

Culturally appropriate leaflet for British Pakistanis accounting for their understanding of depression and help seeking



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Introduction

Previous Research highlights:

- British Pakistani communities are more likely to experience depression than British White communities (Fazil and Raymond, 2003)
- There is a need for prevention and proactive early engagement, encouraging a localised focus on tackling mental health inequalities within ethnic minority communities (NHS five year forward plan, 2015)

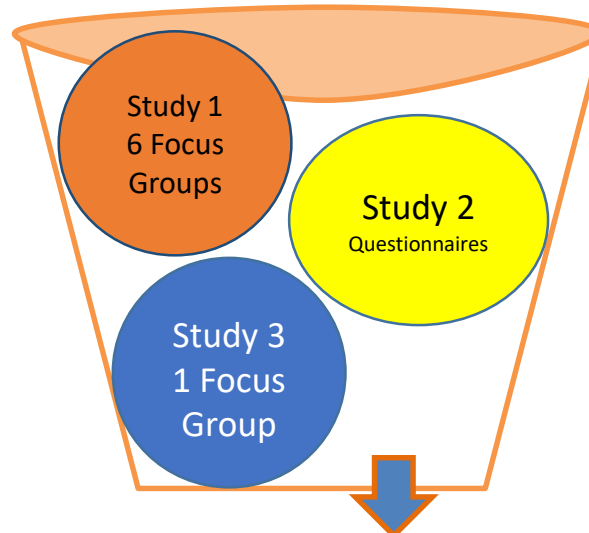
Aims and Objectives

- To enhance understanding of the cultural differences in the **conceptualisations of depression and help seeking** within British Pakistani communities
- To create a culturally specific depression information leaflet for **the British Pakistani Community**

Mixed Methods

Participants:

Individuals from newly settled or settled British Pakistani communities



19.34% of British Pakistanis live within the West Midlands accounting for 4.06% of the region's population (2011 census).

Researcher contact details

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Expected Outcomes

Researcher anticipates that this study will:

- Create awareness of the types of symptoms commonly associated with depression among British Pakistani's and identify help seeking factors that effect access to services
- Create a leaflet incorporating experiences of depression that are typically associated with cultural learnings in British Pakistani communities

Improvement to Local Services

- Provide insight to barriers in access to services
- Provide a culturally appropriate leaflet on depression for British Pakistani's
- Knowledge for psychological services creating person centered approaches for the treatment of depression