

## Information om Transkulturel Psykiatri, oktober 2008

### NYHEDER

#### Diagnose: kulturel forstyrrelse

Informations netavis 24. oktober 2008 / Johanne Mygind

Tosprogede børn bliver ikke diagnosticeret med ADHD, for lærere og pædagoger opfatter deres symptomer som et udtryk for kulturelle forskelle og familieproblemer. Til gengæld dukker de etniske minoriteter med ubehandlede ADHD diagnoser op på de lukkede institutioner  
Når blonde Emil farer forvirret rundt, ikke kan koncentrere sig mere end fem minutter ad gangen og ødelægger forholdet til de andre børn i børnehaven, slår lærere og pædagoger alarm: Sådant en opførsel kan være udtryk for en udviklingsforstyrrelse og må undersøges nærmere.  
Helt anderledes er reaktionen, hvis drengen hedder Ahmed og er søn af arabiske flygtninge. Hans opførsel bliver tolket som et normalt udtryk for en kultur, hvor folk ikke kan opdrage drengebørn ordentligt, og derfor havner han ikke i det børnepsykiatriske system.  
læs artiklen her : <http://www.information.dk/169627>

#### 'Jeg var iraner, og dermed en patriark, der ikke kunne opdrage min søn'

Informations netavis 24. oktober 2008 / Johanne Mygind

Hamid Farah Bakhsh løb panden mod en mur, da han ville have sin søn undersøgt for ADHD.  
Sagsbehandlerne mente, at problemerne stammede fra drengens forhold til familien.  
"Normalt er jeg meget påpasseligt med at bruge ordet racisme, men holdningen blandt sagsbehandlerne var, at jeg var iraner og dermed en mandschauvinistisk patriark, som ikke kunne finde ud af opdrage min søn," fortæller den iranskfødte psykolog Hamid Farah Bakhsh, som arbejder på den psykiatriske afdeling i Brønderslev sygehus og har sin egen psykologiske praksis ved siden af.  
læs artiklen her : <http://www.information.dk/169637>

#### Smart, men udskaeldt indhug mod venteliste

Århus Stiftstidendes netavis 25. oktober 2008 / Jørgen Bollerup Hansen

Regionsrådet vil bringe ventetid på halvandet år for traumatiserede flygtninge i Århus ned - men metoden udløser kritik.  
300 traumatiserede flygtninge slås med depression, søvnløshed og angst, mens de venter på at komme i behandling. Dem, der venter længst, er i Århus, hvor de venter i halvandet år. Det skal der nu gøres noget ved. Regionsrådet har vedtaget et nyt fælles undersøgelses- og behandlingskoncept, der skal øge kapaciteten.  
læs artiklen her : <http://stiften.dk/apps/pbcs.dll/article?AID=/20081025/AAS/771433498>

#### Rusmisbruket er tabu

NRKs hjemmeside 14. oktober 2008 / Krisin Granbo, Åsa Vartdal

Misbruket er stort, skjult og tabufisert blant innvandrere, sier venstrepolitikerens Abid Q. Raja. Raja mener rusmisbruk blant innvandrere blir et ekstra stort problem fordi rusmidler i seg selv er tabubelagt i disse miljøene.  
4000 personer står i kø for å få hjelp til sine rusproblem, og en stor del av disse er innvandrere.  
læs artiklen her : <http://www.nrk.no/nyheter/1.6261889>

#### Telefon-terapi kan erstatte tolke

Århus Stiftstidendes netavis 25. oktober 2008

Det overvejes at bruge telefon-terapi for at slippe for at bruge tolke i behandling af traumatiserede flygtninge i Region Midtjylland. Ideen er blandt andet inspireret af Sverige, hvor man finder psykiatere, der taler patienternes modermål - enten i Sverige eller udlandet - og etablerer en telemedicinsk ordning, så patient og psykiater kan mødes over nettet, eventuelt med direkte visuel kontakt via en computerskærm.

»Jeg vil rose initiativet. Vi ved, det kan give problemer at bruge tolke, da patienterne kan opleve, at det er pinligt at fortælle om deres oplevelser til en tolk. Så de først komme ind til kernen i problemet, når de kan tale direkte med en psykiater,« siger Anne V. Kristensen, Venstres ordfører i regionsrådet.

Muligheden for at lave en fællesregional uddannelse for tolke til brug i psykiatrien er også under overvejelse.

## Undersøgelse af khat-forbruget blandt indvandrere med somalisk baggrund

Als Researchs hjemmeside

**Projektperiode:** November 2008 – februar 2009

**Opdragsgiver:** Sundhedsstyrelsen

**Projektmedarbejdere:** Helle Rahbæk Asserhøj, Jacob Als Thomsen

Undersøgelsen skal afdække omfanget af khat-forbruget blandt borgere med somalisk baggrund i Danmark, herunder hvilke grupper (mht. køn, alder, familiesituation, arbejdsmarkedstilknytning og uddannelsesforhold), der bruger khat, forbrugets omfang og karakter. Undersøgelsen vil begrænse sig til somaliere i Århus, Odense, Kolding Ålborg og København. Der er tale om en flersproglig spørgeskemaundersøgelse, suppleret med en mindre interviewundersøgelse.

## LITTERATUR

### ARTIKLER FRA FAGLIGE TIDSSKRIFTER

#### Adjustment to trauma exposure in refugee, displaced, and non-displaced Bosnian women

Schmidt, Martina; Kravic, Nera; Ehlert, Ulrike

##### Abstract

The war in Bosnia resulted in the displacement of millions of civilians, most of them women. Ten years after the civil war, many of them are still living as refugees in their country of origin or abroad. Research on different refugee groups has continuously reported persistent levels of posttraumatic stress disorder (PTSD) and other mental health problems in this population. The present study compared PTSD and self-concept in Bosnian refugee women (n=29) with women who were internally displaced (IDP; n=26) and non-displaced women (n=32). Data were collected using the Bosnian Trauma Questionnaire and four scales assessing self-esteem, perceived incompetence, externality of control attribution, and persistence. IDPs scored significantly higher on PTSD symptoms, externality of control attribution and perceived incompetence, and lower on self-esteem than both refugee and non-displaced women. The level of education most strongly predicted PTSD symptom severity, followed by the type of displacement, and exposure to violence during the war. Associations of self-concept with displacement and psychopathology were inconsistent, with type of displacement predicting control attributions but not other aspects of self-concept and PTSD symptoms being partly related to perceived incompetence and self-esteem. These results support previous findings stating that, in the long run, refugees show better mental health than IDPs, and that witnessing violence is a traumatic experience strongly linked to the development of PTSD symptoms. Results further indicate that education plays an important role in the development of PTSD symptoms. Associations of control attributions and type of displacement were found; these results have not been previously documented in literature.

**Keywords** Posttraumatic stress - Self-concept - Bosnia - Women – War

**Archives of women's mental health 11(4), 269-276, 2008**

#### Antidepressant use in black and white populations in the United States

González, Hector M.; Croghan, Thomas; West, Brady; Williams, David; Nesse, Randolph; Tarraf, Wassim; Taylor, Robert; Hinton, Ladson; Neighbors, Harold; Jackson, James

##### Abstract

##### Objective

The study objective was to estimate the prevalence and correlates of antidepressant use by black and white Americans.

##### Methods

Data from the Collaborative Psychiatric Epidemiology Surveys (CPES) were analyzed to calculate nationally representative estimates of past-year antidepressant use by black and white Americans ages 18 years and older (N=9,723).

##### Results

Among individuals with depressive and anxiety disorders in the past year (N=516), black respondents (14.6%) had significantly lower ( $p<001$ ) antidepressant use than white respondents (32.4%). Depression severity was significantly associated with higher antidepressant use for white but not for black respondents. Psychiatric disorders and vascular disease significantly increased the odds of past-year antidepressant use. The increased prevalence of antidepressant use associated with vascular disease was independent of diagnosable psychiatric disorders. Among respondents not meeting criteria for depressive and anxiety disorders in the past year, lifetime depressive and anxiety disorders and vascular disease significantly increased the odds of antidepressant use.

## Conclusions

Few white and fewer black Americans with depressive and anxiety disorders received antidepressant treatment. Higher depression severity was associated with more antidepressant use for white but not for black respondents. Antidepressant use was associated with medical conditions related to vascular disease, and these medical conditions were independent of coexisting psychiatric conditions. The results also indicate that many antidepressants are used for maintenance pharmacotherapy for depressive and anxiety disorders as well as common medical conditions associated with vascular disease.

**Psychiatric services 11(10), 1131- 1138, 2008**

## Beck Depression Inventory II : evaluation of the psychometric properties and cut-off points in a Turkish adult population

Kapci, Emine Gul; Uslu, R.; Turkcapar, H.; Karaoglan, A.

### Abstract

Numerous studies have been previously conducted to assess the Beck Depression Inventory-II's [BDI II; Beck et al., 1996] psychometric properties. However, none of these studies has examined whether the original cut-off scores were applicable to other cultures. Thus, in addition to evaluating its psychometric properties, we also determined the cut-off scores of the BDI II for the Turkish population. Data from nonclinical ( $n=362$ ) and clinical psychiatric outpatients diagnosed as depressive disorder according to DSM-IV criteria ( $n=176$ ) were gathered. Analyses for internal consistency and test-retest reliabilities and for convergent and discriminant validities were computed. Two confirmatory factor analyses, one derived from the present exploratory factor analyses and the other proposed in the original study were conducted for both groups. A receiver operating characteristics curve was utilized to determine the cut-off scores for the Turkish population revealing 0-12 for minimal, 13-18 for mild, 19-28 for moderate and 29-63 for severe depression. The internal consistency for the nonclinical and clinical groups were .90 and .89, respectively; test-retest stability was also high ( $r=.94$ ). Convergent and discriminant validity results were satisfactory. Findings confirmed the present model for the clinical group and equally confirmed both models for the nonclinical group. Furthermore, the cut-off scores to classify minimal, mild, moderate, and severe depression were quite akin to the cut-off points previously suggested for the American population. Taken as a whole our findings revealed that BDI II has sound psychometric properties and comparable cut-off scores for the Turkish population.

**Keywords** Beck Depression Inventory-II - psychometric study – reliability – validity - cut-off scores  
**Depression and anxiety 25(10), e104–e110, 2008**

## Depression outcomes of Spanish- and English-speaking Hispanic outpatients in STAR\*D

Lesser, Ira; Zisook, Sidney; Flores, Deborah; Sciolla, Andres; Wisniewski, Stephen; Cook, Ian; Epstein, Marcy; Rosales, Aurora; Gonzalez, Carlos; Trivedi, Madhukar; Luther, James; Alpert, Jonathan; Rush, A. John

### Abstract

#### Objective

This secondary data analysis from the Sequenced Treatment Alternatives to Relieve Depression (STAR\*D) study compared clinical characteristics and outcome after citalopram treatment for Hispanic outpatients whose language preference was English ( $N=121$ ) or Spanish ( $N=74$ ).

#### Methods

Data for Hispanic outpatients with nonpsychotic major depression were gathered from two STAR\*D regional centers. Participants received citalopram for up to 14 weeks, with dosage adjustments based on routine clinical assessments. Efforts were made to achieve remission with a measurement-based care approach, with adjustments symptoms and side effects.

#### Results

Spanish speakers were older, were more likely to be women, were less educated, had lower income, had more medical burden, and were more likely than English speakers to be seen in primary care rather than in psychiatric clinics. Compared with Spanish speakers, English speakers had more previous suicide attempts and more family history of mood disorders. The groups did not differ in a clinically meaningful way in severity of depression. Before adjustment for baseline differences, Spanish-speaking participants had lower rates of and slower times to remission and response compared with English speakers. After adjustment for baseline variables, these differences were no longer significant. Relapse rates did not differ between groups.

#### Conclusion

Compared with English-speaking Hispanic patients, Spanish-speaking Hispanic patients may have a less robust response to antidepressants. The reasons for this are not clear but may include more disadvantaged social status. The degree to which these results can be generalized to other Hispanic populations or to other non-English-speaking groups remains to be seen.

Psychiatric services 59(11), 1273-1284, 2008

## Depressive and anxiety disorders in different ethnic groups : a population based study among native Dutch, and Turkish, Moroccan and Surinamese migrants in Amsterdam

De Wit, Matty A. S.; Tuinebreijer, Wilco C.; Dekker, Jack; Beekman, Aart-Jan T. F.; Gorissen, Wim H. M.; Schrier, Agnes C.; Penninx, Brenda W. J. H.; Komproe, Ivan H.; Verhoeff, Arnoud P.

### Abstract

#### Introduction

To explore ethnic differences in psychopathology, this study examined the prevalence of depressive and anxiety disorders among different ethnic groups in Amsterdam and determined whether ethnic differences can be explained by socio-demographic differences.

#### Methods

A population-based sample of 321 Dutch, 231 Turkish, 191 Moroccan, 87 Surinamese/Antilleans was interviewed by well-trained bilingual interviewers, using the CIDI 2.1. Educational level and income were used as indicators of socio-economic status.

#### Results

The weighed 1-month prevalence of depressive and/or anxiety disorders was 6.6% (Dutch), 18.7% (Turkish), 9.8% (Moroccans) and 1.2 % (Surinamese/Antilleans). Among Moroccans, the prevalence of affective disorders seemed higher in men than in women, among the Turkish the opposite was observed. Ethnic differences in prevalence could not be explained by socioeconomic differences.

#### Conclusion

Turkish women and men and Moroccan men in Amsterdam seem to have a higher risk of current affective disorders. Ethnicity is an independent predictor of common mental disorders in the Netherlands.

**Keywords** depressive disorder - anxiety disorders - ethnic groups - population

**Social psychiatry and psychiatric epidemiology 43(11), 905-912, 2008**

## Determinants of mental health consultations among recent Chinese immigrants in British Columbia, Canada : implications for mental health risk and access to services

Chen, Alice W. Kazanjian, Arminée; Wong, Hubert

### Abstract

Linked immigration and health administrative databases were analyzed to study the factors associated with the rate of mental health consultations with physicians in 1992–2001 of over 150,000 Chinese immigrants in British Columbia, Canada. Results showed that number of years since landing and rate of non-mental health visits to general practitioners were the most consistent variables associated with mental health consultations to general practitioners and psychiatrists in all sex and age groups. Other variables associated with the rate of consultations were age, place of origin, educational level, marital status and English skill. Supply of physicians was not observed to be associated with mental health consultations. The findings are consistent with Andersen's behavioral model of health care utilization and introduce components specially pertinent to immigrants and mental health service utilization. They also highlight sub-populations among immigrants who may be at risk of experiencing mental health problems or encountering barriers to care.

**Keywords** Chinese – Immigrants - Mental health - Health service utilization - Determinants

**Journal of immigrant and minority health 10(6), 529-540, 2008**

## Disparity in depression treatment among racial and ethnic minority populations in the United States

Alegria, Margarita; Chatterji, Pinka; Wells, Kenneth; Cao, Zhun; Chen, Chih-nan; Takeuchi, David; Jackson, James; Meng, Xiao-Li

### Abstract

#### Objective

Prior research on racial and ethnic disparities in depression treatment has been limited by the scarcity of national samples that include an array of diagnostic and quality indicators and substantial numbers of non-English-speaking individuals from minority groups. Using nationally representative data for 8,762 persons, the authors evaluated differences in access to and quality of depression treatments between patients in racial-ethnic minority groups and non-Latino white patients.

### Methods

Access to mental health care was assessed by past-year receipt of any mental health treatment. Adequate treatment for acute depression was defined as four or more specialty or general health provider visits in the past year plus antidepressant use for 30 days or more or eight or more specialty mental health provider visits lasting at least 30 minutes, with no antidepressant use.

### Results

For persons with past-year depressive disorder, 63.7% of Latinos, 68.7% of Asians, and 58.8% of African Americans, compared with 40.2% of non-Latino whites, did not access any past-year mental health treatment (significantly different at  $p < .001$ ). Disparities in the likelihood of both having access to and receiving adequate care for depression were significantly different for Asians and African Americans in contrast to non-Latino whites.

### Conclusions

Simply relying on present health care systems without consideration of the unique barriers to quality care that ethnic and racial minority populations face is unlikely to affect the pattern of disparities observed. Populations reluctant to visit a clinic for depression care may have correctly anticipated the limited quality of usual care.

**Psychiatric services 59(11), 1264-1272, 2008**

## Ethnic differences in mental health service use among White, Chinese, South Asian and South East Asian populations living in Canada

Tiwari, Suresh K.; Wang, JianLi

### Abstract

#### Background

Health services in Canada are publicly funded. However, the use of health services, especially mental health services, by ethnic minority groups in Canada, has not been well studied.

#### Objectives

The objectives of the study were to estimate the 12-month prevalence of mental health service use by ethnicities, overall and among those with major depression, and to identify factors associated with mental health services use in different ethnic groups in Canada.

#### Methods

Data from the Canadian Community Health Survey (CCHS-1.1) were used. Participants included in this analysis were white who were born in Canada ( $n=108,192$ ), white immigrants ( $n=10,892$ ), Chinese ( $n=1,785$ ), South Asian ( $n=1,214$ ), and South East Asian immigrants ( $n=818$ ). Participants were selected using multiple staged, stratified random sampling procedures from household residents aged 12 years or older in ten provinces.

#### Results

White people were more likely to have used mental health services than Chinese participants and those from South Asian and South East Asian regions. The Chinese participants appeared to be less likely to have used mental health services than those in the South Asian and South East Asian groups, in those without major depression.

#### Conclusions

In Canada, Asian immigrants are less likely to use mental health service use than white people. More studies are needed to examine factors affecting mental health service use in Asian immigrants living in North America.

**Keywords** ethnic differences - mental health service use - major depressive episode – prevalence - Asian immigrants

**Social psychiatry and psychiatric epidemiology 43(11), 866-871, 2008**

## Experiences of immigrant new mothers with symptoms of depression

Ahmed, Amalm; Stewart, Donna E.; Teng, Lilly; Wahoush, Olive; Gagnon, Anita J.

### Abstract

Refugee, asylum seeking, non-refugee, and immigrant new mothers with depressive symptoms, were interviewed in a qualitative study to better understand their (a) experiences and attributions of depressive symptoms, (b) their experiences with health care providers and support services, (c) factors that facilitated or hindered help seeking, (d) factors that aided recovery or (e) were associated with women continuing to experience symptoms of depression. Ten immigrant new mothers who scored 10 or over on the Edinburgh Postpartum Depression Scale shortly after giving birth, participated 12 to 18 months later in postpartum semi-structured interviews which were taped, transcribed and analyzed using a constant comparative approach. Many women attributed their depressive symptoms to social isolation, physical changes, feeling overwhelmed and financial worries. They had poor knowledge of community services. Barriers to care included stigma, embarrassment, language, fear of being labeled an unfit mother, or the attitude of some staff. Facilitators to recovery included social support from friends, partners and family, community support groups, "getting out of

the house", or personal psychological adjustment. Personal and systematic barriers exist in new immigrant mothers obtaining care for symptoms of depression. Suggestions for improvements are offered.

**Keywords** Immigrant new mothers - Depression symptoms - Help-seeking - Qualitative  
**Archives of women's mental health 11(4), 295-303, 2008**

## Japanese version of the Perceived Stress Scale : cross-cultural translation and equivalence assessment

Mimura, Chizu; Griffiths, Peter

### Abstract

#### Background

This paper describes the development of a Japanese version of the Perceived Stress Scale (PSS), and examines the equivalence between the original and translated version. The PSS is one of the few instruments to measure a global level of perceived stress, and has been widely used in a range of clinical and research settings. The PSS has already been translated into several languages, but there is no validated Japanese version.

#### Methods

A forward-backward procedure was implemented. Multiple forward and backward translations were produced, and a panel of reviewers verified conceptual and semantic equivalence between the source and final versions. Non-professional translators who were not brought up in bilingual families were used in order to enhance representativeness of language in the target populations. The PSS was administered to 222 native English speakers and the Japanese version (PSS-J) to 1320 native Japanese speakers.

#### Results

Factor analysis showed similar factor loadings of the items and satisfactory factorial agreement between the PSS and PSS-J. Cronbach's alpha coefficient was high for both versions and for each factor. **Conclusion** It is concluded that the PSS and PSS-J are substantially equivalent and suited for use in comparative cross-cultural studies.

**BMC psychiatry 8(85), 7pp., 2008**

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## Long-term effects of organized violence on young Middle Eastern refugees' mental health

Montgomery, Edith

### Abstract

The pre- and post-displacement factors associated with psychological problems among young refugees are not clear. From the existing research it appears that refugee children and adolescents are vulnerable to the effects of pre-migration exposure to trauma, but the long-term effects of such exposure are mediated by certain risk and protective factors at the individual, family and community level. The aim of the present study was to assess the influence of traumatic experiences before emigration, as well as social life after immigration, on the mental health of young Middle Eastern refugees 8–9 years after immigration into Denmark. The study group comprises 131 young refugees (76 girls and 55 boys; mean age 15.3 years) from 67 families. They were assessed in 2000–2001 as part of a follow-up study of 311 children, who in 1992–1993 were consecutively registered in Denmark as asylum seekers with at least one parent. Predictors of more externalizing behaviour were: witnessing attack on others after arrival, more schools attended, less attending school or work, lower mother's education in the home country and lower age. Predictors of more internalizing behaviour were: numbers of types of traumatic events before arrival, numbers of types of stressful events after arrival, and numbers of types of experiences of discrimination, lower mother's education in the home country, fewer Danish friends, not Muslim or Christian religion, less Danish proficiency and female gender. It is concluded that aspects of social life in Denmark, including mother's education and indicators of adaptation, as well as a stressful life context in exile, including discrimination, predicted psychological problems 8–9 years after arrival, more than traumatic experiences before arrival. Thus, the prevention of psychopathology in young refugees depends to a large extent on the political will to make provision for the necessary changes regarding reception and treatment of refugees.

**Keywords:** Refugees; Mental health; Adolescents; Organized violence; Middle East;

**Social science and medicine 67(10), 1696-1603, 2008**

## Maternal, not paternal, PTSD is related to increased risk for PTSD in offspring of Holocaust survivors

Yehuda, Rachel; Bell, Amanda; Bierer, Linda M.; Schmeidler, James

## **Abstract**

### **Background**

A significant association between parental PTSD and the occurrence of PTSD in offspring has been noted, consistent with the idea that risk for the development of PTSD is transmitted from parent to child. Two recent reports linking maternal PTSD and low offspring cortisol prompted us to examine the relative contributions of maternal vs. paternal PTSD in the prediction of PTSD and other psychiatric diagnoses in offspring.

### **Methods**

One hundred seventeen men and 167 women, recruited from the community, were evaluated using a comprehensive psychiatric battery designed to identify traumatic life experiences and lifetime psychiatric diagnoses. 211 of these subjects were the adult offspring of Holocaust survivors and 73 were demographically comparable Jewish controls. Participants were further subdivided based on whether their mother, father, neither, or both parents met diagnostic criteria for lifetime PTSD.

### **Results**

A higher prevalence of lifetime PTSD, mood, anxiety disorders, and to a lesser extent, substance abuse disorders, was observed in offspring of Holocaust survivors than controls. The presence of maternal PTSD was specifically associated with PTSD in adult offspring of Holocaust survivors. However, other psychiatric diagnoses did not show specific effects associated with maternal PTSD.

### **Conclusion**

The tendency for maternal PTSD to make a greater contribution than paternal PTSD to PTSD risk suggests that classic genetic mechanisms are not the sole model of transmission, and paves way for the speculation that epigenetic factors may be involved. In contrast, PTSD in any parent contributes to risk for depression, and parental traumatization is associated with increased anxiety disorders in offspring.

**Keywords:** Parental PTSD; Maternal PTSD; Intergenerational transmission of trauma; Holocaust survivors; Depressive disorder; Prevalence

**Journal of psychiatric research 42(13), 1104-1111, 2008**

## **Patient ethnicity and perceptions of families and friends regarding depression treatment**

Bogner, Hillary; Dobransky, Larissa N.; Wittink, Marsha N.

## **Abstract**

### **Objective**

Black Americans are less likely than white Americans to seek professional treatment for depression. Whether treatment recommendations are sought and implemented by patients will be influenced by the role families and friends play in diagnostic acceptance and treatment decisions. We investigated the association of ethnicity with the perceived need for treatment of depression by family and friends of older primary care patients.

### **Design**

Cross-sectional survey of 355 older adults with and without significant depressive symptoms was conducted. At the baseline visit, family and friends' ratings of apathy and need for depression treatment were obtained on 314 of the 355 patients (88% response rate) and examined according to ethnicity. Participants were interviewed using standardized measures of chronic medical conditions, functional status, and psychological status.

### **Results**

Older black patients compared to older white patients were less likely to be rated as needing depression treatment by their family and friends (odds ratio (OR)=0.34; 95% confidence interval (CI)=[0.18, 0.64]) adjusting for depressive symptoms, cognition, functional status, and other potentially influential characteristics.

### **Conclusions**

Our study suggests that patient ethnicity may play a role in a family member's or friend's perceived need for depression treatment of older adults who present in the primary care setting. Further study of attitudes, expectations, and values of patients and family members or friends in primary care settings may help elucidate the interplay of physician, patient, and family member or friend.

**Keywords:** ethnicity; aged; depression; mental health services; primary health care

**Ethnicity and health 13(5), 465-478, 2008**

## **Patterns of help-seeking behavior for anxiety disorders among the Chinese speaking Australian community**

Ho, Ka Po; Hunt, Caroline; Li, Stephen

## **Abstract**

### **Background**

The utilization of mental health services is low among Chinese immigrants in Australia, yet their help-seeking pattern has not been investigated. The aims of this study were to describe the delay among Chinese immigrants in seeking treatment for an anxiety disorder and to compare the results with previous research from the general population in Australia.

## Methods

Forty-nine participants were recruited from the community. Their demographic data, DSM-IV diagnosis and help-seeking patterns were assessed by a self-report questionnaire and the CB-SCID (Chinese-bilingual Structured Clinical Interview Schedule for the DSM-IV).

## Results

The average length of the delay for treatment was 7.04 years and the average time to problem recognition was 8.07 years. The most common barriers to help-seeking reported by Chinese immigrants include a lack of knowledge about available treatment, being unable to afford the cost of the treatment, and having no transportation to access the service. The most frequently endorsed reason for help-seeking was "I recognized the problem was anxiety". General medical practitioners were most commonly their first professional contact.

## Conclusions

The time taken for Chinese immigrants in Australia to seek help was typically long, suggesting a similar help-seeking delay to the Australian general population. However, different barriers to help-seeking emerged, suggesting that Chinese immigrants would benefit from education about the symptoms of psychiatric disorders and available treatments.

**Keywords** help-seeking - anxiety disorders - Chinese immigrants - Australia

**Social Psychiatry and psychiatric epidemiology** 43(11), 872-877, 2008

## Pharmacological treatment to prevent and treat post-traumatic stress disorder

Bisson, Jonathan I.

### Abstract

Pharmacological treatments do have a role to play in the treatment of PTSD. Several agents have been shown to be superior to a placebo and many PTSD sufferers do appear to benefit from medication. The overall effect sizes are relatively small. It is to be hoped that in the future better pharmacological agents will be developed.

### Introduction

In recent years there has been a large increase in the amount of research looking at the neurobiology of post-traumatic stress disorder (PTSD). We now know that certain areas of the brain become active at the time of trauma, resulting in emotional and behavioural responses, and changes in neurochemicals and hormones. The amygdala, for example, is involved in the normal fear response, determines the significance of external stimuli and triggers responses such as fight, flight and freezing. These responses lead to alterations in stress hormones, neurochemicals and activity in other parts of the brain, such as the hippocampus and medial prefrontal cortex. One hypothesis is that in PTSD there is a failure of other networks to regulate amygdala reactivity, resulting in hyper reactivity to threat commonly seen in PTSD sufferers.<sup>1</sup> Some, but not all studies have suggested that cortisol levels are lower in PTSD sufferers than in individuals without PTSD, <sup>2</sup> and that there is adrenergic overactivity shortly after traumatic events. Our current knowledge of the neurobiology of PTSD, although not complete, suggests that certain drugs should be able to prevent its development and reduce its symptoms.

**Keywords:** Neurobiology, PTSD, controller trials, guidelines

Torture 18(2), 104-106, 2008

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## Political violence, psychosocial trauma, and the context of mental health services use among immigrant Latinos in the United States

Fortuna, Lisa R.; Porche, Michelle V.; Alegria, Margarita

### Abstract

#### Objectives

We present the prevalence of exposure to political violence (PV) among Latino immigrants in the US, and perceived need for and correlates of mental health services use among this population.

#### Methods

We use the National Latino and Asian American Study (NLAAS), a nationally representative epidemiological survey of US Latinos, including a probability sample of 1630 immigrant Latinos. Our conceptual framework assumes a strong role of social and cultural factors in understanding the risk for psychopathology and mental health service use.

#### Results

Eleven percent of all immigrant Latinos reported PV exposure and 76% described additional lifetime traumas. Among those with a history of PV, an increased likelihood of using mental health services was associated with female gender, English language proficiency, experiencing personal assaults, higher perceived discrimination, and having an anxiety or substance disorder. Latino men and specific subgroups of Latinos were less likely to access mental health services after experiencing PV. Perceived need for mental health services use is the

strongest correlate of any lifetime and last-12-months service use.

### **Conclusions**

Individuals who come from countries with a history of political violence often have multiple traumatic experiences. This suggests a need for systematic screening for trauma and related psychiatric disorders. Specific outreach interventions focused on perceptions of need could be helpful for subgroups of Latinos including men who are particularly underrepresented in mental health services but who exhibit significant trauma histories.

**Keywords:** political violence; Latino; immigrant; trauma; mental health services use

**Ethnicity and health 13(5), 435-463, 2008**

## **Predicting transitory mood from physical activity level among people with severe mental illness in 2 cultures**

Mccormick, Bryan P.; Frey, Georgia; Lee, Chien-Tsung; Chun, Sanghee; Sibthorp, Jim; Gajic, Tomislav; Stamatovic-Gajic, Branka; Maksimovich, Milena

### **Abstract**

#### **Background**

Previous studies have indicated that physical activity (PA) is positively related to health-related quality of life and well-being among people with severe mental illness (SMI). Physical activity is broadly defined in this research as any skeletal muscle movement resulting in energy expenditure, including common daily activities such as housework and gardening, as well as walking for transportation and formal exercise. Although the physical health benefits of PA are well documented, evidence suggests that PA provides psychological benefits as well.

#### **Aims**

The purpose of this study was to identify if PA level was associated with transitory mood in the everyday lives of people with SMI across two cultures.

#### **Methods**

Subjects were drawn through mental health centres in Serbia ( $n = 12$ ) and the USA ( $n = 11$ ). Data were collected using both experience sampling methodology and accelerometry. Data were analyzed using hierarchical linear modelling.

#### **Results**

Subjects demonstrated low levels of PA, which did not differ significantly between groups. Hierarchical analysis indicated that PA remained significantly positively associated with mood after accounting for individual variation, and this was consistent across groups.

#### **Conclusions**

This study reinforces previous findings that people with SMI demonstrate low PA levels generally. It also supports the consideration of physical activity interventions as a regular part of psychiatric rehabilitation. It appears that increased PA may have the potential to affect both physical health and mood among people with SMI.

**Key Words:** physical activity –mood - experience sampling - accelerometry

**International journal of social psychiatry 54(6), 528–538, 2008**

## **Process of immigrant adjustment : the role of time in determining psychological adjustment**

Markovizky, Gila; Samid, Yuval

### **Abstract**

This study examines the role played by length of residence in determining the psychological adjustment of 382 new immigrants from the former Soviet Union during their first 2 years in Israel. Psychological adjustment was evaluated using longitudinal ( $n = 133$ ) and cross-sectional ( $n = 382$ ) designs. The findings partially support the U-curve 3-stage social adjustment model (Lysgaard, 1955). The first stage, occurring from the first days up to 5 months in the new country, is the deterioration stage. The second stage, occurring between 5 and 11 months, is the low well-being stage. The third stage, occurring after more than 11 months, is the recovery stage. Significant differences in psychological adjustment exist between the first and second stages.

**Key Words:** immigration - length of residence - psychological adjustment - stressful situation - adaptation

**Journal of cross-cultural psychology 39(6), 783-798, 2008**

## **Race-ethnicity and diagnosis as predictors of outpatient service use among treatment initiators**

Elwy, A. Rani; Ranganathan, Gayatri; Eisen, Susan V.

## Abstract

### Objective

This study examined the relationship between race-ethnicity, psychiatric and substance abuse symptoms and diagnoses, and number of outpatient visits for mental health or substance abuse problems in the two months after intake. Data were examined from clients who had an initial intake visit at one of 12 outpatient mental health or substance abuse treatment sites in each of the four U.S. census regions.

### Methods

The sample included 1,899 patients with a new intake to outpatient mental health or substance abuse programs between May 2001 and June 2002. Demographic characteristics and symptom and problem difficulty, including alcohol or drug use, were assessed at intake with the revised 24-item Behavior and Symptom Identification Scale (BASIS-24) as part of a continuous quality improvement program. *DSM-IV* diagnoses and number of outpatient visits in the two-month period after intake were extracted from medical records or administrative databases.

### Results

Diagnoses were available for 1,807 patients. Non-Latino black clients and Latino clients reported worse symptoms of psychiatric disorders and substance use disorders at intake than non-Latino white clients, but race-ethnicity was not associated with the number of outpatient visits. Having a diagnosis of a substance use disorder, alone or with another mental disorder, and baseline symptom severity were associated with a greater number of outpatient treatment visits in the two months after intake.

### Conclusions

This study did not find racial or ethnic disparities in service use among clients who had already initiated outpatient mental health or substance abuse treatment. These findings suggest that racial and ethnic disparities in mental health care may be due to treatment-seeking rates, that more emphasis should be placed on ensuring that treatment is available and accessible, and that those who need treatment are activated to initiate it.

**Psychiatric services 59(11), 1285-1291, 2008**

## Relation between body mass index, mental health, and functional disability : a European population perspective

Bruffaerts, Ronny; Demyttenaere, Koen; Vilagut, Gemma; Martinez, Montserrat; Bonnewyn, Anke; De Graaf, Ron; Haro, Josep Maria; Bernert, Sebastian; Angermeyer, Matthias C.; Brugha, Traolach; Roick, Christine; Alonso, Jordi

## Abstract

### Objective

To examine the association between body mass, mental disorders, and functional disability in the general population of 6 European countries.

### Method

Data ( $n = 21\,425$ ) were derived from the European Study on the Epidemiology of Mental Disorders (ESEMeD). The third version of the Composite International Diagnostic Interview was administered to assess mental disorders (mood, anxiety, and alcohol disorders) according to the Diagnostic Statistical Manual of Mental Disorders-fourth edition, body mass index (BMI) ( $\text{kg}/\text{m}^2$ , based on self-reported height and weight), and functional disability in the previous 30 days, assessed with the World Health Organization Disability Assessment Scale—second version.

### Results

About 3% of the respondents were underweight ( $\text{BMI} < 18.5 \text{ kg}/\text{m}^2$ ), 53% had normal weight ( $\text{BMI} 18.5$  to  $24.9 \text{ kg}/\text{m}^2$ ), 33% were overweight ( $\text{BMI} 25$  to  $29.9 \text{ kg}/\text{m}^2$ ), and the remaining 12% met criteria for obesity ( $\text{BMI} \geq 30.0 \text{ kg}/\text{m}^2$ ). Compared with individuals of normal weight, obese individuals were more likely to have mood (OR 1.3; 95%CI, 1.0 to 1.8) or more than one mental disorder (OR 1.4; 95%CI, 1.0 to 2.2). BMI had no impact on work loss days, whereas mental disorders had a considerable effect on work loss days.

### Conclusions

This is the first cross-national study investigating the role between BMI, mental disorders, and functional disability in the general population. Being overweight or obese is a common condition in the 6 ESEMeD countries. Although there is a moderate association between obesity and mental disorders, BMI did not independently influence functional disability.

**Canadian journal of psychiatry 53(10), 679-688, 2008**

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## Suicidal attempters and non-attempters with bipolar disorder in Iran

Ghanizadeh, Ahmad; Sahraian, Ali

## Abstract

This is the study of the prevalence of suicidal attempt and its demographic association in bipolar disorder (BPD) subjects in an emergency department in a non-Western culture. The subjects were 176 adults with

DSM-IV BPD-type I (BPD-I). The mean age was 30.2 years and 66.2% of them were male. About 33.9% of the subjects made a suicidal attempt at least once in their life. The majority of suicide attempters (69.8%) had only one suicidal attempt. Lifetime suicidal attempts were not associated with age, gender, level of education, residential area, and type of occupation. The rate of suicidal attempt in the bipolar patients is very high and it is very similar to the rates reported in other cultures. It seems that the association of suicidal attempt in BPD is less related to the culture than the disorder itself.

**keywords** : bipolar disorder - suicidal attempt – epidemiology - Iran  
**Depression and anxiety 25(10), e111–e114, 2008**

## Use of professional and informal support by African Americans and Caribbean Blacks with mental disorders

Woodward, Amanda Toler; Taylor, Robert Joseph; Bullard, Kai McKeever; Neighbors, Harold W.; Chatters, Linda M.; Jackson, James S.

### Abstract

#### Objectives

This study investigated the use of professional services and informal support among African Americans and Caribbean blacks with a lifetime mood, anxiety, or substance use disorder.

#### Methods

Data were from the National Survey of American Life. Multinomial logistic regression was used to test the utilization of professional services only, informal support only, both, or neither. Analyses controlled for sociodemographic characteristics, disorder-related variables, and family network variables.

#### Results

The analytic sample included 1,096 African Americans and 372 Caribbean blacks. Forty-one percent used both professional services and informal support, 14% relied on professional services only, 23% used informal support only, and 22% did not seek help. There were no significant differences in help seeking between African Americans and Caribbean blacks. Having co-occurring mental and substance use disorders, having a severe disorder in the past 12 months, having more people in the informal helper network, and being female increased the likelihood of using professional services and informal supports. When men sought help, they were more likely to rely on informal helpers. Marital status, age, and socioeconomic status were also significantly related to help seeking.

#### Conclusions

The significant proportion of black Americans with a mental disorder who relied on informal support alone, professional services alone, or no help at all suggests potential unmet need in this group. However, the reliance on informal support also may be evidence of a strong protective role that informal networks play in the lives of African Americans and Caribbean blacks.

**Psychiatric services 59(11), 1292-1298, 2008**

## NYHEDSBREVE

### SYNERGY (2), 2008 / Multicultural Mental Health Australia

Temannummer om dobbeltdiagnoser

- **The highs and lows of former NSW Treasurer, Michael Costa**
- **CALD comorbidity clients not a challenge, but an opportunity** / By DAMEC CEO, Kelvin ChamberS
- **Mental health & substance use comorbidity: the frameworks for health approach** / By Brendan Pawsey
- **Co-exist NSW : a new diversity health comorbidity service** / Echo Morgan explains
- **Improving comorbidity services for CALD women** / By Wendy Shannon, Women's Health Services Consortium
- **From complexity to stability** / By Peter Higgs, Burnet Institute Senior Fellow
- **Poets corner** / By Ken Hua - In this edition, Heather Jacobson from the Drug and Alcohol Office in Western Australia and Dr Bernadette Wright from the WA Transcultural Mental Health Centre share their thoughts on cooling a *hot potato*: when alcohol, drugs and mental illness are laced with culture.

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## RAPPORTER

### The national comorbidity project

The National Comorbidity Project highlights the importance of comorbidity and identifies appropriate strategies and policy responses. The Project was funded jointly by the Drug Strategy and Population Health Social Marketing Branch and Mental Health and Special Programs Branch of the Commonwealth Department of Health and Aged Care. It brought together, for the first time, two government strategies – the National Drug

Strategy and the National Mental Health Strategy. The National Drug and Alcohol Research Centre coordinated the Project.

The first stage of the Project was to convene a national workshop on comorbidity that aimed to provide an opportunity for information sharing among key stakeholders in the area of comorbidity and identify clear actions to enable progression of issues and/or inform policy decisions. **MMHA Chair, A/Prof Abd Malak, was commissioned to write a chapter on comorbidity and cultural diversity where he made a list of recommendations to better cater for people from CALD communities. These included developing and implementing culturally appropriate and effective promotion and prevention strategies to reduce stigma, build awareness and increase health literacy. A/Prof Malak also recommended to identify and collaborate with key partners to coordinate service planning and delivery; and facilitate referrals between agencies. (p. 86-89)**

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### 3 er et umage par

Region Midtjyllands hjemmeside 29. oktober 2008

#### Tolke bør i højere grad inddrages som del af det sundhedsfaglige team

Hvis sundhedsvæsenets kommunikation med etniske minoritetspatienter skal styrkes, er der behov for at udvikle nogle rammer for tolkningen, der understøtter en mere professionel relation mellem tolke og sundhedsprofessionelle, uanset om tolkene er uddannede eller såkaldte familiære tolke.

Det er ifølge projektleder, antropolog Stina Lou, en af konklusionerne i en ny undersøgelse af tolkning i det danske sundhedsvæsen, som offentliggøres i dag af Center for Folkesundhed, Region Midtjylland.

- Når tolke indkaldes for at tolke mellem sundhedsfaglige og etniske minoritetspatienter venter de for eksempel jævnligt i venteværelset sammen med patienten. Derved defineres tolkene let som en slags pårørende til patienten, mens der tværtimod er brug for at de bliver knyttet tættere til det sundhedsfaglige team, siger Stina Lou. (lagt på www 30. oktober)

læs mere og download undersøgelsen "3 er et umage par" her :

<http://www.rm.dk/Om%20Regionen/Aktuelt/Nyheder?docid=28942>

### Videnscenter for psykotraumatologi : forretningsplan

Århus Universitet. Psykologisk Institut

Ask Elklit, oktober 2008

Et 39 siders baggrundsdokument for oprettelse af et nyt videnscenter, som blandt andet skal beskæftige sig med ptsd.

læs dokumentet på Folketingets hjemmeside her :

<http://www.folketinget.dk/doc.aspx?Samling/20081/almdel/SUU/bilag/28/index.htm>