

Evidence Based Health Promotion Scientific Abstract

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Introduction & Background:

Mental Health resources are scarce in rural areas. In 2020, suicide was the third leading cause of death for African Americans ages 15 to 24; this is only one example of the mental health disparities experienced by minority groups.

Purpose Statement and Research Question:

We sought to answer: “Are there greater mental health disparities among sexual and ethnic minorities, such as LGBTQ+ groups or Middle Eastern women, compared to their heterosexual, majority counterparts; if so, is there anything we can do about the issue as nurses?”

Literature Review:

To match the guidelines for our assignment, which were to have an article younger than five years with an author who has nursing credentials. We used terms such as “mental health issues” and “minority groups” to drive our search, and from there we chose articles that best fit our own individual interests.

Findings:

From our research, we found that these groups tend to have a much poorer mental health status compared to their majority counterparts. In healthcare settings, sexual minorities tend to be generalized and treated without understanding of their differences; the same can be said for ethnic minorities, who are often treated by uneducated or biased healthcare workers.

Conclusions and Nursing Interventions:

There is a severe lack of specialized mental health teaching being given to healthcare workers. In implementing comprehensive care teaching programs, we could greatly

improve the therapeutic mental health services being provided to these minority groups.