



COVID-19 & the Asian American and Pacific Islander Communities: Brief Report from the COVID-19 Effects on the Mental and Physical Health of Asian Americans & Pacific Islanders Survey Study (COMPASS I & II)

Purpose: COMPASS is a nationwide survey about the effects of COVID-19 on the mental and physical health among Asian Americans & Pacific Islanders (AAPI) communities. Responses to the first survey (COMPASS I) was collected October 2020 - May 2021. COMPASS I participants were invited to participate in a follow-up survey (COMPASS II) December 2021- May 2022 to examine the long-term impact of COVID-19. COMPASS findings may help to inform future policies, programs and additional research that can alleviate the adverse effects of COVID-19 for AAPI adults.

Survey Period (Timeline)



Participants: 5,420 AAPI adults completed the COMPASS I survey online, by phone, or in-person. COMPASS II email invitation was sent out to 5,339 COMPASS I participants excluding 61 participants who were no longer eligible or provided no contact information. A total of 3,447 COMPASS II participants (64.3%) had completed the follow-up survey.

Study website: <https://compass.ucsf.edu>

Funder: Research reported in this publication was supported by the National Institute on Aging of the National Institutes of Health under Award Number R24AG063718. The content is solely the responsibility of the authors and does not necessarily represent the official views of the National Institutes of Health.

COMPASS I & II Participants

Age

Mean Age

47.2

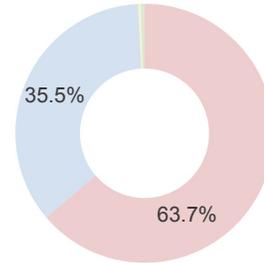
Mean Age

47.0

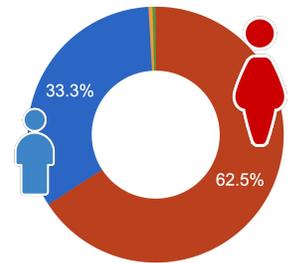
	COMPASS I (N=5,420)	COMPASS II (N=3,447)
Range	19 - 98 yrs.	20 - 99 yrs.
50 + yrs.	47.1%	45.7%
65 + yrs.	16.8%	15.9%

Gender

- Female
- Male
- Other (0.3%–0.5%)
- Prefer not to answer (0.5%–0.4%)



COMPASS I



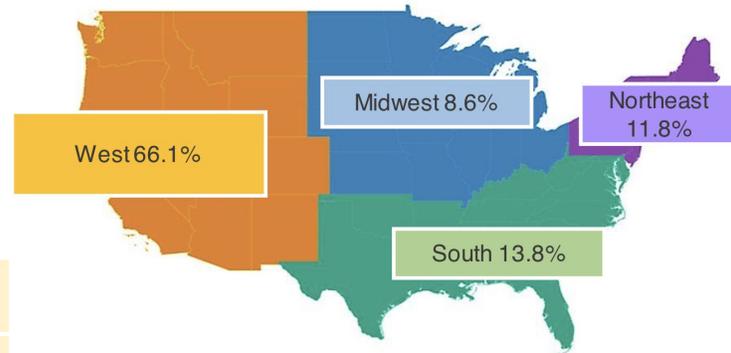
COMPASS II

Language of Survey Completion

	COMPASS I	COMPASS II
English	68%	70%
Korean	12%	11%
Vietnamese	9%	10%
Chinese	7%	7%
Samoan	4%	2%

Regions (COMPASS I)

Similar percentages were found for regions where participants reside in COMPASS II.



Cultural Groups

	COMPASS I	COMPASS II
Ethnic Chinese	36.0%	37.8%
Korean	21.6%	20.4%
Vietnamese	20.0%	21.1%
Asian Indian	6.1%	4.8%
Japanese	5.1%	5.8%
NHPI	4.9%	3.4%
Filipino	4.7%	4.2%
Hmong	2.2%	1.9%
Other	1.8%	1.4%
More than one	1.3%	1.2%

Born outside the U.S.

COMPASS I	COMPASS II
66.6%	63.7%

Have limited English proficiency

COMPASS I	COMPASS II
24.9%	24.1%

Are caregivers of older adults or persons with special needs

COMPASS I	COMPASS II
14.7%	16.6%

COMPASS I COVID-19 Vaccine Findings



“unsure” or
“probably/definitely no”
to getting the vaccine

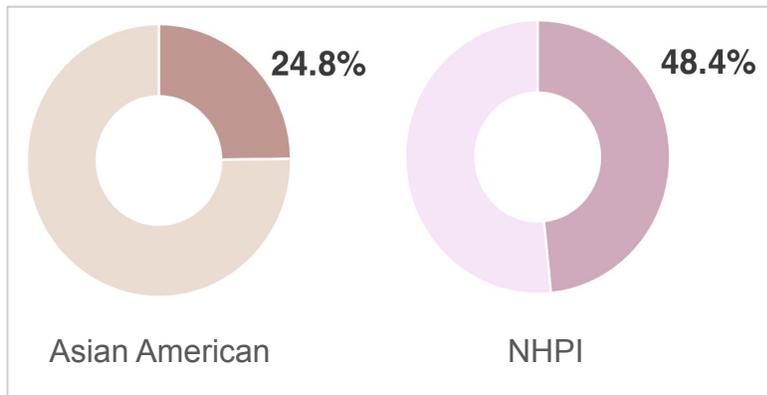
Certain subgroups (i.e., Native Hawaiians and Pacific Islanders (NHPI), Korean Americans, those aged 30-39 and 50-59) were significantly less willing to receive COVID-19 vaccine compared to their counterparts.

Link to vaccine willingness findings: [here](#)

Link to vaccine concerns findings: [here](#)

Q: *If a vaccine becomes available for COVID-19, would you get it?*

(25.4% said they were “probably/definitely no” or “unsure” to getting the COVID 19 vaccine)



Of the 1,646 participants who have at least one or more concerns about the vaccine:

76% had ≥ 1 concerns about the vaccine.

65% cited side effects as the most common concern.

34% are only concerned about side effects.

6% are only concerned about vaccine safety.

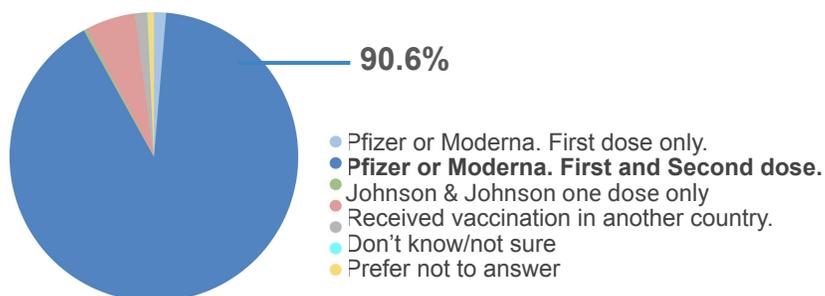
35% reported multiple concerns about the vaccine.

Among 1,646 participants who completed the survey prior to December 11, 2020 (when the Food and Drug Administration authorized emergency use of the first COVID-19 vaccine)

COMPASS II COVID-19 Vaccine Findings

Q: *Have you ever been vaccinated for COVID-19?*

(Survey period: December 2021-May 2022)

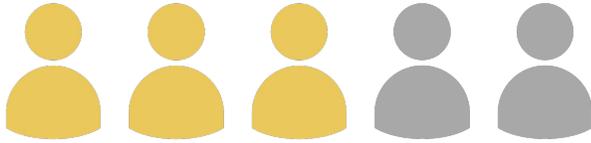


The majority (97.9%) of COMPASS II participants have received at least one dose of the COVID-19 vaccine.

Vaccination rates for Native Hawaiian and Pacific Islander individuals (91.5%) are lower than Asian Indian, ethnic Chinese, Filipino, Japanese, Korean and Vietnamese individuals (all >97%).

COVID-19 Discrimination and Racial Bias Findings

Slightly higher discrimination experience was reported in the COMPASS II follow-up survey (**63.2%**) compared to the initial COMPASS I survey (**60.7%**).



In COMPASS I & II:
Approximately **3 in 5 participants** reported experiences of discrimination in the past 6 months

In COMPASS I, in adjusted analyses, being Asian American (vs. Native Hawaiians and Pacific Islanders), women (vs. men), and those who were younger, in poorer health, and greater perceived severity of COVID-19 were associated with greater likelihood of reporting experiences of everyday discrimination. [Link to COMPASS I discrimination findings: here](#)

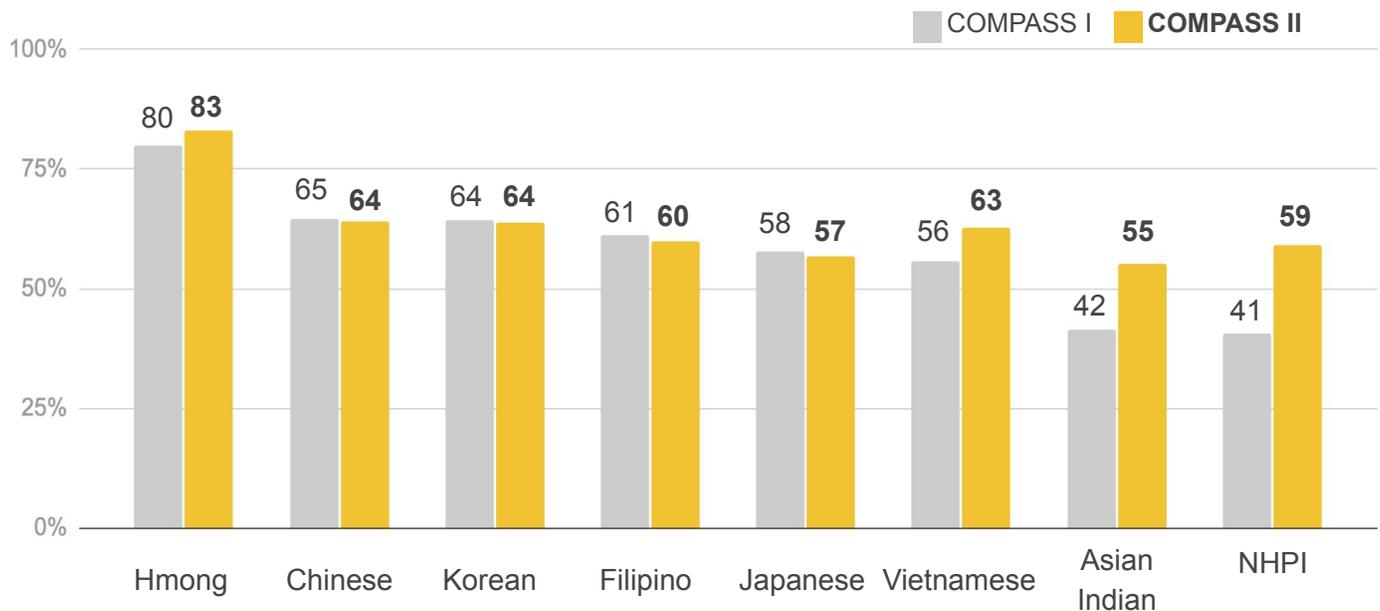
Percentages of participants who strongly/somewhat agree with beliefs concerning how COVID-19 pandemic is affecting AANHPI communities:

[Link to COMPASS I racial bias findings: here](#)

	COMPASS I	COMPASS II
believed that the country has become more dangerous for their ethnic group	59.0%	67.6%
believed that negative social media posts against their race/ethnicity have increased because of COVID-19	46.2%	53.2%
believed that most social/mass media reports about COVID-19 create bias against their race/ethnicity	40.6%	40.7%
had seen a lot more cyberbullying of people of their race/ethnicity since the pandemic	39.0%	44.7%
worried about people thinking they have COVID-19 because of their race/ethnicity	34.1%	33.3%
believed that people of their race/ethnicity are more likely to lose their job	31.5%	24.9%
believed that people of their race/ethnicity will not receive as good COVID-19 healthcare as others	15.3%	12.8%
believed people of their race/ethnicity are more likely to get COVID-19	10.6%	6.9%
reported being cyberbullied because of their race/ethnicity	10.4%	10.3%

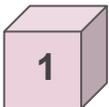
Experiences of discrimination due to being an AANHPI individual during the COVID-19 pandemic by ethnic identity in COMPASS I (N=4,971) & II (N=2,991)

Link to COMPASS I discrimination findings: [here](#)



Note: Based on data from 4,971 COMPASS I participants and 2,991 COMPASS II participants who responded to all the discrimination items in the survey.

Discrimination experiences in COMPASS II:



Experiences of discrimination due to being an AANHPI individual remained prevalent across all ethnic groups over time.



Asian Indian, Hmong, Native Hawaiian and Pacific Islander, and Vietnamese participants reported an *increase* of discrimination experiences at follow-up.



Participants were asked, “In the past 6 months, how often have you experienced [1 of 8] discrimination because you are Asian, Asian American or Pacific Islander.”

Selected ethnic identity-specific findings:

- 48% of Hmong participants responded that other people “sometimes” or “often” acted as if they are dishonest.

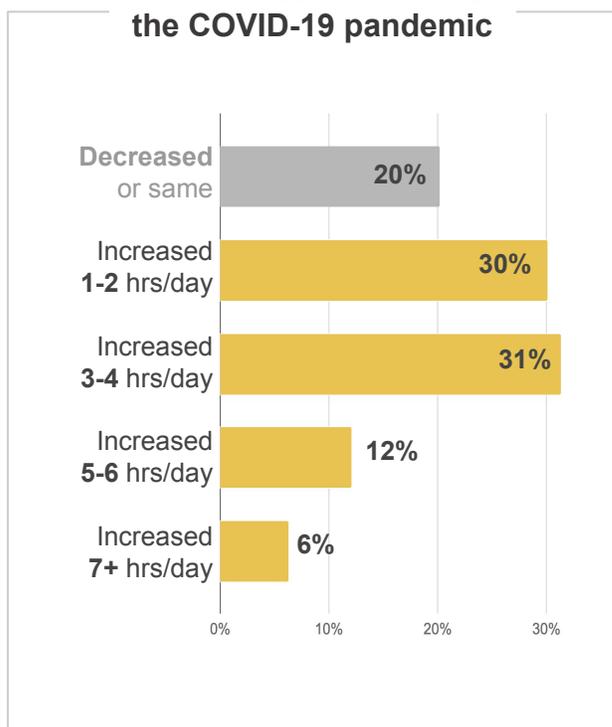
- 40% of ethnic Chinese participants reported that other people “sometimes” or “often” acted as if they are afraid of them.

COMPASS I: Social Support, Technology Use, and Mental and Physical Health During the COVID-19 Pandemic

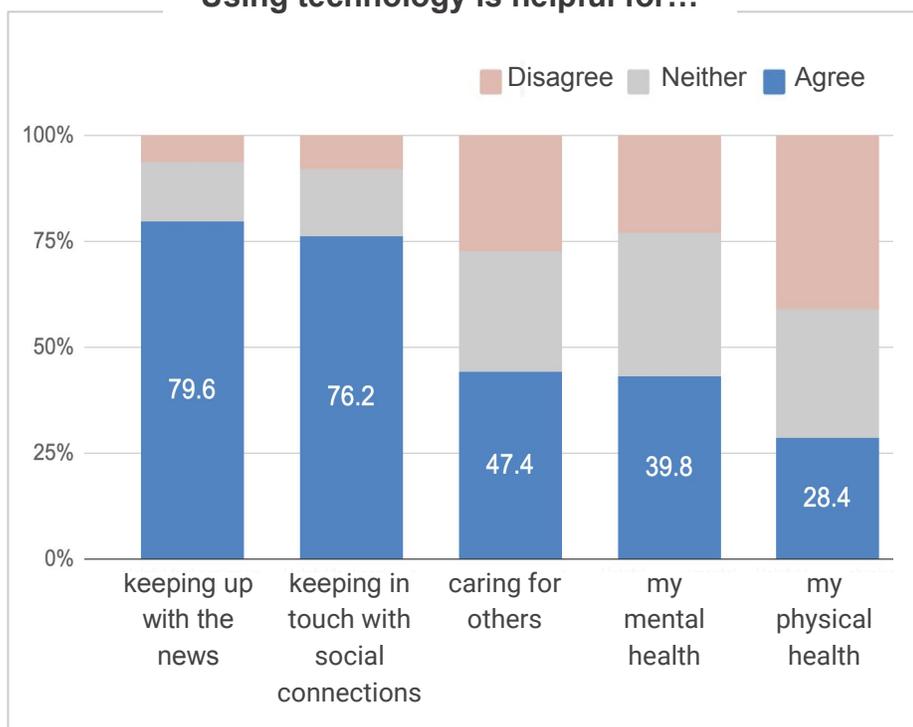
Link to article: [here](#)

- Overall, 69.1% of respondents said they were comfortable with using technology.

Technology use during the COVID-19 pandemic



Using technology is helpful for...



Primary findings:

- More social support associated with better physical health and mental health.
- Greater technology use associated with poorer mental health.
- Younger adult participants (vs. those >60 years old) were more negatively impacted by lower level of social support with poorer mental health.
- Korean Americans appeared to be a high-risk group for both poor mental health and physical health with increased technology use.

Overall, **12.9%** and **11.4%** of COMPASS I participants reported **depressive** and **anxiety symptoms**, respectively, **markedly higher** than those reported pre-pandemic among AANHPI populations in [prior research](#).

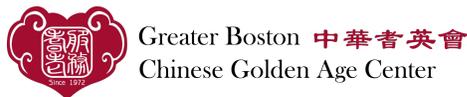
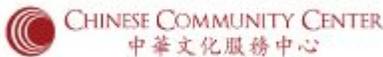
Acknowledgements

We extend our deepest appreciation to our study participants, staff, investigators, community and academic partners and the National Institute of Aging (R24AG063718) for their support.

Team

- **Van Ta Park**, PhD, MPH, University California, San Francisco (UCSF), Principal Investigator
- **Joon Bang**, Iona Senior Services. Formerly at National Asian Pacific Center on Aging, Co-Investigator
- **Marcelle Dougan**, ScD, MPH, MEng, San Jose State University, Biostatistical/Epidemiology Consultant
- **Oanh Meyer**, PhD, MAS, University California, Davis Health, Co-Investigator
- **David Kim**, National Asian Pacific Center on Aging, Co-Investigator
- **Bora Nam**, PhD, MSN, UCSF, Research Analyst
- **Linda Park**, PhD, MS, FNP-BC, FAAN, FAHA, UCSF, Co-Investigator
- **Nicole Phan**, UCSF, Research Analyst
- **Janice Tsoh**, PhD, UCSF, Co-Investigator
- **Marian Tzuang**, PhD, MSW, UCSF, Research Analyst
- **Quyen Vuong**, MSW, MBA, International Children Assistance Network, Co-Investigator

Community Partners



Recognize the Human Race as One

