Psychological Impact of Racial Violence: Perspective from an Asian American Psychologist

Adriana Miu, PhD 繆心尚
Assistant Professor
Department of Psychiatry
She/her/hers/她
Race-Based Stress

- Numbness
- Denial
- Confusion
- Hypervigilance
- Anxiety/ fear

- Anger
- Concentration difficulty
- Depression
- Low self-esteem/ Shame
- Physical – insomnia, headaches, heart palpitations

Carter (2007); Comas-Diaz, Hall, & Neville (2019)
Impact of Racism on Asian Americans during the Pandemic

- 29% increased discrimination
- 41% increased anxiety symptoms
- 53% increased depressive symptoms
- 15% increased physical symptoms (e.g., headaches, shaking)
- 43% increased sleep difficulties

Lee & Waters (2021)
Social support reduces the negative effect of racism

*Figure 1.* The association between composite of experiences of discrimination and depressive symptoms moderated by the degree of social support.
How to cope with Anti-Asian Racism?

- Increase sense of safety
- Recognize and honor your feelings
- Seek support from trusted people
- Find pride in your community
How to support Asian American colleagues and patients?

**Do’s**
- Acknowledge anti-Asian racism
- Check in
- Validate their pain
- “I’m thinking of you”
- “I’m here for you if you want to talk or need anything”
- Offer flexibility or support with workload

**Don’ts**
- Stay silent or “business as usual”
- Wait until they bring up
- Try to make their pain disappear
- Make it about you
- Force them to talk or process with you
- Wait until they ask or presume that they want to take time off
### Resources

#### Advocacy
- Educate on AAPI history
- Outwardly denounce racism
- Intervene and report hate crimes on StopAAPIHate.org
- #StopAsianHate

#### Mental wellness
- Self-care tips
  - [https://www.huffpost.com/entry/self-care-advice-asian-americans_1_5e83a656c5b6a1bb764f0e45](https://www.huffpost.com/entry/self-care-advice-asian-americans_1_5e83a656c5b6a1bb764f0e45)
- AAPI therapists
  - [https://www.asianmhc.org/apisaag#texas](https://www.asianmhc.org/apisaag#texas)

#### Personal perspective article
- Miu & Moore (2021) Academic Psychiatry
  - [https://rdcu.be/cgapK](https://rdcu.be/cgapK)

#### Full list:
- [https://anti-asianviolenceresources.carrd.co/](https://anti-asianviolenceresources.carrd.co/)
Solidarity Word Cloud: Share 1 word to express solidarity to AAPI community

200 out of 410 participants participated in this poll