

minority, caregiver and immigrant groups. The symposium addresses both risk factors and the protective factors and coping mechanisms that mediate and mitigate psychological wellbeing and aims to inform interventions to improve psychological wellbeing outcomes in U.S. Asian older adults.

#### PSYCHOLOGICAL DISTRESS AMONG OLDER LGBT AND NON-LGBT ASIAN AMERICANS: THE INFLUENCE OF MINORITY STRESS

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Emerging data from epidemiological studies have confirmed elevated prevalence rates for mental health conditions among the lesbian, gay, bisexual and transgender (LGBT) populations. An estimated 2.8% of Asian Americans identify as LGBT and 26% of Asian LGBT are 40 years or older. This study analyzed the California Health Interview Survey to examine differences in psychological distress between LGBT and non-LGBT older Asian Americans, and further evaluated the role of discrimination in medical care and intimate violence on psychological distress. Regression results showed older LGBT Asians had a higher psychological distress score compared to non-LGBT Asians. After adjusting for discrimination or violence, this association no longer existed. Experiencing discrimination in medical care and intimate violence were associated with higher levels of psychological stress. This study increases our knowledge of mental health among older Asian LGBT, enhancing our ability to design culturally-targeted and trauma-informed psychosocial interventions to improve outcomes in this population.

#### ARE SPOUSES MORE LIKELY TO BE DEPRESSED THAN ADULT CHILDREN IN DEMENTIA CARE? A MIXED-METHODS STUDY

Jinyu Liu, *Weatherhead East Asian institute, New York City, New York, United States*

Using a mixed-methods approach, this study examines caregiver burden and depressive symptoms of Chinese American spouses and adult-children who provided care for their spouse or parents with dementia. Quantitative data were collected from a questionnaire-based survey in 124 Chinese caregivers in New York City and narrative data were gathered from in-depth interviews with 27 of these caregivers. The results of linear regression show that there was no difference in objective burden (caring tasks) between spousal and adult-child caregivers, but spousal caregivers reported significantly higher levels of subjective burden and depressive symptoms. Based on the structural equation modeling, it was found that subjective burden significantly mediated the association between being a spousal caregiver on depressive symptoms. The narrative data show that, compared to the adult-child caregivers, spousal caregivers were more likely to express their worries about the sequence of death (what will happen if they die earlier than their care receiver?).

#### EXPLORING THE RISK AND PROTECTIVE FACTORS FOR THE MENTAL HEALTH OF SEXUAL MINORITY ASIAN AMERICANS

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This study characterizes the mental health of Asian American older adults (aged 60+) who identify as sexual minorities (SM or lesbian, gay, bisexual) and compare to their non-Asian American and non-SM counterparts. Data were from the Research Program on Genes, Environment and Health (Aged 60+; N=185,478), a representative sample of healthcare members from Northern California. It includes SM (N=447) and heterosexual/non-SM (N=15,772) older adults who identify as Asian American (Chinese, Japanese, Filipino, and South Asian) and non-Asian American SM (N=3,890). Rates of dementia, anxiety, and PTSD were similar for both SM and non-SM Asian Americans. However, older lesbian and gay Asian Americans were more likely to have a depression diagnosis (30% vs. 18%,  $p=0.002$ ) compared to non-SM. Overall, mental health outcomes were lower for Asian American SM compared to non-Asian American SM. We discuss need for understanding protective factors for mental health and implications for future interventions.

#### ADVERSITY, COPING REPERTOIRE, AND PSYCHOLOGICAL WELL-BEING OF CHINESE OLDER IMMIGRANTS IN THE UNITED STATES

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Using data from 2,923 Chinese older immigrants in Chicago, this study aims to identify different patterns of coping repertoires of older immigrants, based on a combination of individual, family and community coping resources, and the optimal coping repertoire that is associated with the best psychological outcomes. The results of Latent Class Analysis revealed four types of coping repertoires: low-resource (43%), spouse-oriented (32%), community-oriented (15%), and multi-source coping repertoire (10%). Overall, immigrants who had multi-source coping repertoire reported the best psychological outcomes. However, the influence of coping repertoires varied based on specific adversities. Having community-oriented coping repertoire was more protective for widowed immigrants, whereas spouse- or community-oriented coping repertoire was more protective for those with poor health. For less-acculturated older immigrants, having community-oriented coping appears most beneficial to their well-being; and for older immigrants who perceived low filial support from their children, having multi-source coping was associated with better psychological well-being.

#### SESSION 5770 (SYMPOSIUM)

##### SUICIDE PREVENTION IN OLDER ADULTS: EVIDENCE-BASED APPROACHES FOR CARE

Chair: Luming Li

Suicide in older adults is a major public health concern. Data of suicide rates of older adults from the Centers for Disease Control suggests that suicide is more frequent in older adults and warrants further examination of treatment and public health prevention approaches. Risk factors for suicide in the elderly include functional disability, multiple