Why this study?

- Auckland now more diverse than London & South Asian population is increasing
- 4.8% of the population accessing the mental health services at Counties Manukau Health are Indian. (Winnard et al. 2014)
- Listening to diverse cultural voices = learning.
- Current recovery literature focuses on individualism rather collectivist cultural norms and practices
- Limitations in current mental health practice and need for culturally responsive healthcare
- Limited South Asian mental health research

Study Question

“What is the process of recovery for South Asian people accessing mental health services in New Zealand?”

Study Aims:

1. Listen to the mental health needs of South Asians
2. Explore the journey of recovery from mental illness for South Asians
3. Generate a theoretical process of recovery.

Methodology

Grounded theory generation from listening to participant’s words and their meanings.
- Participants: South Asians adults recovering from mental illness
- Recruitment: through GPs and mental health services
- Data collection: Participant interviews
- Maximum 30 participants to be interviewed
- Detailed, rigorous, and systematic approach to analysis
- Substantive coding and constant comparison of data
- Memo writing
- Recognizing theoretical code

Anticipated Outcomes:

- Listening with cross cultural ears & increased cultural sensitivity
- Improvement in cross cultural communication
- Contribution to broader understanding of mental health recovery

References:


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