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Reading and Resources




Required Resources

Textbook: *Cross-Cultural Psychology: Critical Thinking and Contemporary Applications*, Chapter 9

This chapter examines the universalist and relativist perspectives on psychological disorders and culture.

Reading: Disparities in Mental Health Care Utilization and Perceived Need Among Asian Americans 2012–2016  (<https://ps-psychiatryonline-org.ezproxy.snhu.edu/doi/pdf/10.1176/appi.ps.201900126>)


This Shapiro Library article explores the disparities in mental health treatment access between Asian and White Americans and highlights the needs and barriers to treatment.

Reading: Cultural Concepts of Distress and Psychiatric Disorders: Understanding Symptom Experience and Expression in Context  (<https://ezproxy.snhu.edu/login?url=https://search.ebscohost.com/login.aspx?direct=true&db=psych&AN=2019-44150-010&site=eds-live&scope=site>)


This Shapiro Library article explains the term *cultural concepts of distress* and its potential research and clinical application.



Additional Support (Optional)

Video: Challenges and Rewards of a Culturally-Informed Approach to Mental Health|Jessica Dere|TEDxUTSC  (<https://youtu.be/VrYmQDiunSc>) (17:57)

This video examines how culture matters when thinking about mental health and mental illness. It is an older video, but the shorter length and the speaker's credentials make it a valuable resource.

A captioned version of this video is available: Challenges and Rewards of a Culturally-Informed Approach to Mental Health Issues|Jessica Dere| TEDxUTSC CC  (https://youtu.be/As_PJd3bqc).



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