

## **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**