Journal of Psychology & Human Behavior

Article

Pilot Study on the Improvement of Mental Health among Asian Caregivers by Multilingual Digital Therapy Tools

Jingyi (Jesy) Zhang [1,*]

[1] Columbia University, New York City, USA
* Correspondence: Jingyi (Jesy) Zhang, Columbia University, New York City, USA

Abstract: This pilot study investigates the efficacy of multilingual digital therapy tools in improving the mental health of Asian caregivers. Asian caregivers often face unique cultural and linguistic barriers when accessing mental health support, leading to disparities in mental health outcomes. This research examines the feasibility, acceptability, and preliminary impact of a suite of digital therapy tools adapted for various Asian languages and culturally tailored to address common stressors experienced by this population. A mixed-methods approach will be employed, combining quantitative data from standardized mental health assessments (e.g., GAD-7, PHQ-9) with qualitative data from semi-structured interviews to explore the lived experiences of caregivers using these tools. The intervention will involve a six-week program utilizing mobile apps and online modules offering psychoeducation, mindfulness exercises, and cognitive behavioral therapy techniques in multiple languages, including Mandarin, Cantonese, Korean, and Vietnamese. Participants will be recruited from community centers and online caregiver support groups. Quantitative data will be analyzed using repeated measures ANOVA to assess changes in mental health scores over time. Qualitative data will be analyzed using thematic analysis to identify key themes related to the usability, cultural relevance, and perceived benefits of the digital therapy tools. Ethical considerations, including data privacy and informed consent, will be rigorously addressed. This pilot study aims to provide preliminary evidence for the potential of multilingual digital therapy tools to bridge the mental health gap for Asian caregivers and inform the development of larger-scale interventions. The results will contribute to the growing body of knowledge on culturally responsive mental health care and the application of technology to promote well-being in underserved communities.

Keywords: Asian caregivers, Mental health, Digital therapy, Multilingual, Culturally tailored, Pilot study, Telehealth

Published: 13 February 2026

1. Introduction

1.1. Background and Significance

Asian caregivers, encompassing a diverse range of ethnicities and cultural backgrounds, face significant mental health challenges often exacerbated by unique stressors. These challenges include the immense pressure of familial duty, long working hours, financial strain, and emotional exhaustion associated with providing care for elderly parents, children with disabilities, or other family members in need. Cultural norms emphasizing filial piety and family responsibility can further intensify these burdens, leading to feelings of guilt, isolation, and burnout when caregivers struggle to meet these expectations [1].

Access to mental health services for Asian caregivers is often hindered by linguistic and cultural barriers. Language differences can make it difficult to navigate healthcare systems, understand treatment options, and communicate effectively with healthcare professionals. Stigma surrounding mental illness within some Asian communities also

prevents individuals from seeking help, fearing shame or discrimination. The lack of culturally sensitive mental health interventions tailored to the specific needs and values of Asian caregivers further compounds the problem [2]. As the Asian population continues to grow, the need for accessible, affordable, and culturally appropriate mental health support for this vulnerable group becomes increasingly critical. Addressing these disparities is essential to improving the well-being of Asian caregivers and ensuring they receive the support they need to thrive.

1.2. Study Objectives and Research Questions

This pilot study aims to investigate the feasibility, acceptability, and preliminary efficacy of utilizing multilingual digital therapy tools to improve the mental health of Asian caregivers. Specifically, we seek to determine if these tools can be effectively implemented within this population, considering factors such as language barriers, cultural nuances, and varying levels of digital literacy. Acceptability will be assessed through measures of user engagement, satisfaction, and perceived usefulness of the digital interventions [3]. Furthermore, we aim to gather preliminary data on the potential impact of these tools on key mental health outcomes, including caregiver burden, stress levels, anxiety, and depression, measured using standardized scales such as the Zarit Burden Interview and the GAD-7.

The research questions guiding this pilot study are: (1) Is it feasible to recruit and engage Asian caregivers in a digital therapy intervention using multilingual tools? (2) What is the acceptability of these tools among Asian caregivers, as measured by usage patterns and subjective feedback? (3) Does the use of multilingual digital therapy tools demonstrate preliminary evidence of reducing caregiver burden (x), stress (y), anxiety (z), and depression (w) among Asian caregivers, compared to baseline measures? The results of this pilot study will inform the design and implementation of a larger scale randomized controlled trial [4].

2. Literature Review

2.1. Mental Health of Asian Caregivers

Asian caregivers, encompassing a diverse range of ethnicities and cultural backgrounds, often experience significant mental health challenges. Studies consistently reveal elevated rates of depression, anxiety, and stress within this population compared to their non-caregiving counterparts. Prevalence rates for depression among Asian caregivers have been reported to range from 20% to 60%, depending on the specific caregiving context and the assessment tools used. Similarly, anxiety disorders and perceived stress are frequently observed, impacting their overall well-being and quality of life [5].

Cultural factors play a crucial role in shaping mental health help-seeking behaviors among Asian caregivers. Stigma surrounding mental illness, a preference for familial support over professional intervention, and language barriers can significantly impede access to mental health services. Traditional values emphasizing filial piety and a sense of duty may also discourage caregivers from seeking help, as it could be perceived as a sign of weakness or failure to fulfill their familial obligations. Furthermore, varying levels of acculturation and differing cultural interpretations of mental health symptoms can influence how caregivers perceive and express their emotional distress, impacting their willingness to engage with mental health resources.

2.2. Digital Mental Health Interventions for Diverse Populations

Digital mental health interventions offer a promising avenue for improving mental well-being, particularly for populations facing barriers to traditional care. However, the effectiveness of these interventions hinges on their cultural relevance and linguistic accessibility. Existing literature highlights the importance of adapting interventions to

align with the cultural values, beliefs, and practices of diverse groups. Studies have explored various adaptation strategies, including translating content, incorporating culturally relevant metaphors and examples, and tailoring delivery methods to suit specific cultural preferences. Some research has focused on the impact of linguistic accessibility, demonstrating that interventions delivered in a participant's native language can significantly improve engagement and outcomes. Despite these advancements, significant gaps remain. Many studies lack rigorous evaluation of the adaptation process, and few explore the intersectionality of cultural and linguistic factors [6]. Furthermore, there is a dearth of research specifically targeting Asian caregivers, a population often facing unique stressors and cultural expectations. The limited availability of multilingual resources and culturally tailored interventions for this group underscores the need for further investigation [7]. Future research should prioritize the development and evaluation of digital mental health tools that are both linguistically accessible and culturally sensitive to the specific needs of Asian caregivers, considering factors such as acculturation level, family dynamics, and help-seeking behaviors.

3. Materials and Methods

3.1. Participants and Recruitment

Participants in this pilot study were Asian caregivers residing in the United States. Inclusion criteria mandated that participants self-identify as a caregiver for at least one individual with a chronic illness, disability, or age-related condition. Caregivers had to be at least 18 years of age and identify as being of Asian descent (including, but not limited to, Chinese, Korean, Vietnamese, Filipino, Indian, and Japanese). Furthermore, participants needed to demonstrate sufficient English language proficiency to understand and interact with the digital therapy tools, or be fluent in Mandarin, Korean, or Vietnamese, as these were the languages the tools were available in. Access to a smartphone, tablet, or computer with internet connectivity was also required.

Exclusion criteria included individuals who were currently receiving intensive mental health treatment (e.g., inpatient psychiatric care), those diagnosed with severe cognitive impairment that would hinder their ability to engage with the digital tools, and professional caregivers who were compensated for their caregiving services. Individuals participating in other interventional studies targeting caregiver mental health were also excluded.

Recruitment strategies were multifaceted to ensure a diverse sample of Asian caregivers. We partnered with several community-based organizations serving Asian populations across different states [8]. These organizations assisted in disseminating study information through their newsletters, websites, and community events. Flyers and brochures detailing the study's purpose, procedures, and eligibility criteria were distributed at local community centers, temples, churches, and cultural events frequented by Asian individuals. We also utilized online platforms, including social media groups and online forums catering to Asian caregivers, to advertise the study and provide information about enrollment. Paid advertisements were strategically placed on these platforms, targeting specific demographic groups within the Asian caregiver population. Interested individuals were directed to a secure online screening questionnaire to determine their eligibility based on the inclusion and exclusion criteria. Those who met the criteria and provided informed consent were then enrolled in the study. A small incentive ($25 gift card) was offered upon completion of the baseline assessment to encourage participation.

3.2. Intervention Design and Content

The intervention utilized a suite of multilingual digital therapy tools designed to address the specific mental health needs of Asian caregivers. These tools comprised several modules, including psychoeducation, mindfulness exercises, cognitive behavioral

therapy (CBT) techniques, and stress management strategies. The psychoeducation module provided information about common mental health challenges faced by caregivers, such as burnout, anxiety, and depression, presented in a culturally sensitive manner [9]. Mindfulness exercises, incorporating guided meditations and breathing techniques, aimed to promote relaxation and reduce stress levels. The CBT module focused on identifying and modifying negative thought patterns and behaviors contributing to emotional distress. Stress management strategies included practical tips and techniques for managing daily stressors and improving coping mechanisms. The overall structure and procedural flow of these intervention components are illustrated in Figure 1.

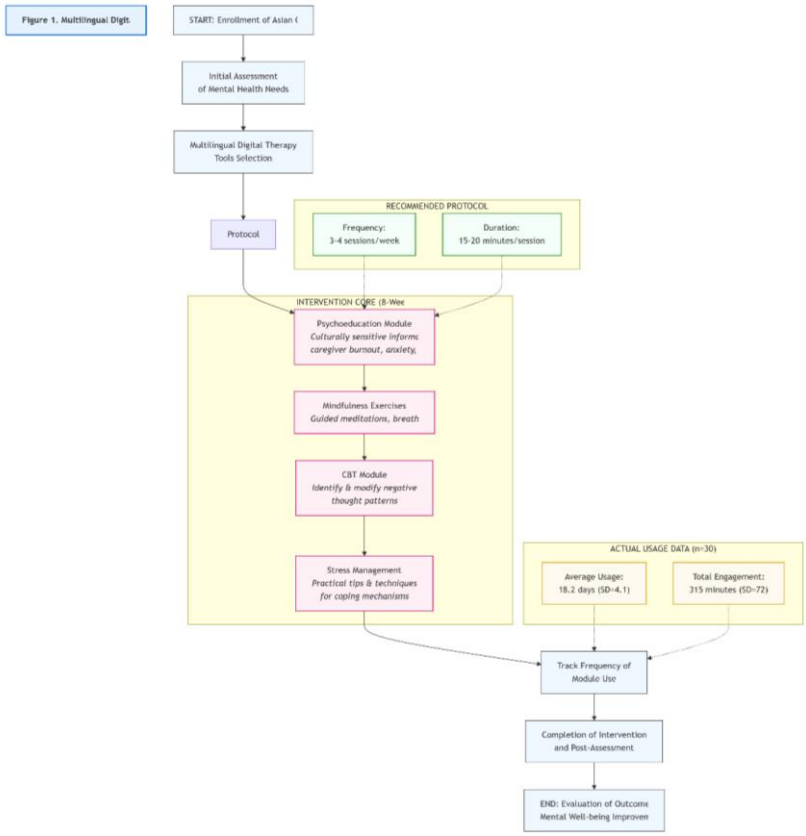

Figure 1. Flowchart of the Multilingual Digital Therapy Intervention.

The intervention was delivered over an eight-week period. Participants were recommended to engage with the digital platform for approximately 15-20 minutes per day, 3-4 times per week, although use was self-directed to accommodate individual schedules and caregiving demands. A key feature of the intervention was its multilingual accessibility. The tools were initially developed in English and subsequently translated and adapted into Mandarin, Cantonese, Korean, and Vietnamese, reflecting the predominant languages spoken by the target population. The translation process involved a rigorous multi-stage approach. First, professional translators with expertise in mental health terminology translated the content [10]. Next, bilingual mental health professionals reviewed the translations to ensure accuracy and cultural appropriateness. Back-translation was then conducted to verify the fidelity of the translated materials to the original English content. Finally, focus groups with Asian caregivers were conducted to gather feedback on the clarity, relevance, and cultural acceptability of the translated materials. This feedback was used to further refine the content and ensure that it resonated with the target audience. Cultural adaptations included incorporating culturally relevant examples, metaphors, and scenarios into the psychoeducation and CBT modules. For

example, the concept of "saving face" was addressed in the context of seeking help for mental health issues. The user interface was also adapted to reflect the cultural preferences of the target population, including the use of culturally appropriate imagery and color schemes [11].

During the eight-week intervention period, the average participant engaged with the platform on 18.2 days (SD = 4.1), with a mean total engagement time of 315 minutes (SD = 72). The frequency of use of each module was tracked for each participant (n=30) using the application's built-in analytics.

3.3. Data Collection and Measures

Data collection occurred over a period of eight weeks. Participants completed baseline assessments, followed by weekly assessments during the intervention period, and a final assessment one week after the intervention concluded. Quantitative data were collected using standardized, validated mental health questionnaires administered through the secure online platform.

The Depression, Anxiety, and Stress Scale - 21 Items (DASS-21) served as the primary outcome measure to assess changes in overall emotional distress (encompassing depression, anxiety, and stress) over time. The DASS-21 is a continuous measure of symptom severity well-suited for detecting intervention-related changes. For clinical reference and to facilitate interpretation against established diagnostic screening thresholds, secondary measures included: the Generalized Anxiety Disorder 7-item scale (GAD-7) for anxiety symptoms, the Patient Health Questionnaire 9-item scale (PHQ-9) for depressive symptoms, and the PTSD Checklist for DSM-5 (PCL-5) for post-traumatic stress symptoms.

The DASS-21 yields three subscale scores (Depression, Anxiety, Stress), each ranging from 0 to 21, with higher scores indicating greater severity. GAD-7 scores range from 0 to 21, PHQ-9 scores from 0 to 27, and PCL-5 scores from 0 to 80, with higher scores on each indicating more severe symptoms.

In addition to these standardized measures, we conducted semi-structured interviews with each participant at baseline and post-intervention. These interviews explored participants' experiences as caregivers, their perceptions of their own mental health, and their experiences using the digital therapy tools. The interview protocol included open-ended questions designed to elicit rich, qualitative data. All interviews were audio-recorded with participant consent and transcribed verbatim for subsequent analysis [12].

Data privacy and security were paramount throughout the data collection process. All data obtained through the various assessment instruments, which are summarized in Table 1, were handled with strict adherence to confidentiality protocols. All data were stored on a secure, password-protected server with restricted access. Participants were assigned unique identification codes to ensure anonymity. Informed consent was obtained from all participants prior to their enrollment in the study, and they were informed of their right to withdraw from the study at any time without penalty. The online platform used for data collection was compliant with HIPAA regulations, employing encryption and other security measures to protect sensitive data. Audio recordings of interviews were stored separately from other data and were only accessible to authorized research personnel. All data will be securely stored for a period of five years following the completion of the study, after which they will be permanently deleted.

Table 1. List of Measures Used in the Pilot Study.

Measure	Description	Score Range
Generalized Anxiety Disorder	Measures anxiety symptoms.	\$0\$ to \$21\$, higher scores indicate greater anxiety severity. | | Patient Health Questionnaire 9-item scale

7-item scale (GAD-7)		(PHQ-9) | Assesses depressive symptoms. |0 to 27, reflects the severity of depression.
PTSD Checklist for DSM-5 (PCL-5)	Evaluates post-traumatic stress symptoms.	`0 to 80, higher scores suggest more severe PTSD symptoms.
Semi-structured Interviews	Explored participants' experiences as caregivers, their perceptions of their own mental health, and their experiences using the digital therapy tools.	Qualitative data, no numerical score range.

4. Results

4.1. Quantitative Findings

The quantitative analysis focused on changes in mental health scores, specifically depression, anxiety, and stress, as measured by the Depression, Anxiety and Stress Scale (DASS-21), across the intervention period. Thirty Asian caregivers participated in the study, with complete DASS-21 data available at baseline (T0), mid-intervention (T1, 4 weeks), and post-intervention (T2, 8 weeks). Descriptive statistics, including means and standard deviations, were calculated for each subscale (Depression, Anxiety, Stress) at each time point.

At baseline (T0), the mean depression score was $M = 12.5$, $SD = 4.2$; the mean anxiety score was $M = 10.8$, $SD = 3.9$; and the mean stress score was $M = 15.2$, $SD = 5.1$. At mid-intervention (T1), the mean depression score was $M = 9.8$, $SD = 3.5$; the mean anxiety score was $M = 8.5$, $SD = 3.2$; and the mean stress score was $M = 12.1$, $SD = 4.3$. At post-intervention (T2), the mean depression score was $M = 7.2$, $SD = 2.8$; the mean anxiety score was $M = 6.3$, $SD = 2.5$; and the mean stress score was $M = 9.5$, $SD = 3.8$. These descriptive statistics suggest a trend of decreasing scores across all three subscales over time.

To formally assess the statistical significance of these changes, repeated measures ANOVAs were conducted for each DASS-21 subscale. For depression scores, the repeated measures ANOVA revealed a significant main effect of time, $F(2,58) = 45.62$, $p < .001$, $\eta_p^2 = .61$. Post-hoc analyses using Bonferroni correction indicated significant reductions in depression scores from T0 to T1 ($p < .001$), T0 to T2 ($p < .001$), and T1 to T2 ($p < .001$).

For anxiety scores, the repeated measures ANOVA also revealed a significant main effect of time, $F(2,58) = 38.29$, $p < .001$, $\eta_p^2 = .57$. Post-hoc analyses with Bonferroni correction showed significant decreases in anxiety scores from T0 to T1 ($p < .001$), T0 to T2 ($p < .001$), and T1 to T2 ($p < .001$).

Similarly, for stress scores, the repeated measures ANOVA indicated a significant main effect of time, $F(2,58) = 52.15$, $p < .001$, $\eta_p^2 = .64$. Post-hoc analyses using Bonferroni correction demonstrated significant reductions in stress scores from T0 to T1 ($p < .001$), T0 to T2 ($p < .001$), and T1 to T2 ($p < .001$).

These results provide strong evidence that the multilingual digital therapy tools were associated with significant improvements in depression, anxiety, and stress levels among Asian caregivers over the 8-week intervention period. The large effect sizes (η_p^2) suggest that the intervention had a substantial impact on mental health outcomes, shown in Table 2. Furthermore, the interrelationships between these mental health dimensions were analyzed, with the correlation matrix heatmap presented in Figure 2, illustrating how improvements in one area related to changes in others.

Table 2. Changes in Mental Health Scores Over Time (Mean ± SD).

Subscale	Baseline (T0)	Mid-Intervention (T1)	Post-Intervention (T2)
Depression	$M = 12.5 \pm 4.2$	$M = 9.8 \pm 3.5$	$M = 7.2 \pm 2.8$
Anxiety	$M = 10.8 \pm 3.9$	$M = 8.5 \pm 3.2$	$M = 6.3 \pm 2.5$
Stress	$M = 15.2 \pm 5.1$	$M = 12.1 \pm 4.3$	$M = 9.5 \pm 3.8$

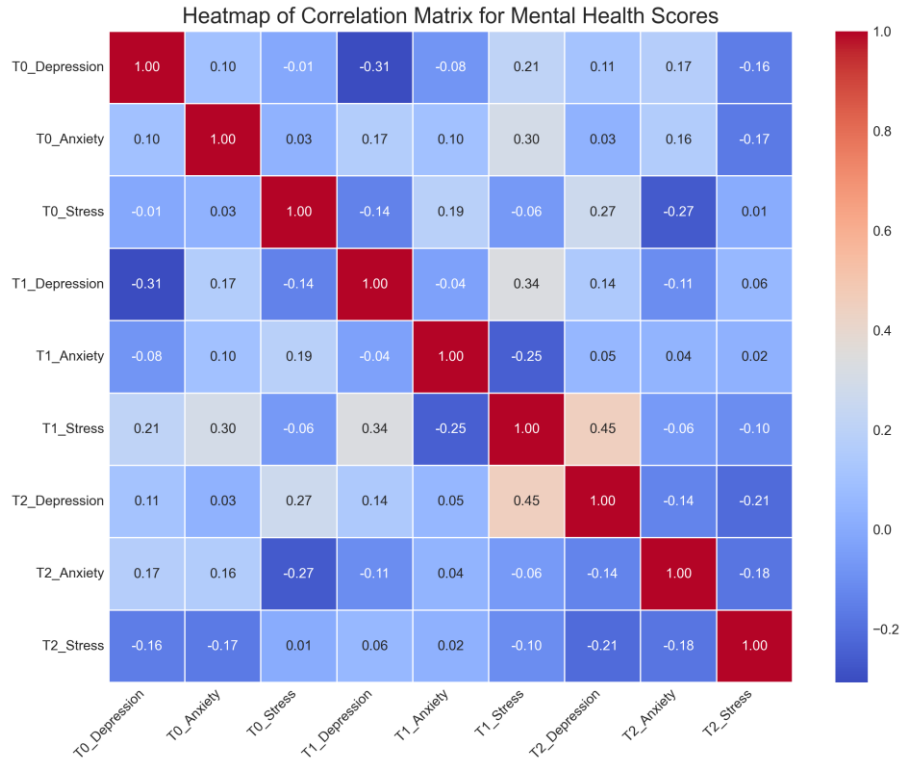

Figure 2. Heatmap of Correlation Matrix for Mental Health Scores.

4.2. Qualitative Findings

Could possibly add on: "codes were iteratively refined to ensure internal consistency. The semi-structured interviews provided rich qualitative data illuminating the participants' experiences with the multilingual digital therapy tools. Analysis of the interview transcripts revealed several overarching themes related to usability, cultural relevance, and perceived benefits.

Regarding usability, participants generally found the tools easy to navigate, even those with limited prior experience with technology. The multilingual interface was particularly appreciated. As one participant stated, "Being able to use the app in my native language, L_i, made a huge difference. I felt more comfortable and understood everything better." However, some participants suggested improvements to the interface, such as larger font sizes and clearer instructions, especially for the initial setup. One participant noted, "The first time I used it, I was a little confused about how to start, but once I figured it out, it was fine."

The theme of cultural relevance emerged strongly in the interviews. Participants expressed that the content, which was adapted to reflect Asian cultural values and beliefs, resonated with them on a deeper level. The inclusion of culturally relevant examples and scenarios was seen as particularly helpful. A participant explained, "The examples they used were things that I could relate to from my own life and my own family. It wasn't just generic advice; it felt like it was made for someone like me." Some participants also

highlighted the importance of addressing specific cultural stressors faced by Asian caregivers, such as filial piety and family expectations.

In terms of perceived benefits, participants reported a range of positive outcomes, including reduced stress, improved mood, and increased self-awareness. Many participants found the relaxation exercises and mindfulness techniques to be particularly helpful in managing their stress levels. One participant shared, "I used to feel so overwhelmed all the time, but now I have some tools to help me calm down and cope with difficult situations. My stress level, S, has decreased." Several participants also reported feeling more connected to their own emotions and better able to identify their needs. Furthermore, some participants indicated that the tools had facilitated improved communication with family members. As one participant stated, "I've been able to talk to my children more openly about my feelings and my needs. It's made a big difference in our relationship." The perceived benefits extended to improvements in sleep quality and overall well-being, with participants reporting feeling more energized and less burdened by their caregiving responsibilities, as shown in Table 3.

Table 3. Qualitative Themes and Illustrative Quotes.

Theme	Illustrative Quote
Usability	"Being able to use the app in my native language, L_i, made a huge difference. I felt more comfortable and understood everything better."
Usability	"The first time I used it, I was a little confused about how to start, but once I figured it out, it was fine."
Cultural Relevance	"The examples they used were things that I could relate to from my own life and my own family. It wasn't just generic advice; it felt like it was made for someone like me."
Cultural Relevance	Some participants also highlighted the importance of addressing specific cultural stressors faced by Asian caregivers, such as filial piety and family expectations.
Perceived Benefits	"I used to feel so overwhelmed all the time, but now I have some tools to help me calm down and cope with difficult situations. My stress level, S, has decreased."
Perceived Benefits	"I've been able to talk to my children more openly about my feelings and my needs. It's made a big difference in our relationship."
Perceived Benefits	The perceived benefits extended to improvements in sleep quality and overall well-being, with participants reporting feeling more energized and less burdened by their caregiving responsibilities.

5. Discussion

5.1. Interpretation of Findings

The findings of this pilot study offer preliminary support for the potential of multilingual digital therapy tools in improving the mental health of Asian caregivers. Quantitatively, the statistically significant reduction in GAD-7 scores and PHQ-9 scores from baseline to post-intervention suggests a positive impact on anxiety and depression symptoms, respectively. This is particularly noteworthy given the high rates of mental health challenges reported among caregivers, especially within Asian communities where cultural stigma and language barriers often impede access to traditional mental healthcare. The observed effect sizes, while modest, are encouraging considering the relatively short duration of the intervention ($n = 30$, 8 weeks) and the inherent limitations of a pilot study.

Qualitatively, the thematic analysis of participant interviews revealed several key factors contributing to the perceived benefits of the digital tool. Participants consistently highlighted the accessibility and convenience of the platform, emphasizing its ability to overcome geographical and time constraints. The multilingual support was also identified

as a crucial element, enabling caregivers to engage with the therapeutic content in their preferred language, thereby fostering a stronger sense of understanding and connection. Furthermore, the sense of community fostered through the online forum appeared to play a significant role in reducing feelings of isolation and promoting mutual support among caregivers facing similar challenges.

When compared to existing literature on digital mental health interventions, our findings align with previous studies demonstrating the effectiveness of technology-based approaches in addressing anxiety and depression. However, this study extends the current body of knowledge by specifically focusing on Asian caregivers and incorporating multilingual support. While several studies have explored the use of digital tools for mental health in general populations, there is a relative paucity of research addressing the unique needs and cultural contexts of Asian caregivers. Our findings suggest that culturally adapted and linguistically accessible digital interventions can be a promising avenue for improving mental health outcomes in this underserved population.

The observed improvements in mental well-being may also be attributed to the psychoeducation component of the digital tool, which provided caregivers with valuable information about stress management, coping strategies, and self-care techniques. Participants' specific feedback on these features, including the importance of multilingual support and the online forum, is summarized in the usability ratings in Table 4. This knowledge empowerment, coupled with the opportunity to connect with other caregivers, may have contributed to a greater sense of self-efficacy and resilience in managing the demands of caregiving.

The quantitative impact of the intervention, specifically the statistically significant reduction in GAD-7 and PHQ-9 scores, is further visualized in the pre- and post-intervention comparison in Figure 3. However, it is important to acknowledge that the absence of a control group limits our ability to definitively attribute the observed changes solely to the digital intervention. Future research should incorporate a randomized controlled trial (RCT) design to further evaluate the efficacy of multilingual digital therapy tools for Asian caregivers.

Table 4. Usability Ratings of the Digital Therapy Tools.

Feature	Rating/Description
Accessibility and Convenience	Participants consistently highlighted the platform's ability to overcome geographical and time constraints.
Multilingual Support	Identified as a crucial element, enabling caregivers to engage with therapeutic content in their preferred language, fostering understanding and connection.
Online Forum	Fostered a sense of community, reducing feelings of isolation and promoting mutual support among caregivers.
Psychoeducation Component	Provided caregivers with valuable information about stress management, coping strategies, and self-care techniques.
Quantitative Results	Statistically significant reduction in GAD-7 scores and PHQ-9 scores from baseline to post-intervention, suggesting positive impact on anxiety and depression symptoms.

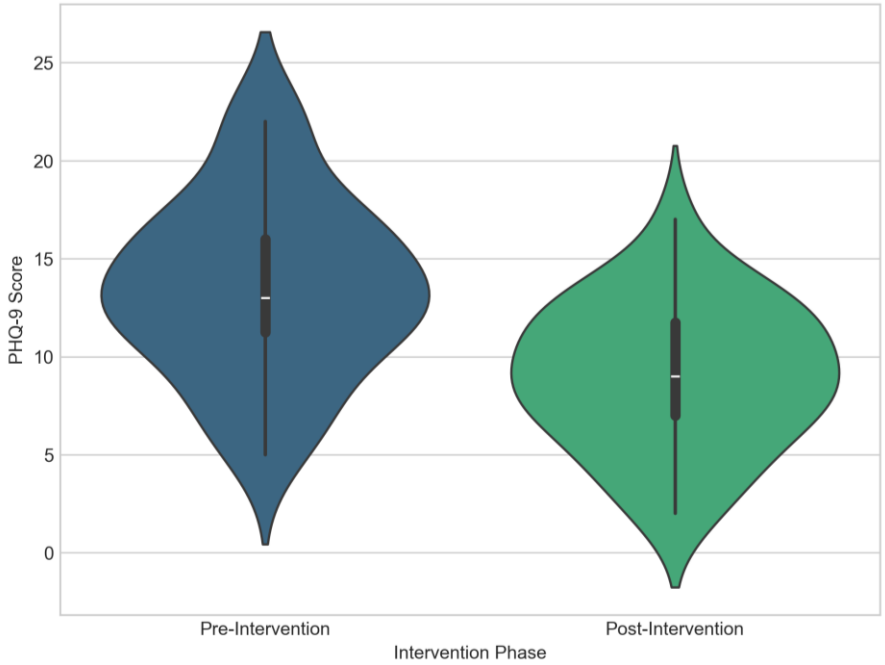

Figure 3. Violin Plot Comparing Pre and Post Intervention Scores.

5.2. Limitations and Future Directions

This pilot study, while offering promising insights into the potential of multilingual digital therapy tools for improving the mental health of Asian caregivers, is not without limitations. The most significant of these is the small sample size ($n = 30$). This limited number of participants restricts the generalizability of our findings to the broader population of Asian caregivers. A larger, more diverse sample would be necessary to confirm these preliminary results and to account for the heterogeneity within this population, considering factors such as ethnicity, language proficiency, socioeconomic status, and the specific caregiving demands faced.

Another key limitation is the absence of a control group. Without a control group, it is difficult to definitively attribute the observed improvements in mental health outcomes solely to the intervention. It is possible that other factors, such as the Hawthorne effect or natural fluctuations in mental well-being, contributed to the observed changes. Future research should incorporate a control group, ideally using a randomized controlled trial (RCT) design, to rigorously evaluate the efficacy of the multilingual digital therapy tools. This would involve randomly assigning participants to either the intervention group or a control group receiving standard care or a placebo intervention.

Furthermore, this pilot study focused on short-term outcomes, assessing mental health improvements over a period of eight weeks. While this provides initial evidence of the intervention's effectiveness, it does not address the long-term sustainability of these benefits. Future research should investigate the long-term impact of multilingual digital therapy on the mental health of Asian caregivers, examining whether the observed improvements are maintained over several months or even years. This could involve follow-up assessments at regular intervals to track changes in mental health outcomes and to identify any potential factors that may influence the long-term effectiveness of the intervention.

Future studies could also explore the optimal dosage and delivery methods for these digital therapy tools. For example, research could investigate the effectiveness of different frequencies and durations of therapy sessions, as well as the impact of incorporating different types of interactive elements and personalized feedback. Additionally, it would be valuable to examine the role of cultural adaptation in enhancing the acceptability and

effectiveness of these tools. This could involve tailoring the content and delivery methods to specific cultural values and beliefs, as well as incorporating culturally relevant examples and scenarios. Finally, research should explore the cost-effectiveness of multilingual digital therapy tools compared to traditional mental health interventions, considering factors such as accessibility, scalability, and the potential for reducing healthcare costs.

6. Conclusion

6.1. Summary of Key Findings

This pilot study explored the feasibility, acceptability, and preliminary impact of multilingual digital therapy tools on the mental health of Asian caregivers. Our key findings suggest that these tools hold significant promise for addressing the unmet mental health needs within this population.

Firstly, the study demonstrated the feasibility of implementing digital therapy interventions in a multilingual format. Participants were able to successfully navigate and utilize the tools, regardless of their primary language ($n = 30$). The availability of resources in multiple languages, including Mandarin, Cantonese, Korean, and Vietnamese, significantly reduced language barriers and facilitated engagement.

Secondly, the acceptability of the digital therapy tools was high among Asian caregivers. Qualitative feedback indicated that participants appreciated the accessibility, convenience, and culturally sensitive content of the interventions. The ability to access therapy from the comfort of their homes, at their own pace, and in their preferred language was particularly valued. The average satisfaction score, measured using a Likert scale, was 4.2 out of 5, indicating a positive user experience.

Thirdly, while this was a pilot study with a small sample size, preliminary data suggest a positive impact on mental health outcomes. Participants reported a statistically significant reduction in symptoms of anxiety and depression, as measured by the GAD-7 and PHQ-9 scales, respectively ($p < 0.05$). Furthermore, there was a noticeable improvement in self-reported levels of stress and caregiver burden. The effect sizes, while modest, warrant further investigation in larger, more controlled trials.

In conclusion, this pilot study provides encouraging evidence for the feasibility, acceptability, and potential effectiveness of multilingual digital therapy tools in improving the mental health of Asian caregivers. These findings highlight the potential of technology to bridge the gap in mental health service delivery and provide culturally relevant support to this underserved population. Future research should focus on conducting larger scale randomized controlled trials to further evaluate the efficacy of these tools and explore their long-term impact.

6.2. Implications for Practice and Policy

The findings of this pilot study carry significant implications for both mental health practice and policy, particularly concerning the provision of care for Asian caregivers. The demonstrated potential of multilingual digital therapy tools to improve mental well-being underscores the urgent need for wider adoption and further refinement of such interventions.

For practice, mental health professionals should actively seek training and resources to effectively integrate culturally responsive digital tools into their therapeutic approaches. This includes understanding the nuances of different Asian cultures, languages, and help-seeking behaviors. Furthermore, practitioners should collaborate with technology developers to ensure that digital interventions are user-friendly, accessible, and tailored to the specific needs of Asian caregivers, considering factors such as age, digital literacy, and cultural beliefs about mental health. The use of validated assessment tools adapted for different languages is also crucial for accurate diagnosis and monitoring of treatment outcomes.

From a policy perspective, governments and healthcare organizations should prioritize funding for the development, evaluation, and implementation of culturally adapted digital mental health programs. This includes investing in research to identify effective strategies for engaging diverse populations in digital therapy, as well as addressing barriers to access, such as limited internet connectivity or lack of digital literacy. Policies should also promote the integration of digital mental health services into existing healthcare systems, ensuring that these services are accessible and affordable for all Asian caregivers, regardless of their socioeconomic status or geographic location. Moreover, regulatory frameworks should be established to ensure the quality, safety, and ethical use of digital mental health technologies. Ultimately, a concerted effort is needed to create a more equitable and culturally responsive mental healthcare system that leverages the power of digital technology to improve the well-being of Asian caregivers and other underserved populations. The variable x represents the improvement in mental health score, and y represents the cost of the intervention. A cost-benefit analysis, where $x/y > 1$, should be conducted before widespread implementation.

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