



Equity in Mental Health Annotated Bibliography

Articles and Scholarship Related
to Mental Health Among
Black Women & Latinas

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INTRODUCTION

This annotated bibliography provides a summary of selected articles and scholarship related to Black and Hispanic women¹ and mental health.

There is no conclusive evidence to show that the incidence of mental health challenges is higher among Black and Hispanic women than other population groups. However, **it has been well documented that the social determinants of health, and historical and current compounding factors related to racism, discrimination, and systemic oppression weigh more heavily on Black and Hispanic women** relative to their White counterparts. **This has created broad disparities and inequities in health and mental health.** Additionally, in general, **women are more likely to experience psychological distress and symptoms of mental illness** than men of all races and **are also more likely to go without treatment when facing mental health challenges.** Furthermore, **Black and Hispanic women face unique social stigmas and systemic barriers that prevent them from accessing mental health care and treatments** at the same rate in comparison to White women.

The articles and scholarship contained in this annotated bibliography cover several topic areas, including white papers, news articles, and peer-reviewed journals on the prevalence of mental illness and emotional health challenges among Black and Hispanic women, contributing factors to emotional and mental health challenges, general attitudes toward mental health and treatment, and access to mental health services.

The articles are divided into four major sections, with articles organized chronologically within each section:

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The review covers 112 articles, with 49 referencing Black Women/African Americans, 57 referencing Latinas/Hispanic Populations and 30 focusing on equity and other relevant issues more broadly.

¹ In this bibliography the terms Hispanic women and Latinas are used interchangeably. Likewise, the terms Black women and African American women are used interchangeably.

I. Prevalence and Mental Health Challenges

Title: **Black and African American Communities and Mental Health**

- Source: Mental Health America
- <https://www.mhanational.org/issues/black-and-african-american-communities-and-mental-health>
- Year: 2022
- Source Type: Fact Sheet
- Relevant Findings:
 - Overall, mental health conditions occur in Black and African American (B/AA) people in America at about the same or less frequency than in White Americans.
 - However, the historical Black and African American experience in America has, and continues to be, characterized by trauma and violence more often than for their White counterparts and impacts emotional and mental health of both youth and adults.
 - Historical dehumanization, oppression, and violence against Black and African American people has evolved into present day racism - structural, institutional, and individual – and cultivates a uniquely mistrustful and less affluent community experience, characterized by a myriad of disparities including inadequate access to and delivery of care in the health system.
 - Processing and dealing with layers of individual trauma on top of new mass traumas from COVID-19 (uncertainty, isolation, grief from financial or human losses), police brutality and its fetishization in news media, and divisive political rhetoric adds compounding layers of complexity for individuals to responsibly manage.
 - Help-seeking behavior is affected by mistrust of the medical system and often begins with faith-based outreach. However, Mental Health America (MHA) screening data shows that Black and African American people who screen positive for depression self-identify as planning to seek help at higher rates than the general population says they will seek help.
 - Unfortunately, Black and African American providers, who are known to give more appropriate and effective care to Black and African American help-seekers, make up a very small portion of the behavioral health provider workforce (see treatment statistics below).
 - Because of these factors and more, Black and African American people are more likely to experience chronic and persistent, rather than episodic, mental health conditions.
 - The fact sheet also aggregates statistics from a number of data sources and peer-reviewed research to highlight several critical issues, including:
 - **Black and African American people living below the poverty level are twice as likely to report serious psychological distress** than those living over two times the poverty level

- Adult Black/African Americans are more likely to have feelings of sadness, hopelessness, and worthlessness than adult Whites.
- Serious mental illness (SMI) rose among all ages of Black and African American people between 2008 and 2018.
- Despite rates being less than the overall U.S. population, major depressive episodes increased from 9 percent to 10.3 percent in Black and African American youth ages 12-17, 6.1 percent to 9.4 percent in young adults 18-25, and 5.7 percent to 6.3 percent in the 26-49 age range between 2015 and 2018.
- More broadly, the fact sheet provides information on the following areas:
 - Demographic/Society Issues
 - Attitudes Toward Mental Health Issues
 - Treatment Issues
 - Access/Insurance
 - Mental Health Resources

Title: **Five Key Findings on Mental Health and Substance Use Disorders by Race/Ethnicity**

- Author: Nirmita Panchal, Heather Saunders, and Nambi Ndugga
- Year Published: 2022
- Sponsor: Kaiser Family Foundation and Well Being Trust
- https://www.kff.org/racial-equity-and-health-policy/issue-brief/five-key-findings-on-mental-health-and-substance-use-disorders-by-race-ethnicity/?utm_source=linkedin_company&utm_medium=social_organic&utm_term=100003407713209_&utm_content=&utm_campaign=social:+broadcast_rockitworks_smi
- Research Question: Since the Covid-19 pandemic, how have rates of substance use and mental health challenges changed by race/ethnicity?
- Sample Frame: Series of KFF analyses from 2019-2020.
- Relevant Findings:
 - Rates of death by suicide are rising faster among people of color compared to their White counterparts.
 - The recent rise in deaths associated with drug overdoses has disproportionately affected people of color.
 - Overall rates of mental illness and substance use disorder are lower for people of color compared to White people but may be underdiagnosed among people of color.
 - People of color have experienced worsening mental health during the pandemic.
 - People of color face disproportionate barriers to accessing mental health care.

Title: **Mental Health Care in California, 2022: Waiting for Care**

- Author: Wendy Holt and Talia Hahn
- Year Published: 2022
- <https://www.chcf.org/wp-content/uploads/2022/07/MentalHealthAlmanac2022.pdf>
- Research Question: Provides an overview of mental health statewide: disease prevalence, suicide rates, supply and use of treatment providers, and mental health in the criminal

justice system. The report also highlights available data on quality of care and mental health care spending.

- Sample Frame: N/A, literature review
- Relevant Findings:
 - The prevalence of serious mental illness varied by income, with much higher rates of mental illness for both children and adults in families with incomes below 100% of the federal poverty level.
 - Rates of serious psychological distress reported by California adolescents and adults increased between 2016 and 2019.
 - California's rate of suicide was below both the national rate and the Healthy People 2030 target, although rates varied within the state by gender, race/ethnicity, and county.
 - Close to two-thirds of adults with a mental illness and two-thirds of adolescents with major depressive episodes did not get treatment.
 - People incarcerated in California's jails and prisons have high rates of mental illness. In 2019, 30% of female prison inmates and 20% of the male prison population received mental health treatment while incarcerated.

Title: **COVID-19 Pandemic Triggers 25% Increase in Prevalence of Anxiety and Depression Worldwide**

- Author: Alison Brunier and Carla Drysdale
- Year Published: 2022
- <https://www.who.int/news/item/02-03-2022-covid-19-pandemic-triggers-25-increase-in-prevalence-of-anxiety-and-depression-worldwide>
- Research Purpose: The brief summarizes the effect of the pandemic on the availability of mental health services and how this has changed during the pandemic.
- Relevant Findings:
 - Social isolation, loneliness, fear of infection, suffering and death for oneself and for loved ones, grief after bereavement and financial worries have been cited as stressors leading to anxiety and depression.
 - When people with pre-existing mental disorders do become infected, they are more likely to suffer hospitalization, severe illness and death compared with people without mental disorders.
 - Too many people remain unable to get the care and support they need for both pre-existing and newly developed mental health conditions.

Title: **Latinx/Hispanic Communities and Mental Health**

- Source: Mental Health America
- <https://www.mhanational.org/issues/latinxhispanic-communities-and-mental-health>
- Year: 2022
- Source Type: Fact Sheet
- Relevant Findings:
 - For the Latinx/Hispanic community, mental health and mental illness are often stigmatized topics resulting in prolonged suffering in silence.

- This silence compounds the range of experiences, including immigration, acculturation, trauma, and generational conflicts, which potentially lead to mental health conditions
- Additionally, the Latinx/Hispanic community faces unique institutional and systemic barriers that may impede access to mental health services, resulting in reduced help-seeking behaviors.
- The fact sheet aggregates statistics from a number of data sources and peer-reviewed research to highlight several critical issues, including:
 - Within the Latinx/Hispanic population, older adults and youth are more susceptible to mental distress relating to immigration and acculturation.
 - While rates of mental health disorders among Latinx Americans are lower than those for non-Latinx Whites, they are higher among U.S.-born Latinx/Hispanic people than those who are foreign-born.
 - Despite this, according to SAMHSA’s National Survey on Drug Use and Health, overall mental health issues are on the rise for Latinx/Hispanic people between the ages of 12-49.
 - Serious mental illness (SMI) rose from 4 percent to 6.4 percent in Latinx/Hispanic people ages 18-25, and from 2.2 percent to 3.9 percent in the 26-49 age range between 2008 and 2018.
 - Major depressive episodes increased from 12.6 percent-15.1 percent in Latinx/Hispanic youth ages 12-17, 8 percent to 12 percent in young adults 18-25, and 4.5 percent to 6 percent in the 26-49 age range between 2015 and 2018.
 - Suicidal thoughts, plans, and attempts are also rising among Latinx/Hispanic young adults. While still lower than the overall U.S. population aged 18-25, 8.6 percent (650,000) of Latinx/Hispanic 18–25-year-olds had serious thoughts of suicide in 2018, compared to 7 percent (402,000) in 2008. Three percent (224,000) made a plan in 2018, compared to 2 percent (116,000) in 2008, and 2 percent (151,000) made an attempt in 2018, compared to 1.6 percent (90,000) in 2008.
- More broadly, the fact sheet provides information on the following areas:
 - Demographic/Society Issues
 - Attitudes Toward Mental Health Issues
 - Treatment Issues
 - Access/Insurance
 - Mental Health Resources

Title: Mental and Behavioral Health – African Americans

- Source: U.S. Department of Health and Human Services Office of Minority Health
- <https://www.minorityhealth.hhs.gov/omh/browse.aspx?lvl=4&lvlid=24>
- Year: 2021
- Relevant Findings:

- 9.8% of Black people compared to 19.8% of White people received mental health care in 2019
- 6.5% of Black people compared to 16.6% of White people received prescription medication for mental illness in 2019
- 59.6% of Black people compared to 70.2% of White people received treatment for an extreme depressive episode in 2019
- More broadly, the fact sheet provides information on the following areas:
 - Demographic/Society Issues
 - Access/Insurance
 - Mental Health Resources
 - Treatment Issues

Title: Mental and Behavioral Health – Hispanics

- Source: U.S. Department of Health and Human Services Office of Minority Health
- <https://www.minorityhealth.hhs.gov/omh/browse.aspx?lvl=4&lvlid=69>
- Year: 2021
- Relevant Findings:
 - 9.7% Hispanics received mental health treatment in 2019 compared to 19.8% of White people in 2019
 - 7.3% of Hispanic people compared to 16.6% of White people received prescription medication for a mental illness in 2019
 - 58% of Hispanics compared to 70.2% of White people received treatment for a major depressive episode in 2019
 - More broadly, the fact sheet provides information on the following areas:
 - Demographic/Society Issues
 - Access/Insurance
 - Mental Health Resources
 - Treatment Issues

Title: Unmet Social Needs and Worse Mental Health After Expiration of COVID-19 Federal Pandemic Unemployment Compensation

- Author: Seth Berkowitz, Sanjay Basu
- Year Published: 2021
- <https://www.healthaffairs.org/doi/10.1377/hlthaff.2020.01990>
- Research Question: How did the expiration of the COVID-19 Federal Pandemic Unemployment Compensation worsen mental health outcomes?
- Sample Frame: Census Bureau Data
- Relevant Findings:
 - It found that after the program's end, reports of symptoms of anxiety and depression increased by roughly 6% for each disorder.
 - More broadly, this study provides information on the impact of the Covid-19 unemployment compensation on mental health outcomes.

Title: The 2020 Commonwealth Fund International Health Policy COVID-19 Supplement Survey

- Sponsor: SSRS
- Field Date: March 30-May 25, 2020
- <https://www.commonwealthfund.org/publications/2020/sep/beyond-case-count-disparities-covid-19-united-states#2>
- Sample Frame: 1,266 U.S. adults over the age of 18
- Relevant Findings:
 - More than half of Latino and nearly half of Black survey respondents reported experiencing an economic challenge because of the pandemic — substantially more than the 21 percent of White respondents.
 - Latino and Black people, women, and people with low income are most at risk of mental health concerns because of the pandemic.

Title: Mental Health Needs of an Emerging Latino Community

- Author: Linda Bucay-Harari, Kathleen R. Page, Noa Krawczyk, Yvonne P. Robles, Carlos Castillo-Salgado
- Year Published: 2020
- <https://link.springer.com/article/10.1007/s11414-020-09688-3>
- Research Question: This study presents a unique opportunity to explore the burden and nature of mental health needs among a population for which healthcare information is rarely attainable and highlights the need for culturally competent screening mechanisms and interventions to address the stressors faced by emergent communities.
- Sample Frame: Data for TAP-enrolled male and female patients over age 16 from outpatient visits at the Johns Hopkins Hospital and Johns Hopkins Bayview Medical Center were analyzed. An integrated database of demographic and healthcare utilization information for all outpatient encounters among patients who identified as Latino and received care through the TAP program between 2012 and 2015 was used.
- Relevant Findings:
 - Encounters for mental health disorders were the most common category, accounting for 14.88% of all visits. Mood (78%) and anxiety disorders (16%) were the most prevalent mental health diagnoses. The most frequent reason to seek care was symptoms, signs, and ill-defined conditions (37.47%), and within this subgroup, pain was the leading cause of seeking care (88%), which may indicate high rates of somatization of mental health distress.

Title: KFF Health Tracking Poll - Early April 2020: The Impact of Coronavirus on Life in America

- Author: Ashley Kirzinger, Audrey Kearney, Liz Hamel, Mollyann Brodie
- Year Published: 2020
- <https://www.kff.org/coronavirus-covid-19/report/kff-health-tracking-poll-early-april-2020/>

- Research Question: How has coronavirus affected life in America?
- Sample Frame: The survey was conducted March 25-30th, 2020, among a nationally representative random digit dial telephone sample of 1,226 adults ages 18 and older, living in the United States, including Alaska and Hawaii (note: persons without a telephone could not be included in the random selection process). The sample included 293 respondents reached by calling back respondents that had previously completed an interview on the KFF Tracking poll at least nine months ago. Computer-assisted telephone interviews conducted by landline (253) and cell phone (973, including 689 who had no landline telephone) were carried out in English and Spanish by SSRS of Glen Mills, PA.
- Relevant Findings:
 - The latest KFF Health Tracking poll, conducted March 25 – 30, 2020, finds seven in ten Americans (72%) say their lives have been disrupted “a lot” or “some” by the coronavirus outbreak. Partisan differences on this question found in the earlier poll have largely been erased, and in the current poll, large majorities of Republicans (70%), independents (72%), and Democrats (76%) say their lives have been disrupted. An increasing share of the public report worrying about the economic impacts that coronavirus may have on their lives with more than half now reporting being worried that their investments will be negatively impacted for a long time (59%), they will be laid off or lose their job (52%), and nearly half worried they will lose income due to a workplace closure or reduced hours (45%). And while Americans increasingly worry about the impact on their own incomes, about half (53%) continue to be worried that they or a family member will get sick from coronavirus.

Title: Summary Health Statistics Tables: National Health Interview Survey 2018

- Author: Elinore F. McCance-Katz
- Year Published: 2018
- https://www.samhsa.gov/data/sites/default/files/cbhsq-reports/Assistant-Secretary-nsduh2018_presentation.pdf
- Research Question: N/A, Literature Review
- Sample Frame: Approximately 87,500 people in 35,000 households
- Relevant Findings:
 - In 2019, suicide was the second leading cause of death for Blacks or African Americans, ages 15 to 24.
 - The death rate from suicide for Black or African American men was four times greater than for African American women, in 2018.
 - The overall suicide rate for Black or African Americans was 60 percent lower than that of the non-Hispanic White population, in 2018.
 - Black females, grades 9-12, were 60 percent more likely to attempt suicide in 2019, as compared to non-Hispanic White females of the same age.

- Poverty level affects mental health status. Black or African Americans living below the poverty level, as compared to those over twice the poverty level, are twice as likely to report serious psychological distress.
- The suicide rate among African Americans ages 10 to 14 increased 233 percentage, as compared to 120 percent of non-Hispanic Whites.

Title: Reports and Detailed Tables from the 2018 National Survey on Drug Use and Health (NSDUH)

- Sponsor: Substance Abuse and Mental Health Services Administration, U.S. Department of Health and Human Services
- <https://www.samhsa.gov/data/release/2018-national-survey-drug-use-and-health-nsduh-releases>
- Field Date: 2018 (various dates)
- Sample Frame: Approximately 67,500 Interviews
- Relevant Findings:
 - 6.9% of African Americans have a substance use disorder compared to a rate of 7.4% among the total population.
 - 3.4% of African Americans have an illicit drug use disorder compared to a rate of 3% among the total population.
 - Past month illicit drug use among African Americans (13.7%) is more than Caucasians (12%) and Hispanics (9.7%).
 - Past month marijuana use among African Americans (12.2%) is higher than the general population (10.1%).
 - African Americans report lower lifetime use of cocaine (8.5%) compared to Caucasians (17.6%) and Hispanics (11.1%).
 - Alcohol use disorders are less common among African Americans (4.5%) than the total population (5.4%).
 - The rate of heavy drinking among African Americans (4.3%) is much less than the general population (6.1%) and Caucasians (7.2%).
 - More broadly, this survey provides information on the following areas:
 - Demographic/Society Issues
 - Substance Use Issues

Title: Monitoring Californians' Mental Health: Population Surveillance Reveals Gender, Racial/Ethnic, Age, and Regional Disparities

- Author: Nicole K. Eberhart, M. Audrey Burnam, Rachana Seelam, Olena Bogdan, Joshua Breslau
- Year Published: 2018
- https://www.rand.org/pubs/research_reports/RR2060.html
- Research Purpose: The purpose of this report is to examine CHIS data from 2011 to 2013 to facilitate state, regional, and county tracking of key mental health indicators. The

indicators we examine include need for mental health services, service use, unmet need for services, and mental health–related functioning.

- Sample Frame: CHIS data from 2011-2013
- Relevant Findings:
 - 12% of Black Californians and 9.4% of Latino Californians miss four or more days of work due to mental health issues, compared to 7.9% of White Californians.
 - 4% of female Californians experience severe psychological distress compared to 3% of male Californians.
 - 10% of women in California reported missing four or more days of work due to mental health issue compared to 7% of men.
 - Women in California are more likely to seek services for their mental health as 15% of women have seen a mental health provider, while only 10% of men have done so.
 - There is still a larger proportion of women who have their mental illness go untreated with 10% of women and 8% of men not receiving the necessary care.
 - 5.5% of Hispanic women experience psychological distress compared to 3.5% of Hispanic men.
 - More broadly, this study provides information on the following areas:
 - Demographic/Society Issues
 - Treatment Issues
 - Access/Insurance
 - Mental Health Resources

Title: Perceived Need for Mental Health Care: The Intersection of Race, Ethnicity, Gender, and Socioeconomic Status

- Author: Alice P. Villatoro, Vickie M. Mays, Ninez A. Ponce, Carol S. Aneshensel
- Year Published: 2017
- <https://doi.org/10.1177/2156869317718889>
- Research Purpose: The current study expands our understanding of self-labeling by examining how the intersections of race/ethnicity with gender and SES differentially influence perceptions of need for mental health care.
- Sample Frame: The NLAAS sampled Latinos and Asian Americans (n = 4,649; 73.2 percent response rate); the NSAL sampled African Americans, Afro-Caribbeans, and non-Latino Whites (n = 6,082; 70.9 percent response rate); and the NCS-R sampled all racial/ethnic groups (n = 9,282; 70.9 percent response rate).
- Relevant Findings:
 - Perceived need varies by gender and nativity, but these patterns are conditional on race/ethnicity. Men are less likely than women to have a perceived need, but only among non-Latino Whites and African Americans. Foreign-born immigrants have lower perceived need than U.S.-born persons, but only among Asian Americans. Intersectional approaches to understanding perceived need may help uncover social processes that lead to disparities in mental health care.

Title: Mental Health Disparities: Hispanics and Latinos

- Sponsor: American Psychiatric Association
- Field Date: 2017
- <https://www.psychiatry.org/File%20Library/Psychiatrists/Cultural-Competency/Mental-Health-Disparities/Mental-Health-Facts-for-Hispanic-Latino.pdf>
- Sample Frame: Fact Sheet
- Relevant Findings:
 - **Hispanics are at lower risk of most psychiatric disorders** compared with non-Hispanic Whites.
 - **U.S.-born Hispanics report higher rates** for most psychiatric disorders than Hispanic immigrants.

Title: Financial Distress and Depressive Symptoms Among African American Women: Identifying Financial Priorities and Needs and Why It Matters for Mental Health

- Author: Starkey, A.J., Keane, C.R., Terry, M.A
- Year Published: 2013
- <https://link.springer.com/article/10.1007/s11524-012-9755-x>
- Research Purpose: The goals of the present study were (1) to examine the relationship between perceived financial distress and depressive symptoms, and (2) to identify financial priorities and needs that may contribute to financial distress.
- Sample Frame: Surveys from 111 African American women, ages 18–44, who reside in Allegheny County, PA
- Relevant Findings:
 - Perceived financial distress was significantly associated with levels of depressive symptoms.
 - More broadly, this study provides information on the connection of one’s financial situation to mental health challenges.

Title: Mental Health Care for Latinos: Mental Health Services for Latino Adolescents With Psychiatric Disorders

- Author: Richard L. Hough, Ph.D., Andrea L. Hazen, Ph.D., Fernando I. Soriano, Ph.D., Patricia Wood, M.P.H., M.A., Kristen McCabe, Ph.D., and May Yeh, Ph.D.
- Year Published: 2002
- <https://ps.psychiatryonline.org/doi/full/10.1176/appi.ps.53.12.1556>
- Research Purpose: The major objectives of this study were to examine the prevalence of mental disorders and the use of mental health services among Latino adolescents who were receiving services in at least one of five public sectors of care in San Diego
- Sample Frame: 1,164 Latino adolescents
- Relevant Findings:
 - **Rates of disruptive disorders were significantly lower among Latino adolescents** than among White adolescents.

- Although more than half of the Latino sample received specialty mental health services, **those with psychiatric disorders were significantly underserved** compared with their White counterparts.
- Latino youth were significantly **less likely than White youth to use specialty mental health services** independent of diagnosis, gender, age, and the service sector from which they were selected.

Title: Racial/Ethnic Variations in Women’s Health: The Social Embeddedness of Health

- Author: David R. Williams
- Year Published: 2002
- <https://ajph.aphapublications.org/doi/full/10.2105/AJPH.92.4.588>
- Research Question: This article provides an overview of the magnitude of and trends in racial/ethnic disparities in health for women in the United States.
- Source Type: Literature Review
- Relevant Findings:
 - Black women compared to Black men, White women and White men, had the lowest scores of all four race-sex groups on the 18-item General Well Being Schedule. However, among Black women, higher levels of well-being were significantly related to education, income, and currently being married.

Title: Psychological Well-Being and Perceived Marital Opportunity Among Single African American Latina and White Women

- Author: Tucker, M. Belinda; Mitchell-Kernan, Claudia
- Year Published: 1989
- <https://files.eric.ed.gov/fulltext/ED315717.pdf>
- Research Purpose: This study examined the relationship between perceived marital opportunity and psychological well-being, as measured by depression, anxiety, loneliness, life satisfaction, and relationship satisfaction
- Sample Frame: 300 single women's data from the 1989 Southern California Social Survey
- Relevant Findings:
 - A perceived lack of availability was associated with greater depression, anxiety, loneliness, and less satisfaction with life. The effect was strong and pervasive for Latino women and White women, but somewhat weak for Black women.

Title: Hispanic Women and Mental Health: An Overview of Contemporary Issues in Research and Practice

- Author: Hortensio Amaro and Nancy Felipe Russo
- Year Published: 1987
- <https://journals.sagepub.com/doi/epdf/10.1111/j.1471-6402.1987.tb00914.x>
- Research Question: This study provides an overview of issues in research and practice regarding the mental health of Hispanic women.
- Sample Frame: N/A, literature review
- Relevant Findings:

- It is increasingly recognized that gender plays a critical role in etiology, diagnosis, treatment, and prevention of mental disorders and in the promotion of mental health and well-being. If the nature of that role is to be understood for all women, research design and analysis must advance beyond the use of sex as a correlated or predictor variable.

Title: "We Ain't Crazy! Just Coping With a Crazy System"— Pathways into the Black Population for Eliminating Mental Health Disparities

- Author: V. Diane Woods, Dr.P.H., Nicelma J. King, Ph.D., Suzanne Midori Hanna, Ph.D., Carolyn Murray, Ph.D
- Year Published: 2012
- https://cpehn.org/assets/uploads/2021/05/African_Am_CRDP_Pop_Rept_FINAL2012.pdf
- Research Purpose: This study provides an overview of pathways eliminating mental health disparities in the Black community.
- Sample Frame: The total for all data sets equaled 1,224. However, total project participation cannot be determined by adding all five data sets because overall project participation varied, and project participants engaged in diverse sampling methods. Data Set #1 combined all surveys; a total of 635 - Data Set #2: Regional Focus Groups; Data Set #3: Small Group Meetings, Data Set #4: 1 on 1 interviews; Data Set #5: Regional Public Forums.
- Relevant Findings:
 - The CRDP have purposefully collected all the facts possible related to prevention and early intervention of mental issues, and even the review of the facts created despair within a population that is continually plagued by negative assaults (micro-aggressions) and a seemingly lack of compassion or understanding from those who are there to help.
 - There are various factors that contribute to the disparities in racial mental health. Among these are differences in environmental risk factors, social settings, access to quality preventive care, and genetic inheritance. The new California behavioral and mental health system for funding the community needs to be directly from the State to the community.
 - In the California re-design, a mechanism must be put in place that ensures funds go directly to ethnic community- based organizations. The focus groups discussed various mental health issues for African American adults including fear, trauma, stigma, misdiagnoses, no appropriate access, being misunderstood, and loneliness.
 - Based on all the data collected, the study outlined evaluation strategies that should be able to capture important nuances and manifestations of behavioral expression among African Americans. Examples of population-based community outcome measures are also detailed including increasing in multi-generational mental health

programming models and increasing in percentage of diverse African people groups who provide mental health services.

Title: Double Jeopardy: COVID-19 and Behavioral Health Disparities for Black and Latino Communities in the U.S.

- Author: Substance Abuse and Mental Health Services Administration (SAMHSA)
- <https://www.samhsa.gov/sites/default/files/covid19-behavioral-health-disparities-black-latino-communities.pdf>
- Research Question: How did Covid-19 impact the behavioral health of Black and Latino communities compared to other communities?
- Sample Frame: N/A, literature review
- Relevant Findings:
 - Blacks and Latinos with mental health and substance use disorders are more likely to be incarcerated and homeless, than the general population, placing them at increased risk for COVID-19.
 - Blacks and Latinos have limited access to prevention, treatment, and recovery services for substance use disorders. While they have similar rates of opioid misuse as the general population, in recent years Blacks have experienced the greatest increase in rate for overdose deaths from non-methadone synthetic opioids.

II. Root Causes of Mental Illness

Title: Understanding Explanatory Mechanisms for Racial and Ethnic Differences in Mental Health Stigma: The Role of Vertical Individualism and Right-Wing Authoritarianism

- Author: Joseph S. DeLuca, Junseon Hwanga, Lauren Stepinska and Philip T. Yanos
- Year Published: 2022
- <https://doi.org/10.1080/09638237.2020.1836556>
- Research Purpose: This study aims to determine racial/ethnic and cultural predictors of stigma.
- Sample Frame: The combined sample was on average middle-aged (M¼ 38.6, SD¼ 16.3, range 18–82), college/university educated (79% reported some level of higher education experience), and relatively diverse (66% White/European-American, 15% Hispanic/Latino[a], 10% Black/African-American, 6% Asian-American/ Pacific Islander) and similar to the racial/ethnic breakdown of the United States.
- Relevant Findings:
 - Findings indicated that vertical individualism is a consistent, though modest, predictor of multiple dimensions of mental health stigma, controlling for other predictors. Contrary to what was hypothesized, vertical individualism did not mediate the relationship between Asian-American race/ethnicity and mental health

stigma but was found to mediate the relationship between RWA and stigma. A novel finding was that RWA mediated the relationship between African American race/ethnicity and multiple MH stigma domains.

- More broadly, this study provides information on cultural how cultural predictors impact social stigmas surrounding mental health and mental health treatments.

Title: Hate Crimes and Race-Based Trauma on Latinx Populations: A Critical Review of the Current Research

- Author: Sarah Lockwood and Carlos A. Cuevas
- Year Published: 2022
- <https://journals.sagepub.com/doi/epub/10.1177/1524838020979688>
- Research Purpose: This review aims to summarize the current body of literature on the intersection of race-motivated hate crime and trauma responses within Latinx community.
- Sample Frame: N/A, literature review
- Relevant Findings:
 - Experiencing racially motivated victimization can cause adverse mental and physical health outcomes in the Latinx community. Currently, there is only one study that has examined the impact of hate crime on the Latinx community in the United States. The importance of situating bias or hate events within the trauma literature stems from a lack of overall formal evaluation of these events, and how these occurrences are historically overlooked as a traumatic stressor.

Title: The Mental Effects of Racism on the Latinx Community

- Author: Emilia Benton
- Year Published: 2022
- <https://www.verywellmind.com/the-mental-effects-of-racism-on-the-latinx-community-5186495>
- Research Question: How does racism impact the mental health of the Latinx community?
- Sample Frame: N/A, literature review
- Relevant Findings:
 - Acculturated Latinos (measured in terms of language preference) were more likely to experience physical stress from perceived racial microaggressions after accounting for social and demographic factors.

Title: COVID-19 Presents an Opportunity to Strengthen Mental Health in the Americas

- Author: Pan American Health Organization, World Health Organization
- Year Published: 2022
- <https://www.paho.org/en/news/28-9-2022-covid-19-presents-opportunity-strengthen-mental-health-americas>
- Source Type: News Article
- Relevant Findings:

- Young people have been disproportionately impacted by worsening mental health due to the pandemic.
- In the first year of the pandemic, global levels of anxiety and depression increased by 25%.
- “There is frequently also a lack of qualified health professionals, and stigma and discrimination are common barriers to care, in addition to policies that fail to promote and protect the human rights of persons with mental health problems.”

Title: "I'm A Strong Independent Black Woman": The Strong Black Woman Schema and Mental Health in College-Aged Black Women

- Author: Stephanie Castelin and Grace White
- Year Published: 2022
- <https://journals.sagepub.com/doi/epub/10.1177/03616843211067501>
- Research Purpose: This study examined the connection between the SBWS and psychological distress, suicidal behaviors, and resilience. Furthermore, we used mediation and moderated mediation analyses to examine if psychological distress mediates the association between the SBWS and suicidal behaviors and if resilience moderates indirect and direct effects between the SBWS and suicidal behaviors.
- Sample Frame: 212 participants who provided responses to the primary variables of interest. Participants ranged in age from 18 to 25 years old ($M = 20.44$, $SD = 2.03$). Participants also needed to be between the ages of 18–25, per the focus on “college-aged” Black women.
- Relevant Findings:
 - Findings indicated that endorsement of the Strong Black Woman Schema (SBWS) was positively related to both psychological distress and self-reported suicidal behaviors. In addition, the SBWS’ link to suicidal behaviors was mediated by psychological distress. Lastly, results from moderated mediation analysis supported a buffering effect of resilience. That is, when resilience was high, the association between psychological distress and suicidal behaviors, as well as the conditional indirect effects of the SBWS, was lessened.

Title: COVID-19 Onset, Parental Status, and Psychological Distress Among Full-Time Employed Heterosexual Adults in Dual-Earning Relationships: The Explanatory Role of Work-Family Conflict and Guilt

- Author: Shirin Montazer, Krista M. Brumley, Laura Pineault, Katheryn Maguire, and Boris Baltes
- Year Published: 2022
- <https://doi.org/10.1177/21568693221096189>
- Research Question: Was the COVID-19 onset associated with greater mental health problems, measured by psychological distress, among parents, as compared with nonparents? If so, is the moderated association between COVID-19 onset and

psychological distress by parental status due to differential rates of work-family conflict and work-family guilt among employed parents vs. nonparents during this time?

- **Sample Frame:** We analyze data from two nonrandom cross-sectional online surveys administered to adults living in the United States. The first online survey (pre-COVID) was fielded from November 20, 2019, to March 15, 2020 (n = 619). The second survey (COVID-19 sample) was administered shortly after the onset of COVID-19 and was fielded from April 24, 2020, to June 30, 2020 (n = 454). To be eligible for study participation, respondents in both surveys had to (1) be married or living with a partner of the opposite sex, (2) be in a relationship with their spouse or partner for more than one year, (3) be living in the United States, (4) have paid employment (30 hours or more per week), and (5) have partners who have paid employment.
- **Relevant Findings:**
 - Results of multivariate analyses show that distress increased between the two surveys, but only among parents, as compared with nonparents, irrespective of gender of the respondent, or age of the youngest child. This association is due to a change in work-family conflict and guilt between the two surveys: among parents, the COVID-19 onset was associated with higher family-to-work conflict, work-to-family guilt, and family-to-work guilt; among nonparents the pandemic was associated with lower work-to-family conflict and work-to-family guilt. Our results suggest that the COVID-19 onset had contrasting effects on the lives of employed parents and nonparents.

Title: The Uneven Stress of Social Change: Disruptions, Disparities, and Mental Health

- **Author:** Phyllis Moen
- **Year Published:** 2022
- <https://doi.org/10.1177/21568693221100171>
- **Research Question:** How do uneven stresses from social changes play out at different life course stages depending on people's intersecting social locations?
- **Sample Frame:** N/A, literature review
- **Relevant Findings:**
 - Leonard Pearlin's integration of life course and stress process frameworks constitutes a useful model for advancing a research agenda on the stressors and corollary mental health impacts of the social disruptions and dislocations defining life in the early twenty-first century. Social changes interrupt life paths and produce potentially stressful circumstances at particular time points in biographies already defined, shaped, and constrained at the intersections of race, class, nativity, age, and gender.

Title: Depressive Symptoms Among Adolescents Exposed to Personal and Vicarious Police Contact

- **Author:** Kristin Turney
- **Year Published:** 2021

- <https://journals.sagepub.com/doi/pdf/10.1177/2156869320923095>
- Research Question: What are the mental health consequences for police stops among adolescents?
- Sample Frame: Data from the Fragile Families and Child Wellbeing Study (N = 3,437), a longitudinal survey of individuals born around the turn of the 21st century and followed over a 15-year period.
- Relevant Findings:
 - Personal police contact and vicarious but not personal police contact (both compared to no police contact) are positively associated with depressive symptoms, net of characteristics associated with police contact (including prior mental health, delinquency, and impulsivity).
 - More intrusive police contact (such as stops that include frisks or searches) is positively associated with depressive symptoms.
 - The association between police contact and depressive symptoms is concentrated among girls and Blacks.

Title: Lifestyle and Mental Health Disruptions During COVID-19

- Author: Osea Giuntella, Kelly Hyde, Silvia Saccardo, and Sally Sadoff
- Year Published: 2021
- <https://doi.org/10.1073/pnas.2016632118>
- Research Question: How do disruptions in sleep, physical activity, and time use by young adults at the onset of the pandemic impact mental health?
- Sample Frame: The sample includes all participants for whom we have a baseline University of Pittsburgh survey, including baseline mental health measures: spring 2019 (n = 150), fall 2019 (n = 315), and spring 2020 (n = 316). The combined cohorts include N=682 unique participants.
- Relevant Findings:
 - The results show large increases in depression during the pandemic.
 - In the spring 2019 cohort, the research estimates a 1.5-point increase in average CES-D scores over the term from 12.4 at the beginning of the semester to 13.9 at the end of the semester. The spring 2020 cohort has very similar scores at baseline, averaging 12.1 at the beginning of the semester. However, the estimated increase in scores across the term is over four times larger than in spring 2019. The research estimates that average CES-D scores increase from 12.1 to 19.5, a more than 60% increase.

Title: The “How” Question of the Healthy Immigrant Paradox: Understanding Psychosocial Resources and Demands as Pathways Linking Migration to Mental Health Risks

- Author: Fei-Ju Yang
- Year Published: 2021
- <https://doi.org/10.1177/2156869320913090>

- Research Question: Why do midterm immigrants tend to be of poorer mental health than both recent and long-term immigrants?
- Sample Frame: 4,282 foreign-born immigrant samples extracted from the Canadian Community Health Survey, Mental Health 2012 (CCHS-MS). The CCHS-MH 2012 is a cross-sectional survey based on a stratified cluster design and covers respondents 15 years of age and older in all Canadian provinces and territories.
- Relevant Findings:
 - The correlation between psychological distress and positive mental health shows that these two measures are interrelated but distinctive concepts. Using piecewise regression models, this study finds that midterm immigrants have the highest levels of psychological distress and interpersonal strain. Guided by the stress process model, this study indicates that interpersonal strain acts as a major pathway to immigrants' psychological distress but not positive mental health.

Title: The Implications of COVID-19 for Mental Health and Substance Use

- Author: Nirmita Panchal, Rabah Kamal, Cynthia Cox, Rachel Garfield
- Year Published: 2021
- <https://www.kff.org/coronavirus-covid-19/issue-brief/the-implications-of-covid-19-for-mental-health-and-substance-use/>
- Research Purpose: This brief explores mental health and substance use during, and prior to, the COVID-19 pandemic. It focuses on populations that were particularly at risk for experiencing negative mental health or substance abuse consequences during the pandemic, including young adults, people experiencing job loss, parents and children, communities of color, and essential workers.
- Sample Frame: N/A, literature review
- Relevant Findings:
 - Young adults have experienced a number of pandemic-related consequences, such as closures of universities and loss of income, that may contribute to poor mental health.
 - During the pandemic, a larger than average share of young adults (ages 18-24) report symptoms of anxiety and/or depressive disorder (56%).
 - Compared to all adults, young adults are more likely to report substance use (25% vs. 13%) and suicidal thoughts (26% vs. 11%).
 - During the pandemic, adults in households with job loss or lower incomes report higher rates of symptoms of mental illness than those without job or income loss (53% vs. 32%).
 - Research during the pandemic points to concerns around poor mental health and well-being for children and their parents, particularly mothers, as many are experiencing challenges with school closures and lack of childcare. Women with children are more likely to report symptoms of anxiety and/or depressive disorder than men with children (49% vs. 40%).

- In general, both prior to, and during, the pandemic, women have reported higher rates of anxiety and depression compared to men. The pandemic has disproportionately affected the health of communities of color. Non-Hispanic Black adults (48%) and Hispanic or Latino adults (46%) are more likely to report symptoms of anxiety and/or depressive disorder than Non-Hispanic White adults (41%).
- Many essential workers continue to face a number of challenges, including greater risk of contracting the coronavirus than other workers. Compared to nonessential workers, essential workers are more likely to report symptoms of anxiety or depressive disorder (42% vs. 30%), starting or increasing substance use (25% vs. 11%), and suicidal thoughts (22% vs. 8%) during the pandemic.

Title: Immigration, Visible-Minority Status, Gender, and Depression

- Author: Shirin Montazer
- Year Published: 2020
- <https://doi.org/10.1177/2156869319856930>
- Research Purpose: This study examines if the association between length of residence and mental health—as measured by depression—of immigrant’s post-arrival in the host country is altered by visible-minority status and gender among a sample of immigrants to Toronto, Canada, as compared to the native-born.
- Sample Frame: Face-to-face interviews with approximately 50 respondents per neighborhood were conducted between March 2009 and June 2011—yielding a total sample size of 2,412 respondents. To be eligible for the study, individuals had to be a resident of the selected household, between the ages of 25 and 64, and able to communicate in English and had to have lived in the neighborhood for at least six months.
- Relevant Findings:
 - Adjusted multivariate results indicate a significant and positive association between depression and length of residence in the host country—but only among visible-minority immigrant men as compared to Canadian-born men. The positive association between depression and length of residence among visible-minority immigrant men is found to be due to a parallel rise in perceived discrimination and the experience of anger with tenure in the host country.

Title: Revisiting the Cost of Skin Color: Discrimination, Mastery, and Mental Health Among Black Adolescents

- Author: Patricia Louie
- Year Published: 2020
- <https://doi.org/10.1177/2156869318820092>
- Research Question: Two research questions guide this inquiry: (1) Is skin tone associated with depression and mental disorder in a sample of Black adolescents? and (2) What role does everyday discrimination and mastery play in explaining the relationship between skin

tone and depression and skin tone and mental disorder in a population of Black adolescents?

- **Sample Frame:** Data come from NSAL-A. The survey took place between 2001 and 2004 among a nationally representative sample of Black Americans aged 13 through 17.
- **Relevant Findings:**
 - Black adolescents with the darkest skin tone have higher levels of depressive symptoms than their lighter skin tone peers. This is not the case for mental disorders. For disorder, a skin tone difference appeared only between Black adolescents with very dark skin tone and Black adolescents with medium brown skin tone. Discrimination partially mediates the association between skin tone and depression, while mastery fully mediates this association, indicating that the impact of skin tone on depression operates primarily through lower mastery. Similar patterns were observed for disorders.

Title: Beyond the Case Count: The Wide-Ranging Disparities of COVID-19 in the United States

- **Author:** Yaphet Getachew, Laurie Zephyrin, Melinda K. Abrams, Arnav Shah, Corinne Lewis, Michelle M. Doty
- **Year Published:** 2020
- https://www.commonwealthfund.org/sites/default/files/2020-09/Getachew_beyond_case_count_COVID_disparities_sb_v2.pdf
- **Research Purpose:** The analysis shows that Americans' experience of economic hardship, their mental health concerns, and their opinion of government leaders during the pandemic varied by race, gender, and income.
- **Sample Frame:** The 2020 Commonwealth Fund International Health Policy COVID-19 Supplement Survey. The U.S. sample for the COVID-19 supplement survey was 1,266 U.S. adults over the age of 18.
- **Relevant Findings:**
 - More than half of Latino and nearly half of Black survey respondents reported experiencing an economic challenge because of the pandemic — substantially more than the 21 percent of White respondents.
 - Latino and Black people, women, and people with low income are most at risk of mental health concerns because of the pandemic.

Title: LGBTQ+ Latino/a Young People's Interpretations of Stigma and Mental Health: An Intersectional Minority Stress Perspective

- **Author:** Rachel M. Schmitz, Brandon Andrew Robinson, Jennifer Tabler, Brett Welch, and Sidra Rafaqut
- **Year Published:** 2020
- <https://doi.org/10.1177/2156869319847248>

- Research Question: How do LGBTQ+ Latino/a young adults conceptualize experiences of social prejudice and discrimination related to their multiple identities? How do these conceptualizations shape perceptions of their own mental health?
- Sample Frame: The study occurred in 2016 through 2017 in the Rio Grande Valley (RGV), located in southernmost Texas. Eligibility required participants to be 18 to 26 years old and self-identify as lesbian, gay, bisexual, transgender, queer, or another diverse gender and/or sexual identity (including some youth who identified as genderqueer, asexual, and pansexual) as well as Latino/a as at least one aspect of their racial/ethnic identity.
- Relevant Findings:
 - Findings highlight how LGBTQ+ Latino/a young adults experience structural racism, gender policing, and anti-LGBTQ+ religious messages in relation to their mental health. This study showcases the importance of an intersectional minority stress framework for documenting processes that can shape mental health inequalities.

Title: Uncovering the Trauma of Racism

- Author: Monnica T. Williams, PhD, ABPP
- Year Published: 2019
- <https://www.apa.org/pubs/highlights/spotlight/issue-128>
- Research Purpose: Aims to provide a context for understanding how racism can lead to a diagnosis of PTSD
- Sample Frame: N/A, analysis of Diagnostic and Statistical Manual of Mental Disorders (DSM-5)
- Relevant Findings:
 - Being bullied at school for being "different," racial profiling by police, and workplace racial harassment can all be DSM-5 Criterion A events. The DSM-5 limits what is defined as a traumatic experience to direct exposure to physical and sexual violence up to and including actual death, repeated exposure to traumatic information in a work setting, and indirect exposure by way of receiving news of a traumatic event involving a close friend or loved one.

Title: Healing Ethno-Racial Trauma in Latinx Immigrant Communities: Cultivating Hope, Resistance, and Action

- Author: Nayeli Y. Chavez-Dueñas et al.
- Year Published: 2019
- <https://ictr.wisc.edu/wp-content/uploads/sites/163/2020/12/Chavez-Duen%CC%83as2019-Healing-ethno-racial-trauma-in-Latinx-immigrants.pdf>
- Research Purpose: The purpose of this article is twofold: (1) to examine the implications of ethno-racially oppressive immigration policies on Latinx immigrants as causes of, or contributors to, ethno-racial trauma, which we define as the individual and/or collective psychological distress and fear of danger that results from experiencing or witnessing

discrimination, threats of harm, violence, and intimidation directed at ethno-racial minority groups. (2) to present a framework of healing for Latinx immigrants affected by ethno-racial trauma that considers interventions at the individual, family, and community levels.

- Sample Frame: N/A, literature review
- Relevant Findings:
 - Anxiety produced by the possibility of being forcibly removed from the United States may also lead Latinx immigrants to experience a diminished sense of psychological trust, safety, and security.
 - Beliefs about racial and ethnic superiority are detrimental to Latinxs; however, not every Latinx is impacted equally. Latinxs who are visibly othered (e.g., skin color, phenotype) are the most vulnerable.

Title: Race, Emotional Reliance, and Mental Health

- Author: Christy L. Erving and Courtney S. Thomas
- Year Published: 2018
- <https://doi.org/10.1177/2156869317713552>
- Research Purpose: We evaluate racial differences in emotional reliance within a diverse sample of adults. We also examine associations among race, emotional reliance, and three mental health outcomes: depressive symptoms, anxiety symptoms, and life satisfaction. In addition, we explore the role of emotional reliance in the paradox by assessing the extent to which emotional reliance mediates or suppresses Black-White differences in mental health; we also consider whether the emotional reliance-mental health linkage varies for Blacks and Whites.
- Sample Frame: The NSAHS is a population-based sample of Black and White adults ages 21 to 69 from the city of Nashville and surrounding areas within Davidson County, Tennessee. A random sample of 1,252 people was obtained using a multistage, stratified sampling approach.
- Relevant Findings:
 - Findings reveal that emotional reliance is generally associated with higher depressive symptoms, more anxiety symptoms, and lower levels of life satisfaction. However, the magnitude of these relationships is greater for Blacks compared to Whites.

Title: Discrimination and Mental Health Among Latinos: Variation by Place of Origin

- Author: Mary L. Held and Sungkyu Lee
- Year Published: 2017
- <https://doi.org/10.1080/09638237.2016.1207220>
- Research Question: What is the association between discrimination and mental health for Latinos?
- Sample Frame: Data were obtained from the National Latino and Asian American Study (NLAAS). The current study sample consisted of 2,503 Latino adults only: Cuban (n ¼ 569), Puerto Rican (n ¼ 481), Mexican (n ¼ 851) and other Latinos (n ¼ 602).

- Relevant Findings:
 - Perceived discrimination increased the probability of having a psychiatric disorder. The effect of discrimination on having a psychiatric disorder was greater for Mexicans than Puerto Ricans. The findings of this study suggest that variation exists in the relationship between discrimination and mental health by origin.

Title: The Mental Health of US Black Women: The Roles of Social Context and Severe Intimate Partner Violence

- Author: Krim K. Lacey, Regina Parnell, Dawne M. Mouzon, Niki Matusko, Doreen Head, Jamie M Abelson, James S Jackson
- Year Published: 2015
- <https://bmjopen.bmj.com/content/5/10/e008415>
- Research Purpose: Black women continue to have rates of mental health conditions that can be negative for their well-being. This study examined the contribution of social and contextual factors and severe physical intimate partner violence on the mental health of US Black women (African American and Caribbean Black).
- Sample Frame: 3,277 African American and Black Caribbean women
- Relevant Findings:
 - Black women continue to have high rates of health conditions that can negatively influence their well-being.
 - **High rates of any anxiety disorder, post-traumatic stress disorder, any substance disorder, alcohol abuse disorder, suicide ideation and attempts, and any overall mental disorder among African American women** relative to Caribbean Black women.
 - Multiple social and contextual factors were associated with various mental disorders among both sets of Black women in multivariate models, with the most consistent associations found for **severe physical intimate partner violence**.
 - **Everyday discrimination** was associated with anxiety disorders, eating disorders, and any disorder, while **neighborhood drug problems** contributed to mood, substance disorders and any disorder.

Title: Racial Variations in Major Depressive Disorder Onset Among Immigrant Populations in the United States

- Author: Sungkyu Lee
- Year Published: 2011
- <https://doi.org/10.3109/09638237.2011.562260>
- Research Purpose: This study aimed to examine racial variations in major depressive disorder (MDD) onset and the factors associated with it among immigrants in the United States.
- Sample Frame: Data from the Collaborative Psychiatric Epidemiology Surveys (CPES) were obtained. The sample for this study consisted of 16,228 adults (age 18 and older),

including Asians (n = 2178), Latinos (n = 3264), African Americans (n = 5717), and non-Latino Whites (n = 5069).

- Relevant Findings:
 - Asians showed the highest survival function, followed by African Americans. A Cox proportional hazards model indicated that those who were younger, female, and non-Asian were more likely to experience a major depressive disorder (MDD) onset than were their older, male, and Asian counterparts. None of the immigration related characteristics were found to be significantly associated with MDD onset among foreign-born individuals.

Title: Responses to Discrimination and Psychiatric Disorders Among Black, Hispanic, Female, and Lesbian, Gay, and Bisexual Individuals

- Author: Katie A. McLaughlin, PhD, Mark L. Hatzenbuehler, MS, MPhil, and Katherine M. Keyes, MPH
- Year Published: 2010
- <https://ajph.aphapublications.org/doi/full/10.2105/AJPH.2009.181586?hits=10&andexactfulltext=and&sortspec=re&searchid=1&andexacttitle=and&andexactitleabs=and&maxtoshow=&FIRSTINDEX=0&RESULTFORMAT=1>
- Research Purpose: We examined associations between perceived discrimination due to race/ethnicity, sexual orientation, or gender; responses to discrimination experiences; and psychiatric disorders.
- Sample Frame: 2004–2005 National Epidemiologic Survey on Alcohol and Related Conditions (n = 34 653)
- Relevant Findings:
 - Black respondents reported the highest levels of past-year discrimination, followed by LGB, Hispanic, and female respondents. Across groups, discrimination was associated with 12-month mood (odds ratio [ORs] = 2.1–3.1), anxiety (ORs = 1.8–3.3), and substance use (ORs = 1.6–3.5) disorders. Respondents who reported not accepting discrimination and not discussing it with others had higher odds of psychiatric disorders (ORs = 2.9–3.9) than did those who did not accept discrimination but did discuss it with others. Black respondents and women who accepted discrimination and did not talk about it with others had elevated rates of mood and anxiety disorders, respectively.

Title: African American Women's Beliefs About Mental Illness, Stigma, and Preferred Coping Behaviors

- Author: Earlise C. Ward and Susan M. Heidrich
- Year Published: 2009
- <https://onlinelibrary.wiley.com/doi/10.1002/nur.20344>
- Research Purpose: We examined African American women's representations/beliefs about mental illness, preferred coping behaviors if faced with mental illness, whether perceived

stigma was associated with treatment-seeking, and if so, whether it was related to beliefs and coping preference, and whether these variables differed by age group.

- Sample Frame: 185 community-dwelling African American women 25 to 85 years of age
- Relevant Findings:
 - Black women believed that mental illness is caused by several factors, including **family-related stress and social stress due to racism**, is cyclical, and has serious consequences but can be controlled by treatment.
 - Participants endorsed **low perceptions of stigma**.
 - Major preferred coping strategies included **praying and seeking medical and mental health care**.
 - Age differences were found in all variables except stigma.

Title: **Critical Disparities in Latino Mental Health: Transforming Research into Action**

- Author: Britt Rios-Ellis, Ph.D., Director of the NCLR/CSULB Center, et al.
- Year Published: 2005
- https://www.unidosus.org/wp-content/uploads/2021/07/file_WP_Latino_Mental_Health_FNL.pdf
- Research Purpose: The impact of depression, immigration and acculturation, chemical use and dependency, domestic violence, suicide, and depression and co-morbidity issues on Latino mental health
- Sample Frame: N/A, literature review
- Relevant Findings:
 - This report found that Latinos are at a disproportionately high risk of depression and other mental health symptoms and are less likely to seek and receive quality treatment. This report concluded several of the same points from the 2010 report above, however it also found that less than 1% of mental health practitioners in a 1999 study of members of the American Psychological Association identified as Latino. Additionally, the report also found that for some Latinos who recently immigrated, a lack of family or close circles in the U.S. coupled with fear of deportation can lead to worsened mental health.

Title: **Effects of Latino Acculturation and Ethnic Identity on Mental Health Outcomes**

- Author: Glenn Gamst et al.
- Year Published: 2002
- <https://doi.org/10.1177/0739986302238216>
- Research Purpose: The principal goals of this investigation were (a) to replicate and extend the previous work of Cuellar et al. (1997) to child and adult community mental health populations and (b) to examine the effects of client-therapist ethnic match, client age, acculturation status, ethnic identity, and generation on clinical outcome measures of client GAF scores, visitation, and total costs after statistically controlling for several important variables, assumed to impact clinical outcomes.

- **Sample Frame:** Participants were 204 Latino American outpatient clients or parents/caregivers of clients who utilized Tri-City Mental Health Center (TCMHC) outpatient services between March and May 2000.
- **Relevant Findings:**
 - Client-therapist ethnic matching occurred for roughly half the child clients, and for nearly three fourths of the Mexican-oriented adult clients. Client language preferences followed similar patterns with 9 of 10 Mexican-oriented clients preferring treatment in bilingual Spanish, as compared to three fourths of the Anglo-oriented clients preferring English only or indicating it did not matter. Client-gender preferences were also linked to acculturation status: Mexican-oriented adults were more likely to indicate a preference for a therapist of the same gender, although child parents/caregivers, regardless of acculturation status, indicated that therapist gender did not matter to them as it pertained to services provided to their child.

Title: Family and Work Predictors of Psychological Well-Being Among Hispanic Women Professionals

- **Author:** Nancy Felipe Russo, Hortensia Amaro and Julie Johnson
- **Year Published:** 1987
- <https://doi.org/10.1111/j.1471-6402.1987.tb00921.x>
- **Research Purpose:** This study examines the relative contributions of job- and gender-related variables to the mental health of Hispanic women professionals.
- **Sample Frame:** The subjects were 303 Hispanic women professionals, including managers and business owners. The sample was obtained through a mailing list of the National Network of Hispanic Women (NNHW), a national organization of Hispanic women professionals, managers, and entrepreneurs. Questionnaires were mailed to the 672 women on the Network's mailing list. Reminder postcards were sent to nonrespondents one and two months after the initial mailing. The response rate for the total sample was 46%.
- **Relevant Findings:**
 - The results of this study suggest that women in some Hispanic groups enjoy better mental health than others. It also appears that there are differences in the types of difficulties that each group experiences. For example, Puerto Rican women were more likely than Mexican-American women to report psychological distress symptoms, whereas Cubans reported less stress in balancing partner and professional roles than did Mexican-Americans. These findings point to the critical need for research involving separate analyses for women of diverse Hispanic background so that similarities and differences in their life circumstances and responses to those circumstances can be explored, identified, and understood.

Title: California Black Women's Health Project: Black Women and Mental Health

- **Source:** California Black Women's Health Project
- **Year Published:** 2020

- <https://www.cabwhp.org/mental-health.html>
- Relevant Findings:
 - Nationally, 41% of Black women experience violence within their relationships, and 60% of Black women will experience sexual assault before the age of 18.
 - A variety of circumstances put Black women at high risk for mental and emotional stress - economic insecurity, responsibilities of care-giving, neighborhood violence, lack of social support and physical illness or disability. As a result, many are plagued by tension, anxiety, worry and fear. Because of the powerful and complex links between the mind, emotions and body, chronic states of stress and anxiety can have dangerous and sometime fatal, health consequences. In addition, the daily struggles of coping with racism and sexism further exacerbate mental and emotional stress.

III. Attitudes Toward Mental Health Services and Illness

Title: Aspiring to Do All Things Through Him Who Strengthens? Quixotic Hope, Religiosity, and Mental Health in Emerging Adulthood

- Author: Laura Upenieks
- Year Published: 2022
- <https://doi.org/10.1177/21568693211008505>
- Research Question: Does religiosity promote or diminish the likelihood of quixotic hope? Does religious attendance and closeness to God mitigate long-term mental health consequences of quixotic hope?
- Sample Frame: This study draws on data from Waves 1 and 3 of the National Study of Youth and Religion (NSYR), a longitudinal national sample of 3,290 English- and Spanish-speaking teenagers aged 13 to 17 and their parents.
- Relevant Findings:
 - Weekly religious attendance had a modest negative relationship with the likelihood of experiencing quixotic hope, while increasing religious attendance over time attenuated the negative mental health consequences of quixotic hope on increases in depression. Closeness to God neither predicted quixotic hope nor played a moderating role for depression. As educational expectations rise, regular religious practice may help protect the emotional well-being of youth.

Title: Familia, Let's Talk About Nuestra Salud Mental

- Author: Karen Garcia
- Year Published: 2021-2022
- <https://www.latimes.com/lifestyle/story/2022-05-11/familia-lets-talk-about-nuestra-salud-mental>
- Sample Frame: A series of articles from 2021-2022 in Spanish and English.

- Relevant Findings:
 - This series confronts issues of mental health and social stigma around mental health in the Latinx community. The articles explore how to overcome and educate the Latinx community on available mental health treatments and how to relieve any worries or hesitations regarding seeking care.
 - Below are a few of the most relevant articles from the series:
 - Talking About Mental Health Can Be Hard Within Latino Families. Here's How to Start: <https://www.latimes.com/lifestyle/story/2022-09-28/talking-about-mental-health-can-be-hard-within-latino-families-heres-how-to-start>
 - How Latinos Are Bonding Over First Generation Trauma: <https://www.latimes.com/california/story/2021-12-06/how-latinos-are-bonding-over-first-generation-trauma>
 - Why Latinos Can Benefit from a Culturally Competent Therapist, and How to Find One: <https://www.latimes.com/lifestyle/story/2021-12-29/how-to-find-a-culturally-competent-mental-health-professional>
 - Discussing Mental Health in Latino Families: We Want to Hear from You: <https://www.latimes.com/california/story/2021-09-21/mental-health-in-latino-communities-we-want-to-hear-from-you>

Title: Helping Hispanics Surmount Hurdles in Mental Health Care

- Author: Karen Schmidt
- Year Published: 2021
- https://journals.lww.com/journalofchristiannursing/Fulltext/2021/01000/Helping_Hispanics_Surmount_Hurdles_in_Mental.7.aspx
- Research Question: How can we help Hispanics improve access to mental health care?
- Sample Frame: N/A, guidelines
- Relevant Findings:
 - As the family is central in Hispanic culture, discussing the topic of mental health is best done with all the members of the family. Provide education about mental health and illness (Caplan & Cordero, 2015). Explain that depression and other diagnoses are diseases and can be treated, just as diabetes and infections are treatable conditions.
 - As a culture, Hispanics often grow up in a family setting where people with mental illness may be characterized as crazy. Mental health symptoms, including those of depression and more serious conditions, are often concealed due to the stigma and ostracism that come with mental illness in their culture. Also common is the belief that mental health problems cannot be cured and the sufferer will always be afflicted or crazy.

Title: Mental Health Stigma and Social Contract Revisited: The Role of Network Closeness and Negativity

- Author: Elizabeth Felix and Freda Lynn
- Year Published: 2021
- <https://doi.org/10.1177/21568693211043156>

- **Research Purpose:** The objective of this study is to test if stigmatizing attitudes are better predicted by the presence of ties (number of contacts) versus the meaning assigned to each relationship (nature of contact).
- **Sample Frame:** The first wave of respondents (n = 312) was recruited through Amazon Mechanical Turk (AMT). A second wave of respondents (n = 305) was recruited through Prolific Academic. This study includes only those who report no current or previous experiences with mental health issues and their relationships to persons they perceive to have mental health issues.
- **Relevant Findings:**
 - Compared to respondents without any contact, naming more mental health contacts is associated with a reduction in stigma only when those relations are characterized by closeness and a lack of negativity. Among individuals with contact, a higher proportion of relationships perceived as negative or “difficult” exacerbates stigma.

Title: Intersection of Cultural and Religious Beliefs About Mental Health: Latinos in the Faith-Based Setting

- **Author:** Susan Caplan, PhD, MSN, APRN-BC
- **Year Published:** 2019
- <https://doi.org/10.1177/1540415319828265>
- **Research Question:** What were participants taught to believe about mental illness when they were growing up? How do participants’ religious beliefs relate to beliefs about mental illness and depression? How do participants use religiously-based coping to improve symptoms of depression?
- **Sample Frame:** Sixty-four participants completed baseline data: 30 individuals at Church 1, 15 at Church 2, and 19 at Church 3. Of the 64 participants that completed baseline data collection, 72% attended at least one intervention session, 56% attended at least two sessions, and 28% did not attend any sessions.
- **Relevant Findings:**
 - 36% of Latino church-goers agreed with the statement that “the problem with people with depression is a lack of faith in God” and 44% agreed that “if one prayed more he/she could be cured.”
 - More broadly, this study provides information on the connection to faith and mental health stigma.

Title: Challenges and Opportunities in Examining and Addressing Intersectional Stigma and Health

- **Author:** Janet M. Turan et al.
- **Year Published:** 2019
- <https://bmcmedicine.biomedcentral.com/articles/10.1186/s12916-018-1246-9>
- **Research Purpose:** The purpose of this paper is to highlight existing intersectional stigma literature, identify gaps in our methods for studying and addressing intersectional stigma, provide examples illustrating promising analytical approaches, and elucidate priorities for future health research.

- **Relevant Findings:**
 - Evidence from the existing scientific literature, as well as the examples presented here, suggest that people in diverse settings experience intersecting forms of stigma that influence their mental and physical health and corresponding health behaviors. As different stigmas are often correlated and interrelated, the health impact of intersectional stigma is complex, generating a broad range of vulnerabilities and risks.
 - Qualitative, quantitative, and mixed methods approaches are required to reduce the significant knowledge gaps that remain in our understanding of intersectional stigma, shared identity, and their effects on health. Only then will healthcare providers, public health officials, and advocates be able to design.

Title: Exploring Experiences of and Attitudes Towards Mental Illness and Disclosure Amongst Health Care Professionals: A Qualitative Study

- Author: William Waugh, Claudia Lethem, Simon Sherring, and Claire Henderson
- Year Published: 2017
- <https://doi.org/10.1080/09638237.2017.1322184>
- Research Purpose: This study aims to explore health professionals' experiences of and attitudes towards mental illness and disclosure in the workplace.
- Sample Frame: This qualitative study involved semi-structured interviews with 24 health professionals employed by an NHS (National Health Service) trust. 13 of these worked in mental health, and 11 in other health fields.
- **Relevant Findings:**
 - The results indicated that participants had a great deal of experience with colleagues with a mental illness and that support in the workplace for such illnesses is variable. Attitudes of participating health professionals towards colleagues with a mental illness appeared to be positive, however, they did report that other colleagues held negative attitudes. Deciding to disclose a mental illness was a carefully thought-out decision with a number of advantages and disadvantages noted. In particular, it was found that health professionals' fear stigma and discrimination from colleagues and that this would dissuade participants from disclosing a mental illness.

Title: Stigma Toward Mental Illness in Latin America and the Caribbean: A Systematic Review

- Author: Franco Mascayano et al.
- Year Published: 2016
- <https://pubmed.ncbi.nlm.nih.gov/27111703/>
- Research Purpose: The objective of this study was to conduct a systematic review of studies relating to stigma toward mental illness in Latin America and the Caribbean. The authors specifically considered differences in this region as compared with manifestations reported in Western European countries.

- **Sample Frame:** We conducted a systematic search of scientific papers in the PubMed, MEDLINE, EBSCO, SciELO, LILACS, Imbiomed, and Bireme databases. The search included articles published from January 2002 to July 2014. 26 articles met the selection criteria and were included in this review.
- **Relevant Findings:**
 - Some results are similar to those reported in high-income settings. However, some noteworthy findings concerning public and family stigma differed from those reported in Western European countries. Interventions designed to reduce mental illness-related stigma in this region may benefit from considering cultural dynamics exhibited by the Latino population.

Title: Family Culture in Mental Health Help-Seeking and Utilization in a Nationally Representative Sample of Latinos in the United States: The NLAAS

- **Author:** Alice P. Villatoro, Eduardo S. Morales, and Vickie M. Mays
- **Year Published:** 2014
- https://psycnet.apa.org/fulltext/2014-27312-004.pdf?auth_token=ea7ea590b35dee2a6b917545dba9beaab12b7105&returnUrl=https%3A%2F%2Fpsycnet.apa.org%2FdoiLanding%3Fdoi%3D10.1037%252Fh0099844
- **Research Question:** What is the role of behavioral "familismo", the level of perceived family support, in the use of mental health services of Latinos in the United States?
- **Sample Frame:** 527 Latino respondents to the National Latino and Asian American Study (NLAAS) aged 18 or older with any past 12-month psychiatric disorder.
- **Relevant Findings:**
 - About 20% of Latinos display a current clinical need for mental health services (i.e., respondent meets DSM-IV diagnostic criteria for any past-year psychiatric disorder), including 12% who concurrently meet criteria for more than one disorder. Less than 12% of the full sample utilized any type of mental health service in the past 12 months.
 - Latinos with elevated levels in the family support factor score, as opposed to those with lower levels, had increased odds of using informal or religious services after controlling for sociodemographic and need characteristics in the model.

Title: Socio-Demographic Variables and Perceptual Moderators Related to Mental Health Stigma

- **Author:** Sean Stickney, Daniel Yanosky, David R. Black and Natalie L. Stickney
- **Year Published:** 2012
- <https://doi.org/10.3109/09638237.2012.670878>
- **Research Purpose:** The purpose of the study was to explore both ethnic and gender differences in mental health stigma as a function of possessing both a just worldview, and perceptions based on
- **Sample Frame:** Undergraduate and graduate students from a large state-funded university participated in the study. A convenience sample solicited by email completed a mental health stigma survey. Of the original 466 respondents, 10 cases were eliminated; 1 case for

not designating gender and 9 cases (1.94%) for not answering one or more of the substantive items on the stigma survey.

- Relevant Findings:
 - The existence of mental health stigma remains problematic as the stigma affects individual self-perception and self-concept, their volition to seek mental healthcare, and obtaining equality in occupational, residential, and social dimensions. Mentally-ill women, after controlling for ethnicity, were less stigmatized relative to mentally-ill men. There was a direct association between ethnicity and stigma such that African Americans were less stigmatizing relative to either Asian Americans or Caucasians.

Title: Stigma: Barrier to Mental Health Care Among Ethnic Minorities

- Author: Faye A. Gary
- Year Published: 2009
- <https://doi.org/10.1080/01612840500280638>
- Relevant Findings:
 - Given the lower socioeconomic status (limited capacity to purchase goods and services), the public and private stigma influences, and the distrust of the mental health system, ethnic minority people are at risk for not receiving adequate mental health care. Hence, their chances for experiencing higher mortality and morbidity rates will continue to increase exponentially, unless new and novel approaches are implemented to forestall and reverse this trend.
 - Research about stigma should be a major focus for nurses and other mental health professionals. Additionally, they must become more cognizant of how their research findings will potentially be interpreted and used to translate science to service. Lastly, they must provide health literacy information for the public and for individuals and families who endure the burden of mental illness.

Title: Community Conversation: Addressing Mental Health Stigma With Ethnic Minority Communities

- Author: Lee Knifton, Mhairi Gervais, Karen Newbigging, Nuzhat Mirza, Neil Quinn, Neil Wilson and Evette Hunkins-Hutchison
- Year Published: 2009
- <https://link.springer.com/article/10.1007/s00127-009-0095-4>
- Research Purpose: This study focuses upon community conversation workshops and aims to: 1) Evaluate the acceptability and practicability of a community development workshop program. 2) Explore attitudes towards mental health problems amongst the three target communities in the study. 3) Assess the impact of workshops upon participants. 4) Consider the value of different evaluation approaches with target communities.
- Sample Frame: Participants were members of existing BME community groups who had volunteered to attend a workshop. 26 workshops were delivered to 257 participants over a 9-week period, and 246 (96%) participants completed the evaluations.

- Relevant Findings:
 - Community led approaches that acknowledge cultural constructs of mental health were received positively by community groups. The study found significant reported stigma in relation to public protection, marriage, shame and contribution, but also high levels of recovery optimism. The workshops resulted in significant positive changes in relation to knowledge, attitudes and behavioral intent amongst participants, with most aspects of stigma showing significant improvement, with the exception of dangerousness.

Title: The Experience of Stigma among Black Mental Health Consumers

- Author: Jennifer Alvidrez, Lonnie R. Snowden and Dawn M. Kaiser
- Year Published: 2008
- <https://doi.org/10.1353/hpu.0.0058>
- Research Purpose: This paper presents findings from a project currently underway to develop a consumer-based stigma psychoeducation intervention for Black mental health clients.
- Sample Frame: A convenience sample of 34 Black mental health consumers were interviewed as part of a study to develop an intervention to reduce stigma about mental illness for Black adults referred to community mental health services in San Francisco. Current age ranged from 25–60, with a mean of 44.0 (SD 9.7). The majority of consumers were male, unmarried, and not working. Psychiatric diagnoses or symptoms were obtained via the consumers' self-report.
- Relevant Findings:
 - Stigma clearly influenced the way Black consumers experienced both mental health problems and mental health treatment.
 - Three overarching stigma-related themes were identified: 1) exposure to stigmatizing beliefs about mental illness and mental health treatment, 2) stigma as a barrier to seeking mental health treatment, and 3) stigma as an ongoing treatment experience.
 - Although the experiences of stigma in this population appear pervasive, the sizable repertoire of coping strategies consumers identified is a reason for optimism.

Title: Attitudes Toward Mental Illness: Results from the Behavioral Risk Factor Surveillance System

- Author: Kobau, et al.
- Year Published: 2007
- https://www.cdc.gov/hrqol/Mental_Health_Reports/pdf/BRFSS_Full%20Report.pdf
- Sample Frame: A total of 12,595 facilities completed the survey
- Relevant Findings:
 - Most adults (>80%) agreed that mental illness treatment is effective, but substantially fewer adults (35%–67%) agreed that people are caring and sympathetic to people with mental illness.

- Some population subgroups (e.g., Black, non-Hispanic adults, Hispanic adults, those with less than a high school education) were more likely to strongly disagree that treatment is effective.
- Women, adults with chronic disease (e.g., arthritis, heart disease), and adults who were unemployed or unable to work were more likely to strongly disagree that people are caring and sympathetic to people with mental illness.
- In general, adults with mental illness symptoms, including those receiving treatment for a mental health problem were less likely to agree that people are caring and sympathetic to people with mental illness.

Title: Public Conceptions of Serious Mental Illness and Substance Abuse, Their Causes and Treatments: Findings from the 1996 General Social Survey

- Author: Sara Kuppin DrPH, and Richard M. Carpiano PhD, MA, MPH
- Year Published: 2006
- <https://ajph.aphapublications.org/doi/full/10.2105/AJPH.2004.060855>
- Research Purpose: We examined the degree to which lay beliefs about the causes of disorders may predict beliefs about what constitutes appropriate treatment.
- Sample Frame: Randomized vignette data from the MacArthur Mental Health Module of the 1996 General Social Survey (n=1010)
- Relevant Findings:
 - Beliefs in biological causes (i.e., chemical imbalance, genes) were significantly associated with the endorsement of professional, biologically focused treatments (e.g., prescription medication, psychiatrists, and mental hospital admissions).
 - Belief that the way a person was raised was the cause of a condition was the only nonbiologically based causal belief associated with any treatment recommendations (talking to a clergy member).
 - More broadly, this study provides information on the attitudes toward mental health treatment in connection to how one was raised and their beliefs.

Title: African Americans' Perceptions of Psychotherapy and Psychotherapists

- Author: Vetta L. Sanders Thompson, Anita Bazile and Maysa Akbar
- Year Published: 2004
- <https://doi.org/10.1037/0735-7028.35.1.19>
- Research Purpose: The attitudes and beliefs of 201 African Americans regarding psychotherapists, psychotherapy, and barriers to treatment were explored by means of focus groups.
- Sample Frame: Twenty-four mixed-sex focus groups were conducted in an urban, Midwestern city. Groups ranged in size from 3 to 12 members. A total of 201 African Americans (134 women and 66 men) participated in discussions. One participant did not provide information on gender. Participants included consumers of mental health services, family members of consumers, as well as a large number of participants with no direct experience with mental health.

- Relevant Findings:
 - Focus group responses indicated that depression, schizophrenia, and suicide were considered primary reasons to seek treatment.
 - The present study reveals that African Americans participating in these focus groups were not generally negative toward seeking mental health services, but they held attitudes and beliefs that negatively affect actual treatment seeking. Despite acknowledgement of the need for services and perhaps consistent with the focus on serious and persistent mental illness, participants noted that stigma, costs, and knowledge of available services affected treatment seeking.
 - One of the most significant issues addressed by focus group participants was the complex way in which the issue of race affects attitudes about therapy and treatment seeking. Participants were concerned that stereotypes affected therapists' attitudes toward and treatment of African American clients.
 - Increased cultural competency may facilitate the type of positive experiences necessary to improve psychologists' image in the African American community.

Title: Attitudes Towards People With a Mental Disorder: A Survey of the Australian Public and Health Professionals

- Author: Jorm, A. F., Korten, A. E., Jacomb, P. A., Christensen, H., and Henderson, S.
- Year Published: 1999
- <https://pubmed.ncbi.nlm.nih.gov/10197888/>
- Research Purpose: The aim of this paper was to compare the Australian public's attitudes towards people who have been treated for a mental disorder with the attitudes of general practitioners, psychiatrists and clinical psychologists
- Sample Frame: The study involved a household survey of 2,031 members of the Australian public and a postal survey of 872 general practitioners, 1,128 psychiatrists and 454 clinical psychologists.
- Relevant Findings:
 - Both the public and professionals rated outcomes as poorer and discrimination as more likely for the person with schizophrenia than for the one with depression.
 - More broadly, this study examines the perceptions of those with mental health disorders by the general public.

IV. Access, Engagement, and Barriers to Seeking Mental Health Treatment

Title: Demographics and Health Insurance Coverage of Nonelderly Adults with Mental Illness and Substance Use Disorders in 2020

- Author: Heather Saunders and Robin Rudowitz
- Year Published: 2022
- Sponsor: Kaiser Family Foundation

- <https://www.kff.org/medicaid/issue-brief/demographics-and-health-insurance-coverage-of-nonelderly-adults-with-mental-illness-and-substance-use-disorders-in-2020/>
- Research Purpose: Examine key characteristics, coverage, and health status of nonelderly adults with mental illness or substance use disorders to help inform ongoing federal and state efforts to improve quality and expand access.
- Sample Frame: 2020 data from the National Survey on Drug Use and Health (NSDUH)
- Relevant Findings:
 - Mental illness and substance use disorders affects one-third (64.5 million) of all nonelderly adults in 2020 and are most prevalent among young adults and White people. Other data and research point to worsening mental health for young adults and people of color during the pandemic. The lower rates among people of color may reflect underdiagnosis among these groups. Data show that women have higher rates of mental illness, while men have higher rates of substance use disorder. Most nonelderly adults with mental illness or substance use disorder are covered by private insurance (58%), but Medicaid enrollees are more likely to experience those conditions. Medicaid enrollees also have the highest overall prevalence of moderate to severe mental illness or substance use disorders. Among nonelderly adults with a moderate to severe mental illness or substance use disorder, Medicaid enrollees are more likely than those with private insurance to have chronic health conditions and to report fair or poor health.

Title: How Does Use of Mental Health Care Vary by Demographics and Health Insurance Coverage?

- Author: Nirmita Panchal, Matthew Rae, Heather Saunders, Cynthia Cox, Robin Rudowitz
- Year Published: 2022
- Sponsor: Kaiser Family Foundation
- <https://www.kff.org/health-reform/issue-brief/how-does-use-of-mental-health-care-vary-by-demographics-and-health-insurance-coverage/>
- Research Purpose: We explore how the use of mental health care varied across populations reporting poor mental health before the pandemic using data from the National Health Interview Survey (NHIS) in 2019.
- Sample Frame: National Health Interview Survey (NHIS) 2019
- Relevant Findings:
 - The research finds that leading up to the pandemic, 8.5 million adults reported moderate to severe symptoms of anxiety and/or depression but did not receive treatment either through therapy or prescription drugs in the past year. Among adults reporting moderate to severe symptoms of anxiety and/or depression, receipt of mental health treatment was lowest among several demographic groups – including young adults, Black adults, men, and uninsured people. These data provide a useful baseline for understanding disparities in mental health treatment that were already present before the pandemic and may have been exacerbated by the public health crisis.

Title: KFF/CNN Mental Health in America Survey

- Author: Lunna Lopes
- Year Published: 2022
- Sponsor: Kaiser Family Foundation and CNN
- <https://www.kff.org/report-section/kff-cnn-mental-health-in-america-survey-findings/>
- Research Purpose: While providing an overall view of how Americans are feeling about their own mental health, their ability to get help, and the resources available to them; the survey project also focuses on the experiences of those who report the most difficulty managing their mental health as well as those who have had direct experience with severe mental health crisis in their families.
- Sample Frame: The sample includes 1,603 adults reached online through the SSRS Opinion Panel, including an oversample of parents (n=398). Interviews were conducted in English (n=1,942) and in Spanish (n=62).
- Relevant Findings:
 - Nearly seven in ten Black adults (69%) and about six in ten White adults (63%) and Hispanic adults (61%) say they are at least somewhat comfortable talking to family and friends about their mental health.
 - While most people say they are able to get the mental health services they may need (66%), significant shares of Black adults (39%), adults with incomes under \$40,000 (39%), and uninsured adults under age 65 (51%) say people like themselves are not able to get needed mental health services.
 - Notably, slight majorities of Black (55%) and Hispanic (53%) adults see the lack of diversity among mental health care workers as a “big problem,” compared to three in ten White adults who say the same (30%).
 - At least a third of Hispanic adults (35%) say there was a time they didn’t get mental health services or medication in the past 12 months when they thought they needed them, compared to three in ten Black adults and one-fourth of White adults.

Title: Listening to Black Californians: How the Health Care System Undermines Their Pursuit of Good Health

- Author: Linda Cummings
- Year Published: 2022
- Sponsor: California Health Care Foundation
- <https://www.chcf.org/wp-content/uploads/2022/09/ListeningBlackCalifornians.pdf>
- Research Question: What is the relationship between racism and health care that leads to unacceptable health outcomes for Black Californians?
- Sample Frame: 100 in-depth interviews with Black Californians, 18 focus groups of Black Californians and key stakeholders, and 3,325 adult Black Californian survey respondents.
- Relevant Findings:
 - Black Californians are highly intentional in their pursuit of physical and mental health.
 - Nearly one in three Black Californians has been treated unfairly by a health care provider because of their race or ethnicity.
 - More than one in four Black Californians avoids care due to concerns that they will be treated unfairly or with disrespect.

- Many Black Californians adopt measures to mitigate potential negative experiences in preparation for a health care visit.

Title: How Phantom Networks and Other Barriers Impede Progress on Mental Health Insurance Reform

- Author: Howard H. Goldman
- Year Published: 2022
- <https://www.healthaffairs.org/doi/10.1377/hlthaff.2022.00541>
- Research Question: How do "phantom networks" and other barriers to access impede mental health insurance reform?
- Sample Frame: N/A, literature review
- Relevant Findings:
 - The article by Zhu and colleagues illustrates that constraining or disguising supply is an insidious barrier to realizing access to mental health treatment. This impediment stems from the failure of plans to provide real network adequacy and publish accurate directories of network providers. Phantom networks haunt the terrain of policy implementation, making it difficult for people in need to take advantage of the hard-fought gains in mental health insurance protections that resulted from decades of reform.

Title: Downward National Trends in Mental Health Treatment Offered in Spanish: State Differences by Proportion of Hispanic Residents

- Author: George Pro, Ph.D., M.P.H., Clare Brown, Ph.D., M.P.H., Martha Rojo, Ph.D., R.N., Jenil Patel, Ph.D., M.P.H., Chasmine Flax, M.P.H., Tiffany Haynes, Ph.D.
- Year Published: 2022
- <https://doi.org/10.1176/appi.ps.202100614>
- Research Question: How has the prevalence of mental health treatment facilities that offer services in Spanish has changed over time in the United States?
- Sample Frame: Data from the National Mental Health Services Survey conducted in 2014 (N=13,015 facilities) and 2019 (N=12,345 facilities)
- Relevant Findings:
 - The availability of Spanish-language mental health services decreased in most U.S. states during 2014–2019. Promoting mental health service delivery in Spanish is critical for reducing barriers to treatment and ensuring health equity across populations.

Title: Racial Disparities in Prescription of Antidepressants Among U.S. Veterans Referred to Behavioral Health Care

- Author: Jocelyn E Remmert, Gabriella Guzman, Shahrzad Mavandadi, Dave Oslin
- Year Published: 2022
- <https://ps.psychiatryonline.org/doi/10.1176/appi.ps.202100237>
- Research Question: What is the association/relationship between race and prescription of antidepressants among veterans in primary care?

- Sample Frame: Veterans in primary care (Black, N=4,120; White, N=4,372) who were referred from primary care to a collaborative care program completed an assessment of demographic characteristics and clinical symptoms, including of current antidepressant prescription before the referral, verified by chart review.
- Relevant Findings:
 - This study examined the association between race and prescription of antidepressants among veterans in primary care. The findings reveal racial disparities in antidepressant prescription for veterans in primary care. Regular clinical review of antidepressant prescription is recommended to identify disparities in individual clinics.
 - White patients were 2 times more likely to be prescribed antidepressant prescriptions as compared to Black patients.

Title: Pathways to Equitable and Antiracist Maternal Mental Health Care: Insights from Black Women Stakeholders

- Author: Kay Matthews, Isabel Morgan, Kelly Davis, Tracey Estriplet, Susan Perez, and Joia A. Crear-Perry
- Year Published: 2021
- <https://www.healthaffairs.org/doi/10.1377/hlthaff.2021.00808>
- Research Purpose: The research looks to improve the understanding of the impacts of structural and social determinants of health on Black birthing populations' mental health and mental health care experiences and to identify specific pathways and strategies that could advance equitable and antiracist maternal and infant mental health care.
- Sample Frame: Data collected from 10 Interviews with stakeholders
- Relevant Findings:
 - The interviews left researchers with five key pathways to combat racism in maternal mental health care:
 - (1) Antiracist education and training for practitioners, (2) Investing in the Black women mental health work force, (3) Investing in Black women-led community-based organizations, (4) Investing in community and traditional healing practices, (5) Promoting integrated care and shared decision making.

Title: Telehealth Acceptability and Feasibility Among People Served in a Community Behavioral Health System During the COVID-19 Pandemic

- Author: Jeanie Tse, M.D., Drew LaStella, Ph.D., Elisa Chow, Ph.D., et al.
- Year Published: 2021
- <https://doi.org/10.1176/appi.ps.202000623>
- Research Question: What was the acceptability and feasibility of telehealth services shortly after their rapid introduction into a community behavioral health agency as part of the response to the COVID-19 pandemic?

- Sample Frame: Individuals receiving services during May 8–18, 2020, from behavioral health programs that had introduced telehealth in March 2020, were invited to participate in a survey regarding their perceptions of the telehealth services.
- Relevant Findings:
 - The authors examined the acceptability and feasibility of telehealth services shortly after their rapid introduction into a community behavioral health agency as part of the response to the COVID-19 pandemic. The findings of this study suggest that telehealth, including telephone-based services, is an acceptable and even preferred service delivery mode for clients with severe mental illness.
 - Over 80% of respondents supported the continued use of telehealth for mental health treatment such as therapy or psychiatrist appointments. Of those, 83% would rather have a mixed approach of in-person and online services.

Title: Amplifying the Voices of Young People From Black, Asian and Other Minority Ethnic Backgrounds in Mental Health Research

- Author: Adenike A. M. O. Adebisi, Fiyory Tzegai Ghezze and Jawwad Mustafa
- Year Published: 2021
- <https://doi.org/10.1080/09638237.2021.1898564>
- Research Purpose: The research explores the experience and impact of racism for young people in the UK.
- Sample Frame: 7 Young people between the ages of 16-25 in the UK
- Relevant Findings:
 - The need for targeted solutions was raised in response to the inadequacy of the use of “BAME,” or Black, Asian, Minority Ethnic, as a catchall for the interests and experiences of non-White ethnic groups. We stress the importance of including young people in the research process at all levels. Additionally, young people want to be direct participants in the research. Finally, we note that it has been proposed that measures should be evaluated in intervals of three to ten years.

Title: Unmasking Race in Mental Health

- Author: Colin King
- Year Published: 2021
- <https://doi.org/10.1080/09638237.2021.1898561>
- Research Question: What is lacking in the paper Mental Health Research Goals by Wykes et al?
- Sample Frame: N/A, commentary
- Relevant Findings:
 - Race and racism in research are marginalized, and not examined in terms of the general developmental features outlined in the paper, more specifically in relation to how children, and physical and mental health issues are racialized. Most powerfully the paper neglects research into culturally inappropriate treatment and

real empowerment of political choice for Black communities in relation to mental health services.

Title: Missed Opportunities: Up to 9 in 10 Women Eligible for Public Health Services in California Have Unmet Mental Health Need

- Author: Safa Salem, D. Imelda Padilla-Frausto, PhD, MPH, Hin Wing Tse, Firooz Kabir, Nicolás E. Barceló, Blanche Wright
- Year Published: 2021
- <https://healthpolicy.ucla.edu/publications/Documents/PDF/2021/women-mental-health-policybrief-HQP-oct2021.pdf>
- Research Purpose: This policy brief presents pooled 2018 and 2019 California Health Interview Survey (CHIS) data on the unmet need among women who are eligible for public health services by level of psychological distress and by social status indicators and economic status indicators
- Sample Frame: 2018 and 2019 California Health Interview Survey (CHIS) data
- Relevant Findings:
 - Nearly 9 in 10 women with mild psychological distress who are eligible for public health services had unmet need.
 - Seven (7) in 10 similar women with moderate psychological distress who are eligible for public health services had unmet need.
 - Five (5) in 10 women with serious psychological distress who are eligible for public health services had unmet need.
 - More broadly, this study provides information on:
 - Mental Health Resources
 - Access/Insurance
 - Demographic/Society Issues

Title: Medicaid Expansion Associated with Some Improvements in Perinatal Mental Health

- Author: Margerison et al.
- Year Published: 2021
- <https://www.healthaffairs.org/doi/10.1377/hlthaff.2021.00776>
- Research Question: How has the expansion of Medicaid impacted perinatal mental health?
- Sample Frame: We used data from the Pregnancy Risk Assessment Monitoring System (PRAMS) phases 7 (2012–15) and 8 (2016–18). Our final analytic sample included 54,977 observations in seventeen states for pre-pregnancy mental health measures and 56,965 observations in eighteen states for postpartum mental health measures.
- Relevant Findings:
 - Perinatal mental health issues, such as depression during pregnancy, affects 13-25% of pregnant women, and the figure tends to increase for low-income women.
 - The study found that a lack or loss of insurance during pregnancy significantly increases poor perinatal mental health. The expansion of Medicaid led to a 16% decrease in symptoms of depression in pregnant women.

Title: 2020 National Mental Health Services Survey (N-MHSS) Annual Report

- Sponsor: Substance Abuse and Mental Health Services Administration
- Field Date: 2020
- https://www.samhsa.gov/data/sites/default/files/reports/rpt35336/2020_NMhSS_final.pdf
- Sample Frame: A total of 12,595 facilities completed the survey
- Relevant Findings:
 - **California had the largest total numbers of mental health treatment facilities (970).**
 - California had 12 or more public psychiatric hospitals, 30 or more RTCs for children, 40 or more RTCs for adults, 25 or more multi-setting mental health treatment facilities.
 - California had an inpatient bed utilization rate of 100 percent or more, meaning that there were more clients receiving mental health treatment services in inpatient settings than there were inpatient designated beds.
 - Psychosocial rehabilitation services were offered by at least 60 percent of mental health treatment facilities in California.
 - Puerto Rico led all states/jurisdictions in the proportion of facilities with staff that provided treatment services in Spanish (91 percent), followed by California (72 percent).
 - More broadly, this report provides information on:
 - Access/Insurance
 - Mental Health Resources

Title: Tackling Inequalities: A Partnership Between Mental Health Services and Black Faith Communities

- Author: Louisa Codjoe, Sarah Barber and Graham Thornicroft
- Year Published: 2019
- <https://www.tandfonline.com/doi/full/10.1080/09638237.2019.1608933>
- Research Question: What is the possible role of Black faith organizations as partners for a community led stigma intervention?
- Sample Frame: N/A, literature review
- Relevant Findings:
 - Equating mental health problems only with severe mental illness is likely to result in greater stigma and social distance toward the mentally ill. It is possible that attitudes relating to weakness and shame lead to secrecy and reluctance to seek help until symptoms are severe resulting in increased likelihood of entering care through coercive routes. Of course, some religious conceptualizations of mental illness pose challenges to health professionals applying the medical model, but if both partners can promote parallel thinking in their practice collaboration is likely to be more successful.

Title: California's Current and Future Behavioral Health Workforce

- Author: Janet Coffman, Timothy Bates, Igor Geyn, and Joanne Spetz
- Year Published: 2018
- <https://healthforce.ucsf.edu/sites/healthforce.ucsf.edu/files/publication-pdf/California%E2%80%99s%20Current%20and%20Future%20Behavioral%20Health%20Workforce.pdf>
- Research Purpose: This report compiles and synthesizes available data from multiple sources on the state's current behavioral health workforce and the pipeline of trainees in behavioral health occupations. Gaps in availability of data needed to assess the adequacy of the behavioral health workforce are noted. The report also presents projections of future supply and demand for behavioral health workers in California.
- Sample Frame: American Community Survey, U.S. Census Data
- Relevant Findings:
 - According to the Medical Board of California, only four percent (4%) of active psychiatrists practicing in California are Latino
 - Only two percent (2%) of active psychiatrists practicing in California are Black.

Title: Are Kindly and Efficacious Mental Health Services Possible?

- Author: David Pilgrim
- Year Published: 2018
- <https://doi.org/10.1080/09638237.2018.1487544>
- Research Question: Are kindly and efficacious mental health services possible?
- Sample Frame: N/A, literature review
- Relevant Findings:
 - Instead of focusing on what is wrong with people we might foreground what has happened to them. Staff in mental health services should be doing this already, by routine, but generally they do not. The call now for more "trauma-informed" services is an important demand, but we should be cautious of simplistically replacing bio-reductionism with trauma-reductionism, as a blanket explanation for all mental health problems. However, by offering a trauma-informed approach at least it might move us some way to services that are truly "kindly."

Title: Factors Affecting Mental Health Service Utilization Among Latino Americans with Mental Health Issues

- Author: Ching-Wen Chang and David E. Biegel
- Year Published: 2018
- <https://doi.org/10.1080/09638237.2016.1207220>
- Research Question: Guided by the Behavioral Model of Health Service Utilization, this study examined factors affecting use of mental health services and dropouts from mental health services among Latino Americans with mental health issues.
- Sample Frame: This is a secondary analysis utilizing data from the National Latino and Asian American Study. 788 Latinos with mental health issues were included in this study.

- Relevant Findings:
 - Being older, having health insurance, having self-perceived need for mental health services, having mental health service need perceived by others and a greater number of probable psychiatric disorders were associated with the use of mental health services among Latinos with mental health issues. Among 194 Latino mental health service users, being younger, not having health insurance, and having a lower level of family support were associated with dropouts from mental health services.

Title: Reports and Detailed Tables From the 2018 National Survey on Drug Use and Health (NSDUH)

- Sponsor: Substance Abuse and Mental Health Services Administration
- Field Date: 2018
- <https://www.samhsa.gov/data/release/2018-national-survey-drug-use-and-health-nsduh-releases>
- Sample Frame: Approximately 67,500 Interviews
- Relevant Findings:
 - 56.8 percent of Latinx/Hispanic young adults 18-25 and 39.6 percent of adults 26-49 with serious mental illness did NOT receive treatment.
 - Nearly 90 percent of Latinx/Hispanic people over the age of 12 with a substance use disorder did NOT receive treatment.
 - More broadly, this report provides information on:
 - Access/Insurance
 - Mental Health Resources
 - Demographic/Society Issues

Title: Blacks, Latinos, Women Found Less Likely To Get the Mental Health Care They Need

- Author: Susan Abram
- Year Published: 2018
- <https://californiahealthline.org/news/blacks-latinos-women-found-less-likely-to-get-the-mental-health-care-they-need/>
- Source: California Healthline
- Relevant Findings:
 - Janette Robinson Flint explained that discrimination, direct or indirect consequences of community violence, and inter-generational trauma rests on the shoulders of Black and Latina women.
 - For many Latinas who may be in the United States illegally, the fear of deportation constantly looms overhead and can massively contribute to anxiety and depression.

Title: Prevalence, Treatment, And Unmet Treatment Needs of US Adults With Mental Health And Substance Use Disorders

- Author: Han et al.
- Year Published: 2017
- <https://www.healthaffairs.org/doi/10.1377/hlthaff.2017.0584>

- **Research Purpose:** This research looks to identify the prevalence, treatment, and unmet treatment needs of US adults with mental health and substance use disorders.
- **Sample Frame:** Data is from the 2008-2014 National Survey of Drug Use and Health of over 325,000 adults in the U.S.
- **Relevant Findings:**
 - This research examined the prevalence, treatment patterns, trends, and correlates of mental health and substance use treatments among adults with co-occurring disorders.
 - 3.3% of the U.S. population has two or more co-occurring mental health or substance use disorders. 52.5% of those did not receive treatment for either disorder, 9.1% received treatment for both, and 34.5% received treatment for a mental illness only.
 - Of those adults with perceived co-occurring mental health/substance use disorders, 52% did not seek treatment because of the cost, and in second, about 24% did not receive treatment because they did not know where to go or how to access care.

Title: Mental Health Disparities: Hispanics and Latinos

- **Author:** Division of Diversity and Healthy Equity
- **Year Published:** 2017
- **Sponsor:** American Psychiatric Association
- <https://www.psychiatry.org/File%20Library/Psychiatrists/Cultural-Competency/Mental-Health-Disparities/Mental-Health-Facts-for-Hispanic-Latino.pdf>
- **Research Purpose:** This research looks at mental health disparities and the utilization of mental health services by the Hispanic/Latino population.
- **Sample Frame:** N/A, fact sheet
- **Relevant Findings:**
 - Barriers to accessing mental health services for the Hispanic/Latino include issues with insurance, cultural stigma, language and lack of awareness among others.
 - More broadly, this report provides information on:
 - Access/Insurance
 - Mental Health Resources
 - Demographic/Society Issues

Title: The Double Stigma of Limited Literacy and Mental Illness: Examining Barriers to Recovery and Participation among Public Mental Health Service Users

- **Author:** Alisa K. Lincoln, Wallis Adams, Mara Eyllon, Suzanne Garverich, Christopher G. Prener, John Griffith, Michael K. Paasche-Orlow, and Kim Hopper
- **Year Published:** 2017
- <https://doi.org/10.1177/2156869317707001>
- **Research Question:** What factors predict report of concealment stigma associated with mental illness? Do people using public mental health services report additional stigma, in particular concealment stigma, associated with difficulties with reading? If so, what factors

are related to this experience of concealment stigma associated with limited literacy? How do people using public mental health services experience this compound stigma, manage it in everyday life, and frame the effects of stigma on their lives and recovery?

- Sample Frame: Study participants were recruited from two public urban mental health outpatient clinics between June 2013 and January 2016. Each site serves largely disadvantaged communities and patient populations that are racially and diagnostically diverse.
- Relevant Findings:
 - Limited literacy impacts the health, recovery, and participation of people using public mental health services through multiple pathways. First, limited literacy complicates the instrumental tasks of maintaining health such as managing medication regimens, engaging in wellness activities, and gaining access to evidence-based treatments that require literacy skills. Second, as we have focused on and demonstrated here, people using public mental health services with limited literacy must negotiate multiple stigmas, bringing synergistic threats to their mental health, identity, and sense of community participation.

Title: Quality Measures for Mental Health and Substance Use: Gaps, Opportunities, and Challenges

- Author: Harold Alan Pincus, Sarah Hudson Scholle, Brigitta Spaeth-Rublee, Kimberly A. Hepner, and Jonathan Brown
- Year Published: 2016
- <https://doi.org/10.1377/hlthaff.2016.0027>
- Research Question: What is the current state of quality measurement in behavioral health and what are the subsequent key priorities for measure development?
- Sample Frame: Data from the Institute of Medicine (IOM), Crossing the Quality Chasm report, and a number of additional data reports
- Relevant Findings:
 - The research looks at processes to improve the quality of care for behavioral health conditions. Findings show that this requires coordinated leadership to articulate and guide efforts.
 - In addition, the research looks at how to build evidence about what treatments work and for whom, develop more detailed and integrated data systems that illuminate the quality of care across time and settings, and coordinate meaningful collaboration of the clinical workforce and consumers.

Title: Building the Mental Health Workforce Capacity Needed to Treat Adults with Serious Mental Illnesses

- Author: Mark Olfson
- Year Published: 2016
- <https://doi.org/10.1377/hlthaff.2015.1619>

- Research Question: What is required to develop and reinvigorate a mental health workforce that can efficiently service and treat adults with serious mental illnesses?
- Sample Frame: N/A, literature review
- Relevant Findings:
 - This article has offered four policy recommendations, each of which addresses different aspects of this challenge: expanding federal and state loan repayment programs for mental health professionals to practice in underserved areas; increasing public reimbursement to health care professionals for treating patients with serious mental illnesses; training social workers in relevant evidence-based psychosocial interventions; and building team-based mental health services in primary care.
 - Yet it is unreasonable to expect that these recommendations, even if fully implemented, would repair the long-standing maldistribution of mental health specialists.

Title: Access to Mental Health Care Increased but Not for Substance Use, While Disparities Remain

- Author: Timothy B. Creedon and Benjamin Lê Cook
- Year Published: 2016
- <https://doi.org/10.1377/hlthaff.2016.0098>
- Research Question: Did early implementation of Affordable Care Act (ACA) Medicaid expansion and state health insurance exchanges increase access to mental health and substance use treatment among those in need? Did these changes differ by racial/ethnic group?
- Sample Frame: Data from the National Survey on Drug Use and Health- used ten annual cross-sections, split into four time periods (2005–07, 2008–10, 2011–13, and 2014) to measure trends leading up to the 2014 implementation of ACA insurance reforms.
- Relevant Findings:
 - Analysis reveals a lack of congruence between patterns of insurance coverage and patterns of access to care. Although Whites, Blacks, and Hispanics alike experienced coverage gains in 2014, only Whites and Hispanics saw corresponding increases in mental health treatment. While coverage increased for Blacks at least as much as it did for Whites, the mental health treatment rate for Blacks remained flat in 2014. Despite clear coverage gains across multiple racial/ethnic groups, in no case did treatment rates for substance use disorders increase.

Title: A Dyadic Study of Multicultural Counseling Competence (MCC)

- Author: Frank R. Dillon, Lilian Odera and Alia Fons-Scheyd; Hung-Bin Sheu and Ryan C. Ebersole; Lisa B. Spanierman
- Year Published: 2015
- <https://pubmed.ncbi.nlm.nih.gov/26436724/>

- Research Question: What is the association/relationship between counselor MCC and client psychological well-being among clients of color?
- Sample Frame: This study examined mental health practitioners Multi-Cultural Competency (MCC) during therapy visits with over 100 patients of color at a university
- Relevant Findings:
 - The study found that the counselors' self-perceptions were not indicative of how their patients perceived their multi-cultural competency (MCC). The study found that those counselors perceived by their clients to have high MCCs actually did not generally improve the psychological well-being of their patients at any higher levels than those with perceived lower MCCs.

Title: Diversity in California's Mental Health Workforce and Education Pipeline

- Author: Tim Bates, MPP; Lisel Blash, MPA; Susan Chapman, PhD, RN
- Year Published: 2014
- https://healthforce.ucsf.edu/sites/healthforce.ucsf.edu/files/publication-pdf/2014_07_Diversity_in_Californias_Mental_Health_Workforce_and_Education_Pipeline_0.pdf
- Research Purpose: This issue brief describes the current racial/ethnic composition of employed psychologists, counselors, and social workers, as well as recent graduates of selected mental health professions educational programs.
- Sample Frame: The data used in this brief come from two sources: The American Community Survey (ACS) and the Integrated Postsecondary Education Data System (IPEDS).
- Relevant Findings:
 - Segments of California's mental health workforce are becoming more reflective of the state's diverse population.
 - Employed psychologists are predominantly White but employed counselors and social workers are much more diverse by comparison.
 - The majority of graduates of mental health profession education programs in California are female, but the gender composition varies widely by program type.
 - Student data indicates that recent graduates of mental health professions education programs are more racially and ethnically diverse than the current workforce.
 - In 2012, Hispanic or Latina women represented approximately one out of every three graduates from a master's in social work (MSW) program in California.

Title: Toward Culturally Centered Integrative Care for Addressing Mental Health Disparities among Ethnic Minorities

- Author: Kisha Holden, PhD, MSCR, Brian McGregor, PhD, Poonam Thandi, MD, Edith Fresh, PhD, MSW, Kameron Sheats, PhD, Allyson Belton, MPH, Gail Mattox, MD, and David Satcher, MD, PhD
- Year Published: 2014
- <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4228792/>

- Research Question: What are culturally centered integrated care models that can be used to address the complexities within the health care system?
- Sample Frame: N/A, literature review
- Relevant Findings:
 - The study proposes screening for mental health issues as part of the primary care practice as well as offering on-site mental health care. Culturally centered integrated care needs to enforce the perspectives and values of the client to ensure everyone is treated equally and with respect. The authors propose five models of culturally centered integrated care: 1) Four Quadrant Model: primary and behavioral health care intersect in each level (behavioral care offered in a primary setting and primary care offered in a behavioral setting). 2) IMPACT: Client's primary care physician works with a behavioral care team. 3) Chronic Care Model: influence patient-centered home model. 4) Patient-Centered Medical Home: emphasizes family and compassion on all levels of care. 5) Cherokee Health Systems: an integrated setting with all care in one location.

Title: Stigmatizing Attitudes Towards Mental Illness Among Racial/Ethnic Older Adults in Primary Care

- Author: Jimenez, D. E., Bartels, S. J., Cardenas, V., and Alegria, M
- Year Published: 2013
- <https://doi.org/10.1002/gps.3928>
- Research Purpose: This study examines to what extent race/ethnicity is associated with differences in: (1) perceived stigma of mental illness; and (2) perceived stigma for different mental health treatment options.
- Sample Frame: Participants are who completed the SAMHSA Mental Health and Alcohol Abuse Stigma Assessment, developed for the PRISM-E (Primary Care Research in Substance Abuse and Mental Health for the Elderly) study. The final sample consisted of 1,247 non-Latino Whites, 536 African-Americans, 112 Asian-Americans, and 303 Latinos.
- Relevant Findings:
 - African-Americans and Latinos expressed greater comfort in speaking to primary care physicians or mental health professionals concerning mental illness compared to non-Latino Whites. Asian-Americans and Latinos expressed greater shame and embarrassment about having a mental illness than non-Latino Whites. Asian-Americans expressed greater difficulty in seeking or engaging in mental health treatment.

Title: Collaboration in Culturally Responsive Therapy: Establishing A Strong Therapeutic Alliance Across Cultural Lines

- Author: Anu Asnaani, M.A. and Stefan G. Hofmann, Ph.D.
- Year Published: 2013
- <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3641707/>

- Research Question: What is required to establish a strong therapeutic alliance across cultural lines?
- Sample Frame: This report looks at several qualitative studies as well as two semi-experimental studies where patients were treated with culturally adapted therapy models and non-culturally adapted therapy models.
- Relevant Findings:
 - Their analysis produced several guidelines and recommendations for culturally adapted therapy models for patients of color:
 - Conduct a thorough culturally informed but person-specific functional assessment of presenting problem.
 - In the scope of mental health, the research looks to emphasize the need to ensure the cultural competency of those delivering psychological treatments.
 - Engage in self-education about specific cultural norms and consult the literature for culture-specific treatment techniques.
 - Ensure adequate and effective training of therapists in cross-cultural competency.
 - Explore the patient's perspective on both seeking psychological treatment, and the nature of the therapeutic relationship.
 - Be aware of the importance of respect in the cross-cultural therapy setting
 - Identify and incorporate client's culturally related strengths and resources into treatment.
 - Identify and utilize technique-specific cultural modifications.

Title: California Mental Health and Substance Use System Needs Assessment

- Author: Technical Assistance Collaborative
- Year Published: 2012
- <https://www.dhcs.ca.gov/provgovpart/Documents/1115%20Waiver%20Behavioral%20Health%20Services%20Needs%20Assessment%203%201%2012.pdf>
- Research Question: Review the needs and service utilization of current Medicaid recipients and identify opportunities to ready Medi-Cal, California's Medicaid program
- Sample Frame: The report used data from the State's Department of Alcohol and Drug Programs' California Outcomes Measurement System Treatment (CalOMS Tx) database, and the Department of Mental Health's Client and Services Information (CSI) data set, along with U.S. Census data from the year 2000 of "public use micro data samples" to describe public use micro data areas (PUMA). PUMAs have approximately 100,000 people as a minimum
- Relevant Findings:
 - California's differences from national data reflect differences in demographics, particularly regarding African American people (California has a lower proportion than nationally) and Hispanic people (California has a higher proportion than nationally).

- There are cultural/linguistic and regional variations in access to services.
- When compared to overall serious mental illness (SMI) needs, White and African American groups are served in higher proportions (17% and 31% respectively) than are Asian, Native American, or Hispanic populations (6%, 13% and 8% respectively). This issue is compounded by the relative lack of cultural/linguistic capacity among providers and practitioners in California.
- For substance use prevalence, the ethnic and geographic variations are similar.
- The proportion of Hispanic youth participating in Medi-Cal behavioral health services is substantially lower than the proportion of White or African American youth.
- When compared to the population served by the public mental health system, Caucasians and Asian/Pacific Islanders have been found to be overrepresented in the workforce, while Hispanic/Latino and African Americans were underrepresented.

Title: Latino Mental Health in the United States: A Community-Based Approach

- Author: Melissa Cristal Mercado-Crespo, MSc, MA Cristina Bartolomei Tara Hacker, MSPH Emilia Gianfortoni Liany Elba Arroyo, MPH, CPH
- Year Published: 2010
- <https://www.unidosus.org/wp-content/uploads/2021/07/latinomentalhealthintheunitedstates.pdf>
- Research Purpose: The purpose of this research is to contribute to an increased understanding of the challenges that Latinos in the United States face in accessing mental health services and taking care of their mental health.
- Sample Frame: N/A, literature review
- Relevant Findings:
 - Latinas had higher rates of depression than women of other ethnicities, and higher rates than Latino men. Latinas who are married or in a long-term relationship are less likely to experience symptoms of depression. The report also found that English-speaking Latinos were more likely to experience mental health issues than those who only spoke Spanish, signaling a potential correlation between acculturation and worsening mental health for Latinos. The report found that strong familial ties and strong ties to church or other spiritual organizations tend to reduce the utilization of mental health treatments, as family and religion often assume this role. Spanish-speaking Latinos were significantly more likely to be dissatisfied with their medical services than English-speaking Latinos. Using “promotores de salud” or “health promoters” that are members of the community to increase awareness and availability of resources has proven effective in increasing access to needed treatments.

Title: The Experience of Black Consumers in the Mental Health System—Identifying Barriers to and Facilitators of Mental Health Treatment Using the Consumers’ Perspective

- Author: Liat Ayalon and Jennifer Alvidrez
- Year Published: 2007
- <https://doi.org/10.1080/01612840701651454>
- Research Purpose: The goal of the present study was to uncover the experience of Black consumers in the mental health system. Specifically, in how consumers' experiences are translated into barriers to and facilitators of mental health service use.
- Sample Frame: Thirty-four (34) seriously mentally ill Black consumers were interviewed as part of a larger study to develop an intervention to reduce stigma about mental illness among seriously mentally ill Black consumers in San Francisco County. Those who self-identified as Black, were over the age of 18, and had self-reported experience with county mental health services (assessment and/or treatment) were eligible to participate in this study.
- Relevant Findings:
 - Consumers were able to identify both facilitators and barriers to mental health service use. They also were able to use their own experiences in the mental health system and to suggest ideas for improvement of services as well as ideas for other potential consumers who may face similar challenges.
 - Major themes identified: 1) Psychosocial Barriers to Mental Health Treatment; 2) System Barriers; 3) Facilitators of Mental Health Services

Title: Patient Ethnicity and the Identification and Active Management of Depression in Late Life

- Author: Joseph J. Gallo, MD, MPH; Hillary R. Bogner, MD, MSCE; Knashawn H. Morales, ScD; et al
- Year Published: 2005
- <https://jamanetwork.com/journals/jamainternalmedicine/fullarticle/486715>
- Research Purpose: Black Americans are more likely to obtain mental health care from a primary care physician than from a mental health specialist. We investigated the association of ethnicity with the identification and active management of depression among older patients.
- Sample Frame: Cross-sectional survey of 355 older adults with and without significant depressive symptoms. At the index visit, the physician's ratings of depression and reports of active management were obtained on 341 of the 355 patients who completed in-home interviews.
- Relevant Findings:
 - Older Black patients were less likely than older White patients to be identified as depressed (unadjusted odds ratio [OR], 0.40; 95% confidence interval [CI], 0.25-0.63) and their depression was less likely to be actively managed in the 6 months before the interview (unadjusted OR, 0.63; 95% CI, 0.19-2.16). In multivariate models that controlled for potentially influential characteristics such as patient age, sex, marital status, level of education, functional status, physical health, severity of depressive symptoms, severity of anxiety symptoms, attitudes about depression,

number of office visits in the last 6 months, and the physician's rating of how well they knew the patient, the associations of identification (OR, 0.25; 95% CI, 0.17-0.39) and management (OR, 0.57; 95% CI, 0.19-1.77) with patient ethnicity remained substantially unchanged.

Title: Barriers to Mental Health Care Access in an African American Population

- Author: Vicki Hines-Martin, Mary Malone, Sanggil Kim and Ada Brown-Piper
- Year Published: 2003
- <https://pubmed.ncbi.nlm.nih.gov/12623684/>
- Research Purpose: This paper reports findings regarding the barriers to mental health services, how those barriers affected the help-seeking process, and the importance of those barriers for the study participants.
- Sample Frame: 24 African American from a NINR-funded qualitative study
- Relevant Findings:
 - Barriers were identified at three levels-**Individual, Environmental, and Institutional**. Fourteen barrier categories were identified within those levels with three categories common to the majority of participants.
 - The barrier categories most frequently reported were related to **Thoughts/Knowledge Deficit, Beliefs/Attitudes/Values, and Family/Significant Others/Community**.

Title: Latina Self-Reported Mental Health and Delay in Health Care in a New Latino Destination

- Author: Janine M. Jurkowski, Emily Leckman Westin and José Rossy-Millán
- Year Published: 2002
- <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2887096/>
- Research Purpose: This study sought to understand whether depression and/or anxiety was associated with delays in routine health care, independent of other important factors; acculturation, and presence of current chronic health conditions in Latinas.
- Sample Frame: 1,164 Latino adolescents
- Relevant Findings:
 - **Most (70%) reported delaying healthcare**, and self-reported depression/anxiety was associated with a 3.1-fold increase in delay, after adjusting for current health status, acculturation, age, education, and place of birth.
 - **Mental health disparities exist among Latinas**, which are related to **delays in the use of health care**.
 - A gap exists regarding **health education interventions** for Latinas.

Title: Mental Health Service Use by African American Women: Exploration of Subpopulation Differences

- Author: Matthews, A. K., and Hughes, T. L.
- Year Published: 2001
- <https://doi.org/10.1037/1099-9809.7.1.75>

- Research Purpose: This study examined rates and patterns of mental health service use.
- Sample Frame: 70 African American lesbian women and a matched sample of 40 heterosexual women.
- Relevant Findings:
 - **African Americans seek professional mental health services at rates lower than those of Whites**
 - 50% of ethnic minority clients drop out of treatment following their initial session, compared with a 30% dropout rate for European Americans
 - However, regardless of need, **women who were less educated, younger, and had a close family network were least likely** to receive needed professional help.
 - Compared with Whites, **African Americans report higher levels of mistrust, negative attitudes and fear of being hospitalized** associated with use of professional mental health services.
 - The most common reason for seeking help reported by both lesbian and heterosexual women was **feeling sad or depressed**.
 - Thirty percent of lesbian and 44% of heterosexual women reported that **they had considered, but did not seek, therapy or counseling**.
 - Reasons for not seeking help include lack of insurance coverage for mental health services, "cost of therapy", "lack of perceived need", "didn't know where to go", "kept putting it off and "didn't think it would help"
 - Despite evidence of substantial emotional distress, **relatively few African American lesbian and heterosexual women reported current use of mental health services**.

Title: **Barriers to Effective Mental Health Services for African Americans**

- Author: Lonnie R. Snowden
- Year Published: 2001
- <https://pubmed.ncbi.nlm.nih.gov/11859964/>
- Research Purpose: The present paper will analyze barriers to receiving appropriate and timely mental health care facing African American populations.
- Sample Frame: N/A, literature review
- Relevant Findings:
 - For many years, a dominant African American experience with mental illness and treatment was periodic confinement in psychiatric hospitals. Perhaps because of a history of self-reliance and mistrust of mental health providers, many African Americans appear to deny mental health problems. Mental illness retains considerable stigma and seeking treatment is not always encouraged. To improve African American access there appears to be a need for more and better public education, emphasizing that services and programs are available and that recipients are better off than those who abstain. Another response to improve African American access focuses on increasing the awareness of personnel providing mental health care.

Title: Priority Issues in Latino Mental Health Services Research

- Author: William A. Vega and Steven R. Lopez
- Year Published: 2001
- <https://link.springer.com/article/10.1023/A:1013125030718>
- Research Question: This paper identifies issues and trends affecting the quality and comprehensiveness of Latino mental health research and services.
- Sample Frame: N/A, literature review
- Relevant Findings:
 - Progress in the field requires coordination and investments from both public and private sectors. Scientific journals should provide assistance for creating a high-quality knowledge base and rapidly disseminating this information to students, practitioners, and policy makers. Vigorous activity is needed to (1) augment the supply of people entering the “pipeline” for researcher and practitioner training, and (2) support research in priority areas such as outcome studies for diverse treatments and different sectors of care, cultural competence, treatment models for youth and aging populations, quality of care, and barriers to mental health care.

Title: The Use of Inpatient Mental Health Services by Hispanic Women

- Author: Nancy Felipe Russo, Hortensia Amaro and Michael Winter
- Year Published: 1987
- <https://doi.org/10.1111/j.1471-6402.1987.tb00916.x>
- Research Purpose: This study aimed to examine the Hispanic gender differences in the use of mental health facilities.
- Sample Frame: Secondary analyses of data derived from independent surveys by the National Institute of Mental Health. These include patient surveys of admissions to state and county mental hospitals and private mental hospitals conducted July-October 1980, and surveys of discharges from the separate psychiatric inpatient services of nonfederal general hospitals conducted in February 1981. These surveys are based on two-stage probability samples of specialty mental health facilities and patients admitted to those facilities.
- Relevant Findings:
 - It is increasingly recognized that differences in the prevalence, etiology, diagnosis, and treatment of mental disorders across special population groups of women and minorities have implications for mental health researchers, professionals and policy makers. The findings here suggest that service delivery to Hispanics will not be effective unless the special needs and circumstances of Hispanic women are taken into account. Expanding the knowledge base with regard to the psychology of Hispanic women is requisite for understanding the use of mental health facilities by Hispanics.

Title: Stress and Trauma Toolkit: for Treating Hispanics in a Changing Political and Social Environment

- Author: Jorien Breur, M.D., Nubia Chong, M.D., Esperanza Diaz, M.D., Tatiana Falcone, M.D., Liz Garcia, M.D., Barbara Robles-Ramamurthy, M.D.
- Sponsor: American Psychiatric Association
- <https://psychiatry.org/psychiatrists/cultural-competency/education/stress-and-trauma/hispanics>
- Research Purpose: This introductory guide offers an array of topics that will be essential in understanding how to work with Hispanic/Latino populations experiencing stress and trauma in today's changing political environment. It provides basic information to raise awareness of the needs of special population patients and strategies to incorporate in care in psychiatric practices.
- Sample Frame: N/A, guidelines
- Relevant Findings:
 - Given the multiple risk factors already experienced among Hispanic immigrants, refusal to access needed care due to fear and efforts to remain “invisible” may only lead to worsened health outcomes.
 - Data have shown that Hispanics are disproportionately stopped and searched by law enforcement. Exposure to unfair law enforcement reduces trust in the government and increases the risk of health issues.
 - Data has also shown that anti-immigration policies, which can sometimes result in racial profiling, exacerbate perceived discrimination among Hispanics--including U.S.-born Hispanics.
 - Perceived anti-immigrant rhetoric and legislation, including efforts to rescind the Deferred Action for Childhood Arrivals (DACA) program, have affected health care utilization among vulnerable communities that feel targeted and persecuted by the government.

Title: **Hispanic/Latinx**

- Source: National Alliance on Mental Health
- <https://www.nami.org/Your-Journey/Identity-and-Cultural-Dimensions/Hispanic-Latinx>
- Relevant Findings:
 - 35.1% of Hispanic/Latinx adults with mental illness receive treatment each year compared to the U.S. average of 46.2%. This is due to many unique barriers to care.
 - In 2019, 20.0% of nonelderly Hispanic people had no form of health insurance.
 - For immigrants who arrive without documentation, the fear of deportation can prevent them from seeking help.
 - Many in the Latinx community are familiar with the phrase “la ropa sucia se lava en casa” (similar to “don’t air your dirty laundry in public”). Some people do not seek treatment for mental illness out of fear of being labeled as “locos” (crazy) or bringing shame and unwanted attention to their families. Additionally, faith

communities may be a source of distress if they are not well informed and do not know how to support families dealing with mental health conditions.

Title: The Effects of Racial Trauma on Mental Health: Deaths Captured on TV and Media

- Source: National Alliance on Mental Health
- <https://www.nami.org/Your-Journey/Identity-and-Cultural-Dimensions/Black-African-American/The-Effects-of-Racial-Trauma-on-Mental-Health-Deaths-Captured-on-TV-and-Media>
- Relevant Findings:
 - The complexities associated with the re-traumatization of Black people, and the broadened awareness of social and racial injustices, have ballooned to create a societal awakening. However, becoming mentally overwhelmed and susceptible to extended trauma or other mental health issues related to this continued exposure is prevalent as well.
 - Despite being currently five to six generations removed from slavery, the trauma of enslavement was so severe that it implanted a psychological and social shock in the minds of Black people. Current generations still carry the scars mentally and socially.