

## Symposium

📅 Sun. Sep 28, 2025 10:40 AM - 12:10 PM JST | Sun. Sep 28, 2025 1:40 AM - 3:10 AM UTC 🏛️ Session Room 7 (Conference Room C)

## **[Symposium 90] Cultural Humility and Structural Competence for Asian International University Students: Psychological Assessment, Eating Disorders, Suicidality, and Pharmacotherapy.**

Moderator: Jaskanwar Batra (University of Southern California)

[SY-90-02] Title: Cultural Humility and Structural Competence for Asian International University Students: Psychological Assessment, Eating Disorders, Suicidality, and Pharmacotherapy.

\*Jaskanwar Batra (University of Southern California (United States of America))

Keywords : College psychiatry、 cultural perspectives、 Suicide prevention、 international students

This symposium explores interdisciplinary models of culturally and structurally competent mental health care for international Asian students, who comprise over 25% of University of Southern California's student body. Drawing from clinical experience, campus-based research, and systems-level innovation, presenters from the USC's Department of Psychiatry will explore the intersection of identity, cultural context, and structural barriers in both assessment and treatment of psychiatric disorders.

**First**, the symposium highlights culturally responsive comprehensive psychological assessment. Presenters will demonstrate how strengths-based, collaborative approaches can illuminate culturally shaped symptom expression, reduce stigma, and foster therapeutic alliance. We examine challenges such as linguistic validity, culturally shaped symptom expression, and stigma around diagnosis. Case examples with Pacific Rim students will illustrate how assessment can serve as a bridge to care, particularly when integrated with cultural formulation and campus-based support systems.

**Second**, a multidisciplinary treatment model for eating disorders will be presented, integrating psychology, psychiatry, primary care, and nutrition. The model emphasizes culturally responsive engagement, medical monitoring, and collaborative treatment planning. Particular attention will be given to how cultural identity, family expectations, and stigma influence treatment adherence and outcomes.

**Third**, the symposium addresses suicidality among international students, focusing on risk factors such as acculturative stress, isolation, and unmet interpersonal needs. Presenters will share outcome data and lessons learned from the development and implementation of a campus-wide, trauma-informed response model aimed at enhancing accessibility, early identification, and culturally informed crisis intervention.

**Fourth**, the role of psychiatric pharmacotherapy within culturally competent care will be explored. Presenters will discuss psychopharmacological considerations, including stigma around medication use, culturally mediated health beliefs, and the importance of shared decision-making in treatment planning for international Asian students.

Collectively, these presentations offer empirically grounded and culturally informed strategies for advancing equity in campus mental health services and promoting student well-being through integrated, inclusive systems of care.

