

There is still a gap in understanding what older Asian Americans need and prefer when using mindfulness for their health and well-being. This pilot study focuses on helping older Korean Americans manage stress by testing approaches that fit their culture and personal preferences.

**Strengthening Self-Management: Using iMindful to Promote Quality of Life and Equitable Care for Older Asian Americans with Chronic Health Conditions (SMiLE)**  
– a culturally tailored approach to enhancing stress management

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**Background**

- Older Korean Americans experience high rates of chronic health conditions and have higher levels of depressive symptoms compared to other Asian subgroups.
- Mindfulness-based interventions (MBIs) have demonstrated effectiveness in reducing stress and emotional distress while improving resilience and quality of life in older adults with chronic conditions.
- Asian Americans remain underrepresented in mindfulness research, limiting the development of interventions tailored to their unique cultural and experiential needs.
- App-based MBIs offer a scalable, accessible alternative, but their relevance and acceptability for older Asian American populations remain unclear.

**Study Population**

- Older Korean Americans ≥65 years
- With at least one chronic condition
- No extensive mindfulness training
- Smartphone access
- Willing to give informed consent

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**Aims of the Project**

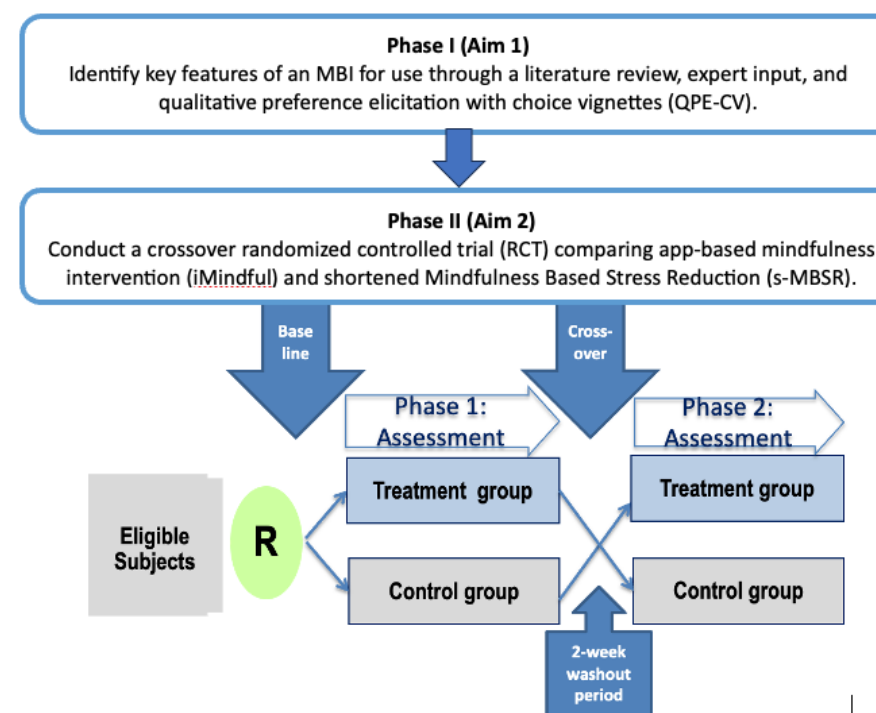
Our overarching goal is to understand the needs and preferences of older Korean Americans with chronic health conditions to inform the development of a culturally responsive, evidence based MBI that enhances chronic disease self-management.

**Aim 1:** Identify key features of an MBI for use with members of the target population.

**Aim 2:** Conduct a crossover randomized controlled trial (RCT) comparing two MBI formats (app vs. in person)



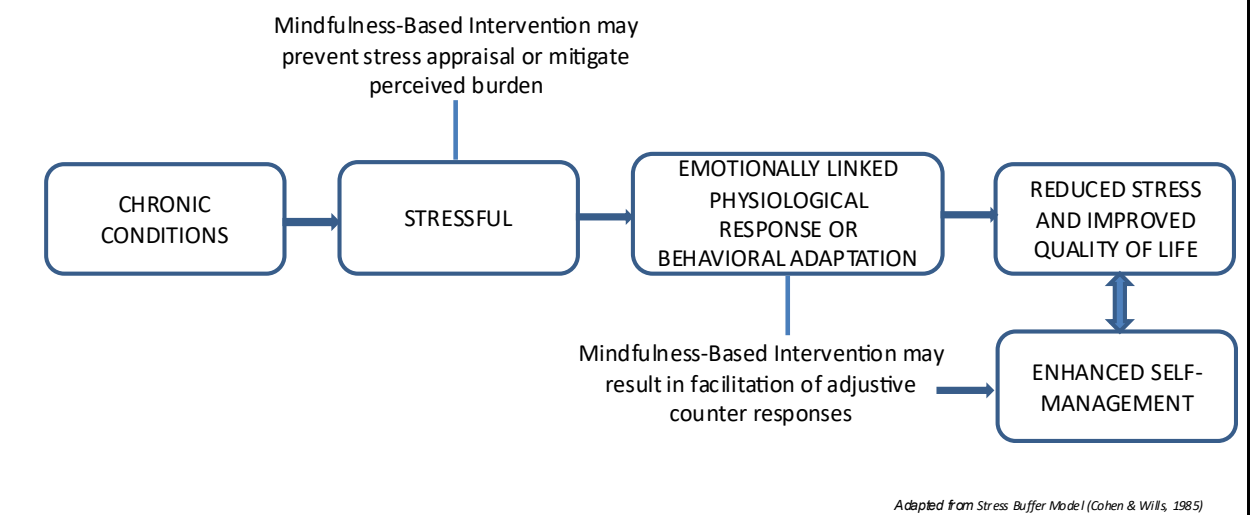
**Pilot Project Design & Procedures**



**Community Partner**

Korean Community Services of Metropolitan New York (KCS)

**Conceptual Framework**



This project uses a user-centered design, community participatory approach to develop a culturally responsive MBI specifically for older Korean Americans. Through direct engagement with the target population, the intervention will be tailored to their needs, preferences, and values.

**User Preference**

Attribute	App-based	In-person
Session Frequency	Daily short modules	Weekly sessions
Session Duration	10-20 minutes per day	90-120 minutes
Instructor Interaction	No live instructor	Real-time with instructor
Peer Interaction	Independent use	Group discussion included

**Assessing Impact & Key Messages**

- The primary contribution of this project is to advance a culturally tailored, user-centered stress management tool that enhances chronic disease self-management.
- By identifying which features of MBIs are most valued for older Korean Americans, this study provides a roadmap for culturally congruent interventions.
- By addressing gaps in access and personalization, this study aims to improve health outcomes and promote equity among older Korean Americans.
- The study offers a replicable framework for evaluating health delivery preferences and user-centered program design.
- The findings will support efforts to scale inclusive, accessible, and tailored mindfulness programs for underserved aging populations.

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