



PERCEPTION OF PARENTS' DISTRESS 對父母心理壓力的感知

BACKGROUND According to the PINE study, about 74% of older adults aged 60 and over experience some type of psychological distress. The common conditions include loneliness, stress, anxiety and depression. However, psychological distress in older adults is under-identified by healthcare professionals and older adults themselves, partially because these issues may be presented with more somatic complaints instead of psychological troubles. The stigma surrounding psychological distress makes older adults reluctant to seek help.

STUDY RESULTS About 18%-33% of participants perceived that their parents had symptoms of loneliness, stress, anxiety, and depression, while about 11%-26% of participants stated that their parents informed them of those mental health symptoms.

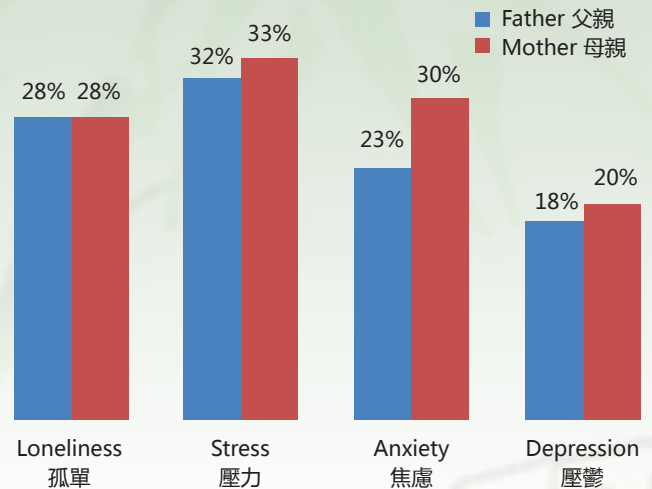
背景 松年研究的調查顯示74%的華裔老人有一定的心理困擾。常見的情況包括孤單，壓力，焦慮和抑鬱。然而，老人的心理困擾並不常引起醫療護理人員和老年人重視。一部份原因是很多老人只關心身體問題，而忽略心理困擾。社會上對於心理問題的偏見，導致很多老人不願意求助。

研究結果 大於18%至33%的受訪者認為父母有孤單，壓力，焦慮和抑鬱的症狀。大於11%至26%的受訪者聽父母直言表達過這些症狀。

CONCLUSION More adult children perceive that their parents are psychologically distressed while fewer children were told by their parents as so. The mismatch may be due to Chinese older adults denying that they suffer from negative feelings. Chinese traditional culture often stigmatizes those feelings and thus older adults may be resistant to inform such concerns to their children. Raising public awareness through community mental health education is helpful to mitigate the stigmatization of mental health issues. Community-based mental health services should incorporate family members to support older adults.

結論 華人成年子女感知到父母會有一些心理困擾，儘管老人並不一定跟他們提起。華裔老人否認自己心理困擾或許是因為他們害怕於此相關的社會有色眼光。通過社區心理健康教育提升公眾的意識可以幫助緩解這些情況。基於社區的心理健康服務應該在老年人家庭中實施。

PERCEPTIONS OF PARENTS' PSYCHOLOGICAL DISTRESS 孩子對於父母心裡健康的感知



KNOWLEDGE OF PARENTS' PSYCHOLOGICAL DISTRESS 父母告知孩子的心理狀況

