



# Cultural Variations in Psychopathology: From Research to Practice

*Sven Barnow, Nazli Balkir*

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Improving mental health care through culturally sensitive research and practice

Culturally sensitive practice is a vital component of effective mental health care in our increasingly diverse societies: Mental illnesses vary in prevalence between cultural and ethnic groups, as do the meanings attached to them and people's responses to them. The important implications of this interplay between culture and psychopathology for diagnosis and treatment are scrutinized and elucidated in this comprehensive and well-organized book, which uniquely looks at a range of practical examples involving various ethnic minority populations in North America and Europe. Leading experts from around the world have integrated divergent topics into a systematic and clinically relevant volume. *Cultural Variations in Psychopathology: From Research to Treatment* is an important resource for researchers and in particular for any mental health professional who works with ethnically diverse communities.

Topics covered include:

An Overview of Migration and Mental Health

Cultural Neuroscience Perspectives on Understanding the Self

The Interplay Between Culture and Emotion Regulation

Culturally Sensitive Diagnosis (ICD/DSM)

Depression, Psychoses, Somatization, Perception of Pain, Suicide, Substance Abuse and Addiction in Divergent Ethnic Groups

Taking Culture into Account in Treatment

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