Abstract for Thesis

The purpose of the study was to examine how factors such race/ethnicity, self-reported average mental health rating, and education influenced the utilization of mental health services of Asian Americans compared to white. In this study, we examine previous literature that provides basis for seeking why Asian Americans are less likely to seek mental health care, despite feelings of negative mental health compared to Whites. Various statistical analysis tests such as frequencies, cross tabulations, and logistic regression examine whether any of these factors influence mental health care utilization. The Health Care Utilization Model served as the theoretical framework to serve as an explanation for why mental health utilization was low among Asian Americans. In this study, the results showed that there was no significant difference between Whites and Asians Americans in low utilization of mental health care, contrary to previous literature.