

Ethnic Minority Mental Health (EMH) Research Group
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EMH Overview

The Ethnic Minority Mental Health (EMH) Research Group is focused around understanding and improving mental health services for ethnic minority individuals with mood disorders. Ethnic minority individuals are often underserved and have low rates of service utilization. Our lab is dedicated to understanding the barriers to service use and developing culturally congruent outreach and treatment options for these communities. The work in this lab is often community-based. Main projects study special subpopulations of Asian Americans, but research projects examining other ethnic minority groups are also welcome. The lab also has a particular focus on older adults.

Supplemental Practicum Training

All EMH lab members participate in clinical research activities that qualify as clinical training hours via a supplemental practicum training experience. In particular, all lab members perform weekly clinical phone interviews and SCID interviews to determine study eligibility for the project "Problem Solving Therapy with Depressed Chinese Older Adults." This project is a community-collaborative project with UCSF and Family Service Agency of San Francisco that aims to modify and test Problem Solving Therapy (PST) as an evidence-based treatment for depression in Chinese older adults. Students may also have the option of being trained as a PST study therapist.

Individual Papers and Presentations

All EMH lab members are engaged in their own independent project as a "pre-dissertation" training experience during their 1st and 2nd years. Students may propose their own new projects or may develop a project collaboratively with Dr. Chu utilizing existing data. The goal of this pre-dissertation project is to a) develop research and statistics competency prior to the dissertation project, b) make a poster or paper presentation at a professional conference, and/or c) submit a paper for professional publication. Current students have presented at the American Psychological Association, American Association of Suicidology, Asian American Psychological Association, and Association for Psychological Science conferences.

Current student projects cover such topics as:

- Ethnic and gender differences in rumination and social support
- Cross-cultural assessment of depression in an Asian American outpatient sample
- Emotion inhibition as a barrier to help-seeking in Asian Americans
- A report of culturally-tailored modifications to Problem Solving Therapy among Chinese elderly
- Advancing Suicide Prevention for Ethnic Minority and LGBTQ Clients: An Instrument for Cultural Risk Assessment

Multicultural Suicide Research Center (MSRC)

Students interested in the study of suicide may have the opportunity to participate in a collaborative research group led by Drs. Bruce Bongar, Peter Goldblum, and Joyce Chu. The goals of the MSRC are to advance the field of multicultural suicidology through projects investigating suicide assessment, prevention, and management. Current evidence-based practices of suicidology lack integration with knowledge regarding cultural variations in suicide, leading to probable misdetection and mismanagement of risk in diverse populations. Examples

of current MSRC projects include the Cultural Assessment of Risk for Suicide project which aims to create and test a brief evidence-based clinical tool (CARS; the Cultural Assessment of Risk for Suicide instrument) for culturally-competent suicide risk detection that complements and improves existing assessment procedures for use with African American, Asian American, Latino, and LGBTQ populations.

Openings: 2 to 4 openings to join the group in Fall 2009.

Apply: Students interested in joining the group starting Fall 2009 are asked to submit the following items to Dr. Chu (via email) by 5pm on the PGSP uniform research group application date.

1. Curriculum Vitae
2. One or two page essay discussing past research experience, how and why the student became interested in ethnic minority mental health, and specific research and clinical interests in ethnic minority mental health.
3. A writing sample, which can be a paper submitted for a psychology class while a student at PGSP.

Notification: Students accepted into Ethnic Minority Mental Health Research Group for the Fall 2009 cycle will be notified by email by the PGSP uniform notification date.