Abstract 311
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For many years, high rates of psychotic disorders have been reported among ethnic minorities in Europe. The increased risk seems not to be explained by methodological issues such as selective migration or misdiagnosis. It can be understood by taking into account the social and cultural context in which ethnic minorities live. The increased psychosis risk is likely to be determined by factors on multiple levels, including society, the neighborhood, the ethnic group, and the individual. Specifically, living in a context of low ethnic density, belonging to a group that experiences a high degree of discrimination and social exclusion, and having a weak and negative identification with one’s own ethnic group may increase the risk of psychotic disorders. It is bad for mental health to grow up in a negative social position relative to peers, with limited possibilities to change that position, and lack of social resources to cope with this social stress. Solutions for the increased psychosis risk among ethnic minorities should address the social and psychological causes at individual, neighborhood, group and societal level.