Examining Culture and Mental Health Services Utilization among Indians: A Rapid Systematic Review

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BACKGROUND

Mental Health Disorders in the United States
- Affects nearly 1 in 5 U.S. adults
- More than 50% of the U.S. population will be diagnosed in their lifetime

The Indian Culture
- Mental health is a taboo subject
- Stigma surrounding mental health is prominent
- Indians have the lowest rate of mental health services utilization in the U.S.

RESEARCH QUESTION

What is the effect of culture on mental health services utilization by Indians living in the United States?

METHODS

Databases: PubMed & PsycInfo
Inclusion/Exclusion Criteria: Published primary studies, English language, U.S. based studies on Asian Indians
Keywords: Indian Americans, South Asians, immigrants, sociocultural factors, health services accessibility, treatment barriers, mental health services

RESULTS

<table>
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<tr>
<th>First Author (Year)</th>
<th>Study Design</th>
<th>Purpose</th>
<th>Study Population</th>
<th>Key Findings</th>
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<td>Conrad (2005)</td>
<td>Structured interviews</td>
<td>See how culture affects help-seeking behaviors</td>
<td>Professional caregivers of Asian Indians in a psychiatric hospital</td>
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<td>Frey (2006)</td>
<td>Cross-sectional</td>
<td>Assess how perceived prejudice and acculturation relate to help resource utilization</td>
<td>Asian Indian international graduate students</td>
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<td>Loya (2010)</td>
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<td>Determine if stigma affects counseling</td>
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<td>Mann (2017)</td>
<td>Mixed methods</td>
<td>Assess mental health based on gender roles</td>
<td>Asian Indian women living in central California</td>
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<td>Rastogi (2014)</td>
<td>Focus groups</td>
<td>Identify facilitators and barriers to mental health treatment</td>
<td>Mental health clinicians of South Asian patients</td>
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<td>Shoemaker (2017)</td>
<td>Semi-structured interviews</td>
<td>Understand perception of mental health counseling</td>
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<td>Turner (2016)</td>
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<td>See if parents’ past use of psychotherapy influences their children’s use</td>
<td>Asian Indian parents who had used mental health services before</td>
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<td>Varghese (2015)</td>
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<td>Examine the effect of religion on help-seeking attitudes</td>
<td>Indian Orthodox Christians</td>
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Mental health stigma
- Shame and embarrassment
- Mixed quantitative results based on study populations

Religious beliefs
- Karma
- Spirituality

Gender roles
- Lack of self-esteem and insecurity
- Defer the decision to their spouses

Acculturation
- Strong national identity and cultural belief system
- Mixed quantitative results

DISCUSSION

Moving forward, mental health services utilization of Indians can be increased through:
- Community education about mental health to decrease stigma
- Creating a better linkage to care through PCPs
- Establishing culturally sensitive and competent care

LIMITATIONS

- Narrow focus on the effects of culture on mental health services utilization
- Various study populations of Indians living in the U.S.

ACKNOWLEDGEMENTS

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*References furnished upon request*