References: Racism and mental health

Source material used in Mind products reflects the most recent clinical evidence, medical research and social research. We consider knowledge derived from: academic research; audit and routinely collected statistics; lived experiences of people with mental health problems.

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This product also drew on the combined expertise of Mind’s information team.

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| Brown-Iannuzzi, J, Adair, K et al (2014). “Discrimination hurts, but mindfulness may help: Trait mindfulness moderates the relationship between perceived discrimination and depressive symptoms” *Personality and Individual Differences* 56(10)[online] Available at: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3862075/> (Accessed 14 June 2021) | Self-care – impact of mindfulness – US study |
| Graham, J, West, L & Roemer, L (2013). “The Experience of Racism and Anxiety Symptoms in an African-American Sample: Moderating Effects of Trait Mindfulness” *Mindfulness* 4 [online] Available at: <https://link.springer.com/article/10.1007/s12671-012-0133-2> (Accessed 14 June 2021) | Self-care – impact of mindfulness – US study |
| Zapolski, T, Faidley, M & Beutlich, M (2019). “The Experience of Racism on Behavioral Health Outcomes: The Moderating Impact of Mindfulness” *Mindfulness (N.Y)* 10(1) [online] Available at: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6402779/> (Accessed 14 June 2021) | Self-care – impact of mindfulness – US study |
| Brondolo, E, Brady, N et al (2009). “Coping With Racism: A Selective Review of the Literature and a Theoretical and Methodological Critique” *Journal of Behavioural Medicine* 32(1): 64–88 [online] Available at: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3258496/> (Accessed 21 April 2021) | Self-care – including some potential positive effects of ethnic pride and racial identity on mental health (but with varying results) – US study |
| Woo, B, Fan, W et al (2019). “The role of racial/ethnic identity in the association between racial discrimination and psychiatric disorders: A buffer or exacerbator?” *SSM – Population Health* [online] Available at: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6423488/#__ffn_sectitle> (Accessed 21 April 2021) | Self-care – mixed results on impact of racial/ethnic identity on mental health – US study |
| Hickling, F, McKenzie, K et al (1999). “A Jamaican psychiatrist evaluates diagnoses at a London psychiatric hospital” *The British Journal of Psychiatry* 175(3) [online] Available at: <https://www.researchgate.net/publication/12669887_A_Jamaican_psychiatrist_evaluates_diagnoses_at_a_London_psychiatric_hospital> (Accessed 20 June 2021) | Suggests lack of agreement on schizophrenia diagnoses between Jamaican and UK practitioners, but not racial bias  |
| Arboine, N (2021). “Where to find therapists who understand our experiences of racism” *gal-dem* [online] Available at: <https://gal-dem.com/where-to-find-therapists-who-understand-experiences-of-racism/> (Accessed 28 April 2021) | Support options |
| Barr, S (2020). “Black mental health organisations to reach out to for support” *The Independent* [online] Available at: <https://www.independent.co.uk/life-style/health-and-families/black-lives-matter-protests-mental-health-organisations-support-donate-a9575611.html> (Accessed 28 April 2021) | Support options |
| Rethink Mental Illness (2020) “Black, Asian and Minority Ethnic (BAME) mental health” [online] Available at: <https://www.rethink.org/advice-and-information/living-with-mental-illness/wellbeing-physical-health/black-asian-and-minority-ethnic-mental-health/> (Accessed 19 April 2021) | Support options |

\*Please give a very brief rationale as to why each reference has been included in this list. E.g. background reading, citation for a particular claim in the product, to illustrate controversy/ agreement in the literature etc. If you’ve read several articles that support each other, it’s ok to just include the most recent or most relevant. Please don’t summarise the content of the articles.

Other Mind publications used as evidence:

|  |  |  |  |
| --- | --- | --- | --- |
| **Title** | **© Year** | **Date references checked** | **Comments** |
| Anxiety | 2021 |  |  |
| Black, Asian and Minority Ethnic students' mental health support | 2021 |  |  |
| Depression | 2019 |  |  |
| Disability discrimination | 2019 |  |  |
| Dissociation and dissociative disorders | 2019 |  |  |
| Mental health problems – an introduction | 2017 |  |  |
| Psychosis | 2020 |  |  |
| PTSD | 2021 |  |  |
| Relaxation | 2017 |  |  |
| Seeking help for a mental health problem | 2017 |  |  |
| Self-esteem | 2019 |  |  |
| Stress | 2017 |  |  |
| Talking therapies | 2018 |  |  |
| Trauma | 2020 |  |  |
| Wellbeing | 2020 |  |  |
| Mind (2017). “Mind’s submission to the Mental Health Act Review” [online] Available at: <https://www.mind.org.uk/media-a/5135/mind-mhar-submission-final.pdf> (Accessed 18 June 2021) |  |  |  |
| Mind (2020). “Inequalities for Black Asian and Minority Ethnic communities in NHS mental health services in England” [online] Available at: <https://www.mind.org.uk/media/6484/race-equality-briefing-final-oct-2020.pdf> (Accessed 27 April 2021) |  |  |  |
| Mind Legal Newsletter (June 2019). “Discrimination in mental health services” [online] Available at: <https://www.mind.org.uk/news-campaigns/legal-news/legal-newsletter-june-2019/discrimination-in-mental-health-services/> (Accessed 28 July 2020) |  |  |  |
| Mind (2013). “Mental health crisis care: commissioning excellence for Black and minority ethnic groups” [online] Available at: <https://www.mind.org.uk/about-us/our-policy-work/reports-and-guides/crisis-care-reports/> (Accessed 26 July 2021) |  |  |  |

Details of relevant anecdotal/ lived experience evidence:

(Mind blogs, Time to Change blogs, User-led research, expert by experience sessions, online forums etc.)

**User research**

* Focus groups (14 participants) and written feedback (2 participants) with people with lived experience of racism – discussing impact of racism on mental health and priorities for the information. Groups took place on 25 Jan 2021, 3 Feb 2021 and 12 Feb 2021.
* User reviews of draft content from 6 people with lived experience of racism – May 2021.
* Peer reviews of draft content from 2 organisations supporting people with lived experience of racism – May 2021.

**Webinars and conferences**

* BME Voices (31 October 2020). “Trauma Conference - Black Trauma: When it Presents in the Therapy Room” <https://www.bmevoices.co.uk/trauma-conference-2020/>
* British Psychological Society (8 April 2021). “Tackling racism across psychological professions” Available at: <https://www.bps.org.uk/about-us/diversity-and-inclusion/taskforce/webinars>
* Edge, D (30 September 2020). “Race and mental health lunch & learn” [internal Mind event]
* Internal Mind staff video sharing experiences of micro-aggressions
* Mind in Camden training (May 2021). “An Islamic Perspective on Mental Health: Jinn, Evil Eye & Black Magic” <https://www.mindincamden.org.uk/news/events/an-islamic-perspective-on-mental-health-jinn-evil-eye-black-magic>
* MQ Open Mind webinar (13 August 2020). “Black Mental Health Matters. Let's talk about it.” <https://www.youtube.com/watch?v=EMG7rVME3oo>
* Shubulade, S (10 June 2021) “Race in mental health research, policy and practice” (part of “Race in Psychiatry and Psychology: From research to transformative action” webinar series)
* Southbank Centre (13 May 2020). Screening of Dami Adeyeye’s “A Dark Mind” <https://www.southbankcentre.co.uk/whats-on/accessible-events/dark-mind?eventId=873062>
* Ward, I, Freud Museum (10 October 2020). “The Psychological Effects of Racism” <https://www.freud.org.uk/event/the-psychological-effects-of-racism/>
* Webb, E, (28 August 2020). Pesi webinar: “Addressing racial trauma and the impact on identity in children and young people”

**Blogs**

* Baoku, H (2018) Challenging Mental Health Stigma in the Black Community *National Alliance on Mental Illness* [online] Available at: <https://www.nami.org/Blogs/NAMI-Blog/July-2018/Challenging-Mental-Health-Stigma-in-the-Black-Comm> (Accessed 13 Jan 2020)
* Begum, T (2020). “Is talking therapy failing women of colour?” *Women’s Health* (print version) (Accessed 18 June 2021)
* Khan, C (2020). “‘I thought I was a lost cause’: how therapy is failing people of colour” *The Guardian* [online] Available at: <https://www.theguardian.com/lifeandstyle/2020/feb/10/therapy-failing-bme-patients-mental-health-counselling> (Accessed 24 Feb 2020)
* Mind (2020). David Harewood video: <https://www.facebook.com/mindforbettermentalhealth/posts/10158090260883614> (Accessed 14 May 2020)
* Moot, G (2019). “Why Are Black Women More Likely To Be Diagnosed As Bipolar In Britain?” *Refinery 29* <https://www.refinery29.com/en-gb/cultural-differences-bipolar-disorder> (Accessed 23 September 2020)
* Porteous-Sebouhian, B (2021). “Meghan Markle, “racial gaslighting” and its re-traumatising effect on the Black population” *Centre for Mental Health* [online] Available at: <https://www.mentalhealthtoday.co.uk/blog/awareness/meghan-markle-racial-gaslighting-and-its-re-traumatising-effect-on-the-black-population> (Accessed 18 March 2021)
* Reddit Black Mental Health Discussion, 5 August 2020 [online] Available at: <https://www.reddit.com/r/science/comments/i457jh/science_discussion_series_we_are_mental_health/> (Accessed 15 September 2020)
* Yue, E (2021). “Migrant Suicide” [online] Available at: <https://blogs.ed.ac.uk/suicide-cultures/2021/03/24/migrant-suicide/> (Accessed 29 March 2021).

**Documentaries**

* BBC One (2021). “Subnormal: A British Scandal” <https://www.bbc.co.uk/programmes/m000w81h> (Accessed 20 May 2021)
* BBC Two (2015). *Britain’s Forgotten Slave Owners* <https://www.bbc.co.uk/programmes/b063db18> (Accessed 5 Jan 2021)
* BBC Three (2016). *NYPD: Biggest Gang in New York?* <https://www.bbc.co.uk/programmes/p040v890>(Accessed 5 Jan 2021)