



Thao Nguyen Foundation Inc. Newsletter

Volume 11, Issue #2
December 2023

TOGETHER, WE BRING LIGHT TO MENTAL HEALTH AWARENESS

IN THIS ISSUE

Greetings from the President

Nhung Hendy

Welcome to the year-end issue of our newsletter. I hope you are all in good mental health. As I reflect upon yet another season of giving, I continue to be grateful and humbled for your unwavering support over the past 10 years. I hope that you all had a wonderful time with family and friends this Thanksgiving holiday.

As I write this column, preparation for the Fourth Juried Art Competition "Reflection" is already underway. The theme for this art competition revolves around the impact of Artificial Intelligence (AI) on our mental health. As we are all aware, AI has been an integrative part of our daily lives ranging from helping us do our jobs better by automating routine/mundane manual tasks to adaptive decision making. However, emerging research from Taiwan, the U.S., and Malaysia all showed a positive linkage between frequency of interaction with AI on the job and loneliness, insomnia, as well as increased alcohol consumption. I am a proponent of using AI to augment our jobs, and I think we can all learn to leverage AI to our advantage while protecting our mental health.

Please consider [submitting your artwork](#) to the competition as you'll never know if you have any hidden talent unless you try. Please mark your calendar and come out to support us. The Art Show will be running for a week starting on **Saturday, October 19th, 2024, at 501A York Road in Towson, MD** with the Opening Reception from 6 to 9 P.M. on 10/19. I would like to take this opportunity to thank Ms. Deidre Aikin for her generosity and sustained support for letting us use her gallery space to host the art show. I also wanted to thank Professor Jenee Mateer for her leadership in securing the jurors, designer, and curators for the show. Detailed information will be featured in our July 2024 newsletter. Stay tuned.

Thank you again for your continued support and have a safe and healthy holiday season as well as a very Happy 2024!



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IF YOU WANT TO CONTRIBUTE AN ARTICLE

Contact Nhung Hendy,
President, TN Foundation Inc.
nhung@tnscholarshipforthearts.org
410-663-0207

Save the Date:

10/19/2024

Reflection Juried

Art Show



A school of Blue Runners – Fort Lauderdale, FL. Photo credit: Ted Hendy

Research Briefs

Fried Food Fries Mental Health

According to a new study published in the [Proceedings of the National Academy of Sciences](#) using a large sample of 140,728 adults in China, frequently eating fast foods (e.g., French fries, fried chickens) was found to be associated with a 12% increased risk of anxiety and 7% increased risk of depression based on self-reported survey data of mental health and eating habits. Younger male participants were more negatively affected by eating fried food than female and older consumers. The researchers attributed the above finding to the lipid metabolism disturbance and neuroinflammation caused by contaminants such as acrylamide, commonly found in fried foods that induce anxiety and depressive like behaviors.

Adverse Psychosocial Events Tied to Teen Cannabis Use

As recreational use of marijuana has been legalized in Maryland since July 1st of this year, be mindful of the linkage between recreational use of cannabis and negative health

outcomes. A recent study published in [JAMA Network Open](#), reported that teenagers, aged between 12 and 17, who used cannabis recreationally were 2 to 4 times more likely to develop psychiatric disorders such as depression and suicidality than teenagers who did not use cannabis at all. The findings also revealed a more adverse mental health effect on teens addicted to cannabis such that they were 3.5 to 4.5 times more likely to experience major depression, suicidal ideation, poor academic performance in schools, and difficulty staying focused compared to teens who did not use cannabis at all. The study data come from a nationally representative sample of 68,263 U.S. teenagers derived from the 2015 to 2019 National Survey on Drug Use and Health in the U.S.

More Youth Anxiety but Less Therapy

Using data from the National Ambulatory Medical Care Survey (2006 – 2018) covering a nationally representative sample of U.S. office-based visits, a recent study published in the [Journal Pediatrics](#) reported a steady trend in young people being increasingly diagnosed with anxiety, for which they were prescribed medication, but not behavioral or cognitive therapy. Specifically, the proportion of teens (aged between 12 and 17 years old) doctor's visits resulting in the diagnosis of anxiety has gone up from 1.4% during 2006-2009 to 4.2% during 2014-2018 periods. The same pattern of finding was observed in children (aged between 4 and 11) and young adults (aged between 18 and 24). In addition, of those young people diagnosed with anxiety, those receiving counseling therapy as recommended by their primary care physicians (PCPs) decreased from 48.8% to 32.6% during the same periods. In contrast, the level of anxiety medication prescribed to those diagnosed with anxiety during their doctor's visits remained steady over time at 60%.

Suicidality in LGBTQ+ Youth

People react differently to daily stressors whether on or off the job. However, according to a recent study published in the [Journal of Psychopathology and Clinical Science](#), when asked to fill out daily diaries, of the 92 LGBTQ+ youth in the U.S. participating in the research (aged between 12 and 19) 91% reported that their suicidal thoughts and self-harm ideation went up the same day as they experienced minority-related stressors (e.g., sexual minority and/or gender minority). In addition, they also reported experiencing at least 2 minority-related stressors within the previous 28 days or

four weeks. Those who were attracted to more than one gender and/or questioned their sexual orientation were found to have reported higher levels of negative thoughts such as non-suicidal self-harm ideation. Older participants were found to be more likely to experience suicidal ideation than younger participants in this study.

Reproductive Health and Mental Health

Women with reproductive disorders such as chronic pelvic pain and polycystic ovary syndrome were found to be 2 to 3 times more likely to have a mental health or psychiatric disorder (e.g., depression, anxiety) according to a meta-analysis published in [JAMA Network Open](#). Accumulating findings from 81 primary studies published between 1980 and 2019, the researchers found that women with genital tract dysfunction and reproductive disorders were more likely to experience depression and anxiety compared to the control group of women having no reproductive disorders.

Child Maltreatment and Adult Alexithymia

Is there a mechanism explaining why some adults struggle with describing their feelings? The term alexithymia, defined as difficulty identifying and describing one's emotions, has attracted the attention of researchers in recent years. There is at least one explanatory mechanism, which is being mistreated as a child that was statistically shown to be an antecedent of adult alexithymia, recently reported in a meta-analysis published in [Psychological Bulletin](#). Analyzing data from 78 published studies including various samples totaling 36,141 participants, the researchers found that three forms of childhood maltreatment namely emotional abuse, emotional neglect, and physical neglect were strong predictors of adult alexithymia. In addition, high levels of adult alexithymia were associated with depression, autism, and schizophrenia. Sexual abuse and physical abuse, on the other hand, were less strongly related to alexithymia.



THAO NGUYEN FOUNDATION'S 4th JURIED ART COMPETITION



CALL FOR ENTRIES

CASH PRIZES:

1st - \$400
2nd - \$300
3rd - \$200
4th - \$100

SUBMISSION DEADLINE:
May 1st, 2024

NOTIFICATION:
June 25th, 2024

**DROP OFF
or
RECEIVE
WORK BY:**
10/12/2024

OPENING RECEPTION:
Oct. 19th, 2024
6 PM - 9PM
York & Penn
Gallery / Triple
Crown Tattoo /
501A York Rd.
Towson MD 21204

SUBMISSION FEE (up to 3 works of art): \$20 for non-students, \$10 for students

SUBMISSION INFORMATION:

Work can be any 2D medium so long as it can be hung on the wall. If framed, the work should be wired and ready to hang. If unframed, it must be OK to pin the work.

Two easy steps to submit:

1. Donate at www.tnscholarshipforthearts.org
2. Email your receipt and three image files to ThaoNguyenFoundation@gmail.com

Images should be 1000 pixels on the longest side at 72dpi or no larger than 2MB. Name your file as follows: John_Doe_1.jpg; John_Doe_2.jpg; John_Doe_3.jpg. Please list the file names, titles, and prices for your work in the email along with a confirmation receipt no later than 11:59 P.M. on 05/01/2024.

If your work is chosen for the exhibition, we will contact you for a larger file of your work.

As artificial intelligence becomes integrated in our lives to help us with decision-making, and even doing the manual tasks of our jobs, concerns have been raised about the potential increase in **social isolation and anxiety** in working adults as a negative consequence of interacting with artificial intelligence in our daily lives. Please join us in **reflecting** on what we have learned in general about mental health, how artificial intelligence has transformed the business landscape from marketing to retailing, and our mental health over the past ten years, and what we can do to leverage artificial intelligence while sustaining our mental health.

JURORS: Tonia Matthews and Lillian Hoover

By submitting your artwork to Reflection, you agree to donate 50% of your art, if sold, to Thao Nguyen Foundation, Inc., a 501(c)(3) public charity. All donations are tax-deductible.

Tonia Matthews

Matthews has exhibited in several juried and solo exhibitions such as the 9th Douro Biennial at the Douro Museum in Alijó Portugal, "The Printed Image 6" at the Sabatini Gallery in Topeka, KS and "LaVie en Bleu" at the Strathmore Gallery in Bethesda, MD. Her solo exhibitions include "Works on Paper" at the Henry L. Stimson Center and "Girls Like Ice Cream" at the Washington Printmakers Gallery. The "Girls Like Ice Cream" series has traveled to the Grays School of Art in Aberdeen, Scotland. Matthews' work resides in collections at the National Institute of Health, The College of Notre Dame, and Clemson University. She has been awarded an Artist in Residency in *Scuola Internazionale di Grafica*, Venice and at Peacock Contemporary Arts in Aberdeen, Scotland.

Lillian Hoover

Lillian Hoover's paintings begin as encounters in landscapes. She is interested in the variety of ways in which our experience of nature has been mediated by others — from wilderness preserves marked by geological "deep time" to city centers. Her paintings reflect a landscape that is an active, living participant in the events of our time, as well as a record of time itself. Hoover earned her BFA from the University of North Carolina, Asheville, and her MFA from Maryland Institute College of Art. Her paintings are included in several public collections including Baltimore Museum of Art, Weatherspoon Art Museum, and DC Commission on Arts and Humanities. In 2020, Hoover received a Pollock-Krasner Grant. Other honors include the Bethesda Urban Partnership's Trawick Award, three Individual Artist Awards from MD State Arts Council, numerous selections as semifinalist for Baltimore's Sondheim Prize, and a travel grant from Philadelphia's Center for Emerging Visual Artists. She has been awarded fellowships to attend residencies at I-Park, Vermont Studio Center, Alfred and Trafford Klots International Program for Artists, Monson Arts Center, and Virginia Center for the Creative Arts. Recent solo exhibitions include Presence In Absence at Goya Contemporary (2021) and a solo exhibition is scheduled for this winter at MoCA Arlington. Her work has appeared twice in New American Paintings and was selected for the cover of the 69th issue. Hoover teaches drawing and painting classes at Towson University.