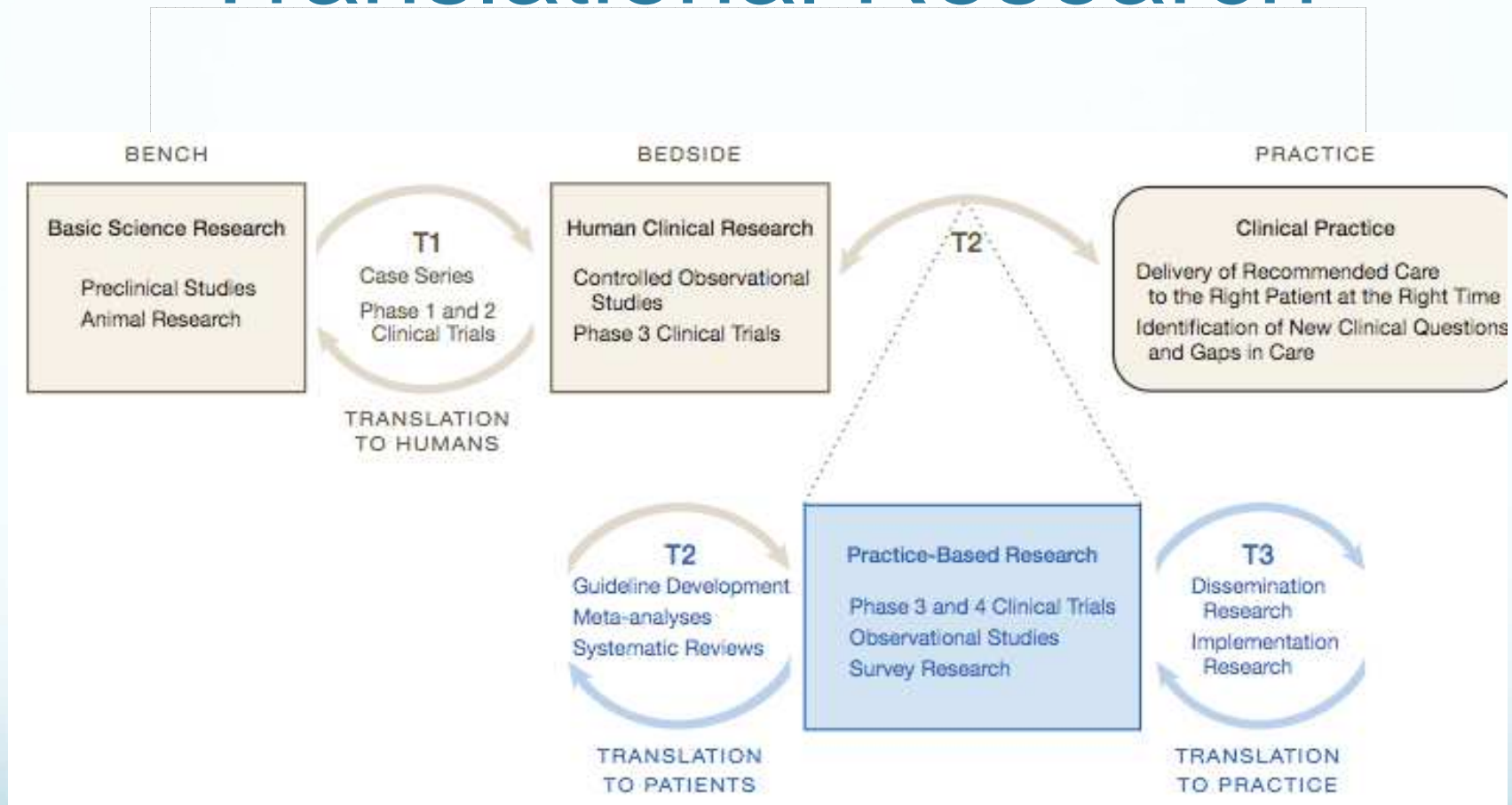


Translational Research

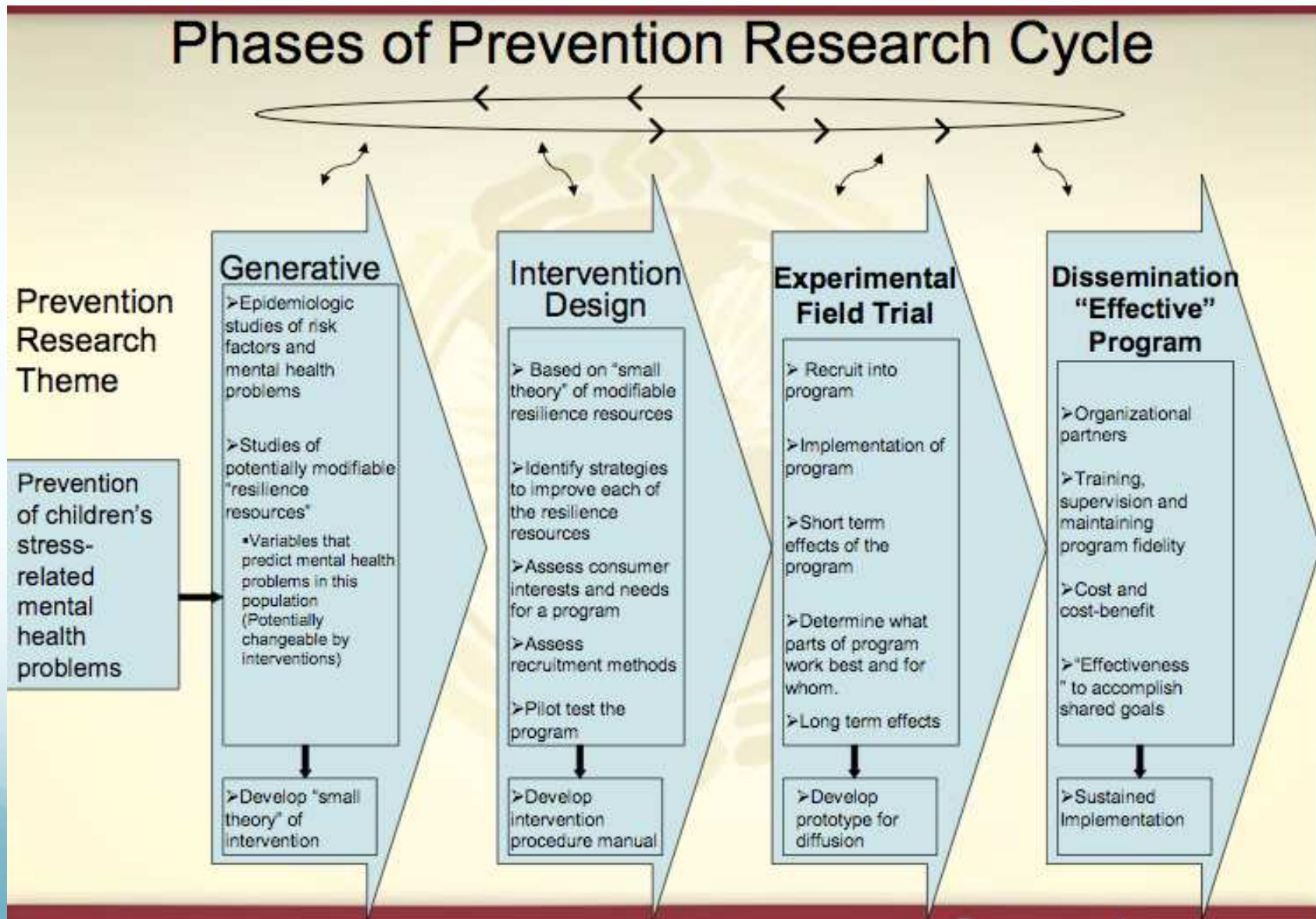
From Basic Behavioral Research on Asian Americans
to Intervention Development

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Translational Research



Prevention Science framework



Prevention Science Tasks

- Identification and accounting of key (unique) modifiable risk and protective factors
- Preventive interventions aim to identify mediators and moderators to:
 - Reduce exposure to modifiable risk factors (e.g., family conflict)
 - Bolster protective factors (e.g., socialization of family obligation values)
- Questions

Developmental Psychopathology

- Study of the basic mechanisms that cause developmental pathways diverge toward pathological or typical outcomes
- Development leads to either adaptive or maladaptive outcomes depending on context
- Key concepts:
 - Multifinality vs. equifinality
 - Heterotypic continuity over time
 - Differential and specificity of effects

Translational Research: Testing and Contesting Theory

- Many theories and models pertinent to psychopathology and health of ethnic minorities are assumed to be true but not been fully tested (e.g., universal benefit of ethnic identity)
- Need to contest or challenge existing theories using diverse methods and alternate theories and models (e.g., moving beyond hypothesis testing to falsification)
- If general models of psychopathology or health do not fit for Asian Americans, this surely has implications for design and delivery of interventions

Example: Contesting Models of Emotion Regulation

- Emotion (Regulation)
- Compelling findings on cultural variation in emotion
 - Emotion suppression
 - Asian Americans are more likely to report emotion suppression
 - Laboratory manipulated emotion suppression is not linked to distress or arousal (Butler et al.)
 - The link between self-reported anger suppression and depression is mitigated for Asian Americans who are highly interdependent

- Emotion expression
 - Asian Americans report lower rates of emotion expressiveness, less valuation of high arousal emotion
 - Asian American children have lower display of emotion in laboratory observations
 - Cultural values related to regulation of group harmony may explain these differences

- Seeking support from others in response to emotional events
 - Asian Americans are less likely to mobilize social support
 - When social support is mobilized, Asian Americans report more subjective distress, poorer social interactions, and higher stress hormone release
- Avoidant coping

Relevance to interventions

- Many evidence based psychosocial interventions are predicated on strategies that rely on emotion processing and expression within an interpersonal transaction
- Recent findings suggest that expressive writing interventions may be effective especially with Asian Americans
- Perhaps interventions that vary in demand for emotion expression and support mobilization may result in differential engagement and outcomes for Asian Americans

Challenges and Opportunities

- Situating the basic research within multiple levels of analysis
- Multiple levels of analysis in basic research and intervention outcomes