

Exploring Cultural Responsiveness in e-Mental Health Resources for Depression & Anxiety

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Aim

Visible minorities often experience challenges such as a lack of culturally tailored resources. Visible minorities completed a survey to gather information about their online mental health use or lack of use, their digital health literacy, mental health difficulties, and overall satisfaction with current mental health practices. With this on-going study, we hope to use their experiences and recommendations to support the creation of new online mental health resources and services.



Context

In the Metro Vancouver visible minorities make up 49% of the population, culturally responsive e-mental health services may have great impact. Such services could provide further support for visible minorities to address symptoms of anxiety and depressive disorders and help limit mental illness stigma within their communities. Patient recommendations will help facilitate cultural adaptation of mental health resources and provide guidelines to support the creation of culturally responsive e-mental health services.

Methods

We conducted a cross-sectional survey of e-mental health use and cultural responsiveness of the resources participants use. Focus groups will be held to take the inquiry to a deeper and experiential level.

Inclusion Criteria for Participants:

1. Have used treatments for anxiety and depressive symptoms
2. Be over the age of 19
3. Speak and read/write in English on their own or with assistance
4. Identify as a visible minority
5. Be a BC resident within the Lower Mainland

Findings

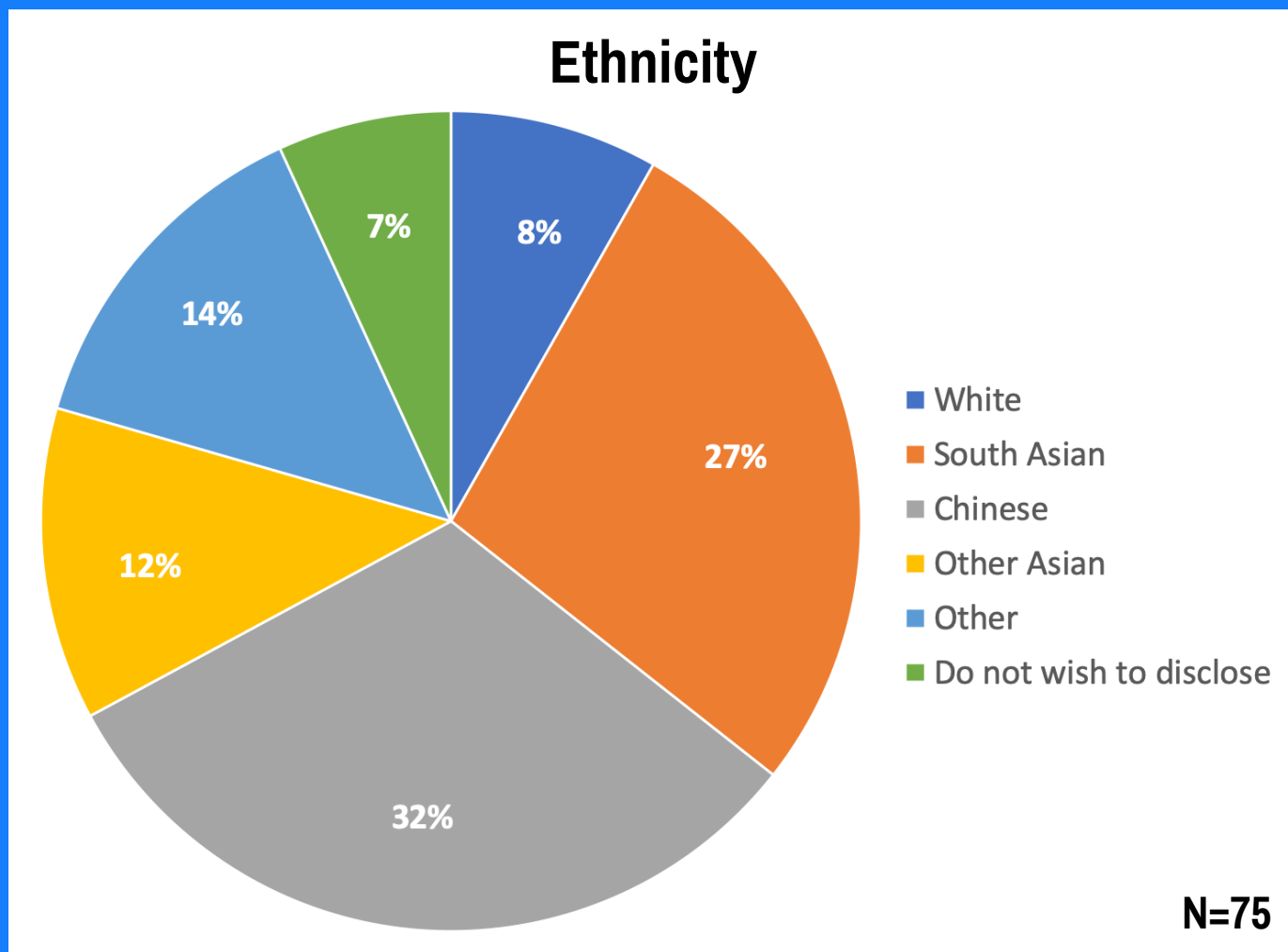


Figure 1. Participants ethnicity

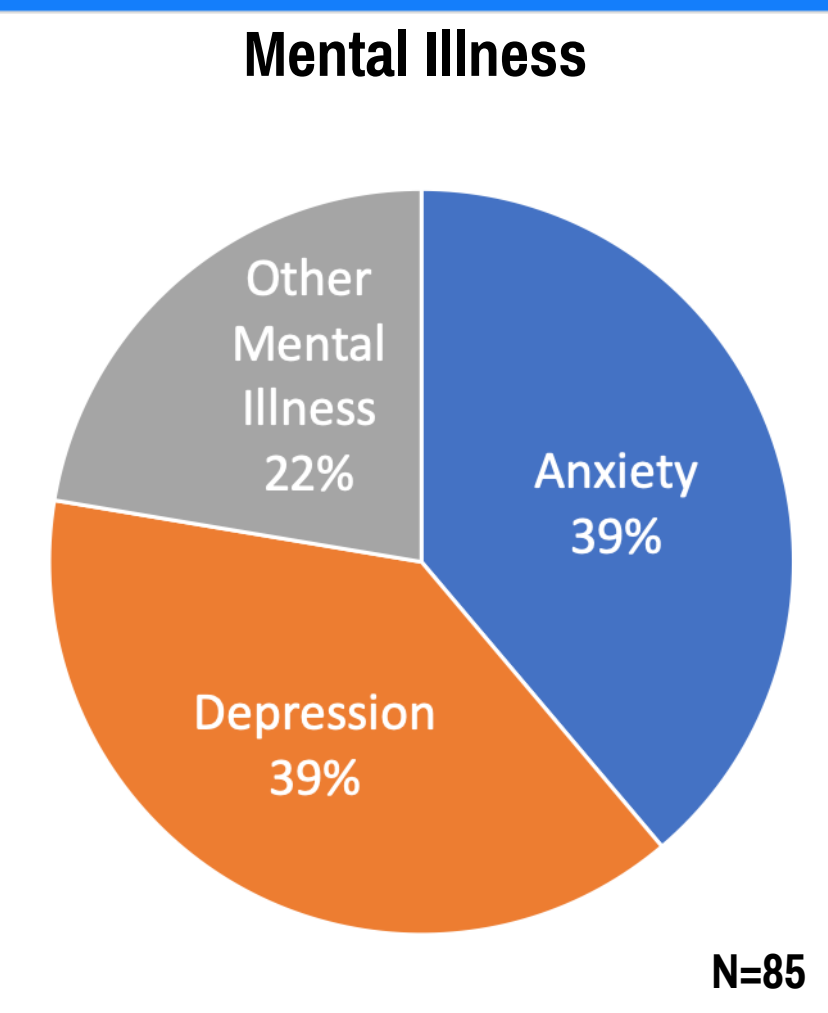


Figure 2. Participants reported mental illness diagnosis

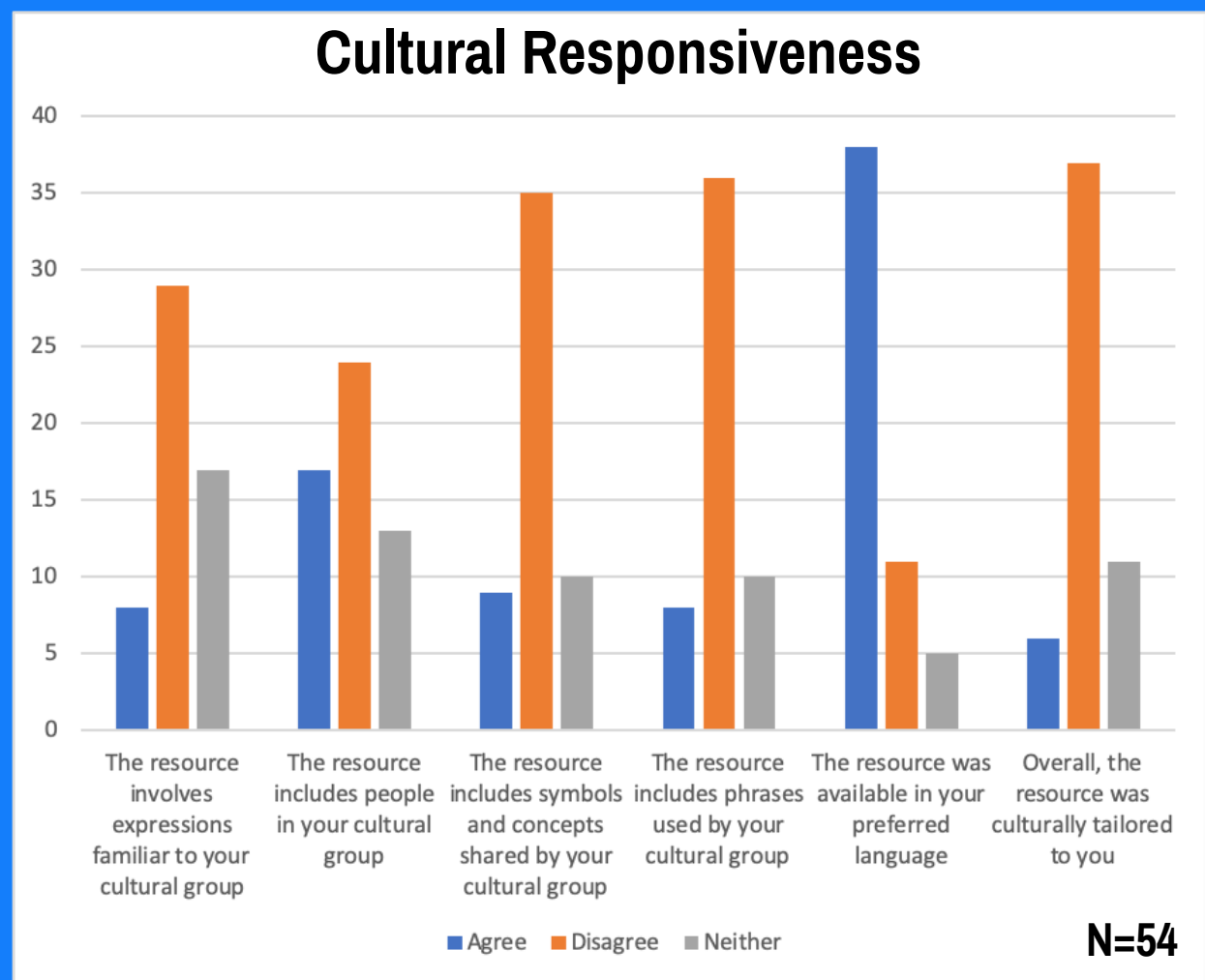


Figure 3. Participants who used e-mental health report cultural responsiveness

Discussion

- Some participants enjoy e-mental health's accessibility and convenience
- Some participants stated e-mental health's lack of personalization and difficulty keeping up with it
- Some participants suggested including discussions of discrimination and family dynamics

Conclusion

- Study is on-going (<http://bit.ly/ubccreda>)
- Participants have clear suggestions for improvement of resources
- These findings may help create effective resources in the future
- More research is required in the area of e-mental health and visible minorities

Challenges

- Completion rate of 55% (N=119)
- Online survey means participants already have some understanding of using technology
- Survey fatigue
- Recruitment challenges



"As a racialized woman, more resources to support me when encountering stigma from family, and ways to help them understand my perspective and needs"

— Participant

Acknowledgements

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