Oral Defense Announcement
University of Missouri – St. Louis Graduate School

An oral examination in defense of the dissertation for the degree
Doctor of Nursing Practice with an emphasis in Psychiatric Mental Health Nurse Practitioner

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Bachelor of Science in Nursing, University of Missouri-St. Louis, 2014

Breaking Cultural Stigma Associated with Mental Health Among Black Immigrants

Date: July 13, 2023
Time: 10:45 a.m. to 11:30 a.m.
Place: Seton Hall room 106

Abstract

Problem: Immigrants are the fastest growing segment of the United States population with 10% identifying as
black and all are widely affected by mental illness especially, during the immigration process. The lack of health
insurance impacts access to health and mental health care. The study aims to decrease perceptions of mental
health stigma and improve knowledge with relation to mental illness in the black immigrant population after an
educational program.

Methods: The project used a descriptive, observational pre-post-test design with an educational program. It
collected quantitative data in the pre-post-survey via paper and pencil, using coded data to maintain participant
anonymity.

Results: The study used the Community Attitudes Toward Mental Illness (CAMI) self-reported scale to measure
participants’ attitudes towards mental illness. The results showed a statistically significant decrease in mental health
stigma across three of the four subscales after the educational program. There was a statistically significant mean
increase for the Authoritarian, Benevolence, and Community Mental Health Ideology Sub-Scale scores with an
increase of 5.81 points, t(15) = 4.169, p < .001, 3.25 points, t(15) = 1.910, p = .038, and 3.94 points, t(15) = 2.753, p
= .007, respectively. No statistically significant increase in mean for the Social Restrictiveness Sub-Scale was found
with an increase of 0.313 points, t(15) = 0.180, p = .430.

Implications for Practice: An educational program is an effective way to reduce stigma surrounding mental illness
and should be implemented with the black immigrant population in the U.S. to improve mental health outcomes.

Defense of Dissertation Committee
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