Notice of the Final Oral Examination
for the Degree of Doctor of Philosophy

of

CINDY QUAN

MSc (University of Victoria, 2018)
BSc (University of Toronto, 2016)

"Paving the Way to Mental Well-Being: Innovations in Help-Seeking Interventions for Asian Canadians"

Department of Psychology

Friday, August 8, 2023
12:00 P.M.
Virtual Defence

Supervisory Committee:
Dr. Catherine Costigan, Department of Psychology, University of Victoria (Supervisor)
Dr. Stuart MacDonald, Department of Psychology, UVic (Member)
Dr. Jill Murphy, Department of Psychology, Uvic (Member)
Dr. Nancy Clark, School of Nursing, UVic (Outside Member)

External Examiner:
Dr. Lin Fang, Factor – Inwentash Faculty of Social Work, University or Toronto

Chair of Oral Examination:
Dr. Fred Chou, Department of Educational Psychology and Leadership Studies, UVic

Dr. Robin Hicks, Dean, Faculty of Graduate Studies

Abstract

This dissertation addressed a notable gap in the literature concerning the underutilization of mental health services among Asian Canadians. Paper 1 focused on the development of the Asian Mental Health Program (AMHP), a digital intervention aimed at increasing the use of mental health resources. Through a community-based participatory approach, the program was tailored to address the distinct needs and experiences of this population, tackling the cultural factors and barriers to help-seeking faced by Asian Canadians. Paper 2 presents findings from a pilot study evaluating the feasibility and acceptability of the AMHP. Employing mixed methods, the study examined participants' engagement, user experience, and preliminary outcomes. The results indicated a high level of acceptability and usability of the AMHP among Asian Canadians, supporting its potential to enhance mental health service utilization within this population. In Paper 3, I addressed the lack of a brief, validated measure of motivation to seek mental health services. We developed and preliminarily validated the Motivation for Mental Health Help-Seeking Scale (MOTIV-MH) to offer a concise and psychometrically sound tool for assessing motivation in the context of help-seeking for Asian Canadians. This contribution enhances our understanding of the role of motivation in promoting mental health service utilization. This dissertation fills gaps in the literature by developing culturally responsive help-seeking interventions and providing a brief, validated measure, offering tangible solutions to enhance Asian Canadians' access to and utilization of mental health services. The findings represent a promising step towards reducing mental health disparities and promoting equitable and culturally responsive care for Asian Canadians.