

Literature Review

UNBUILDING MENTAL HEALTH MEDICAL MISTRUST NARRATIVES IN CANADA'S BLACK YOUTH

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INTRODUCTION

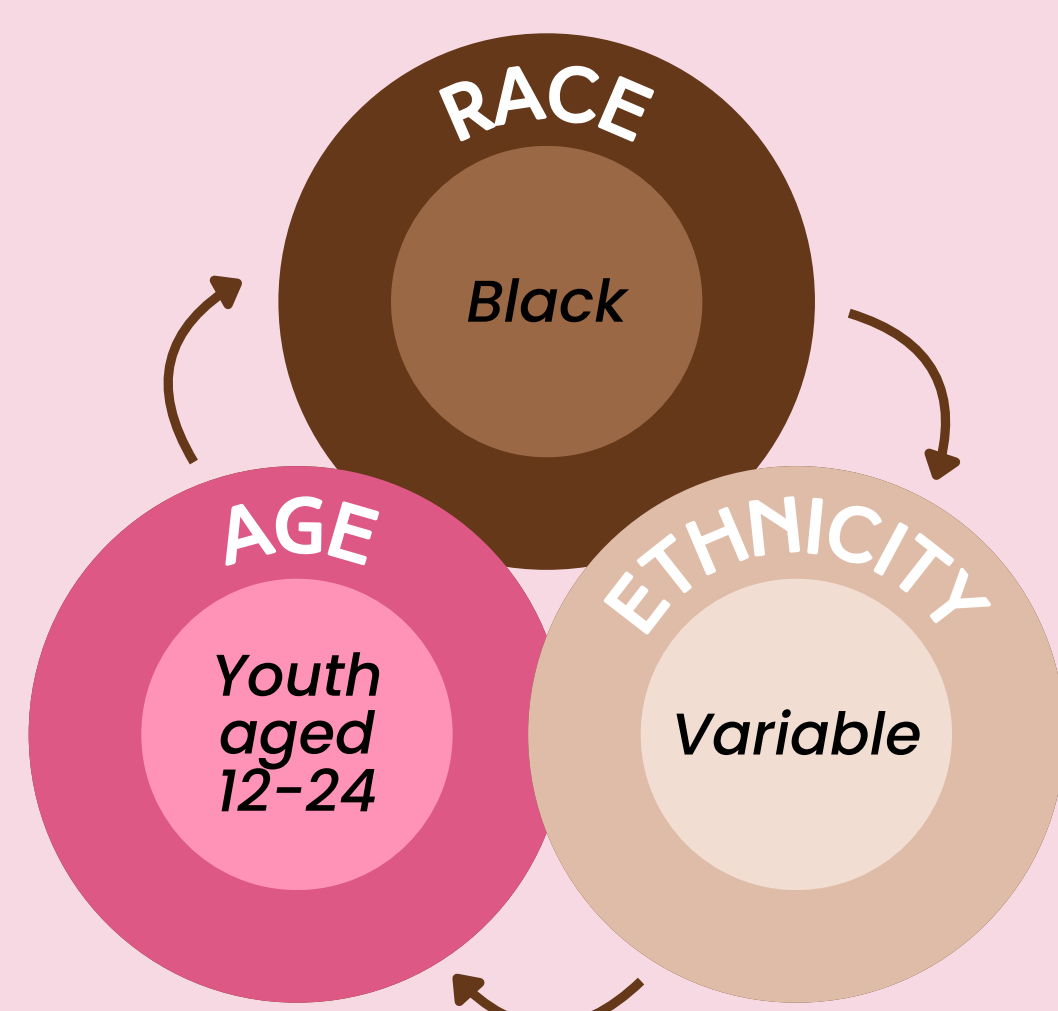


Figure 1: Intersecting Factors in Mental Health Outcomes

Black Youth in Canada:

- Face distinctive barriers to accessing culturally responsive healthcare
- Encounter systemic exclusion from traditional healthcare spaces (i.e. hospitals, primary care facilities, health education training programs and translational clinical research)
- Underutilize health services despite being among the largest demographics in need [1]

Sanford and Clifton describe **medical mistrust** as “the extent to which people mistrust the healthcare system, government health agencies, medical scientists, and doctors or other healthcare professionals” (2022).

Narrative (dialogical or storytelling) approaches to mental health care reject monolithic ideologies and meet patients in their unique points of need.

METHODS

Databases searched:

- International Bibliography of Social Sciences
- PubMed
- Sociological Abstracts
- Web of Science

Included studies were:

- Peer-reviewed
- Centred on the Canadian context
- Focused on Black and racialized communities
- Published or translated into English
- Conducted between 2000 and 2023

Exclusion Criteria:

- Gray literature (e.g. editorials)

Sources that met the inclusion criteria (n = 20) were subsequently coded and analyzed using a **thematic analysis framework** to find re-emerging patterns in the literature.

RESEARCH QUESTION & OBJECTIVES

Is there a relationship between **medical mistrust** and the underutilization of mental health care services among Black youth in Canada?

- 1) Identify the unique needs and specific vulnerabilities of Black youth seeking mental health services.
- 2) Investigate whether medical mistrust influences the underutilization of mental health care services by Black youth in Canada.

ACKNOWLEDGEMENTS

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SCAN QR CODE FOR REFERENCES

RESULTS & PRELIMINARY THEMES

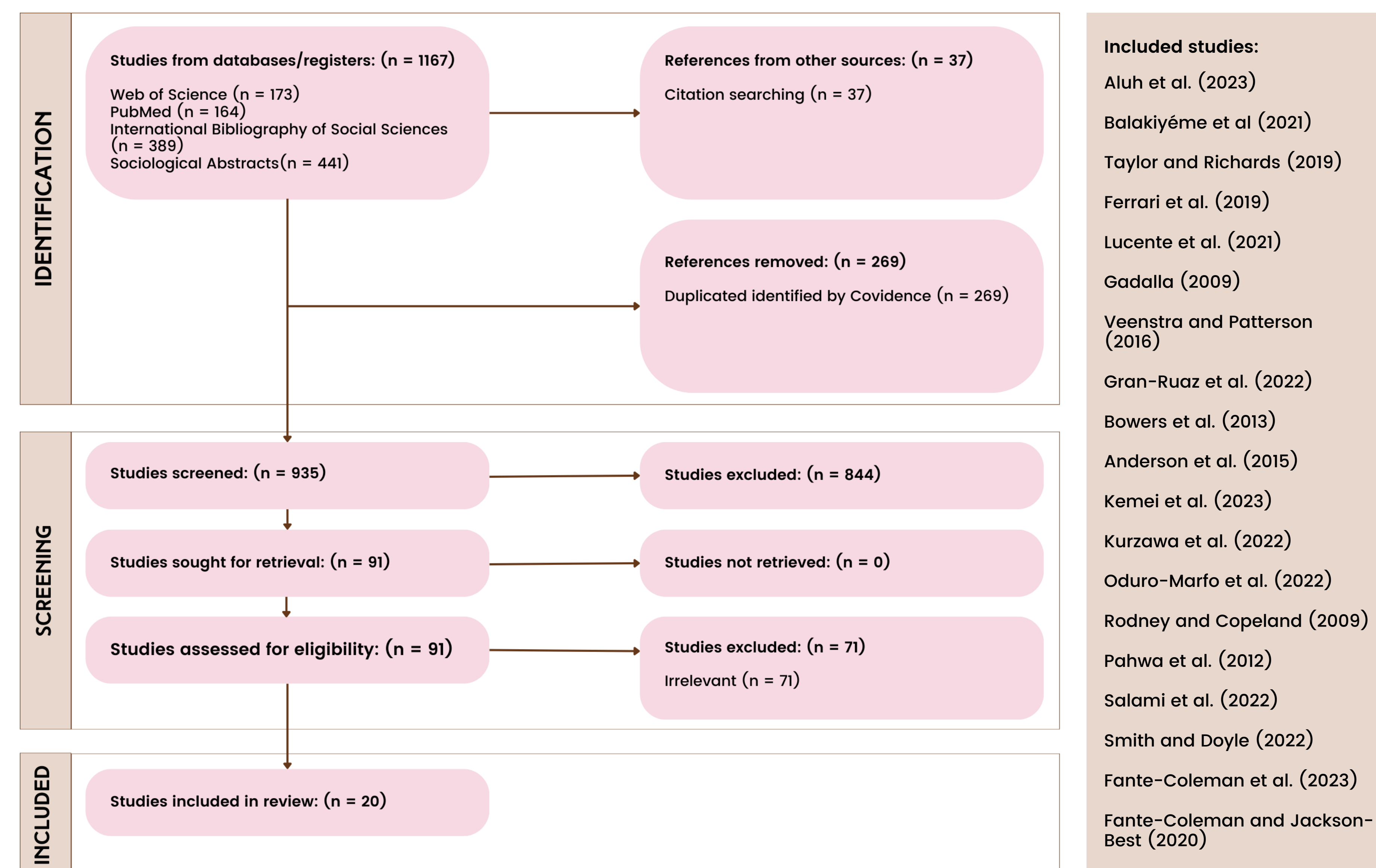


Figure 2: PRISMA Flow Chart and Inclusion Tree

Table 1: Preliminary Findings - Thematic Analysis

CATEGORY 1: RACIAL SPECIFICITIES OF BLACK YOUTH	
THEME	DESCRIPTION
A) Family Dynamics and Cultural Stigma	Stigma from Black youths' social networks – exacerbated by familial or cultural attachments of shame to mental health issues – can discourage individuals from seeking help or discussing their struggles openly.
B) Geographical, Financial, and Timely Barriers to Care	Accessing mental health care can be hindered by physical distance to traditional healthcare spaces, financial stress, and long service wait times.
C) Religion and Spirituality	Religion and religious influences often serve as important coping mechanisms. However, conflicts between religious beliefs and mental health treatment can arise, requiring sensitive navigation and understanding from mental health professionals.
CATEGORY 2: INFLUENCES OF MEDICAL MISTRUST ON HELP-SEEKING	
THEME	DESCRIPTION
A) Lack of Culturally Competent Practitioners	Mental health agencies have a shortage of professionals who can comprehensively address diverse cultural backgrounds and lack understanding of the intersecting oppressions that Black youth encounter.
B) Insufficient Agencies Specifically for Black Youth	There is a limited availability of organizations and services specifically tailored to the needs of Black youth and a resulting scarcity of culturally sensitive support and resources.
C) Organizational Failure on Anti-Black Racism Commitments	Despite pledges to address anti-Black racism, some organizations fail to follow through. Service providers lack concrete actions or policies to combat systemic racism within the organization, which undermines trust and further perpetuates racial inequalities.

CONCLUSION

- Mental health services in Canada have not yet earned the trust of Black youth.
- Narrative approaches to care can bridge the gap of medical mistrust between patients and providers.
- This literature review highlights the urgent need for racially and culturally responsive policy and practice reform at all levels of mental health care professional education (HPE).