

# The encounter between clinicians and migrant patients in Danish outpatient psychiatric services. A qualitative study on the Cultural Formulation Interview

---

Laura Lindberg, MSc Public Health (Competence Centre for Transcultural Psychiatry)

Presented as part of the symposium *Prevalence, presentation and interpretation of mental health symptoms across cultures* at The 31st Nordic Congress of Psychiatry in Copenhagen 2015 - 'Psychiatry works'.

## ABSTRACT

Migrants constitute more than 8% of the Danish population. Migrants are at increased risk of mental illness, which is attributed to distress before, during and after the migration. Studies show that Danish clinicians find it difficult to understand, diagnose and treat migrant patients. Moreover, migrants experience less understanding and more discrimination in the health care system than ethnic Danes. Psychiatry in particular is faced with challenges in the encounter with migrant patients because the presentation, interpretation and treatment of mental health symptoms vary across cultures.

Enhancing clinicians' cultural competences can be an answer to those challenges. Cultural competence can lead to a better communication and understanding between clinicians and patients, thus improving several aspects of psychiatric care, including the diagnostic process, treatment, patient adherence and patient satisfaction.

This study takes its point of departure in the Cultural Formulation Interview (CFI) from DSM-5, which has a narrative approach and serves as a clinical resource for the systematic and individualised evaluation of cultural dimensions in psychiatric assessment. Empirical data will be generated at 5 Danish outpatient psychiatric services in the Capital Region and includes participant observation, focus groups with clinicians and interpreters, interviews with migrant patients and visual recordings of 20 CFIs.

The main objective is to understand and describe what the different parties of the encounter accentuate in relation to good psychiatric care and the handling of cultural issues. Furthermore, the objective is to test and evaluate the clinical utility of a Danish translation of the CFI.

For more details about this presentation, please contact Laura Lindberg:  
[llin0100@regionh.dk](mailto:lilin0100@regionh.dk)