

2016/2017 Summer Studentship Project Application Form

Send to: Research Office, University of Otago Christchurch, PO Box 4345, Christchurch, by 5pm on **4 July 2016**

Supervisor Information *(First named supervisor will be the contact):*

First Supervisor's Name and Title: Dr Geraldine Wilson

Department - UOC &/or CDHB (if applicable): University of Otago

Contact Supervisors Phone: 0276622066

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Contact Supervisors Mailing Address: 160 Bealey Ave, Christchurch 8013

Co-Supervisors Name and Title(s): Dr Lynley Cook (contact supervisor)

Research Category (Choose one category only – to be used for judging the students' presentations):

Clinical

Laboratory

Community - YES

Project Title (20 words MAXIMUM):

Canterbury's Culturally and Linguistically Diverse Communities' views about mental illness

Project Description:

Introduction:

Mental illness affects all communities and ethnic groups. It has been repeatedly observed here in Canterbury and across New Zealand that there are lower than expected rates of referral to primary mental health services than might be anticipated given the burden of mental illness for culturally and linguistically diverse communities (CALD).^{1,2} We define CALD here as *'People who do not speak English or Te Reo (Māori language) as their primary language, or who have been (or are being) raised in a different culture from the predominant one where they live'*³ and for the purposes of this project are not Pacific people.

There are likely to be a wide range of factors that influence low numbers being referred to these services. These include factors related to peoples understanding of mental illness, cultural values and ability to seek health services. It will also be due to characteristics of the services themselves such as the service's accessibility, approachability, availability, affordability and appropriateness.⁴ The scope of this project is to explore one of these factors - understandings of mental illness in culturally and linguistically diverse communities (CALD) - within the Canterbury context.

There is a parallel Pegasus sponsored summer studentship on Pacific peoples.

Aim:

The aim of this project is to describe beliefs about mental illness within some of Canterbury's CALD communities

Possible impact (in lay terms):

Health and mental health services need a good level of understanding of our diverse communities' views about their health in order to meet their health care needs. This research project will go some way to improve our .

understanding of how different communities understand mental illness and in turn help to improve access to health services

Method:

The methods for this research project will be two-fold:

- Literature review of CALD concepts and views of mental illness
- Interviews with 6-7 key informants that include CALD primary mental health service providers.