Cultural psychiatry is concerned with understanding the impact of social and cultural differences and similarities on mental illness and its treatments.

A person’s cultural characteristics can often lead to misunderstandings, influenced by language, non-verbal styles, codes of etiquette and assumptions. There may also be perceived misconceptions and differences in beliefs and values. In order to provide appropriate, sensitive and acceptable services for different cultural groups, all service providers need to take these factors into account.

Written by leading clinicians and academics from around the world, and integrating both practical and theoretical knowledge, the Textbook of Cultural Psychiatry provides a framework for the provision of mental healthcare in a multi-cultural/multi-racial society and global economy.

It will be essential reading for those providing mental healthcare, or who are involved in the organisation and management of services.

Dinesh Bhugra is Professor of Mental Health and Cultural Diversity, at the Institute of Psychiatry, King’s College London.

Kamaldeep Bhui is Professor of Cultural Psychiatry and Epidemiology, at Barts and the London, Queen Mary School of Medicine and Dentistry.
Textbook of Cultural Psychiatry

Edited by

Dinesh Bhugra
and
Kamaldeep Bhui
Contents

Contributors

Foreword
Pedro Ruiz, President Elect of the American Psychiatric Association and Secretary for Meetings of the World Psychiatric Association

Preface

Part I Theoretical background

1 Cultural psychiatry in historical perspective
Laurence J. Kirmayer

2 Anthropology and psychiatry: the contemporary convergence
Janis H. Jenkins

3 Suicide, violence and culture
Michel Tousignant and Arlene Taliberté

4 Psychology and cultural psychiatry
Malcolm MacLachlan and Sieglinde McGee

5 Spirituality and cultural psychiatry
Kate M. Loewenthal

6 Culture, ethnicity and biological psychiatry
Chia-Hui Chen, Shi-Kai Liu and Keh-Ming Lin

7 Ethnic inequalities and cultural capability framework in mental healthcare
Kamaldeep Bhui and Dinesh Bhugra
<table>
<thead>
<tr>
<th>Part II</th>
<th>Culture and mental health</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>8</td>
<td>Culture and psychopathology:</td>
<td>93</td>
</tr>
<tr>
<td></td>
<td>general view</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Wen-Shing Tseng</td>
<td>95</td>
</tr>
<tr>
<td>9</td>
<td>Developmental aspects of cultural psychiatry</td>
<td>113</td>
</tr>
<tr>
<td></td>
<td>Joseph Westermeyer</td>
<td></td>
</tr>
<tr>
<td>10</td>
<td>Explanatory models in psychiatry</td>
<td>127</td>
</tr>
<tr>
<td></td>
<td>Mitchell G. Weiss and Daryl Somma</td>
<td></td>
</tr>
<tr>
<td>11</td>
<td>Culture-bound syndromes: a re-evaluation</td>
<td>141</td>
</tr>
<tr>
<td></td>
<td>Dinesh Bhugra, Athula Sumathipala and Sisira Siribaddana</td>
<td></td>
</tr>
<tr>
<td>12</td>
<td>Psychiatric epidemiology and its</td>
<td>157</td>
</tr>
<tr>
<td></td>
<td>contributions to cultural psychiatry</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Robert Kohn and Kamaldeep Bhui</td>
<td></td>
</tr>
<tr>
<td>13</td>
<td>Acculturation and identity</td>
<td>169</td>
</tr>
<tr>
<td></td>
<td>John W. Berry</td>
<td></td>
</tr>
<tr>
<td>14</td>
<td>Cultural consonance</td>
<td>179</td>
</tr>
<tr>
<td></td>
<td>William W. Dressler</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Part III</th>
<th>Culture and mental disorders</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>15</td>
<td>Neurosis</td>
<td>191</td>
</tr>
<tr>
<td></td>
<td>Santosh K. Chaturvedi and Geetha Desai</td>
<td></td>
</tr>
<tr>
<td>16</td>
<td>Schizophrenia and related psychoses</td>
<td>193</td>
</tr>
<tr>
<td></td>
<td>Assen Jablensky</td>
<td></td>
</tr>
<tr>
<td>17</td>
<td>Affective disorders</td>
<td>207</td>
</tr>
<tr>
<td></td>
<td>Paul Bebbington and Claudia Cooper</td>
<td></td>
</tr>
<tr>
<td>18</td>
<td>Substance misuse</td>
<td>224</td>
</tr>
<tr>
<td></td>
<td>Shamil Wanigaratne, Susan Salas and John Strang</td>
<td></td>
</tr>
<tr>
<td>19</td>
<td>Culture and mental disorders:</td>
<td>242</td>
</tr>
<tr>
<td></td>
<td>suicidal behaviour</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Sarah A. Fortune and Keith Hawton</td>
<td>255</td>
</tr>
<tr>
<td>20</td>
<td>Personality disorders and culture</td>
<td>272</td>
</tr>
<tr>
<td></td>
<td>Matthieu Crews, Paul Moran and Dinesh Bhugra</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Part IV</th>
<th>Theoretical aspects of management</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>21</td>
<td>Culture and obsessive-compulsive disorder</td>
<td>282</td>
</tr>
<tr>
<td></td>
<td>Padmal de Silva and Dinesh Bhugra</td>
<td></td>
</tr>
<tr>
<td>22</td>
<td>Culture and eating disorders</td>
<td>292</td>
</tr>
<tr>
<td></td>
<td>Mervat Nasser</td>
<td></td>
</tr>
<tr>
<td>23</td>
<td>Childhood and adolescent psychiatric disorders</td>
<td>301</td>
</tr>
<tr>
<td></td>
<td>Nisha Dogra, Panos Vostanis and Niranjan Karnik</td>
<td></td>
</tr>
<tr>
<td>24</td>
<td>Culture and schizophrenia</td>
<td>314</td>
</tr>
<tr>
<td></td>
<td>Thomas Stompe and Alexander Friedmann</td>
<td></td>
</tr>
<tr>
<td>25</td>
<td>Disorders of ageing across cultures</td>
<td>323</td>
</tr>
<tr>
<td></td>
<td>Ajit Shah and Sheena MacKenzie</td>
<td></td>
</tr>
</tbody>
</table>

<p>| 26      | Traumascape: an ecological–cultural–historical model for extreme stress | 347  |
|         | Joop T. V. M. de Jong                                             |      |
| 27      | Sexual dysfunction across cultures                                | 364  |
|         | Dinesh Bhugra and Padmal de Silva                                 |      |
| 28      | Therapist–patient interactions and expectations                   | 379  |
|         | Digby Tantam                                                      |      |
| 29      | Developing mental-health services for multicultural societies      | 388  |
|         | Harry Minas                                                       |      |
| 30      | Psychopharmacology across cultures                                | 402  |
|         | Shu-Han Yu, Shi-Kai Liu and Keh-Ming Lin                          |      |
| 31      | Psychotherapy across cultures                                     | 414  |
|         | Digby Tantam                                                      |      |
| 32      | Psychological interventions and assessments                       | 424  |
|         | Shahe S. Kazarian                                                 |      |
| 33      | Spiritual aspects of management                                   | 434  |
|         | Andrew Sims                                                       |      |</p>
<table>
<thead>
<tr>
<th>No.</th>
<th>Title</th>
<th>Authors</th>
<th>Pages</th>
</tr>
</thead>
<tbody>
<tr>
<td>34</td>
<td>Cultural aspects of suicide</td>
<td>Gwendolyn Portzky and Kees van Heeringen</td>
<td>445</td>
</tr>
<tr>
<td>35</td>
<td>Intellectual disabilities across cultures</td>
<td>Jean O’Hara and Nick Bouras</td>
<td>461</td>
</tr>
<tr>
<td>36</td>
<td>Child psychiatry across cultures</td>
<td>Niranjan Karnik, Nisha Dogra and Panos Vostanis</td>
<td>471</td>
</tr>
<tr>
<td>37</td>
<td>Management of sexual dysfunction across cultures</td>
<td>Dinesh Bhugra and Padmal de Silva</td>
<td>484</td>
</tr>
<tr>
<td>38</td>
<td>Refugees and mental health</td>
<td>Nasir Warfa and Kamaldeep Bhui</td>
<td>503</td>
</tr>
<tr>
<td>39</td>
<td>Working with elderly persons across cultures</td>
<td>Carl I. Cohen and Iqbal Ahmed</td>
<td>512</td>
</tr>
<tr>
<td>40</td>
<td>Working in liaison psychiatry</td>
<td>Santosh K. Chaturvedi and Jaideep Thoduguli</td>
<td>526</td>
</tr>
<tr>
<td></td>
<td>Part V Management with special groups</td>
<td></td>
<td>459</td>
</tr>
<tr>
<td>41</td>
<td>Scope of cultural psychiatry</td>
<td>Horacio Fabrega Jr</td>
<td>537</td>
</tr>
<tr>
<td>42</td>
<td>Coping with stressors: racism and migration</td>
<td>Brendan D. Kelly and Larkin Feeney</td>
<td>550</td>
</tr>
<tr>
<td></td>
<td>Cultural psychiatry: the past and the future</td>
<td>Dinesh Bhugra and Kamaldeep Bhui</td>
<td>561</td>
</tr>
<tr>
<td></td>
<td>Index</td>
<td></td>
<td>569</td>
</tr>
<tr>
<td></td>
<td>Part VI Cultural research and training</td>
<td></td>
<td>535</td>
</tr>
</tbody>
</table>
Contributors

Iqbal Ahmed
Department of Psychology
John A. Burns School of Medicine
University of Hawai’i at Manoa
1960 East-West Road
Honolulu HI 96822
USA

Paul Bebbington
UCL, Department of Mental Health Sciences
2nd Floor, Charles Bell House
67–73 Riding House Street
London W1W 7EJ, UK

John W. Berry
Psychology Department
Queen’s University
62 Arch Street
Kingston Ontario K7L 3N6
Canada

Dinesh Bhugra
Mental Health and Cultural Diversity
Section of Cultural Psychiatry
Institute of Psychiatry
King’s College London
De Crespigny Park
London SE5 8AF, UK

Kamaldeep Bhui
Department of Cultural Psychiatry and Epidemiology
Institute of Community Health Sciences
Contributors

Queen Mary
London E1 4NS, UK

Nick Bouras
King's College London
Institute of Psychiatry
The Estia Centre
York Clinic – Guy’s Hospital
47 Weston Street
London SE1 3RR, UK

Santosh K. Chaturvedi
Department of Psychiatry
National Institute of Mental Health and Neurosciences
Bangalore 560029
India

Chia-Hui Chen
Division of Mental Health and Substance Abuse Research
National Health Research Institutes, 5th Floor
Second Campus, Tapiei City Psychiatric Center
309 Song-De Road
Taipei 110
Taiwan

Carl I. Cohen
Division of Geriatric Psychiatry
SUNY Downstate Medical Center
Box 1203
450 Clarkson Avenue
Brooklyn NY 11203
USA

Matthieu Crews
The Maudsley Hospital
Denmark Hill
London SE5 8AF, UK

Claudia Cooper
Royal Free and University College Medical School
UCL – Department of Psychiatry and Behavioural Sciences
Holborn Union Building, Archway Campus
Highgate Hill
London N19 5LW, UK

Joop T. V. M. de Jong
Vrije Universiteit Medisch Centrum Amsterdam
Keizersgracht 329
Amsterdam 1016 EE
The Netherlands

Padmal de Silva
Department of Psychology PO Box 77
Institute of Psychiatry
King’s College
De Crespigny Park
London SE5 8AF, UK

Geetha Desai
Department of Psychiatry
Kasturba Medical College
Manipal
Karnataka
India

Nisha Dogra
University of Leicester
Greenwood Institute of Child Health
Department of Psychiatry
Division of Child Psychiatry
Westcotes House, Westcotes Drive
Leicester LE3 0QU, UK

William W. Dressler
Department of Anthropology
PO Box 870210
The University of Alabama
Tuscaloosa Alabama 35487-0210
USA

Horacio Fabrega Jr
257 Kenforest Drive
Pittsburgh PA 152136
USA

Larkin Feeney
Department of Psychiatry
St Vincent’s Hospital
Fairview
Contributors

Sarah A. Fortune
University of Oxford Centre for Suicide Research
Department of Psychiatry
Warneford Hospital
Oxford OX3 7JX, UK

Alexander Friedmann
Psychiatric University Clinic Vienna
Währinger Gürtel 18–20
A-1090 Vienna
Austria

Keith Hawton
University of Oxford Centre for Suicide Research
Department of Psychiatry
Warneford Hospital
Oxford OX3 7JX, UK

Assen Jablensky
School of Psychiatry & Clinical Neuroscience
University of Western Australia
MRF Building, 50 Murray Street
Mail Bag Delivery Point M571
Perth WA 6000
Australia

Janis H. Jenkins
Department of Anthropology
University of California, San Diego
9500 Gilman Drive
La Jolla CA 92093-053
USA

Niranjan Karnik
Division of Child and Adolescent Psychiatry
Stanford University
401 Quarry Road
Stanford CA 94305
USA

Shahe Kazarian
Department of Social and Behavioural Sciences
American University of Beirut
PO Box 11-0236
Riad El Solh
Beirut 1107 2020
Lebanon

Brendan D. Kelly
Department of Adult Psychiatry
University College Dublin
Mater Misericordiae University Hospital
63 Eccles Street
Dublin 7
Ireland

Laurence J. Kirmayer
Culture and Mental Health Research Unit
Institute of Community and Family Psychiatry
McGill University
4333 Côte Ste Catherine Road
Montreal
Quebec H3T 1E4
Canada

Robert Kohn
Butler Hospital
345 Blackstone Blvd
Providence RI 02906
USA

Arlene Laliberté
Centre for Research and Intervention on Suicide and Euthanasia
Université de Québec in Montréal
Succursale Centre ville
Montreal, Quebec H3C 3P8
Canada

Keh-Ming Lin
Division of Mental Health and Substance Abuse Research
Contributors

National Health Research Institutes
5th Floor, Second Campus
Tapiei City Psychiatric Center
309 Song-De Road
Taipei 110
Taiwan

Shi-Kai Liu
Division of Mental Health and Substance
Abuse Research
National Health Research Institutes, 5th Floor
Second Campus, Tapiei City Psychiatric Center
309 Song-De Road
Taipei 110
Taiwan

Kate M. Loewenthal
Psychology Department
Royal Holloway
University of London
Egham
Surrey TW20 0EX, UK

Sheena MacKenzie
Old Age Psychiatry
West London Mental Health NHS Trust
Uxbridge Road
Southall
Middlesex UB1 3EU, UK

Malcolm MacLachlan
Centre for Global Health and Department of Psychology
Trinity College Dublin
Dublin 2
Ireland

Sieglinde McGee
School of Psychology
Trinity College Dublin
Dublin 2
Ireland

Harry Minas
Victorian Transcultural
Psychiatry Unit

Level 2, Bolte Wing
St Vincent’s Hospital
14 Nicholson Street
Fitzroy VIC 3065
Australia

Paul Moran
Institute of Psychiatry
De Crespigny Park
Denmark Hill
London SE5 8AF, UK

Mervat Nasser
Eating Disorders Research Unit
Institute of Psychiatry
King’s College (Guy’s Campus)
5th Floor, Thomas Guy House
Guy’s Hospital
London SE1 9RT, UK

Jean O’Hara
York Clinic
47 Weston Street
Guy’s Hospital
London SE1 3RR, UK

Gwendolyn Portzky
Unit for Suicide Research
Department of Psychiatry
Ghent University
De Pintelaan 185
9000 Gent
Belgium

Pedro Ruiz
Department of Psychiatry and Behavioral Sciences
Medical School
University of Texas
1300 Moursund Street
Houston, Texas 77030
USA

Sue Salas
Mental Health Strategies
Emerson House
Albert Street
Eccles
Manchester M30 0BG, UK

Ajit Shah
John Connolly Unit
West London Mental Health NHS Trust
Uxbridge Road
Southall
Middlesex UB1 3EU, UK

Andrew Sims
formerly Department of Psychiatry
University of Leeds
Leeds, UK

Sisira Siribaddana
Sri Lankan Twin Registry Project
25a Temple Road
Thalapattiya
Nugegoda
Sri Lanka

Daryl Somma
Department of Public Health and Epidemiology
Swiss Tropical Institute
Socinstrasse 57
CH-4002 Basel
Switzerland

Thomas Stompe
Psychiatric University Clinic Vienna
Währinger Gürtel 18–20
A-1090 Vienna
Austria

John Strang
National Addiction Centre
Institute of Psychiatry
Kings College London
4 Windsor Walk
London SE5 8AF, UK

Athula Sumathipala
Section of Epidemiology

Institute of Psychiatry
King’s College London
De Crespigny Park
London SE5 8AF, UK

Digby Tantam
Centre for the Study of Conflict and Reconciliation
School of Health and Related Research
University of Sheffield
30 Regent Street
Sheffield S1 4DA, UK

Jaideep Thoduguli
Department of Psychiatry
National Institute of Mental Health &
Neurosciences
Bangalore 560029
India

Michel Tousignant
Centre for Research and Intervention on Suicide and
Euthanasia
Université de Québec in Montréal
Succursale Centre ville
Montreal, Quebec H3C 3P8
Canada

Wen-Shing Tseng
Department of Psychiatry
University of Hawaii School of Medicine
1356 Lusitana Street
4th Floor
Honolulu HI 96813-2421
USA

Kees van Heeringen
Unit for Suicide Research
Department of Psychiatry
Ghent University
De Pintelaan 185
9000 Gent
Belgium

Panos Vostanis
University of Leicester
Contributors

Shamil Wanigaratne
National Addiction Centre
Institute of Psychiatry
Kings College London
4 Windsor Walk
London SE5 8AF, UK

Nasir Warfa
Centre for Psychiatry
Wolfson Institute for Preventive Medicine
Barts and the London Medical School
Queen Mary, University of London, UK

Mitchell G. Weiss
Department of Public Health and Epidemiology

Shu-Han Yu
Division of Mental Health and Substance Abuse Research
National Health Research Institutes, 5th Floor
Second Campus, Taipei City
Psychiatric Center
309 Song-De Road
Taipei 110
Taiwan

Greenwood Institute of Child Health
Department of Psychiatry
Division of Child Psychiatry
Westcotes House, Westcotes Drive
Leicester LE3 0QU, UK

Swiss Tropical Institute
Socinstrasse 57
CH-4002 Basel
Switzerland

Joseph Westermeyer
University of Minnesota Hospital
Department of Psychiatry
F282/2A Medical School
2450 Riverside Avenue South
Minneapolis MN 55454
USA
Foreword

Pedro Ruiz, MD

Professor and Vice Chair, Department of Psychiatry and Behavioral Sciences, University of Texas Medical School at Houston
President, American Psychiatric Association

It is for me a real pleasure and an honour to write the foreword for this impressive textbook edited by Professors Dinesh Bhugra and Kam Bhui. Based on my involvement in the field of Cultural Psychiatry for over four decades, I clearly envisage this textbook to be one of the most authoritative textbooks ever written on the topic of Cultural Psychiatry.

I base my assumption on a series of well-established facts. They are as follows:

1. This textbook has secured a cadre of authors who represent the best that the field of Cultural Psychiatry can offer at the present time. This cadre of authors encompasses over 40 experts from all regions of the world, each of them bringing to this textbook a rich set of knowledge and experiences in their respective assignments in this text. They are all highly respected scholars in their assigned topics. Undoubtedly, this is not a minor task and clearly symbolizes the respect that each of them has for Professors Bhugra and Bhui and what this textbook will have to offer to the field of Cultural Psychiatry for years to come.

2. The topics selected for this textbook represent very relevant subjects. Each of the critical areas of the field of Cultural Psychiatry is addressed in this textbook. They all signified the best curriculum within the field of Cultural Psychiatry. This compendium of highly important subjects will certainly offer the best advances and knowledge in this field to all professionals and trainees who
are or could be interested in the field of Cultural Psychiatry in the twenty-first century.

3. The six broad areas covered in this textbook address the most critical and relevant areas of the field of Cultural Psychiatry. They are (a) theoretical issues, (b) the relationship between culture and mental health, (c) the role of culture on mental disorders, (d) the theoretical aspects of the clinical management of patients across cultures, (e) the clinical managements of special groups such as children and adolescents, patients with learning disabilities, etc. and (f) the most recent and important research and training aspects in the field of Cultural Psychiatry.

Undoubtedly, no other current text shows the depth and the extension of this formidable textbook. My deepest appreciation goes to Professors Bhugra and Bhui and their outstanding cadre of collaborators in this project. This textbook will certainly make major contributions in the field of Cultural Psychiatry for several decades. I plan to keep this textbook handy and use it in my clinical, educational and investigative activities.
Preface

People eat, drink and breathe culture. Without any conscious awareness, we absorb culture; and as culture becomes an integral part of us we become acculturated and a part of culture. Although nearly a century ago cultural variations in the presentation of mental illness were noted, the impact of culture on distress, identification of symptoms and reaching diagnosis as well as pathways people follow into health care (be it statutory or non-statutory) have become clearly important in the last quarter of a century. It appears that cultural psychiatry is gradually taking over the role of social psychiatry. Cultural factors in aetiology, management and prognosis are being identified both as within cultures but also increasingly in a comparative style across cultures. The relationship of the clinician with the medical formulation on the one hand, and the cultural formulation on the other, has led to a creative tension which can be seen in this volume.

With ever-increasing globalization and the international flow not only of people but of physical resources too, it is essential that any clinician practising in the twenty-first century be aware of the cultural norms and variations. We have deliberately stepped away from one approach of cultural psychiatry (which relies on dealing with each individual cultural group as if it were isolated) to adopt one that emphasizes broad principles that can then be used to develop patient-based services rather than group or culture or ethnicity-based services.

The book is divided into six Parts. Starting with theoretical background, we move to the relationship between culture and mental health. The third Part
deals with culture and mental disorders focusing on specific disorders, whereas the fourth Part provides an overview of theoretical aspects of management. We then move on to management with special groups and conditions. The last Part focuses on cultural research and training. There is no doubt that there are times when there is an overlap in the contents of various chapters, but this is inevitable in a volume of this size. We have deliberately left this in place so that each chapter can also be read independently of the others. The aim of the book is to be a textbook and also a source book that psychiatrists and other mental-health professionals will find user-friendly and helpful in clinical settings.

We are delighted at the responses of our authors who, in spite of their busy schedules, not only agreed to contribute to this volume but stuck to deadlines and were generous enough to accept critical comments from us in shaping their contributions. We are grateful to Professor Pedro Ruiz for his Foreword and his generous support of this project. Andrea Livingstone has done a splendid job in keeping the project moving smoothly – thanks are really inadequate words. Tajinder Kaur Bhui kindly permitted use of her painting for the cover illustration. Richard Marley, Betty Fulford and their team at Cambridge University Press have been supportive beyond the call of duty. Thanks to all of them.

Mike Thacker, Gurpreet Bhui and Arjan have as ever been patient supports. Thank you all.

Dinesh Bhugra
Kamaldeep Bhui
March 2007