"The Unhealthy American Dream? Correlates of Mental Illness among Asian Immigrant Youth"

Wednesday, November 9th, 2011
Parrington Hall Forum (Room 309)
12:00-1:30pm

Epidemiological evidence has shown that for many immigrant groups, the longer an immigrant stays in the US or host country, the worse his/her health. Why? I will review evidence from several studies and psychological experiments of Asian immigrants to argue that this phenomenon may be the result of unique immigration-related stressors experienced during youth, such as family cultural conflict and navigating competing cultural norms across home and school as biculturals. Findings suggest that risk and protective factors for mental health vary by social context, generational status, and gender in this diverse group.

Dr. Janxin Leu is a cultural psychologist who studies immigrant mental health, biculturalism, multiple social identities, and cultural influences on emotion and cognition in Japan and China. Jan is an Assistant Professor in Psychology at the University of Washington, and the Associate Director of Immigrant Families’ Diversity and Development at the Center for Child and Family Well-Being. Her work has been funded by the Robert Wood Johnson Foundation, the Jacobs Foundation, the Institute for Ethnic Studies in the US, and the UW Royalty Research Fund. She has published in top journals, such as Social Science & Medicine, Emotion, American Journal of Community Psychology, Journal of Personality and Social Psychology, and Personality and Social Psychology Bulletin. Previously, she was a Robert Wood Johnson Health & Society Scholar and represented the U.S. Department of Education as an exchange scholar at Peking University (China). Jan trained in social psychology and cognitive anthropology at the University of Michigan, Stanford, and Oxford. She also created the curriculum for the first Chinese American bicultural preschool animation show, "Ni hao, Kai-lan" for Nickelodeon, Jr. She has been active in her family’s non-profit, Education & Science Society, which has built over 5,000 libraries to improve literacy and educate girls in rural China.

Featured Speaker:
Dr. Janxin Leu
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Department of Psychology
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*As this is a Brown Bag event, we encourage everyone to bring their lunch

For more information, contact the Diversity Research Institute at: uwdri@uw.edu.
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