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Rowan-Virtua Research Day

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### Spot the Signs- 防范未然 , 及时干预- 培训

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## Spot the Signs- 防范未然， 及时干预 - 培训

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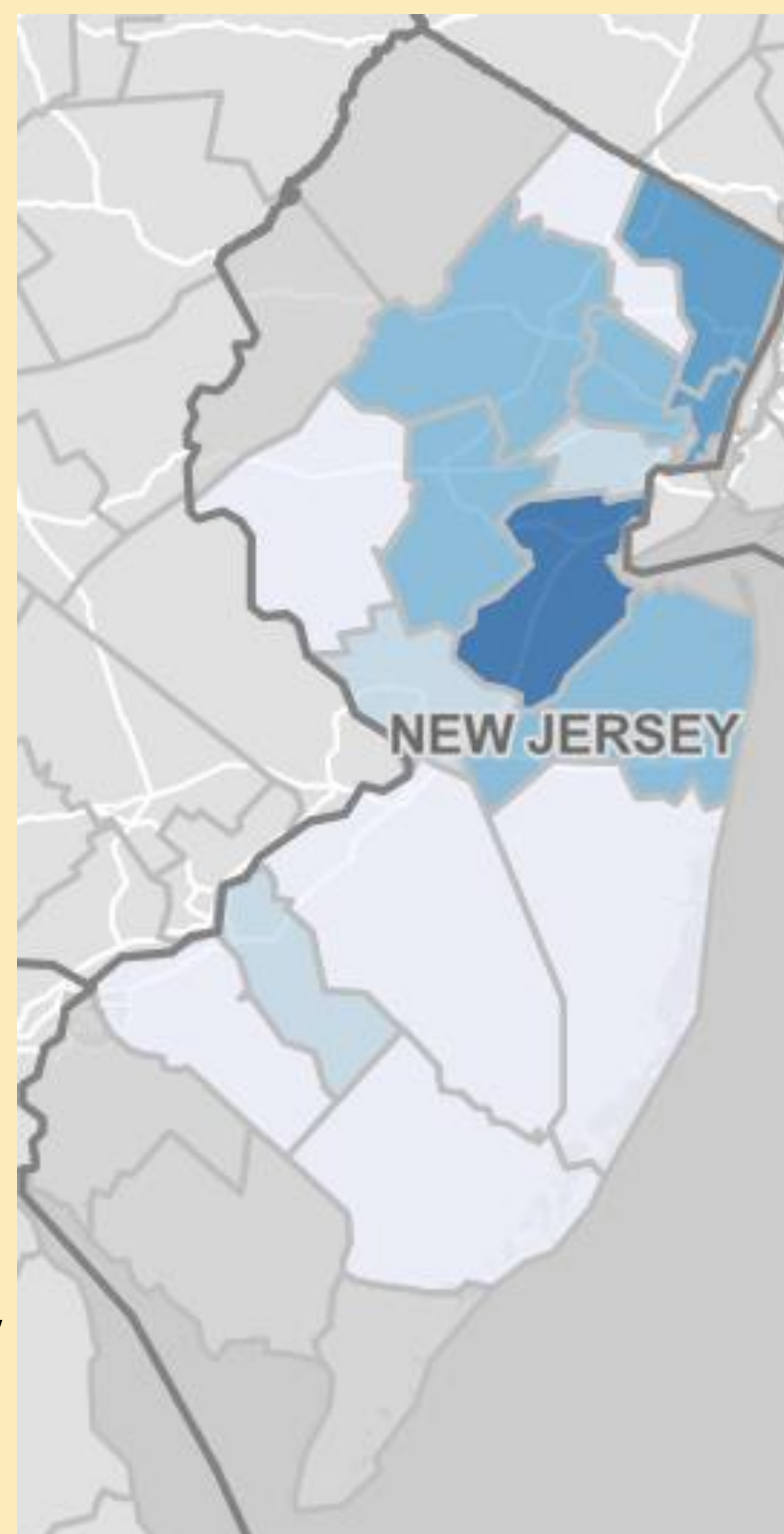
### Introduction

Opiate use disorder is a major challenge in New Jersey, which ranks tenth in the nation for deaths from opiate overdose. Patients who visited an emergency department after an opiate overdose were 18 times more likely to die by suicide than the general population in the year after their visit. As a result, the Department of Psychiatry at Rowan-Virtua School of Osteopathic Medicine initiated the SPOT the Signs project to apply recommendations from the New Jersey Suicide Prevention from Opiates Collaborative to focus on education of groups in the community that have direct contact with people who use opiates, including addiction treatment providers, individuals in recovery and their family, emergency medicine physicians, office-based opioid treatment providers, pain management physicians, first responders, and teachers, parents and teens in high-risk communities.

Chinese is the second most commonly spoken language other than English in New Jersey, with a reported number of speakers close to 120 thousand in the census period 2016-2019<sup>1</sup> Behavioral health continues to be a major issue in the community; suicide was the leading cause of death for young Asian/Pacific Islander males 15-24 in 2019<sup>2</sup>, and Asian/Pacific Islanders are three times less likely to seek mental health services compared to White individuals. Although community stigma can contribute to an unwillingness to disclose in the setting of familial opposition, the same closeness of familial bonds makes it a powerful opportunity to leverage for increased surveillance and early intervention.

Our focus counties include Camden, Gloucester, Atlantic, Burlington, and Ocean counties in Southern New Jersey, which together report an estimated 13,830 ethnically Chinese individuals<sup>1</sup>. Additionally, we are adjacent to Philadelphia, which hosts a dense Chinatown. As a result, we considered it imperative to develop a Chinese-language curriculum to address mental health concerns.

Figure 1: Distribution of Chinese speakers by county in New Jersey US Census Bureau American Community Survey 2021.



### Example Slides

Figure 1: English-language slide

Figure 2: Traditional Chinese slide

Figure 3: Chinese-language resources

### Discussion

Increasing rapport when discussing culturally stigmatized topics through concordance of the identity of the speaker with that of the target audience, as well as matching home language, can amplify the impact of patient education. Additionally, the delivery of patient education in the home language can reduce misunderstandings and allow for culturally specific analogies and mnemonics. Our original study in English demonstrated an 89% improvement in over 600 individuals, and we anticipate similar results in Chinese speakers.

### Challenges to localization

There are many dialects of Chinese, which can be roughly split along regional lines into 10 groups. Although they typically use one of two closely related written languages – Simplified or Traditional – the spoken languages may not be mutually intelligible between different dialects. Also, vernacular Cantonese is poorly mapped to standard written Chinese, although written Chinese vocabulary is fully integrated into Cantonese. As a result, it is important to match the presenter dialect with that spoken by attendees. Additionally, different areas of Chinese diaspora have differences in vocabulary, often adopted from other languages common in those areas, such as Malay or English. Several hotlines only offer oral services in Mandarin with some also offering Cantonese; other language families are rarer, although prerecorded video or audio-only resources regarding depression or opiate overdose may be available in China for other dialects. However, these remain difficult to access for Chinese diaspora in the US.

Dialect	Terminology	Reasoning
English	Major Depressive Disorder (MDD)	Standard term according to DSM V
Mandarin (现代标准汉语)	重度忧郁障碍	This is less stigmatizing and more acceptable by the general public.
Cantonese (廣東話)	抑鬱症	The colloquial term used for "Depression Disorder" in Hong Kong.
Singaporean Mandarin (新加坡华语)	忧郁症	Singaporean Mandarin uses simplified characters but colloquial vocabulary
Taiwanese (臺灣國語)	抑鬱症	The spoken form is different though the same characters as Hong Kong are used
Malaysian Mandarin (马来西亚华语)	忧郁症	The term used means "Depression Disorder". The spoken form differs from Singaporean somewhat.

### Spot the Signs



### References

