

Students' Cultural Beliefs Towards Mental Health

Implications for Learning
and Teaching

Presenter:

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Learning Objectives

To:

- understand how nursing students' culture influences their understanding of mental health;
- identify factors that affect students' learning about mental health nursing and mental health problems;
- identify implications for education and provide recommendations for future research.

Why is this important?

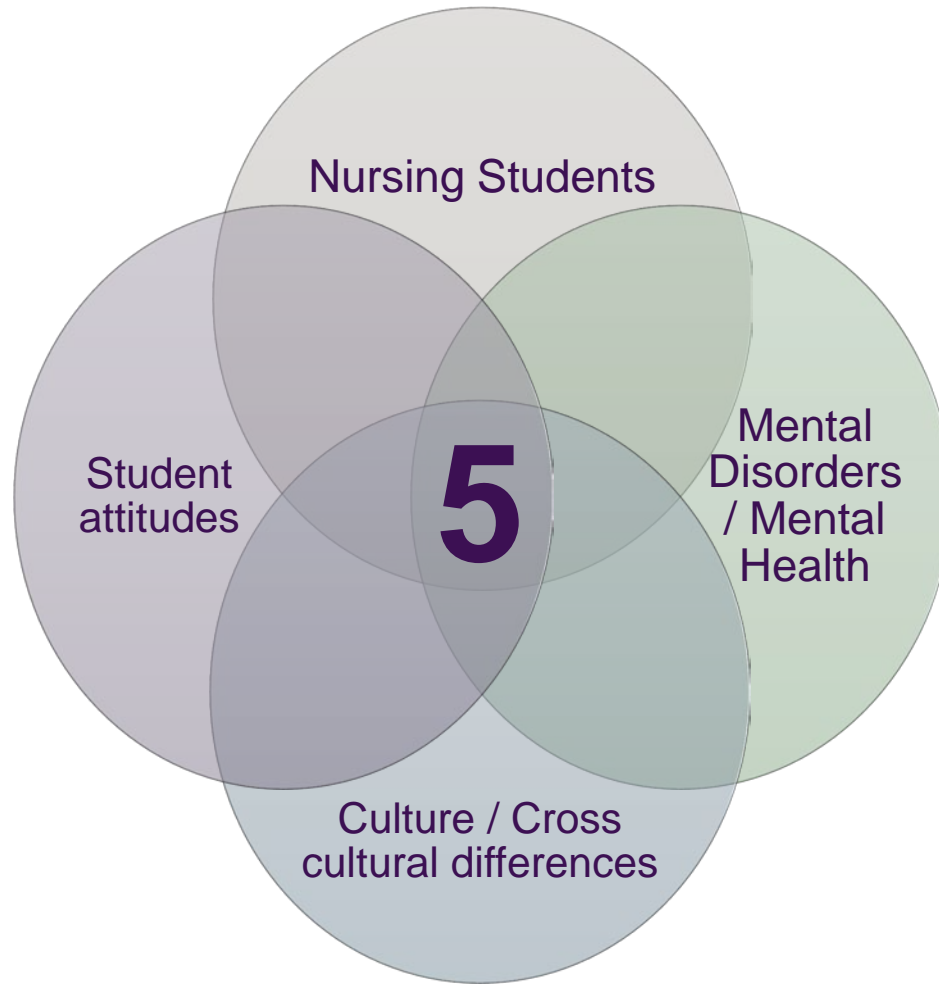
- Anecdotal feedback from students
 - *“My family thinks my grandmother is a witch and turned her out of the home. I now understand that she is experiencing dementia”.*
 - *“Mental illness is retribution for sins in a past life/is bad karma”*
 - *“Mental illness (ADHD) does not exist in my country”*

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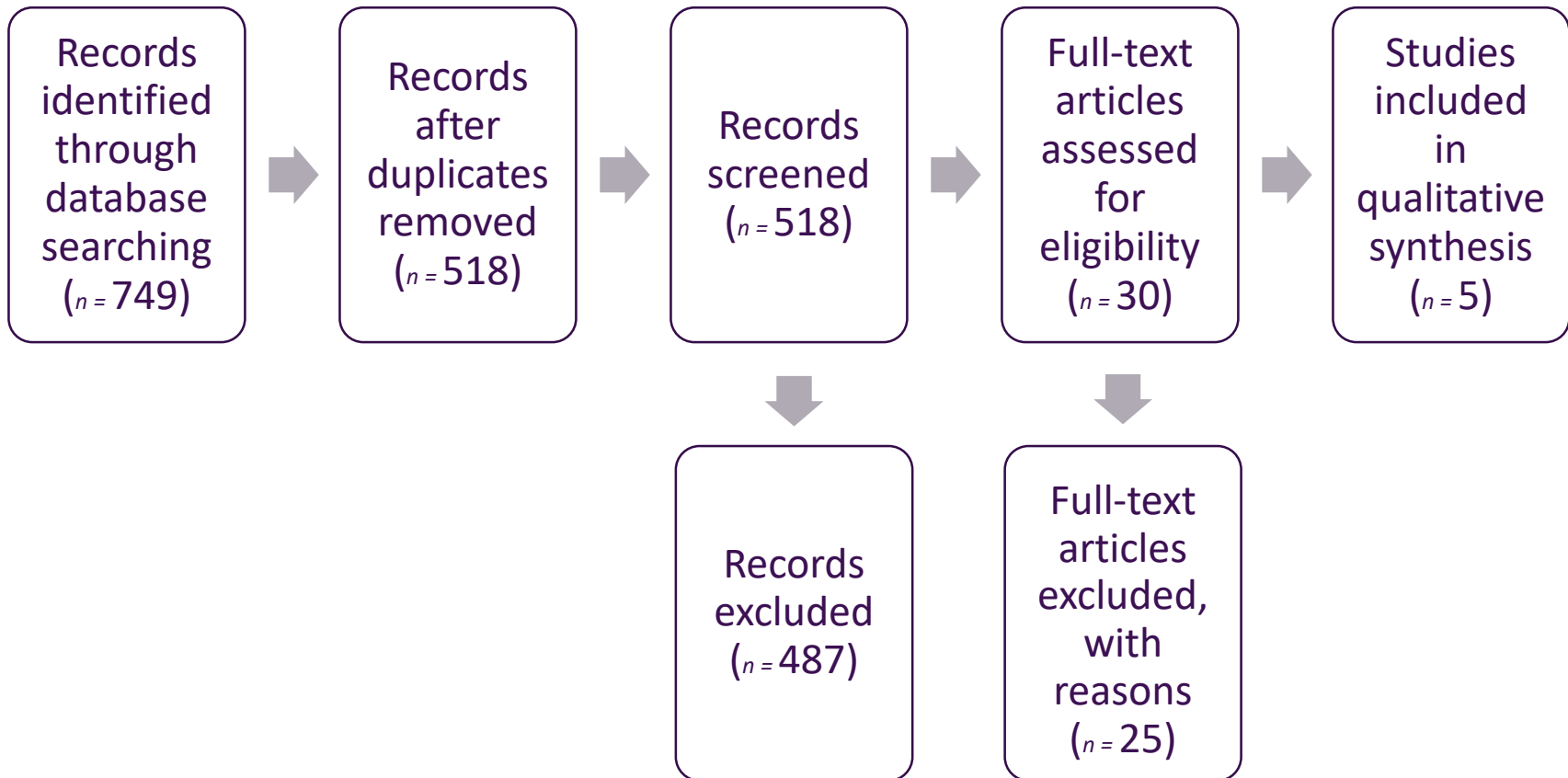
Background

- The beliefs and attitudes held by individuals towards mental health problems vary between cultures (Chambers et al., 2010)
- 49% of the Australian population were born overseas, or have a parent who was born overseas (ABS, 2017)
- 33% of nurses in Australia were born overseas (ABS, 2013)
- One in three undergraduate nursing students are 'International Students' (Overseas student enrolments) (ACU, 2018)

Search Strategy



Search Outcomes



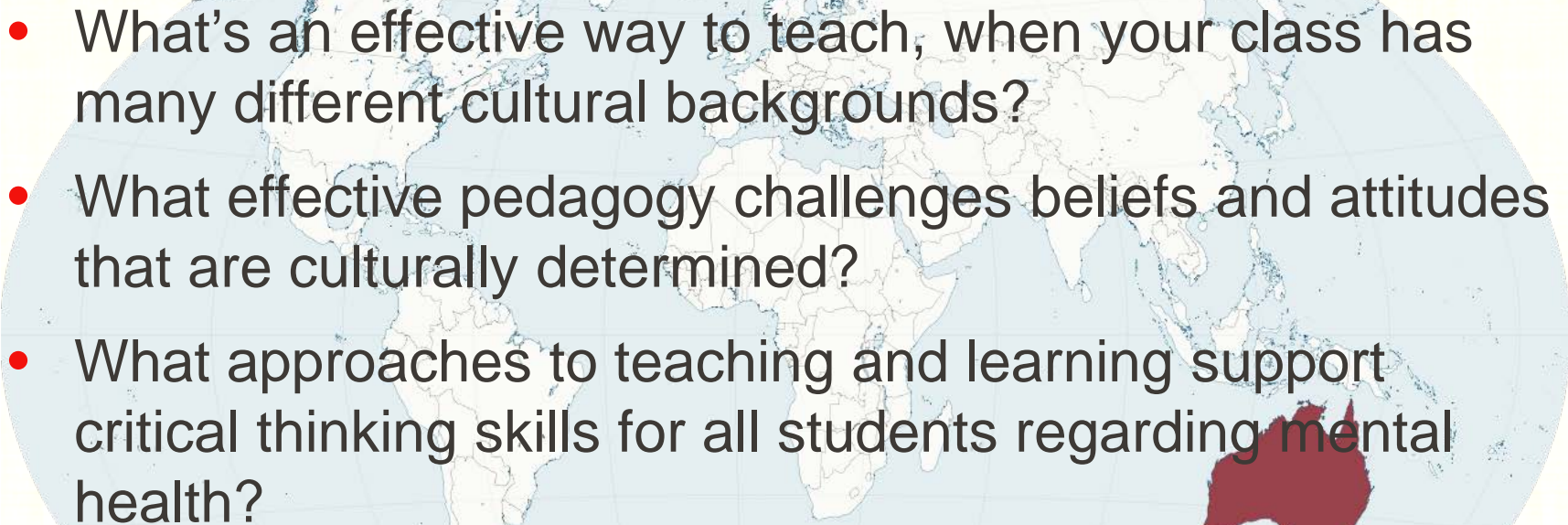
Results

- Negative attitudes were common (Bennett & Stennett, 2015)
- Influencing factors – ethnicity and knowing someone with mental health problem (Schafer et al., 2011)
- Intervention (education and clinical placement) may change some attitudes (Bingham & O'Brien, 2017; Chan & Cheng, 2001; Iheanacho et al., 2014)
- Some beliefs appear to be less responsive to intervention



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Future Research

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- What's an effective way to teach, when your class has many different cultural backgrounds?
 - What effective pedagogy challenges beliefs and attitudes that are culturally determined?
 - What approaches to teaching and learning support critical thinking skills for all students regarding mental health?

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Publication

Hansen, A., McGarry, D., Johnson, A., & Roche, M. (*Under review*). Supporting nursing students to learn about mental health: An integrative literature review. *Nursing Education Today*.

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