



Abstract Nr: 201

What explains the increased incidence of psychosis among first-and second generation migrants?

1. Social disadvantage, linguistic distance, ethnicity and first episode psychosis: results from the EU-GEI case-control study

Hannah E. Jongsma^{1,2*}, Charlotte Gayer-Anderson³, Ilaria Tarricone⁴, Eva Velthorst^{5,6,7}, Els van der Ven^{8,9,10}, Diego Quattrone¹¹, Marta di Forti¹¹, Miguel Bernardo¹⁷, Julio Sanjuán¹⁸, Jose Luis Santos¹⁹, Manuel Arrojo²⁰, Lieuwe de Haan⁷, Andrea Tortelli²¹, Andrei Szöke²², Robin M. Murray²³, Bart P. Rutten¹⁰, Jim van Os^{10,23,24}, Craig Morgan³, Peter B. Jones^{2,25}, James B. Kirkbride¹

¹ PsyLife Group, Division of Psychiatry, UCL, London, England

² Department of Psychiatry, University of Cambridge, Cambridge, England

³ Department of Health Services and Population Research, Institute of Psychiatry, Psychology and Neuroscience, King's College London, London, England

⁴ Transcultural Psychosomatic Team (BoTPT), Department of Surgical and Medical Sciences, Bologna University, Bologna, Italy

⁵ Department of Psychiatry, Icahn School of Medicine at Mount Sinai, New York, New York

⁶ Department of Preventative Medicine, Icahn School of Medicine at Mount Sinai, New York, New York

⁷ Early Psychosis Section, Department of Psychiatry, Amsterdam UMC, location AMC, Amsterdam, the Netherlands

⁸ Mailman School of Public Health, Department of Epidemiology, Columbia University, New York, New York.

⁹ Rivierduinen Institute for Mental Health Care, Leiden, the Netherlands

¹⁰ Department of Psychiatry and Neuropsychology, School for Mental Health and Neuroscience, Maastricht University Medical Centre, Maastricht, the Netherlands

¹¹ Department of Preventive Medicine, Faculdade de Medicina, Universidade of São Paulo, São Paulo, Brazil.

¹⁷ Barcelona Clinic Schizophrenia Unit, Neuroscience Institute, Hospital Clinic, Department of Medicine, University of Barcelona, Institut d'Investigacions Biomèdiques August Pi i Sunyer, Centro de Investigación Biomédica en Red de Salud Mental, Barcelona, Spain

¹⁸ Department of Psychiatry, School of Medicine, Universidad de Valencia, Centro de Investigación Biomédica en Red de Salud Mental, Valencia, Spain

¹⁹ Department of Psychiatry, Servicio de Psiquiatría Hospital "Virgen de la Luz," Cuenca, Spain

²⁰ Department of Psychiatry, Psychiatric Genetic Group, Instituto de Investigación Sanitaria de Santiago de Compostela, Complejo Hospitalario Universitario de Santiago de Compostela, Spain

²¹ Etablissement Public de Santé Maison Blanche, Paris, France

²² Institut National de la Santé et de la Recherche Médicale, U955, Créteil, France.

²³ Department of Psychosis Studies, Institute of Psychiatry, Psychology and Neuroscience, King's College London, London, England

²⁴ Department of Psychiatry, Brain Center Rudolf Magnus, Utrecht University Medical Centre, Utrecht, the Netherlands.

²⁵ CAMEO Early Intervention Service, Cambridgeshire and Peterborough National Health Service Foundation Trust, Cambridge, England

**ON THE HEALING POWER
OF HUMAN RECONNECTION**



Abstract (268 words)

Background

Black and minority ethnic (BME) groups face increased risk of psychotic disorders, but causes are complex and not fully understood. We investigated whether social disadvantage, linguistic distance and discrimination contributed to these patterns.

Methods

We used case-control data from the European network of national schizophrenia networks studying Gene-Environment Interactions (EU-GEI) study. Cases, aged 18-64, with first episode ICD-10 psychotic disorder (F20-F33) were recruited from 16 centres in six countries (England, France, the Netherlands, Spain, Italy, Brazil) with population-based controls recruited using quota sampling. Exposures (ethnicity: white majority, black, mixed, Asian, North-African, white minority and other; generational status; social disadvantage; language distance and fluency; discrimination) and confounders (age, sex, paternal age, cannabis use, childhood trauma, parental history of psychosis) were added sequentially to multivariable logistic models, following multiple imputation for missing data.

Results

We included 1,088 cases and 1,495 controls. BME participants had a crude excess odds of psychosis (odds ratio [OR]: 2.03, 95% confidence interval [CI]: 1.69-2.43), which remained after adjustment for confounders (OR: 1.61, 95%CI: 1.31-1.98), being most pronounced in the North African group (OR: 3.11, 95%CI: 1.72-5.62). BME risk was progressively attenuated following further adjustment for social disadvantage (OR: 1.52, 95%CI: 1.22-1.89) and linguistic distance (OR: 1.22, 95%CI: 0.95-1.57), a pattern mirrored in several specific ethnic groups. Linguistic distance and social disadvantage had stronger effects for first and later-generation groups, respectively.

Discussion

Markers of social disadvantage and linguistic distance contributed to elevated odds of psychotic disorders in several BME groups. If confirmed, sociocultural exclusion may represent a modifiable target to reduce longstanding ethnic inequalities in psychosis risk. Full implications will be discussed at the conference.

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