KMAN PUBLISHING INSTITUTE
Journal Website

Article history:
Received 16 July 2023
Revised 07 September 2023
Accepted 12 September 2023
Published online 01 October 2023

Journal of Psychosociological Research in Family and Culture

Volume 1, Issue 4, pp 1-3

E-ISSN: 3041-8550

Cultural Beliefs and Mental Health

Sergii. Boltivets[1]

[1] Chief Researcher of the Department of Scientific Support of Social Formation of Youth, Mykhailo Drahomanov University, Ukraine

*** Corresponding author email address**: sboltivets@ukr.net

A r t i c l e I n f o

Article type:
Letter to Editor

How to cite this article:
Boltivets, S. (2023). Cultural Beliefs and Mental Health. *Journal of Psychosociological Research in Family and Culture*, *1*(4), 1-3.
https://doi.org/10.61838/kman.jprfc.1.4.1

© 2023 the authors. Published by KMAN Publication Inc. (KMANPUB), Ontario, Canada. This is an open access article under the terms of the Creative Commons Attribution-NonCommercial 4.0 International (CC BY-NC 4.0) License.

A B S T R A C T

The intersection of cultural beliefs and mental health is a critical area of study, particularly as our societies become increasingly multicultural. Cultural beliefs significantly influence how individuals perceive mental health, seek treatment, and respond to interventions. This article explores the intricate relationship between cultural beliefs and mental health, highlighting recent research and implications for practice and policy. Cultural beliefs profoundly influence mental health perceptions, care, and treatment. Understanding these beliefs is essential for providing effective and culturally sensitive mental health services. As our societies become more diverse, it is imperative to integrate cultural competence into mental health policies, practices, and education. By doing so, we can ensure that mental health care is inclusive, equitable, and responsive to the needs of all individuals, regardless of their cultural backgrounds.

Keywords: *Cultural Beliefs, Mental Health, Interdisciplinary Studies.*

To the Editorial Board,

The intersection of cultural beliefs and mental health is a critical area of study, particularly as our societies become increasingly multicultural. Cultural beliefs significantly influence how individuals perceive mental health, seek treatment, and respond to interventions. This article explores the intricate relationship between cultural beliefs and mental health, highlighting recent research and implications for practice and policy.

Cultural beliefs play a crucial role in shaping individuals' perceptions of mental health. Different cultures have varying beliefs about what constitutes mental health and illness, which can influence how symptoms are recognized and understood. For instance, Cole et al. (2009) found that cultural health beliefs significantly impact self-reported mental health status and the utilization of mental health services among older adults from diverse ethnic backgrounds. These beliefs can either facilitate or hinder individuals' willingness to acknowledge mental health issues and seek appropriate care.

In many cultures, mental health issues are often stigmatized, leading to reluctance in seeking help. Brouwers et al. (2019) highlighted the challenges faced by individuals in disclosing mental health issues in the work environment due to fear of stigma and discrimination. This stigma can be

deeply rooted in cultural beliefs, making it difficult for affected individuals to openly discuss their mental health concerns (Brouwers et al., 2019).

Cultural beliefs not only influence the perception of mental health but also impact the delivery and effectiveness of mental health care. Gopalkrishnan (2018) emphasizes the importance of considering cultural diversity in mental health policy and practice. Health care providers need to be culturally competent to effectively address the mental health needs of diverse populations. This involves understanding and respecting cultural differences in health beliefs and practices (Gopalkrishnan, 2018).

Training in cultural psychiatry is essential for improving mental health care for migrants and culturally diverse populations. Bäärnhielm and Schouler-Ocak (2022) discuss the importance of such training in translating research into practical improvements in mental health care. By enhancing cultural competence among mental health professionals, we can bridge the gap between different cultural understandings of mental health and provide more effective and inclusive care (Bäärnhielm & Schouler-Ocak, 2022).

The adaptation of mental health treatments to align with cultural beliefs is crucial for their success. Cabassa and Baumann (2013) highlight the need for a two-way street between implementation science and cultural adaptations of mental health treatments. This involves modifying existing treatments to be culturally relevant and acceptable while ensuring they remain evidence-based and effective (Cabassa & Baumann, 2013).

For example, interventions that are culturally tailored to address specific beliefs and practices can improve engagement and outcomes among diverse populations. Üzar-Özçetin and Tee (2020) conducted a systematic review that underscores the importance of cross-cultural considerations in mental health care, demonstrating that culturally adapted interventions are more likely to be effective in diverse settings (Üzar-Özçetin & Tee, 2020).

The COVID-19 pandemic has exacerbated mental health issues globally, with significant impacts on migrant populations in Europe. Alarcão et al. (2022) conducted a scoping review focusing on the effects of the pandemic on the mental health and well-being of migrant populations. They found that cultural beliefs influenced how migrants perceived and responded to the pandemic, affecting their mental health outcomes. This underscores the need for culturally sensitive approaches in addressing mental health during crises (Alarcão et al., 2022).

Education plays a vital role in shaping cultural beliefs about mental health. Hansen et al. (2021) explored the impact of undergraduate students' culture on their learning about mental health. They found that students' cultural backgrounds influenced their attitudes towards mental health and their engagement with the curriculum. This highlights the importance of incorporating cultural competence training in educational programs to prepare future healthcare professionals to work effectively in diverse environments (Hansen et al., 2021).

Cultural beliefs profoundly influence mental health perceptions, care, and treatment. Understanding these beliefs is essential for providing effective and culturally sensitive mental health services. As our societies become more diverse, it is imperative to integrate cultural competence into mental health policies, practices, and education. By doing so, we can ensure that mental health care is inclusive, equitable, and responsive to the needs of all individuals, regardless of their cultural backgrounds.

Authors' Contributions

All authors equally contributed to this article.

Declaration

In order to correct and improve the academic writing of our paper, we have used the language model ChatGPT.

Transparency Statement

Data are available for research purposes upon reasonable request to the corresponding author.

Acknowledgments

None.

Declaration of Interest

The authors report no conflict of interest.

Funding

According to the authors, this article has no financial support.

Ethics Considerations

Not applicable.

References

Alarcão, V., Virgolino, A., Stefanovska–Petkovska, M., & Neves, J. (2022). Exploring the Effects of the COVID-19 Pandemic on Mental Health and Well-Being of Migrant Populations in Europe: An Equity-Focused Scoping Review. *Behavioral Sciences*, *12*(10), 393. https://doi.org/10.3390/bs12100393

Bäärnhielm, S., & Schouler-Ocak, M. (2022). Training in Cultural Psychiatry: Translating Research Into Improvements in Mental Health Care for Migrants. *Transcultural Psychiatry*, *59*(2), 111-115. https://doi.org/10.1177/13634615221089384

Brouwers, E. P. M., Joosen, M. C. W., Zelst, C. v., & Weeghel, J. v. (2019). To Disclose or Not to Disclose: A Multi-Stakeholder Focus Group Study on Mental Health Issues in the Work Environment. *Journal of Occupational Rehabilitation*, *30*(1), 84-92. https://doi.org/10.1007/s10926-019-09848-z

Cabassa, L. J., & Baumann, A. A. (2013). A Two-Way Street: Bridging Implementation Science and Cultural Adaptations of Mental Health Treatments. *Implementation Science*, *8*(1). https://doi.org/10.1186/1748-5908-8-90

Gopalkrishnan, N. (2018). Cultural Diversity and Mental Health: Considerations for Policy and Practice. *Frontiers in Public Health*, *6*. https://doi.org/10.3389/fpubh.2018.00179

Hansen, A., McGarry, D., Johnson, A., & Roche, M. A. (2021). The Impact of an Undergraduate Students' Culture on Their Learning About Mental Health: A Scoping Review. *Nursing and Health Sciences*, *23*(2), 352-361. https://doi.org/10.1111/nhs.12835

Üzar-Özçetin, Y. S., & Tee, S. (2020). A PRISMA-Drıven Systematıc Revıew for Determınıng Cross-Cultural Mental Health Care. *International Journal of Nursing Knowledge*, *31*(2), 150-159. https://doi.org/10.1111/2047-3095.12273