

CULTURAL BARRIERS, HELP-SEEKING BEHAVIORS, AND ACCESS TO MENTAL HEALTH PROGRAMS AMONG YOUNG ADULTS OF AFRICAN DESCENT

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Introduction

Abstract

- 1 in 3 young adults experienced mental illness
- 9.8% of young adults of African descent made use of and received mental health services
- African Americans less likely to seek mental health care
- Mental health professionals' have issues in assessing and comprehending African Americans' mental health needs.
- 1 in 5 people reports that the Pandemic had a negative impact on their mental health.

Aims of the Research

- To address lack of utilization of mental health services among young adults of African descent
- To explore the how cultural barriers, help-seeking behaviors, and access to mental health programs affect intention to seek mental health services for young adults of African descent.

Research Questions

- (1) To what extent do cultural factors (i.e., worldviews, cultural stigma, stereotype threat) serve as warriors to young collegiate adults?
- (2) How does intent to seek services become differ when moderated by cultural barriers, help-seeking behaviors, and access to mental health programs.

Method

Research Design

- This was a survey design study
- Snowball sampling
- Qualtrics (QR below)



Participants

Demographic characteristics	Percentage
Men	24.0% (n=6)
Women	76.0% (n=19)
African American	96% (n=24)
Other	4.0% (n=1)
Freshman	12.0% (n=3)
Sophomore	24.0% (n=6)
Junior	28.0% (n=7)
Senior	20.0% (n=5)
1 st year grad student	12.0% (n=3)
Other	4.07% (n=1)

Data Collection and Analysis

- Institutional Review Board (IRB) approval
- SPSS
- Pearson Correlation
- Multivariate Test

Results

Conclusion

- Multivariate test gave marginally significant effect. Using explored between-subjects, $p < .024$, rejecting the null hypothesis
- A marginally significant effect for the Barriers to Access to Care Evaluation (BACE-3)
- Negative correlation between Barriers and Mental Help-seeking Intention

Discussion

- Need for more culturally competent services to reduce the cultural barriers
- Barriers negatively affect African Americans and their help-seeking behaviors
- This study explored the effect of cultural barriers, help-seeking behaviors, and access to mental health programs among young adults of African descent. This study confirmed both hypotheses

Key References



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The research reported here was supported by the Institute of Education Sciences, U.S. Department of Education, through Grants R305B170017 and R305B210014 to Florida State University. The opinions expressed are those of the authors and do not represent views of the Institute or the U.S. Department of Education.

