

*A Primer of*

# **Online Resources on Structural Racism in Psychiatry for Medical Students & Trainees in Psychiatry**

By

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The following is a compilation of online resources as an introduction to understanding structural racism in psychiatry.

## I- Structural racism

### 1. Core Concepts

#### [APA Presidential Task Force on Structural Racism Glossary of Terms](#)

A glossary of terms used to describe racism in medicine.

#### [Anti-Racism and Race Literacy: A Primer and Toolkit for Medical Educators](#)

A living document created by the University of California San Francisco for Medical Educators to teach about concepts of racism in medicine.

### 2. Effects of Structural Racism

#### [Racial and Ethnic Disparities in Mental Health Care: Evidence and Policy Implications](#)

A review paper discussing the evidence of disparities in mental health care based on race and ethnicity. It further explored how changes in policies related to mental health care can reduce these disparities.

McGuire TG, Miranda J. New evidence regarding racial and ethnic disparities in mental health: policy implications. *Health Aff (Millwood)*. 2008;27(2):393-403.

#### [Racial/ethnic discrimination and prosecution: A meta-analysis](#)

A meta-analysis that concludes that offenders belonging to minorities have higher odds of being fully charged or prosecuted.

Wu J. Racial/Ethnic Discrimination and Prosecution: A Meta-Analysis. *Criminal Justice and Behavior*. 2016;43(4):437-458.

#### [Mental health of immigrants and refugees seeking legal services on the US-Mexico border](#)

A mixed-methods study from 2015 examining various factors including immigration policies contributing to the negative effect on mental health of refugees at the US-Mexico border.

Paat YF, Green R. Mental health of immigrants and refugees seeking legal services

on the US-Mexico border. *Transcult Psychiatry*. 2017;54(5-6):783-805.

#### [That Which is Essential has been Made Invisible: The Need to Bring a Structural Risk Perspective to Reduce Racial Disproportionality in Child Welfare](#)

A review paper that discusses system factors causing racial disproportionality in child abuse and representation in the child welfare system.

Feely M, Bosk EA. That Which is Essential has been Made Invisible: The Need to Bring a Structural Risk Perspective to Reduce Racial Disproportionality in Child Welfare. *Race Soc Probl*. 2021; 21:1-14.

#### [Stopping Discrimination Before It Starts: The Impact of Civil Rights Laws on Healthcare Disparities - A Medical School Curriculum](#)

A curriculum introducing the Title VI of the Civil Rights Act of 1964, a law that prohibits organizations receiving federal funds discriminate based on race, color, or national origin, and how physicians can be leaders in influencing policies related to health care disparities.

### 3. Racism as a Structural Determinant of Mental Health

#### [Racism as a Determinant of Health: A Systematic Review and Meta-Analysis](#)

A meta-analysis of studies examining the relation of race with physical and mental health outcomes.

Paradies Y, Ben J, Denson N, et al. Racism as a Determinant of Health: A Systematic Review and Meta-Analysis. *PLoS One*. 2015;10(9):e0138511.

#### [The Essence of Innocence: Consequences of Dehumanizing Black Children](#)

A study that examines how African American children are seen as less innocent compared to their non-Hispanic white peers. This dehumanization further exacerbates racial disparities in law enforcement and interactions with the legal system.

Goff PA, Jackson MC, Di Leone BA, et al. The essence of innocence: consequences of dehumanizing Black children. *J Pers Soc Psychol*. 2014;106(4):526-45



### **Mental Health Disparities, Treatment Engagement, and Attrition Among Racial/Ethnic Minorities with Severe Mental Illness: A Review**

A review paper examining factors contributing to racial and ethnic disparities in mental health care of individuals with Severe Mental Illness.

Maura J, Weisman de Mamani A. Mental Health Disparities, Treatment Engagement, and Attrition Among Racial/Ethnic Minorities with Severe Mental Illness: A Review. *J Clin Psychol Med Settings*. 2017;24(3-4):187-210.

### **Social vulnerabilities for substance use: Stressors, socially toxic environments, and discrimination and racism**

A review paper discussing social factors and socially based stressors including racism contributing to vulnerability to substance use and substance use disorders.

Amaro H, Sanchez M, Bautista T, et al. Social vulnerabilities for substance use: Stressors, socially toxic environments, and discrimination and racism. *Neuropharmacology*. 2021;188:108518.

### **A current re-examination of racial/ethnic disparities in the use of substance abuse treatment: Do disparities persist?**

A study based on the data from the 2015, 2016 and 2017 National Survey on Drug Use and Health Surveys of 2015, 2016 and 2017 demonstrating underutilization of substance use treatment by racial and ethnic minorities.

Pinedo M. A current re-examination of racial/ethnic disparities in the use of substance abuse treatment: Do disparities persist? *Drug Alcohol Depend*. 2019;202:162-167.

### **Disparities in the Treatment of Substance Use Disorders: Does Where You Live Matter?**

A study that used data of the Washington State from the 2010 U.S Census, the American Community Survey, and Washington's Behavioral Health Administration demonstrating racial and ethnic disparities in treatment of substance use disorders based on the characteristics of the community that an individual resides at.

Acevedo A, Panas L, Garnick D, et al. Disparities in the Treatment of Substance Use Disorders: Does Where You Live Matter? *J Behav Health Serv Res*. 2018;45:533-549.

### **Examining the Impact of Structural Racism on Food Insecurity: Implications for Addressing Racial/Ethnic Disparities**

A brief article describing the effect of structural racism on food insecurity and its implications on poor mental health outcomes.

Odoms-Young A, Bruce MA. Examining the Impact of Structural Racism on Food Insecurity: Implications for Addressing Racial/Ethnic Disparities. *Fam Community Health*. 2018;41 Suppl 2 Suppl, Food Insecurity and Obesity(Suppl 2 FOOD INSECURITY AND OBESITY):S3-S6. doi: 10.1097/FCH.0000000000000183.

### **Triple jeopardy: the joint impact of racial segregation and neighborhood poverty on the mental health of black Americans**

A study that used data from the 2008-2013 National Health Interview Survey merged with the U.S. Census data in demonstrating the association of racial segregation and poverty in a neighborhood with psychological distress.

Do DP, Locklar LRB, Florsheim P. Triple jeopardy: the joint impact of racial segregation and neighborhood poverty on the mental health of black Americans. *Soc Psychiatry Psychiatr Epidemiol*. 2019;54:533-541.

### **Unconscious Bias and the Diagnosis of Disruptive Behavior Disorders and ADHD in African American and Hispanic Youth**

A review article describing the effects of racism including systemic factors and unconscious bias in the diagnosis of Disruptive Behavior Disorders and Attention-Deficit/Hyperactivity Disorder.

Fadus MC, Ginsburg KR, Sobowale K, Halliday-Boykins CA, Bryant BE, Gray KM, Squeglia LM. Unconscious Bias and the Diagnosis of Disruptive Behavior Disorders and ADHD in African American and Hispanic Youth. *Acad Psychiatry*. 2020; 44:95-102.



### **Transgenerational Consequences of Racial Discrimination for African American Health**

A review article discussing the Biopsychosocial Model of Racism as a stressor causing deleterious effects on an individual's health. The article discusses various terms related to the effect of stress on health including stress reactivity and allostatic load.

Goosby BJ, Heidbrink C. Transgenerational Consequences of Racial Discrimination for African American Health. *Sociol Compass*. 2013;7(8):630-643.

### **Stress and the Mental Health of Populations of Color: Advancing Our Understanding of Race-related Stressors**

An article describing the effect of racism as stress and its effect on the mental health of racial and ethnic minorities.

Williams DR. Stress and the Mental Health of Populations of Color: Advancing Our Understanding of Race-related Stressors. *J Health Soc Behav*. 2018;59:466-485.

### **Racial discrimination and telomere shortening among African Americans: The Coronary Artery Risk Development in Young Adults (CARDIA) Study**

A study examining the effects of racial discrimination causing chronic stress and its association with telomere shortening.

Chae DH, Wang Y, Martz CD, et al. Racial discrimination and telomere shortening among African Americans: The Coronary Artery Risk Development in Young Adults (CARDIA) Study. *Health Psychol*. 2020;39:209-219.

### **Community Interventions to Promote Mental Health and Social Equity**

A review describing examples of community interventions to address inequity in mental health care.

Castillo EG, Ijadi-Maghsoodi R, Shadravan S, et al. Community Interventions to Promote Mental Health and Social Equity. *Curr Psychiatry Rep*. 2019;21:35.

### **A Systematic Review of Interventions to Improve Initiation of Mental Health Care Among Racial-Ethnic Minority Groups**

A systematic review of interventions to promote initiation of mental health care in racial and ethnic minorities. The review demonstrates interventions that were modelled on integrated care can reduce disparities in mental health care of racial and ethnic minorities.

Lee-Tauler SY, Eun J, Corbett D, Collins PY. A Systematic Review of Interventions to Improve Initiation of Mental Health Care Among Racial-Ethnic Minority Groups. *Psychiatr Serv*. 2018;69:628-647.

### **The Costs and Benefits of Reducing Racial-Ethnic Disparities in Mental Health Care**

A study that utilized data from the 2004–2010 Medical Expenditure Panel Survey (MEPS) to demonstrate measures that reduce racial disparities in mental health care can result in financial benefits by reducing overall medical expenditure.

Cook BL, Liu Z, Lessios AS, et al. The costs and benefits of reducing racial-ethnic disparities in mental health care. *Psychiatr Serv*. 2015;66:389-96.

### **Racism as a Unique Social Determinant of Mental Health: Development of a Didactic Curriculum for Psychiatry Residents**

A curriculum for addressing racial inequities in mental health care.



## II- Racism in psychiatry

### 1. Historical Perspective

#### i. In Diagnosis

##### Beyond misdiagnosis, misunderstanding and mistrust: relevance of the historical perspective in the medical and mental health treatment of people of color.

An article describing the history of racism in medicine leading to misdiagnosis and mistrust of the health care system by racial and ethnic minorities.

Suite DH, La Bril R, Primm A, et al. Beyond misdiagnosis, misunderstanding and mistrust: relevance of the historical perspective in the medical and mental health treatment of people of color. J Natl Med Assoc. 2007;99:879-85.

##### Invoking History and Structural Competency to Minimize Racial Bias

An editorial commenting on the history of racism in psychiatry and racial bias in forensic psychiatric assessments.

Shadravan SM, Bath E. Invoking History and Structural Competency to Minimize Racial Bias. J Am Acad Psychiatry Law. 2019;47:2-6.

#### ii. In Health Care Policy

##### STRUCTURAL RACISM AND HEALTH INEQUITIES: Old Issues, New Directions.

An article discussing the history of policies related to systems, health care, and immigration that lead to racial health inequities.

Gee GC, Ford CL. STRUCTURAL RACISM AND HEALTH INEQUITIES: Old Issues, New Directions. Du Bois Rev. 2011;8:115-132.

##### Healthcare Disparities

A course on racial and ethnic disparities in health care and the use of patient-centered communication skills to reduce the disparities.

##### Medical Ethics and Health Equity: The Henrietta Lacks Story

A course that uses the historical case of Henrietta Lacks to address the use of medical ethics and health equity in patient care.

#### iii. Reducing Stigma in Mental Health Care

##### Ending Discrimination Against People with Mental and Substance Use Disorders: The Evidence for Stigma Change.

A book chapter describing various strategies in reducing stigma of individuals with psychiatric and substance use disorders. It highlights the importance of advocating for legislative and policy change against discrimination of racial minorities.

##### Using the Implicit Associations Test to Promote Reflection About Personal Bias

An exercise based on small-group discussion using Implicit Association Test and self-reflection to address bias in patient care.



### III- Skills for Residents to Address Racism in the Clinical Settings.

#### **How Psychiatrists Can Talk with Patients and Their Families About Race and Racism**

An APA resource document that can be used as a guide for clinicians to talk about racism with patients and their families.

#### **Structural competency: theorizing a new medical engagement with stigma and inequality**

An article that introduces the topic of structural competency to conceptualize patients symptoms, diseases and disorders, and health systems based on the social determinants of health.

Metzl JM, Hansen H. Structural competency: theorizing a new medical engagement with stigma and inequality. Soc Sci Med. 2014;103:126-133.

#### **Responding to Racism from Patients, Families, and Guests Towards Residents and Practicing Physicians**

An APA course for clinicians in addressing racism from patients and their families.

#### **When Race Matters on the Wards: Talking About Racial Health Disparities and Racism in the Clinical Setting**

A course discussing strategies of discussing racism and racial health disparities by clinicians and students in a clinical setting.



## Recommended Reading

*(Report)*

[Mental Health: Culture, Race, and Ethnicity: A Supplement to Mental Health: A Report of the Surgeon General.](#)

*(Article)*

[COVID-19, Structural Racism, and Mental Health Inequities: Policy Implications for an Emerging Syndemic.](#)

*(Course)*

[Structural Competency: Curriculum for Medical Students, Residents, and Interprofessional Teams on the Structural Factors That Produce Health Disparities](#)

*(Book)*

[Structural Competency in Mental Health and Medicine: A Case-Based Approach to Treating the Social Determinants of Health.](#)

*(Book)*

[Racism and Psychiatry: Contemporary Issues and Interventions.](#)

*(Book)*

[The Social Determinants of Mental Health](#)

*(Book)*

[Social \(In\)Justice and Mental Health](#)

