

Culture Related Disease

- Culture can influence mental illness by
 - defining - abnormal vs normal
 - implicating aetiology
 - influencing clinical picture
- Be aware
 - Own culture, biases, values
 - Acculturation
 - patients culture - taboos, relig., lang, insight
 - family/cultural - as above
 - Figures of speech!
 - Non-verbal cues
 - Time for trust
 - interpreter - limitations eg non-verbal cues
- Do not assume
 - that life events have same impact in all cultures
- Psych vs Non-psych
 - symptom/sign that is bizarre not nec. psych
 - view in cultural context - does it have a sanctioned role? eg extreme religiosity
 - revise appraisal as you get more info.
 - suggestive of psych:
 - culturally unfamiliar
 - functional impairment
 - culturally inapp. behaviour

Assessing

Elicit language/culture
record symptoms/signs
patients explanation
family/culture explanation
redifine uncertainties
discuss with person familiar with cultural boundaries

**Impractical for doctors to have a knowledge
of all belief systems but not unreasonable to
learn from resources available**