



The Cultural Formulation Interview – in a Danish context

Signe Skammeritz^{1,2}, Marie Nørredam^{2,3}, Erik Lykke Mortensen², Jessica Carlsson^{1,2}

1. Competence Centre for Transcultural Psychiatry (CTP), Mental Health Centre Ballerup
2. University of Copenhagen 3. Section of immigrant medicine, Department of Infectious Diseases, University Hospital Hvidovre

BACKGROUND

- Cultural competence can reduce the risk of misdiagnosing mental disorders in migrants^{3,4}
- Clinicians are faced with challenges due to language barriers and because the presentation, interpretation, understanding and treatment of mental health symptoms vary across cultures^{1,2,5}
- The Cultural Formulation Interview (CFI) in DSM-5⁶ is a semistructured 16 question interview with the aim of ensuring cultural competence in a clinical psychiatric setting.

RESEARCH QUESTION

Do clinicians find that the use of the Cultural Formulation Interview (CFI) provides important information for the diagnostic process and treatment plan?

METHODS

- 61 migrant patients participated at Competence Centre for Transcultural Psychiatry, Section of immigrant medicine, University Hospital Hvidovre and Psychiatric outpatient clinic, Ballerup
- A CFI was carried out by a physician and the physician noted if the information from the CFI changed the view on the understanding of the patients' symptoms, diagnoses, or the content of the treatment plan.

Example from the CFI ⁶

STRESSORS AND SUPPORTS

(SOCIAL NETWORK, CAREGIVERS, PSYCHOSOCIAL STRESSORS, RELIGION AND SPIRITUALITY, IMMIGRANTS AND REFUGEES, CULTURAL IDENTITY, OLDER ADULTS, COPING AND HELP SEEKING)

ELICIT INFORMATION ON THE INDIVIDUAL'S LIFE CONTEXT, FOCUSING ON RESOURCES, SOCIAL SUPPORTS, AND RESILIENCE. MAY ALSO PROBE OTHER SUPPORTS (E.G., FROM CO-WORKERS, FROM PARTICIPATION IN RELIGION OR SPIRITUALITY).

FOCUS ON STRESSFUL ASPECTS OF THE INDIVIDUAL'S ENVIRONMENT. CAN ALSO PROBE, E.G., RELATIONSHIP PROBLEMS, DIFFICULTIES AT WORK OR SCHOOL, OR DISCRIMINATION.

6. ARE THERE ANY KINDS OF SUPPORT THAT MAKE YOUR [PROBLEM] BETTER, SUCH AS SUPPORT FROM FAMILY, FRIENDS, OR OTHERS?

7. ARE THERE ANY KINDS OF STRESSORS THAT MAKE YOUR [PROBLEM] WORSE, SUCH AS DIFFICULTIES WITH MONEY, OR FAMILY PROBLEMS?

RESULTS

Study population	All (n=61)		
	n (%)		
Sex			
Male:	25	(40.98)	
Female:	36	(59.02)	
Country of origin			
Syria	9	(14.75)	
Iraq	9	(14.75)	
Afghanistan	7	(11.48)	
Other Middle Eastern countries	14	(22.95)	
North Africa	9	(14.75)	
Eastern Europe	8	(13.11)	
Asia	5	(8.20)	
	Mean	(SD)	(min, max)
Age	43.50	(11.62)	(19, 62)
Years since arrival in Denmark	16.26	(11.10)	(1, 43)
Diagnosis			
	n (%)		
Schizophrenia	1	(1.64)	
Depression	13	(21.31)	
Anxiety related disorder	40	(65.57)	
- PTSD (out of all anxiety related disorders)	37	(60.66)	
Attention-deficit hyperactivity disorders	1	(1.64)	
Somatic	6	(9.84)	

Have the Cultural Formulation Interview (CFI) contributed?	Yes n (%)		No n (%)	
Have the information from the CFI changed your perception of the patient's symptoms? Missing: 1 (1.64)	16	(26.23)	44	(72.13)
Have the information from the CFI changed your perception of the patient's diagnose? Missing: 1 (1.64)	4	(6.56)	56	(91.80)
Can the information from the CFI be used when planning the treatment? Missing: 2 (3.28)	36	(59.02)	23	(37.70)
Have the CFI contributed with significant new information that you did not get at your common interview? Missing: 1 (1.64)	43	(70.49)	17	(27.87)

CONCLUSION AND IMPACT

The CFI can enhance:

- The planning of treatment
- Cultural competence, patient-centred approach and the patient/clinician alliance

This study is financially supported by Mental Health Centre Ballerup.

¹Carta, M. G. et al. 2005, ²Bhugra, D. et al. 2014, ³Adeponle et al. 2012, ⁴Kirmayer L et al. 2003, ⁵Kleinman, A. et al. 2006, ⁶American Psychiatric Association 2013

Author for correspondence:
Signe Skammeritz, MD, PhD student
signe.lund.skammeritz@regionh.dk // www.ctp-net.dk
Competence Centre for Transcultural Psychiatry

