



Black Americans' Experiences with Therapy and Barriers to Mental Health Services

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Introduction

- Disparities in racially and ethnically marginalized communities associated with mental health help-seeking have been a growing concern within the U.S. healthcare system
- Prior research has indicated a need for more qualitative studies involving Black Americans' experiences within the mental health system
- This study aims to recognize the issues faced by Black Americans when seeking and participating in mental health services, delineating the different barriers that deter them from services, and analyzing what factors aid in overcoming said barriers by using a transcendental phenomenological qualitative design
- Data found through this research is beneficial in developing effective interventions to destigmatize and mitigate the barriers associated with mental health help-seeking within Black American communities

Methods

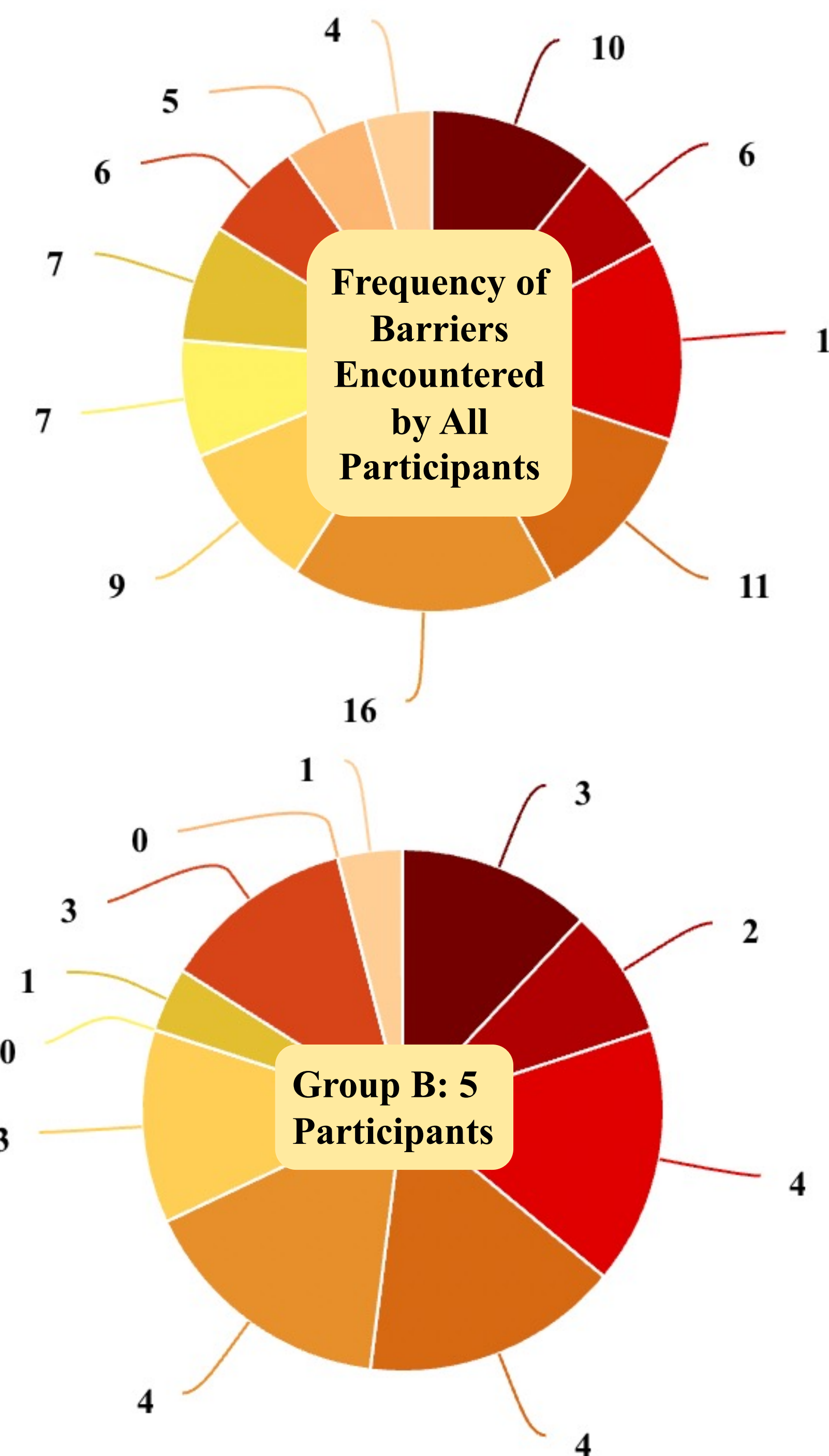
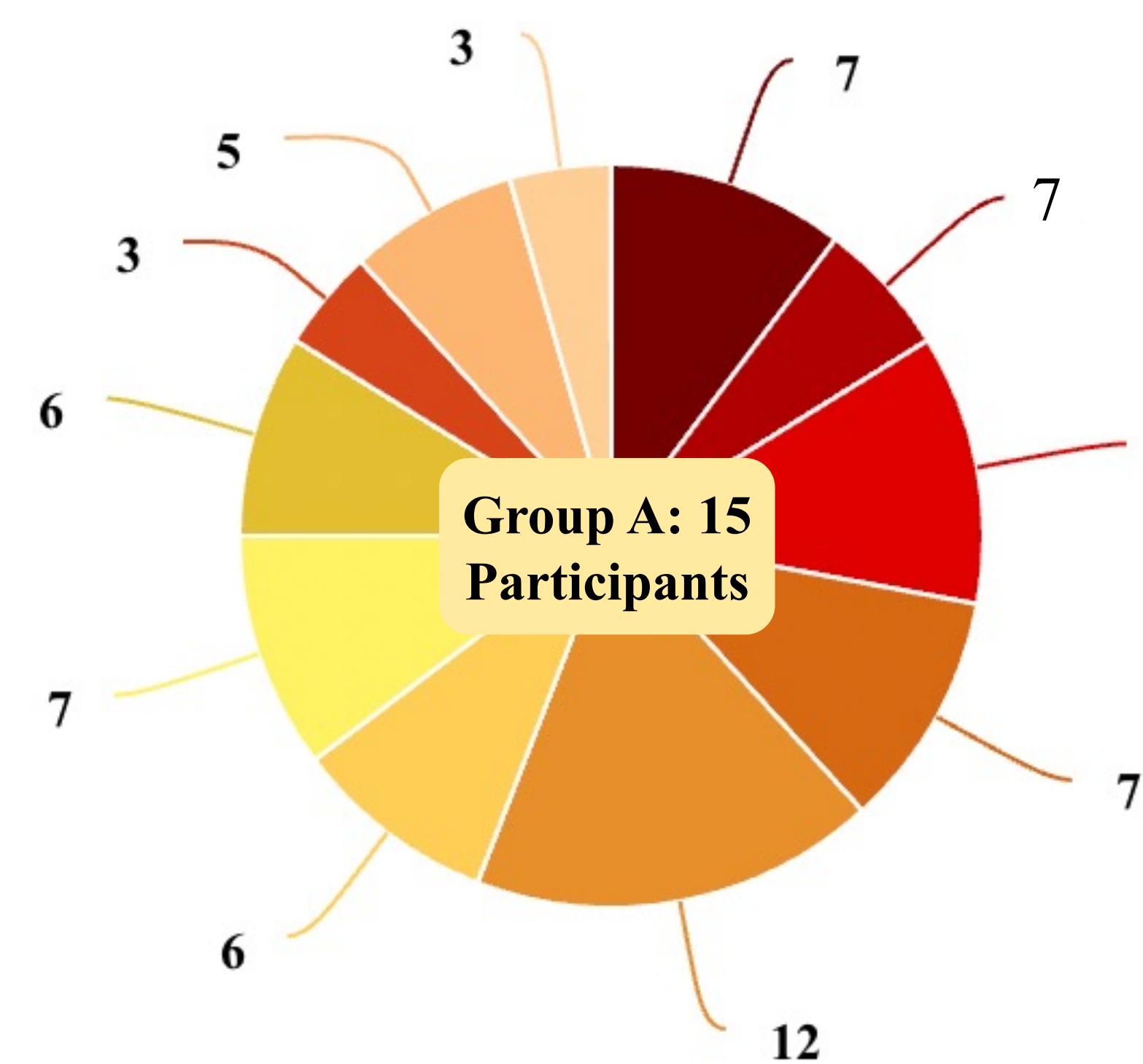
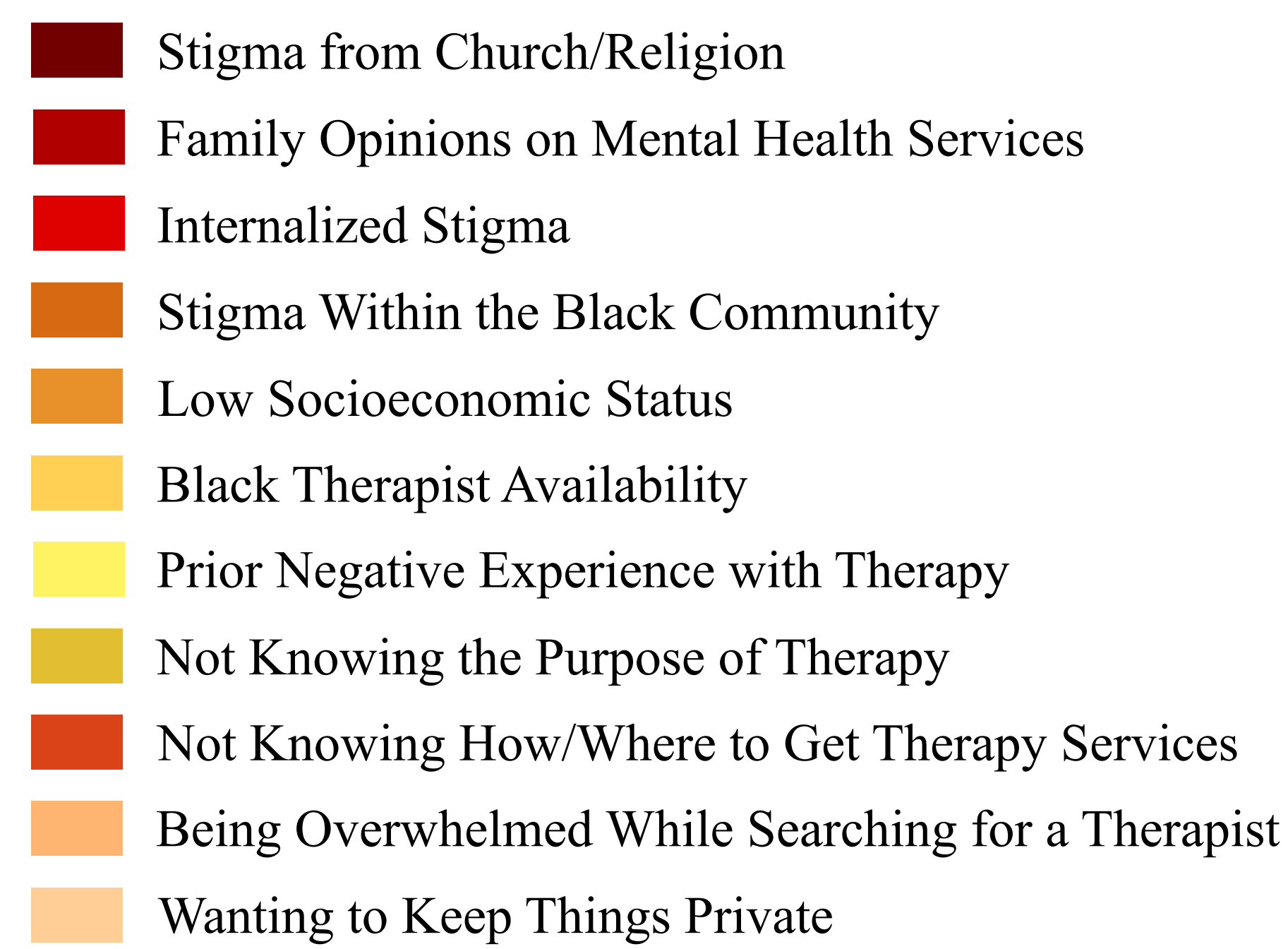
Participants

- Twenty emerging Black adults between the ages of 18-29
- Participants separated into two groups: Group A and Group B
 - Group A composed of participants who have received formal mental health services
 - Group B composed of participants who had not received formal mental health services prior to the study

Materials

- A demographic questionnaire:
 - This questionnaire was sent to the participants via email to measure participant demographics
- A set of initial questions (determined by the participant's group) were asked to the participants by the researcher

Results



Procedure

- Participants provided informed consent
- Participants were split into two groups depending on their questionnaire responses: Group A and Group B
- A set of questions were asked to the participants via zoom by the researcher
- Answers were recorded, transcribed, analyzed, and compared to answers given by participants within the same group and contrasted to see the difference in responses from the opposite group

Discussion

- Due to the overrepresentation of women in this study, the findings may be difficult to generalize toward a larger population of male emerging Black American adults
- More research must be done to understand the effects that stigma and barriers to mental health have on Black American men
- While many participants offered solutions that may aid in dismantling mental health barriers, additional research should be done to further understand how institutional, environmental, and individual barriers to mental health services may be mitigated

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