ETHNICITY MENTAL HEALTH & COVID CHALLENGES

Dinesh Bhugra
Definitions

• Ethnicity is defined as belonging to a group with common ancestry who often have similar physical and cultural attributes such as physical features, rituals, norms and language etc.

• Self-ascribed and how an individual sees himself/herself

• Nationality refers to a political community sharing common origin or descent
Definitions

• Race: the term race is used in two ways: firstly as biological and secondly as socio-cultural

• Biological definition focuses on physical and genetic qualities, skin colour, hair texture, eye colour etc

• Sociocultural definition relates to geographical migration patterns
Definitions

• Socio-cultural perspective that characteristics, values and behaviours associated with physical characteristics serve the social purpose of providing a way for outsiders to view another group and how members of that group see themselves (Mio et al 2006)

• Racial groups are not genetically discrete, reliably measured or scientifically meaningful

• Feed into racism especially institutional and is about power and privileges
Definitions

• **Culture** is configuration of learned behaviours results of which are shared and transmitted by members of a particular society (Linton 1945)

• **Collective programming of mind distinguishing one category of people from another** (Hofstede 1984)

• **Set of distinctive, spiritual, material, intellectual and emotional features of society or a social group encompassing art, literature, lifestyles, value systems, traditions and beliefs** (UNESCO 2002)
Ethnicity and mental illnesses

• Rates of various psychiatric disorders are high in some BAME groups e. g. schizophrenia in African–Caribbeans,
• Deliberate self-harm in south Asians
• Depression among Bangladeshis and Pakistan heritage individuals
• East European groups
Ethnicity and mental illnesses

- Variations in rates have been attributed to a number of factors such as genetic, social, psychological etc
- Misdiagnosis, overdiagnosis, culture conflict, culture congruity, cultural consonance
- Racial life events, unemployment, discrepancy between aspiration and achievement
Ethnicity and mental illnesses

• Help-seeking delayed due to stereotypes, stigma, institutional and individual racism, varying models of illness in explanatory models.

• Even when seek help often treated with higher doses of medication, less access to talking therapies
Stereotyping

• Family looks after
• Overcrowding
• Unemployment but lower than seen in other ethic groups
Physical illnesses

• Higher rates of Diabetes mellitus
• Higher rates of Hypertension
• Higher levels of Obesity
• Other physical illnesses such as osteoarthritis, arthritis, COPD etc
Institutional Racism

• Blacks have been stopped more often during the lockdown
• Less likely to be listened to for whistleblowing
• More likely to be low paid frontline and care home staff especially Filipinos, East Europeans
Observations

• Asian/Asian British  1.5
• Black  1.7
• Mixed  1.6
• Others  non-white  1.3

• ALAMA  May 20, 2020
## Observations

- **BMI 30-34.9**: 1.4, 4 years added
- **35-39.9**: 1.6, 5 years added
- **> 40**: 2.4, 10 years added
Observations

• Diabetes Type 1
  • HbA1c≤58 mmol/mol in past year  2.0
  • HbA1c>58 mmol/mol in past year  2.7
  • HbA1c Unknown                  3.3

• Type 2
  • HbA1c≤58 mmol/mol in past year  1.5
  • HbA1c>58 mmol/mol in past year  2.0
  • HbA1c≤58 Unknown               2.3
Added years of Age

• Asian/Asian British  4
• Black  6
• Mixed  5
• Others  non-white  3

• ALAMA  May 20, 2020
Added years of Age

- **BMI 30-34.9** 4 years added
- **35-39.9** 5 years added
- **> 40** 10 years added
Added years of Age

- Diabetes Type 1
  - HbA1c ≤ 58 mmol/mol in past year  8
  - HbA1c > 58 mmol/mol in past year  11
  - HbA1c Unknown  13

- Type 2
  - HbA1c ≤ 58 mmol/mol in past year  4
  - HbA1c > 58 mmol/mol in past year  8
  - HbA1c ≤ 58 Unknown  9
Other issues

• Infectious diseases
• Changes in lifestyle, diet etc.
• Use of complementary medicines, smoking etc
Conclusions

• Ethnicity is extremely relevant in mental illnesses and physical illness
• Contribution to co-morbidities
• Culturally sensitive and culturally appropriate interventions