
Men, Ethnicity and Mental Health

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The Study

- Background – history of inequality
- Aims
 - Explore social underpinnings of the views of BME men on emotional well-being
 - Examine BME men's experiences of poor mental health
 - Develop evidence based recommendations for practice



The Study

- Qualitative design
 - 12 focus groups stratified by age
 - Interview topic schedule informed by theoretical insights
 - Analysis used a 'constant comparative method' (Glaser & Strauss, 1967)

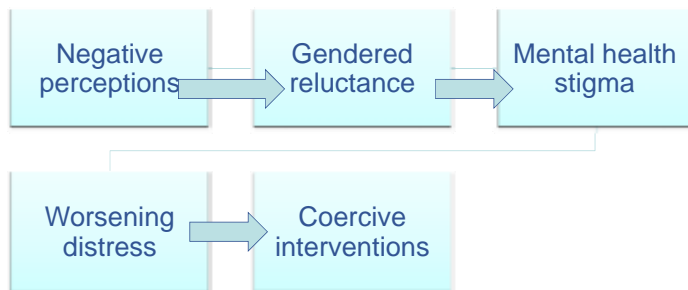


Key Findings

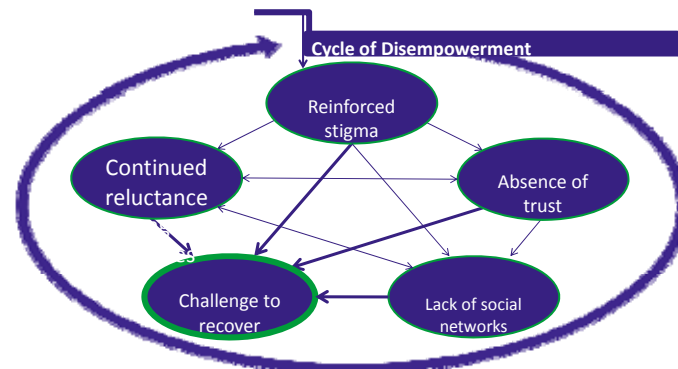
- Models of Well-being
- Factors underlying illness
- Complex influences on expectations



Cycle of disempowerment



Cycle of disempowerment



Recommendations for practice

- Engaging with men's understandings of and wishes for their own health and well-being
- Engage with BME men's narratives
- Enable practitioners to support BME men more effectively instead of reinforcing narratives of blocked recovery,
- Access to independent advocates

Recommendations for practice

- Promote leisure activities
- Promote expressive and spiritual activities
- Social interaction and supportive networks.

Conclusion

A complex mix of gendered, racialised, community and individual experiences provide the context for BME men's identities and experiences. These factors pose a risk for men's emotional resilience and well-being.