 1 mental health visit per year. Among lifestyle factors persons with higher income reported lower odds of depression symptoms. Higher number of painful conditions and having at least one mental health visit in the past year was associated with higher odds of moderate to severe depression.

## Implications:

By examining the relationship of demographic, clinical, and behavioral factors with anxiety and depression symptom severity, this study provides insight into factors that should be included in holistic approaches to improving the health and well-being of NHPI persons living across the U.S.

## Full List of Authors

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## Learning Objectives

At the conclusion of this presentation, participants will be able to:

1. Identify an estimate of the extent of anxiety and depression symptoms experienced by the NHPI population.
2. Recognize a wide range of factors associated with anxiety and depression symptoms. Thus, gaining a much more complete understanding of the health and well-being of the NHPI population.