



ANXIETY SYMPTOMS 焦慮

BACKGROUND Adult children are at a life stage with numerous roles and responsibilities. U.S. adult children caregivers younger than 45 years old and working full-time showed the greatest emotional health deficit, including anxiety, compared to non-caregivers. Apart from the combination of roles they occupy, such as being a caregiver, spouse, employee, etc., Chinese adult children may face more challenges in terms of the parent-child relationship owing to the changing of values, leading to greater levels of anxiety.

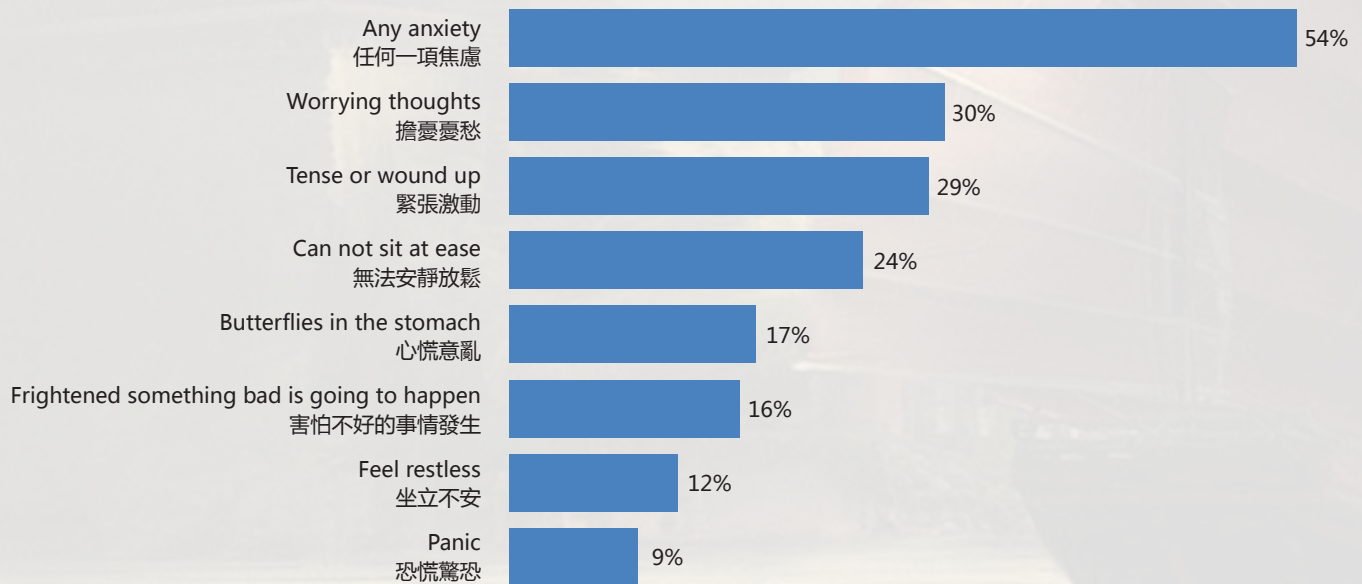
STUDY RESULTS Over half of the participants reported symptoms of anxiety. The prevalence of worrying thoughts, feeling tense, cannot sit at ease were 30%, 29%, and 24%, respectively.

背景 成年子女需要承擔很多不同角色和責任。和其他非照顧者相比，美國45歲以下，有全職工作的成年子女照顧者更容易有焦慮等情緒問題。除了承擔照顧者，配偶，員工等角色，華人成年子女可能會因為價值觀的改變，在父母和子女關係上面臨更多的挑戰，導致更嚴重的焦慮。

研究結果 超過一半的受訪者有焦慮症狀。其中30%有擔憂，29%有緊張，24%無法安靜放鬆。



ANXIETY SYMPTOMS 焦慮症狀



CONCLUSION Anxiety symptoms are common for the Chinese adult children. Supporting adult children in managing specific roles and increasing social support might be helpful to reduce symptoms of anxiety. Participants with severe anxiety need to seek professional assistance.

結論 焦慮症狀在華裔成年子女中相對普遍。幫助成年子女處理各種角色和義務，促進父母和成年子女之間的交流和理解，有助於減輕他們焦慮的症狀。有嚴重焦慮的華裔子女應該尋求專業的幫助。