## Faith-based Views of Barriers to Recognition and Treatment of Depression



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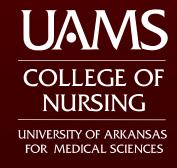
Translational Research Institute KL2 Scholar



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## Learning Objectives

At the conclusion of this presentation participants will be able to:

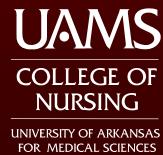
- Describe why engaging the faith community is need to improve depression care among African Americans.
- Understand barriers to recognition and treatment of depression among rural African Americans.

- African Americans with major depression are less likely to receive treatment in comparison to non-Hispanic Whites. (National Healthcare Disparities Report-2010)
- African Americans who have depression are often inadequately managed. (Das, et al., 2006)



- Spirituality impacts the beliefs about the causes of depression & coping mechanisms.
- The Black church has served as a dominant role as an informal social service provider.

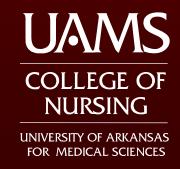
(Holt & McClure, 2006; Jang & Johnson, 2004; Bryant-Bedell & Waite, 2010; Blank, Fox, Hargrove & Turner, 1995)



There is a lack of infrastructure for mental health services in rural areas as well as mental health professionals.

(Gamm, Hutchison, Bellamy, Dabney, & Dorsey, 2003).





#### **Rural Communities**

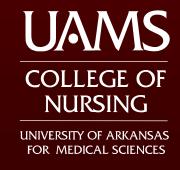
- Less adequate access to care
- Lower family incomes
- Greater societal stigma for seeking mental health treatment
- Less likely to have private health insurance benefits
- Lack of culturally & linguistically competent providers

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**NURSING** 

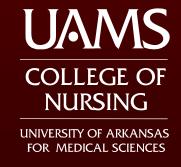
There is limited research done to address how characteristics of a faith community impact mental health.

(Taylor, Repetti & Seeman, 1997)



## Purpose/Aims:

The aim of the study was to depict how rural African American faith leaders and members describe barriers to depression recognition and treatment.



#### Methodology

- Community-Based Participatory Research (CBPR) Approach
- Focus Groups:
  - Pastors/Clergy
  - Parishioners
  - African American Men with a history of stress or depression symptoms <u>UAMS</u>

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## **Setting**







#### Results

- Total of 5 focus groups & 2 individual interviews
- 24 Participants (16 males & 8 females)
  - 9 pastors; 11 parishioners; 4 AA men
  - Average age 42.6 years
  - Church affiliation

(Baptist, COGIC, non-denominational, Pentecostal) UAVS

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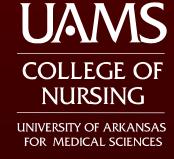


#### **Themes**



- Internal Themes:
  - Personal Business
  - Way of Life
  - Denial
  - Front

- External Themes:
  - Spirituality
  - Lack of Resources
  - Education
  - Stigma





# Internal Theme: Personal Business



 "That's one of the barriers that you run into dealing with a small knit community. It's the phobia that I don't need everything being known about me."



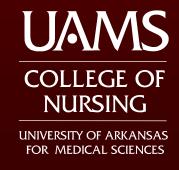
## Internal Theme: Way of Life

- "They've lived in that environment for such a long period of time that sometime I feel like they don't know they're down."
- "There's got to be some kind of change in the mindset of the people to want it [help]."

#### **Internal Theme: Denial**

Belief that admitting depression is admitting defeat and weakness.

"We're not going to admit any kind of form of depression we're not prone to it."





## Internal Theme: Front

- "They act behind a mask, so they're pretending to be something that they're really not."
- "People always want you to think they are doing good."



## **External Theme: Spirituality**

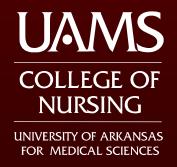
Some believe depression is due to supernatural causes.

"With generational curses...until somebody just wake up and say, 'we got a problem in the family, and everybody', soon, they gonna' find out. We might so well get this stuff out here now."

## **External Theme: Lack of Resources**

 "I think it could be a money issue as well. They go on qualifications, and a benefit that's not provided."





#### **External Theme: Education**

 "If you ain't trained, then you can't train others."





#### **External Theme: Stigma**

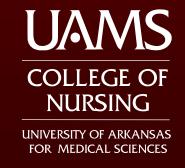
- "There's a word that makes them feel like that they're on the borderline of going crazy."
- Ain't nobody gonna' talk about being depressed, 'cuz they kinda put some labels on you, and them labels makes them stay underground."

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## Conclusions

Many of the identified themes verified previously recognized barriers, but additional themes were also identified: way of life & spirituality.



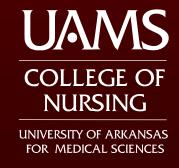
## Implications for Nursing

- Faith-based mental health promotion programs
- Investigate gender specific issues
- Interventions for rural communities
- Value the community perspectives & solutions
- Investigate individual's belief system



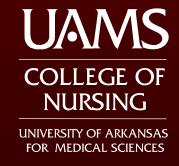
## **Next Steps...**

- Development of a Faith-based mental health promotion intervention
- Depression education program for clergy/pastors



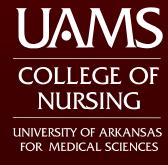
## **Special Thanks to....**

- Promiseland Church
- Mississippi County Arkansas Economic Opportunity Commission (MCAEOC)
- Progressive Life Center



## Questions???





## Thank You!

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