

Cross-Cultural Care in Mental Health and Depression

Audience: Psychiatrists, Psychologists, Psychiatric Nurses, Staff Clinicians, and Social Workers

Accreditation Available: 1 CME, CEU, CCM or Social Work CE Contact Hour

CE Information: qualityinteractions.com/accreditation

About This Course

Research shows that social and cultural factors affect people's presentation of mental health conditions, and can significantly influence their perspectives about treatment and care management.

This interactive course helps mental health care professionals develop a skill set that is critical to ensuring quality interactions with diverse individuals across all stages of care, including diagnosis, treatment, and ongoing management of individuals with mental health conditions, especially depression.

Learning Outcomes

- Identify how depression impacts the health of diverse populations
- Describe the key social, cultural, and external factors that are particularly important in the care of diverse populations and racial and ethnic minorities with depression.
- Apply a framework to better understand and manage mental health conditions, especially depression, across cultures.

Cross-Cultural Care in Mental Health and Depression

Menu Contact Us | Accreditation

Deepen the Connection

Once a connection is made, and the individual is engaged, the true work begins. In the case of managing mental health and depression, deepening the connection will increase the chances that the individual will follow your recommendations.

Toward this end, it is essential to:

- ✓ Adjust to different styles of communication

Cross-Cultural Care in Mental Health and Depression

Menu Contact Us | Accreditation

Question 1:

Racial and ethnic minorities are less likely than whites to receive treatment for depression and more likely to experience poor mental health outcomes due to: Select an answer, then click "Submit."

A A lack of understanding of the Western model of medicine, and for American culture in general (lack of acculturation).

B Collectivist beliefs in which the individual is likely to put the interests of others above his/her own interests.

C Resistance to pursuing treatment due to stigmatization of mental health issues within the individual's cultural group.

D Cross-Cultural Care in Mental Health and Depression

Menu Contact Us | Accreditation

Correct Answer: Stigma

It is likely that Ms. Nguyen wants to avoid having these discussions in the presence of her family. This is very common among all patients with depression, but may be even more likely among groups for which mental health issues have been stigmatized. This may be the case here, so respecting her choice is important.

It is important to note that her initial presentation seemed to be consistent with the expression of emotional distress through physical (somatic) symptoms. This may be more common in some cultures than others if mental health issues are stigmatized, as it makes physical symptoms more acceptable.

QUALITY INTERACTIONS

QUALITY INTERACTIONS

The key to high-value healthcare

info@qualityinteractions.com
www.qualityinteractions.com



**QUALITY
INTERACTIONS**
The key to high-value healthcare