Mindful Continuing Education

Understanding Mental Health Issues Faced by Minority College Students

1. Within higher education, Black and Minority Ethnic (BME) students consistently face barriers in terms of accessing culturally appropriate services, including a lack of cultural understanding, where and how to seek help, and:

A. Mutual mistrust
B. Language or articulation obstacles
C. Communication issues
D. Lack of multicultural faculty, staff, and peers

2. At the university level, there has been an emerging pattern regarding the utilization of mental health services among ethnic minority groups, which points toward experiences and outcomes that are:

A. Unwelcoming and unsatisfying
B. Differential and inequitable
C. Limited and ineffective
D. Demoralizing and indistinct

3. According to the authors, similarities in the discriminatory experiences of Black and Minority Ethnic (BME) groups within the mental health system and higher education include each of the following EXCEPT:

A. BME services users have expressed dissatisfaction in both areas
B. They experience exclusion in both settings
C. The sense of belonging is lacking, which therefore leads them to withdraw
D. In both settings, BME individual are made to feel like disappointments if they ask for help rather than persevering

4. In many cases, BME students will have already traversed a somewhat problematic education system that has historically failed ethnic minority communities, and the terrain traversed can be traumatic and can cause mental fatigue, which can often reveal itself in the form of lower attainment, cultural pressures, and:

A. Increased anxieties
B. Social isolation
C. Fixation on negative thoughts and outcomes
D. Hypersensitivity

The Problem

5. Many BME students find it difficult to express race-related issues in academic settings because there tends to be a cultural and contextual disconnect in attempting to understand the nuances of racialized experiences.

A. True
B. False

6. Precipitating factors such as racial ascription, stereotyping, stigmatization, discrimination, hyper-surveillance, and a lack of access to opportunities regarding employment exacerbate mental health issues for ethnic minorities, and for BME students, mental wellness can become disrupted or compromised, as these factors impact their:

A. Aspirations
B. Worldview
C. Satisfaction with life
D. Relationships

The Barriers

7. Which of the following is NOT an accurate statement about assessment and diagnosis of mental illness among BME?

A. This population is more likely to experience involuntary treatment and to commonly enter mental health services via the criminal justice system
B. Because of stereotypes, ethnic minorities can be subject to inaccurate and negative summative psychological assessments
C. Many individuals from BME communities are reluctant to disclose any potential mental illnesses for fear of stigmatization
D. BME individuals are more likely than others to be underdiagnosed in cases of severe mental illness, which impedes much needed treatment

The Solutions

8. The development of safe spaces, which are non-judgmental, confidential spaces where people can disclose personal thoughts, feelings, and issues that might be affecting their well-being, is specifically recommended for BME students, as these protected spaces are always non-discriminatory areas where further misunderstandings and marginalization is prohibited.

A. True
B. False

Mental Health Support Available at Universities

9. Several personal and environmental factors were recognized as affecting access to mental health services for ethnic minorities within universities, including Inability to recognize symptoms of mental illness and stigmatization, gender differences, culture identity, and:

A. Poor quality care
B. High costs
C. Social networks
D. Poor access within the university

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10. Study participants reported that when interacting with clinicians, they felt the presence of oppressive instruments that maintained inequality and inequity at the expense of ethnic minorities, particularly:

A. Insensitivity and bias
B. Power and hierarchy
C. Inflexibility and aggression
D. Arrogance and superiority

Discussion

11. According to the study, a common occurrence for BME individuals experiencing mental illness is that they are often misdiagnosed because they may find it easier to understand and express mental distress in the context of:

A. Stress
B. Fatigue
C. Physical symptoms
D. Burnout

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12. Since mental health can often be perceived as a socially unacceptable topic for discussion within BME communities, creating greater cultural awareness that dismantles the dominant discourses concerning ethnic minorities and their association with mental health services is recommended.

A. True
B. False

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13. Each of the following is a correct statement about the potential impact of social networks within the BME community and the university spaces EXCEPT:

A. The possibility of social networks acting as a barrier or alternative to professional mental health services is supported by qualitative studies
B. Since individuals from a BME background are less likely to contact their GP about mental health issues, they may turn to social networks
C. This also may be due to feelings of marginalization and exclusion within universities, especially those situated within majority white populations
D. A lack of trust in mental health services subsequently encourages BME people to utilize anonymous sources on social networks as the first point of contact

Conclusions and Recommendations

14. Tangible actions that can that can promote greater equity within the healthcare profession include raising awareness of mental health issues while reducing stigma, raising awareness of services and access pathways, developing cultural cognizance and sensitivity, and:

A. Diversifying healthcare staff within the mental health services
B. Initiate the work at the federal and state level, where it is likely to have the greatest impact
C. Lean on community groups to be the primary contacts to develop ways to collate and disseminate information about mental health issues
D. University healthcare administrators must ensure that gaps are identified within the mental health service provision which highlight new and culturally appropriate interventions for ethnic minorities experiencing mental illness