



Background

- Arabs living in the United States (U.S) experience various stressors and challenges that may impact their mental health (Abuelezam, et al., 2018; Pampati, et al., 2018).
- A significant percentage of Arabs in the U.S. never seek professional mental health help (Alegría, et al.,2017).
- It is essential to identify factors that impact Arabs' attitudes toward mental health care and explain their underutilization of mental health services.

Purpose

To identify factors that influence Arabs' attitudes toward mental health care and their intentions to seek mental health services.

Theoretical Framework

The Socio-ecological Model (Bronfenbrenner,1977) proposes that behaviors are influenced by five ecological systems from the micro- to the chrono-system.

Methods

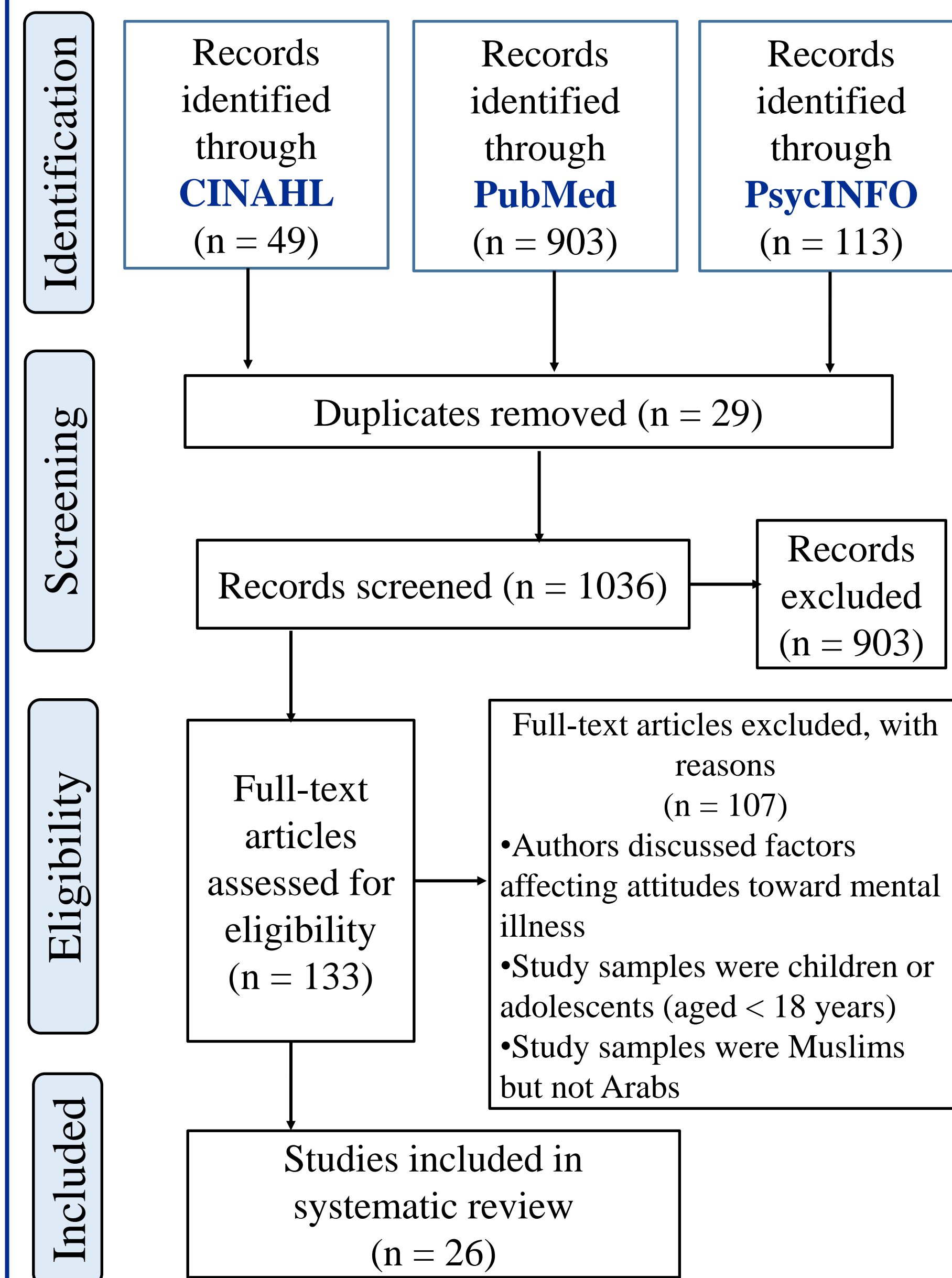
Design: Systematic review.

Search strategy:

- Databases: CINAHL, PubMed, and PsycINFO
- Search timeframe: Articles published prior to June 2020
- Inclusion criteria:
 - ✓ English, peer-reviewed articles.
 - ✓ Studies discussing Arab Adults' attitudes toward mental health care and/or intention to seek mental health services.

•Quality appraisal: Performed by 2 authors using the Standard Quality Assessment Criteria for Evaluating Primary Research Papers from a Variety of Fields.

PRISMA Flow Diagram



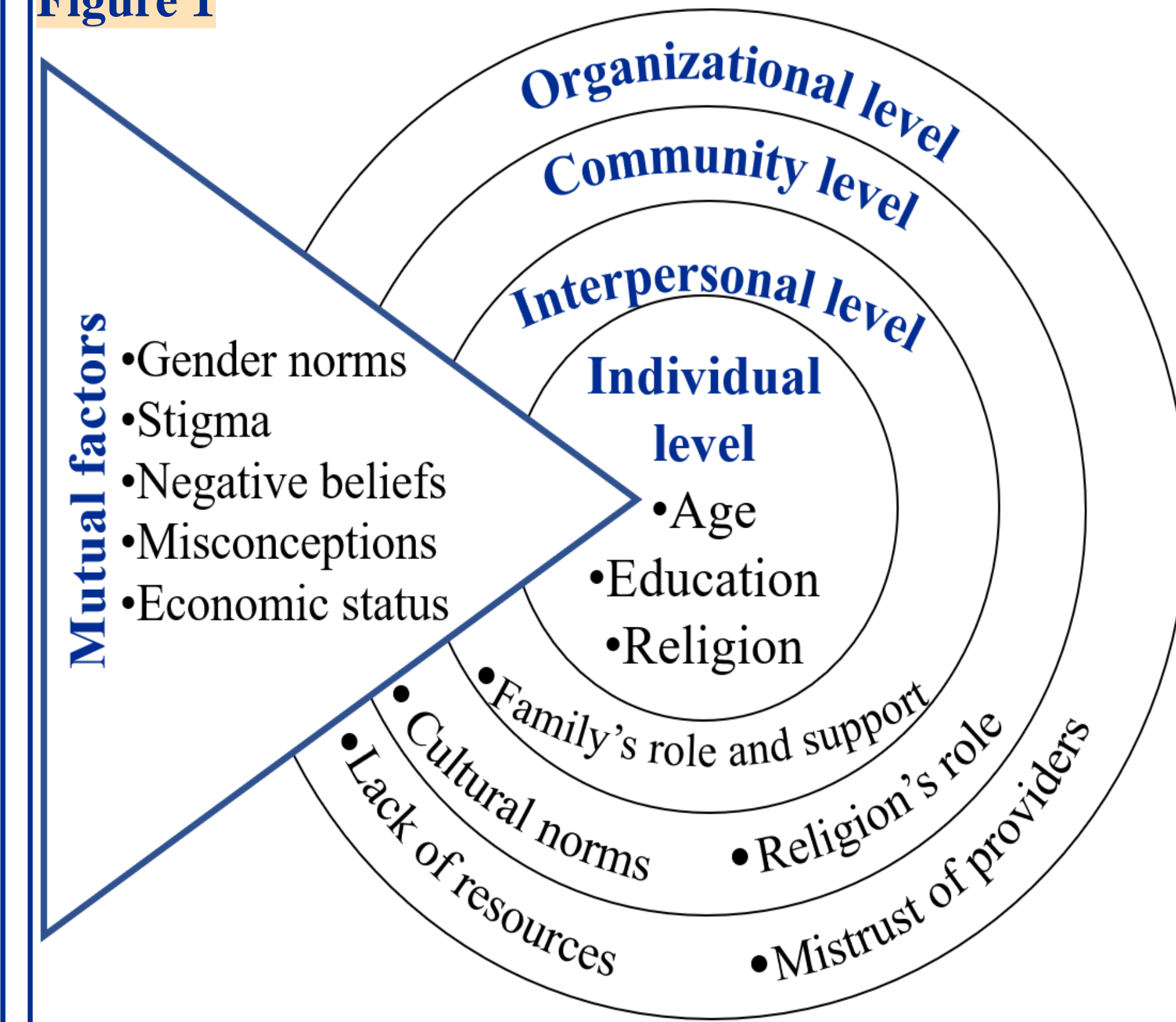
References

- Abuelezam, N. N., El-Sayed, A. M., & Galea, S. (2018). The health of Arab Americans in the United States: An updated comprehensive literature review. *Frontiers in Public Health*, 6, 262.
- Alegría, M., Álvarez, K., & DiMarzio, K. (2017). Immigration and mental health. *Current Epidemiology Reports*, 4(2), 145-155.
- Bronfenbrenner, U. (1977). Toward an experimental ecology of human development. *American Psychologist*, 32(7), 513.
- Pampati, S., Alattar, Z., Cordoba, E., Tariq, M., & de Leon, C. M. (2018). Mental health outcomes among Arab refugees, immigrants, and US born Arab Americans in Southeast Michigan: A cross-sectional study. *BMC Psychiatry*, 18(1), 1-8.

Results

- The majority of included studies (n=18, 69%) used quantitative methods.
- The identified factors manifest at different levels.
- These factors are classified according to the Socio-ecological Model (figure 1).

Figure 1



Implications

For psychiatric-mental health nursing practice:

Identifying these factors can be used by psychiatric-mental health nurses to develop strategies to increase Arabs' utilization of mental health services.

For future research:

Future research should examine the intersectionality among identified factors and their influence on Arabs' intentions to seek mental health services.