



# **Handbook of Multicultural Mental Health: Chapter 16. Assessing and Treating Asian Americans: Recent Advances in Mental Health Research**

*Sumie Okazaki, Ariane Ling*

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There have been significant advances in research on Asian American mental health within the past decade. This chapter discusses resources and strategies for conducting culturally responsive assessment and treatment with Asian Americans that highlight the theories and knowledge gained since the publication of the previous edition of this Handbook in 2000. The first section on assessment discusses race, immigration, and culture-related factors that affect the phenomenology of distress among Asian Americans. The second section on treatment discusses theories and evidence regarding factors that increase therapeutic credibility as well as the recent advances in applying evidence-based treatment with Asian Americans.

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