

Mental Health Consultation in Ontario's Immigrant Populations

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SAMI

Social Aetiology of Mental Illness
Étiologie sociale de la maladie mentale

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CIHR IRSC
Canadian Institutes of Health Research
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Migration in Canada

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Stressors of Migration

- Stressors

- Migration
- Racism
- Identity formation
- Economic difficulties

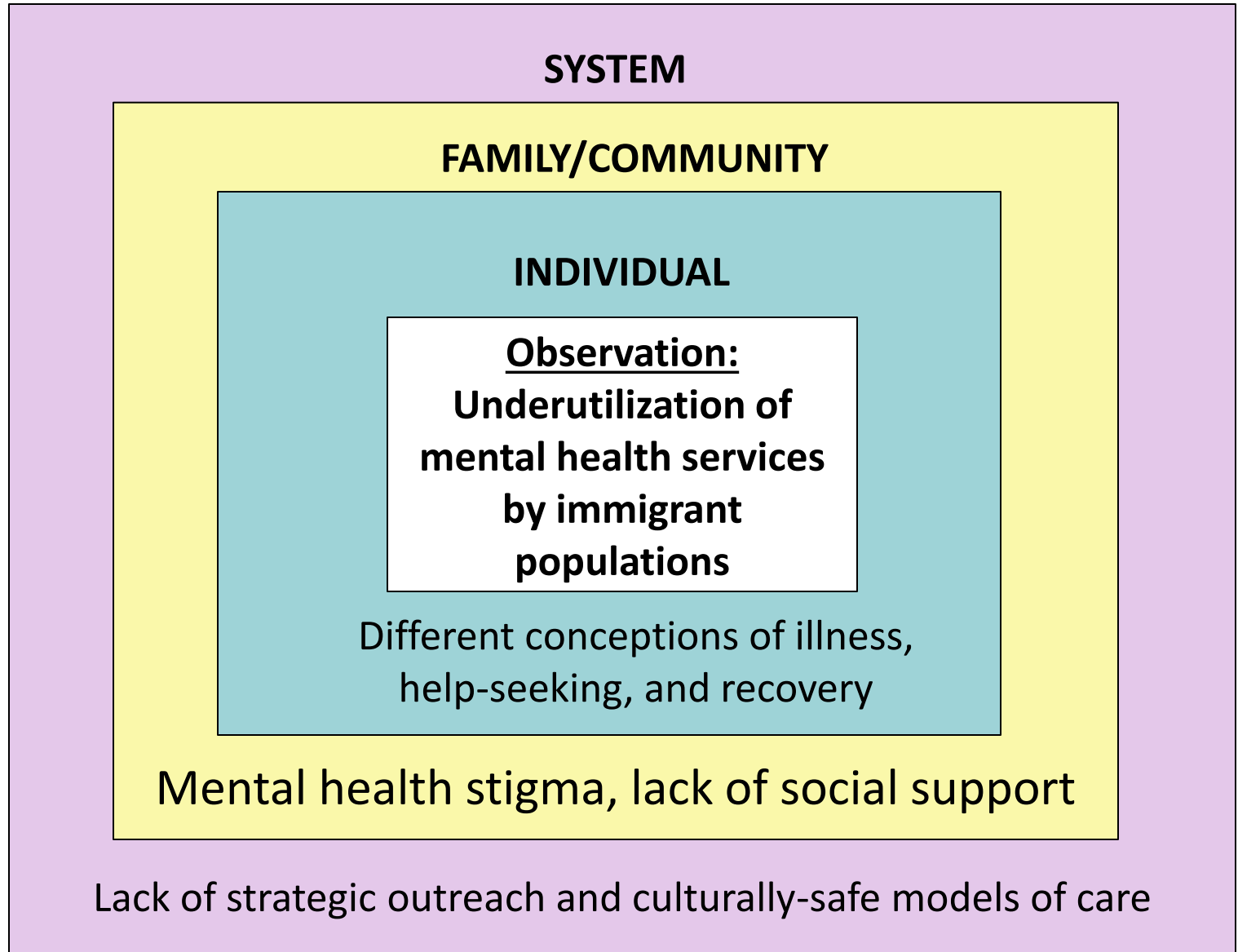
- Barriers to care

- Stigma, mistrust
- lack of awareness of available services
- language and cultural barriers
- lack of culturally safe mental healthcare
- lack of targeted mental health promotion



Multi-Level Model

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Objective

- To determine the prevalence rates and characteristics of past-year mental health consultation for Ontario's adult (18+ years old) immigrant populations



Data & Analysis

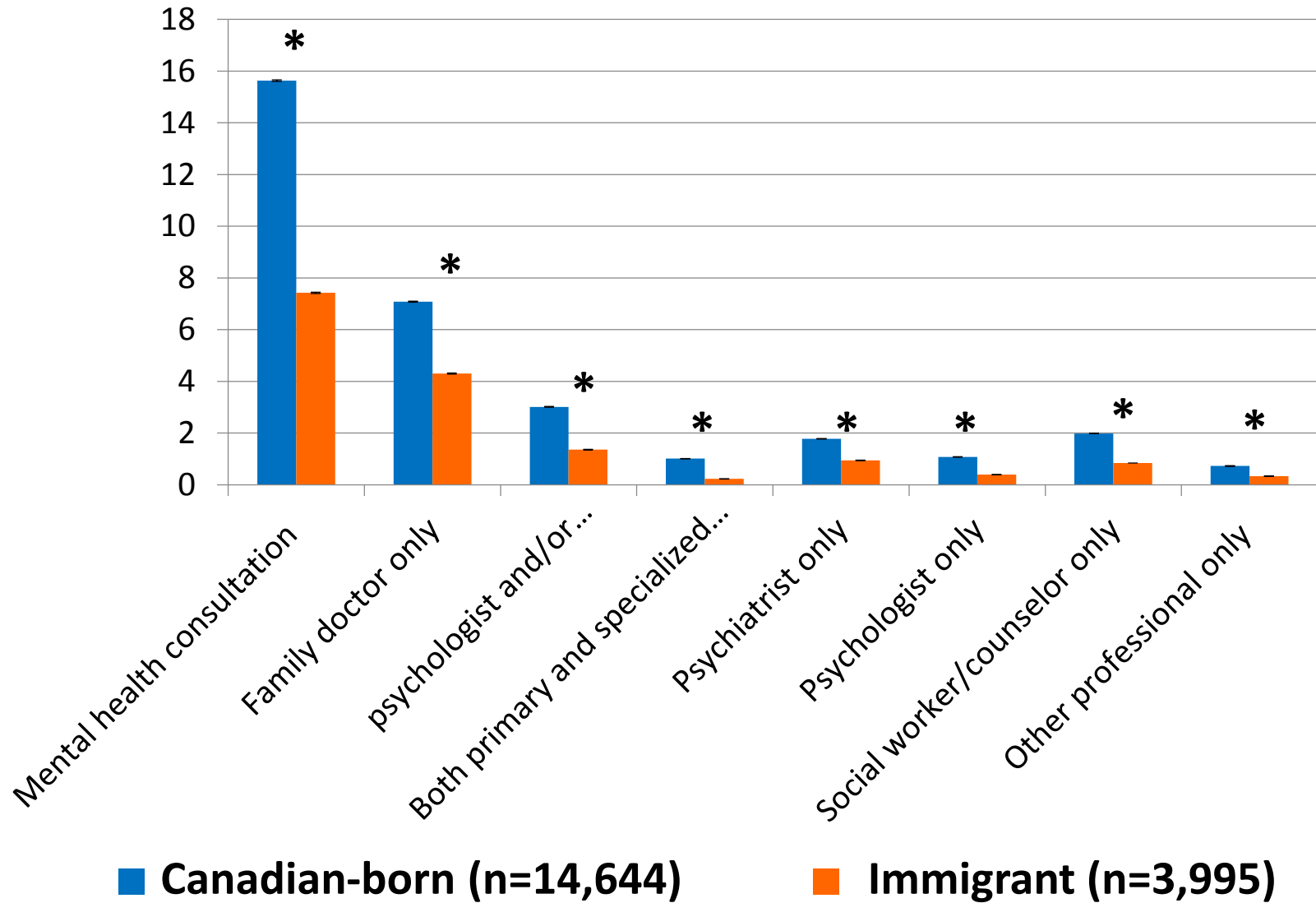
- Data source
 - Canadian Community Health Survey 2008-2012
- Analysis
 - Estimated prevalence rates (CCHS 2012)
 - Multivariable logistic regression analysis (merged CCHS 2008-2012)



Statistics Canada

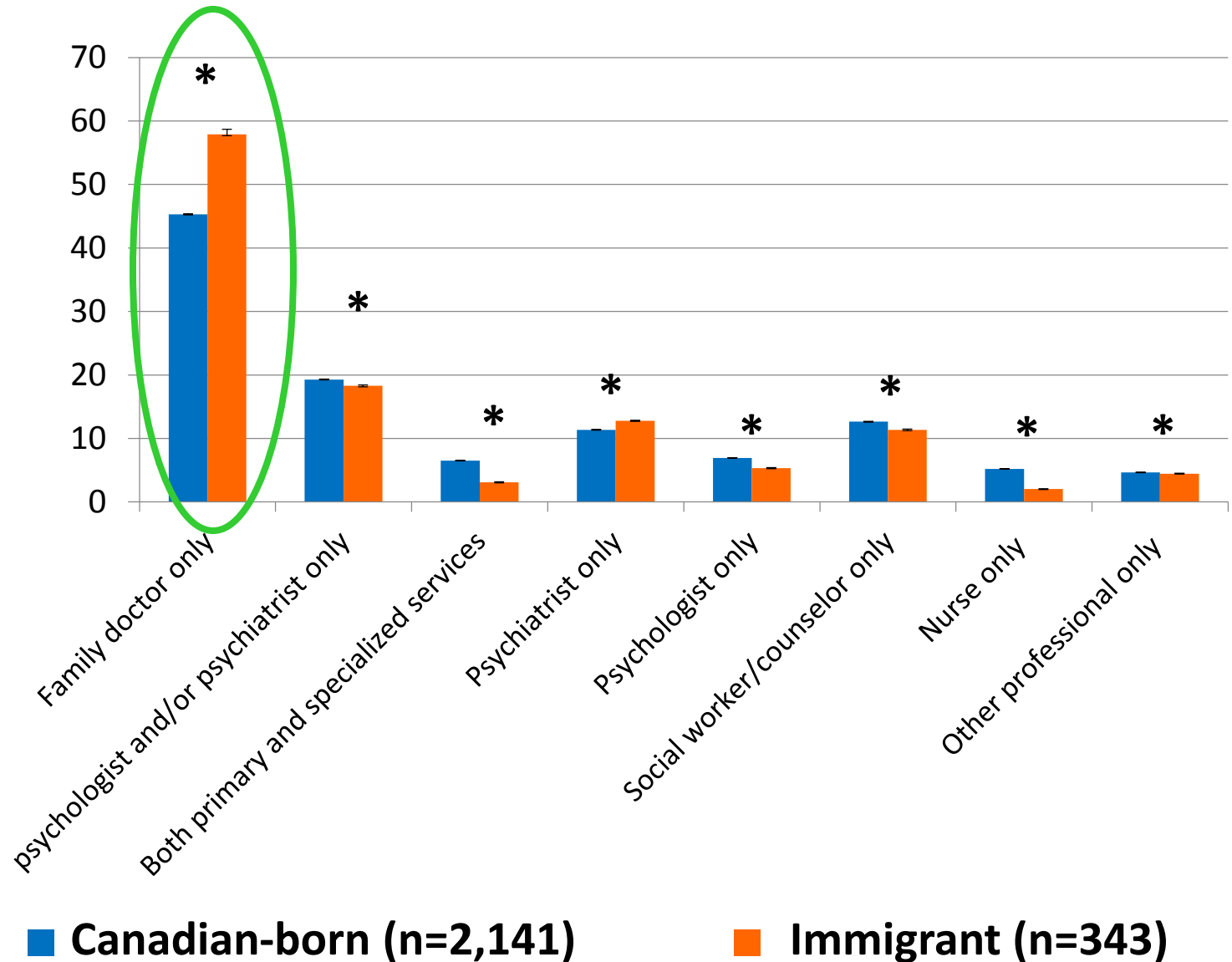
www.statcan.gc.ca

Mental Health Consultation by Service Provider Type



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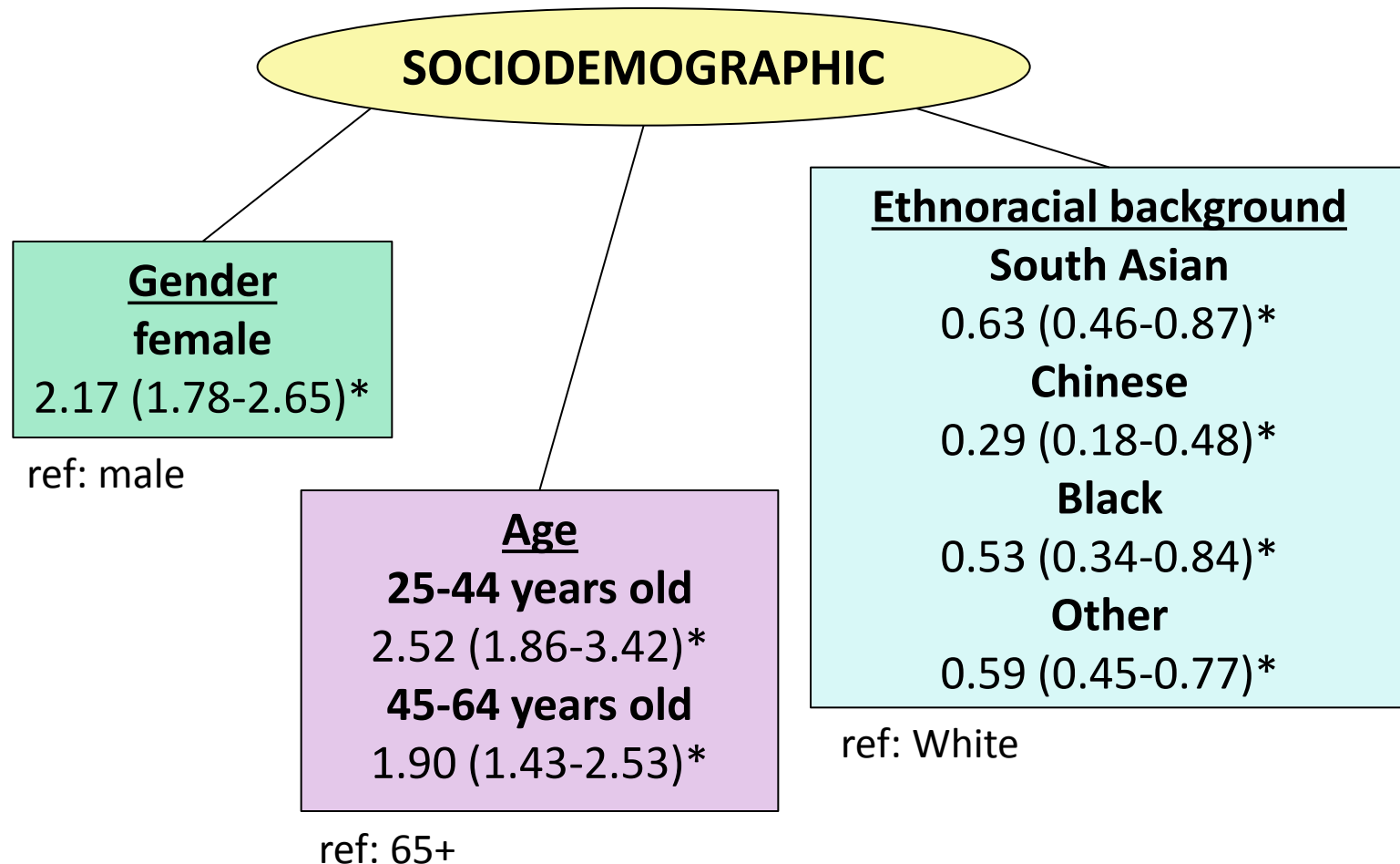
Amongst Those who Reported Past-Year Mental Health Consultation



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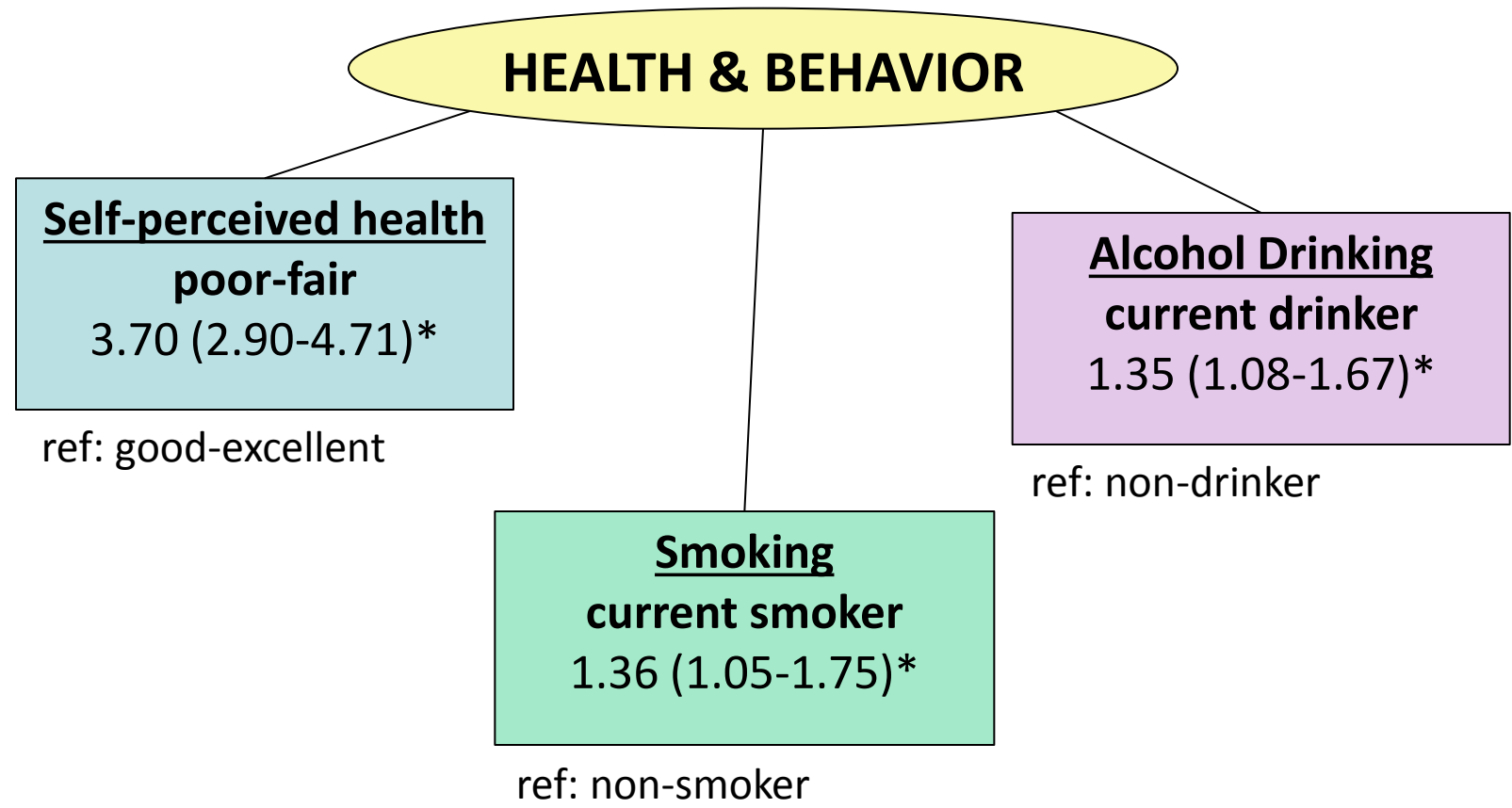
Characteristics of Past-Year Mental Health Consultation for Immigrant Populations

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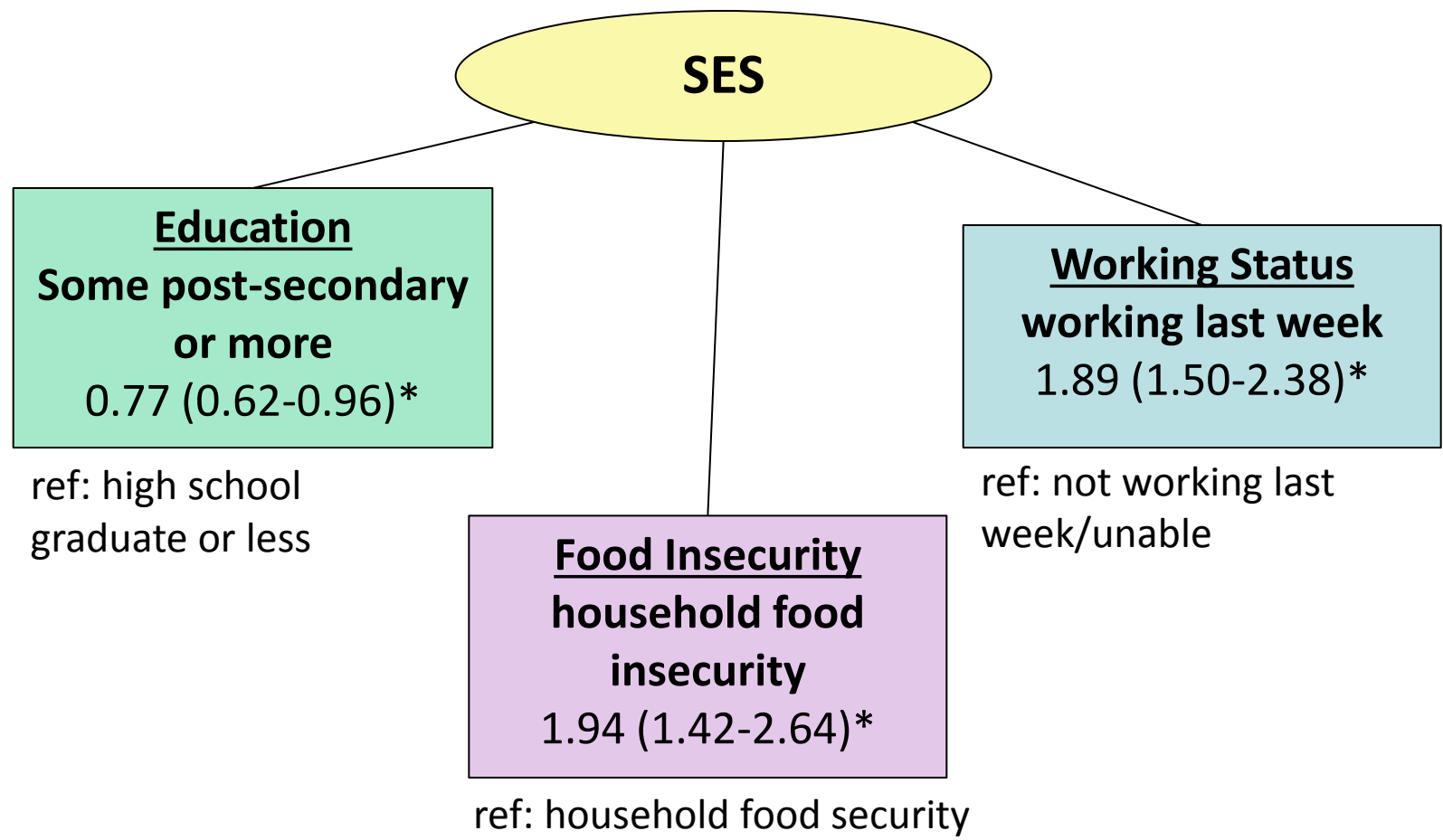
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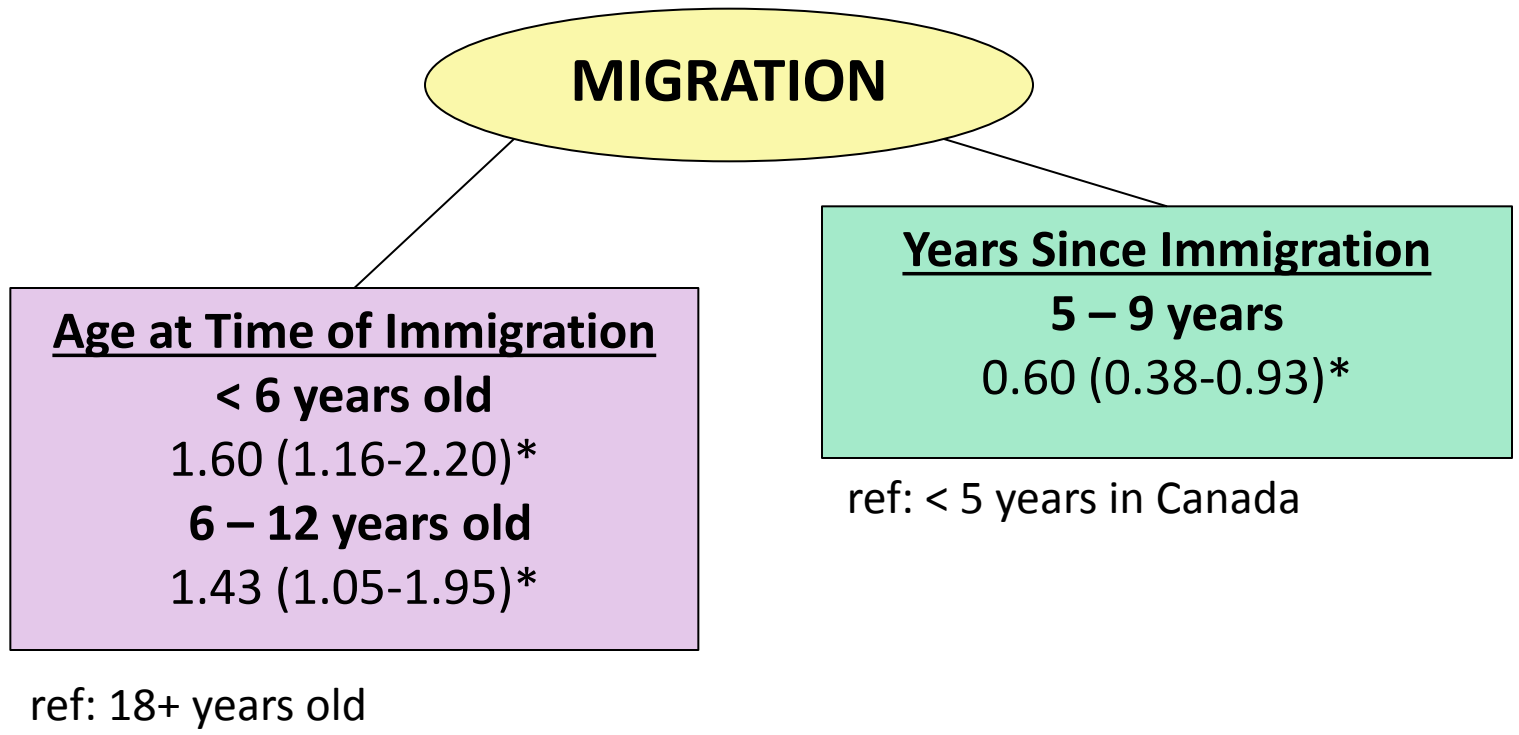
Characteristics of Past-Year Mental Health Consultation for Immigrant Populations

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Characteristics of Past-Year Mental Health Consultation for Immigrant Populations

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Take Home Message

- Immigrant populations rely on their family doctor for mental health care
 - Expand targeted outreach of other professionals
 - Increase capacity of family doctors
 - Increase bridging between mainstream services and community care

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Thank you!
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Social Aetiology of Mental Illness Étéologie sociale de la maladie mentale

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Weighted^a Sample Demographics of Canadian-born and Immigrant Populations in Ontario (18+ years old), CCHS 2012

^a CCHS frequency weights have been applied to sample prevalence rate calculations

* Indicates significant difference between Canadian-born and immigrant populations in Ontario (p < 0.05)

	Canadian-born n (%)	Immigrant n (%)	p-value
	unweighted: 16,278 (79.63) weighted: 6,778,711 (67.44)	unweighted: 4,163 (20.37) weighted: 3,273,493 (32.56)	
SOCIODEMOGRAPHIC			
Gender			
male	3,300,452 (48.69)	1,574,733 (48.11)	0.514
female	3,478,259 (51.31)	1,698,760 (51.89)	
Age			0.0001*
18-24 years old	993,256 (14.65)	245,753 (7.51)	
25-44 years old	2,376,094 (35.05)	1,106,574 (33.80)	
45-64 years old	2,318,592 (34.20)	1,223,695 (37.38)	
65+ years old	1,090,769 (16.09)	697,471 (21.31)	
Residence			
Urban	5,427,902 (80.07)	3,090,371 (94.41)	0.0001*
Rural	1,350,809 (19.93)	183,121 (5.59)	

Cultural/racial background			
White	6,030,388 (93.44)	1,296,604 (39.93)	0.0001*
South Asian	67,091 (1.04)	616,256 (18.98)	
Chinese	59,247 (0.92)	360,155 (11.09)	
Black	96,130 (1.49)	251,129 (7.73)	
Other	200,727 (3.11)	723,179 (22.27)	
SOCIAL SUPPORT			
Marital status			
married/common-law	4,015,268 (59.33)	2,305,357 (70.46)	0.0001*
not/never married	2,752,654 (40.67)	966,336 (29.54)	
Sense of belonging to community			
strong			0.247
weak	4,376,860 (66.14)	2,114,261 (67.54)	
	2,114,261 (67.54)	1,016,103 (32.46)	

SES			
Highest level of education			
HS grad or less	2,246,123 (33.34)	1,003,296 (31.06)	0.0001*
Some post-sec or more	4,491,065 (66.66)	2,226,824 (68.94)	
Working status last week			0.0001*
Employed	4,615,351 (72.33)	1,967,714 (65.45)	
Not employed	1,765,791 (27.67)	1,038,870 (34.55)	
Household food security			
Food secure	6,256,928 (92.85)	2,999,211 (92.63)	0.155
Food insecure	481,929 (7.15)	238,686 (7.37)	
HEALTH & BEHAVIOR			
Self-rated health status			
Poor-fair	780,918 (11.54)	353,081 (10.87)	0.375
Good-excellent	5,988,487 (88.46)	2,896,616 (89.13)	



Self-perceived mental health status			
Poor-fair			
Good-excellent	479,407 (7.18)	171,936 (5.43)	0.001*
	6,193,854 (92.82)	2,993,580 (94.57)	
Physical activity level			
active	3,749,865 (56.15)	1,380,099 (43.59)	0.0001*
inactive	2,928,343 (43.85)	1,785,843 (56.41)	
Current smoking status			
Yes	1,609,652 (23.75)	467,053 (14.27)	0.0001*
No	5,167,128 (76.25)	2,805,847 (85.73)	
Current alcohol drinking			
Yes	5,720,775 (84.57)	2,095,237 (64.07)	0.0001*
No	1,043,402 (15.43)	1,174,802 (35.93)	





MIGRATION			
Years since immigration	---		---
< 5 years		325,997 (9.96)	
5-9 years		393,629 (12.02)	
10+ years		2,553,867 (78.02)	
Age at time of immigration			
< 6 years old	---	278,127 (8.50)	---
6-12 years old		349,914 (10.69)	
13-17 years old		289,235 (8.84)	
18+ years old		2,356,217 (71.98)	
Preferred language for interview			
English or French	---		---
Non-official language		3,067,985 (93.72)	
		205,508 (6.28)	

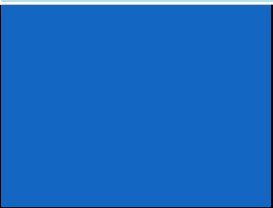


Table 2

Prevalence rates of mental health service utilization by service provider type for Canadian-born and Immigrant Populations in Ontario (18+ years old), CCHS 2012

	Canadian-born % (95% CI) Unweighted n = 14,644 Weighted n = 6,778,711	Immigrant % (95% CI) Unweighted n = 3,995 Weighted n = 3,273,493	p-value
Mental health consultation (all service providers)	15.63 (15.60-15.66)	7.43 (7.40-7.45)	0.0001*
Primary health services (family doctor only)	7.08 (7.06-7.10)	4.30 (4.28-4.32)	0.0001*
Specialized mental health services (psychologist and/or psychiatrist only)	3.01 (3.00-3.03)	1.36 (1.34-1.37)	0.0001*
Both primary and specialized services	1.02 (1.01-1.02)	0.23 (0.22-0.23)	0.0001*

Psychiatrist only	1.78 (1.77-1.79)	0.95 (0.94-0.96)	0.0001*
Psychologist only	1.08 (1.07-1.09)	0.40 (0.39-0.40)	0.0001*
Nurse only	0.81 (0.81-0.82)	0.15 (0.15-0.15)	0.0001*
Social worker/counselor only	1.98 (1.96-1.99)	0.84 (0.83-0.85)	0.0001*
Other professional only	0.73 (0.72-0.73)	0.33 (0.32-0.34)	0.0001*

Table 3

Prevalence rates of mental health consultation by service provider type for Canadian-born and immigrant populations in Ontario who reported mental health consultation in the past 12 months (18+ years old), CCHS 2012

	Canadian-born % (95% CI) Unweighted n = 2,141 Weighted n = 1,059,549	Immigrant % (95% CI) Unweighted n = 343 Weighted n = 243,071	p-value
Primary health services (family doctor only)	45.31 (45.21-45.40)	57.89 (57.69-58.08)	0.0001*
Specialized mental health services (psychologist and/or psychiatrist only)	19.28 (19.20-19.35)	18.28 (18.12-18.43)	0.0001*
Both primary and specialized services	6.49 (6.45-6.54)	3.09 (3.02-3.16)	0.0001*
Psychiatrist only	11.36 (11.30-11.42)	12.77 (12.64-12.91)	0.0001*
Psychologist only	6.90 (6.85-6.95)	5.33 (5.24-5.42)	0.0001*

Nurse only	5.20 (5.16-5.24)	2.01 (1.95-2.07)	0.0001*
Social worker/counselor only	12.64 (12.57-12.70)	11.35 (11.22-11.47)	0.0001*
Other professional only	4.65 (4.61-4.69)	4.45 (4.37-4.54)	0.0001*

Table 4

Characteristics of past-year mental health consultation compared to those who did not seek mental healthcare for immigrant populations in Ontario (18+ years old), CCHS 2008-2012

Adjusted CCHS population weights applied to estimates.

* indicates significant difference $p < 0.05$

	<p>Sought mental healthcare in the past year</p> <p>no. of observations: 19,190</p> <p>observations excluded: 2,649 (12.13%)</p> <p>pseudo R² = 0.1222</p> <p>Unadjusted OR (95% CI) , Adjusted OR (95% CI)</p>
SOCIODEMOGRAPHIC	
Gender	
male (ref)	---
female	2.04 (1.65-2.52)*, 2.17 (1.78-2.65)*
Age	
18-24 years old	0.88 (0.58-1.32), 1.39 (0.83-2.33)
25-44 years old	1.34 (1.09-1.65)*, 2.52 (1.86-3.42)*
45-64 years old	1.57 (1.26-1.94)*, 1.90 (1.43-2.53)*
65+ years old (ref)	---

Year of CCHS interview	
2008 (ref)	---
2009	1.03 (0.79-1.34), 1.17 (0.87-1.56)
2010	0.81 (0.62-1.05), 0.82 (0.61-1.09)
2011	1.19 (0.90-1.56), 1.24 (0.92-1.67)
2012	1.08 (0.82-1.47), 1.21 (0.90-1.62)
Residence	
Urban	0.89 (0.69-1.14), 1.07 (0.82-1.41)
Rural (ref)	---
Cultural/racial background	
White (ref)	---
South Asian	0.52 (0.40-0.69)*, 0.63 (0.46-0.87)*
Chinese	0.24 (0.16-0.37)*, 0.29 (0.18-0.48)*
Black	0.70 (0.45-1.08), 0.53 (0.34-0.84)*
Other	0.62 (0.49-0.79)*, 0.59 (0.45-0.77)*

SOCIAL SUPPORT**Marital status**

married/common-law (ref)

not married

1.53 (1.27-1.84)*, 1.16 (0.96-1.39)

Sense of belonging to community

Strong (ref)

weak

1.25 (1.03-1.51)*, 1.16 (0.96-1.39)

SES**Highest level of education**

HS grad or less

Some post-sec or more (ref)

1.04 (0.84-1.29), 1.29 (1.04-1.61)*

Working status last week

Yes (ref)

No

2.06 (1.70-2.49)*, 1.89 (1.50-2.38)*

Food security

Insecure

0.86 (0.66-1.12)*, 1.94 (1.42-2.64)*

Secure (ref)

HEALTH & BEHAVIOR**Self-rated health status**

Poor-fair

3.68 (3.02-4.48)*, 3.70 (2.90-4.71)*

Good-excellent (ref)

Physical activity

Active (ref)

Inactive

1.06 (0.89-1.28), 1.02 (0.84-1.23)

Current smoking status

Yes

1.69 (1.29-2.21)*, 1.36 (1.05-1.75)*

No (ref)

Current alcohol drinking

Yes

1.32 (1.09-1.61)*, 1.35 (1.08-1.67)*

No (ref)

MIGRATION**Years since immigration**

< 5 years (ref)

5-9 years

0.59 (0.38-0.91)*, 0.60 (0.38-0.93)*

10+ years

1.27 (0.89-1.81), 1.10 (0.75-1.61)**Age at time of immigration**

< 6 years old

2.19 (1.72-2.80)*, 1.60 (1.16-2.20)*

6-12 years old

1.65 (1.25-2.18)*, 1.43 (1.05-1.95)*

13-17 years old

1.12 (0.70-1.80), 1.10 (0.75-1.61)

18+ years old (ref)

Preferred language for interview

English or French

2.48 (1.47-4.18)*, 1.66 (0.91-3.03)

Non-official language (ref)
