



**Abstract Nr:** 124  
**Internet ID:** 343

**Type of Presentation:** Oral Presentation

**Flipping between cultural worlds: a qualitative exploration of stigma experiences of British Asian people using Psychosis Services**

Anisha Vyas

University of Essex, ESSEX, United Kingdom

**Learning Goal:**

I am keen to meet and learn from those interested in minority groups experiencing psychosis. I hope to develop more understanding on engaging with minority groups in urban areas. I hope to share my doctoral research to encourage thinking about alienated minority groups experiencing psychosis.

**Abstract Text:**

**Background**

In the United Kingdom (U.K.) there is an under-representation of minority groups using mental health services. To date, there are no qualitative studies specifically on the experiences of second-generation British Asians (those born in the U.K. rather than migrants to the U.K.).

**Aim**

The current study aimed to explore the stigma experiences of second-generation British Asian people using Early Intervention in Psychosis services in London.

**Method**

The present study took a critical realist ontological position and a contextualist epistemological position. A qualitative research methodology was employed, using a thematic analysis approach by Braun and Clarke (2006). Semi-structured interviews were conducted with a total of 10 participants. Recruitment took place in Early Intervention in Psychosis Services in urban and diverse areas of London.

**Findings**

Four themes and twelve sub-themes were constructed. Themes described how parts of participants' identities and experiences are often missed, such as dual identities, generational differences and straddling eastern and western frameworks of understanding. Themes captured 'othering' experiences that participants faced like discrimination, islamophobia, racism and social deprivation. Fear, safety, exclusion and isolation featured in the themes, alongside internalised distress, stigma and conflict. The importance of connection was also captured within the study.

The concept of intersectionality was overarching across the findings. Multiple stigmas such as mental health, race and social class were reconsidered using intersectionality. Consequently, results are discussed in the context of historical, generational, social and racialised power structures as it is argued that individuals cannot be separated from their environment. The importance for clinicians to understand intersectional influences when working with British Asian people experiencing psychosis is highlighted. The current study adds novel insights and serves as a learning point about an under-researched minority population who have experienced historic and present-day stigmatisation, alienation and marginalisation in society.

**ON THE HEALING POWER  
OF HUMAN RECONNECTION**