

Contemporary Issues in Mental Health

Introduction

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- Psychological processes underpinning issues of prejudice, discrimination, and understanding of outgroup requirements in societies
 - In the context of political and societal issues
 - Society at a global level
 - Drawing upon social, cognitive, developmental, individual differences, evolutionary theories of psychology

- Psychological processes allow us to explore on a global scale
- Society and political issues provide global and specific context
 - Race Relations Act
 - Civil Rights Movement
 - Apartheid
 - Genocide

Warning

- Some people may find the content, language, and images in this module offensive and/or upsetting.

Changes in the study of prejudice over time

- < 1920s Scientific Racism **Inferior groups**



Changes in the study of prejudice over time

- 20s/30s Philosophical/Psychodynamic

Attitudes

- Lipmann (1922)

Stereotypes

- A picture in our heads
- A guide to information to attend to and information to disregard in our environment



- Katz and Braly (1933)

- First part of the 'Princeton Trilogy'
- Stereotypes of outgroups tend to be consistent and negative

Katz and Braly (1933)

Procedure:

1. Participants given list of 84 traits
2. Participants selected the 5 that were most typical of each group (5 traits per group)

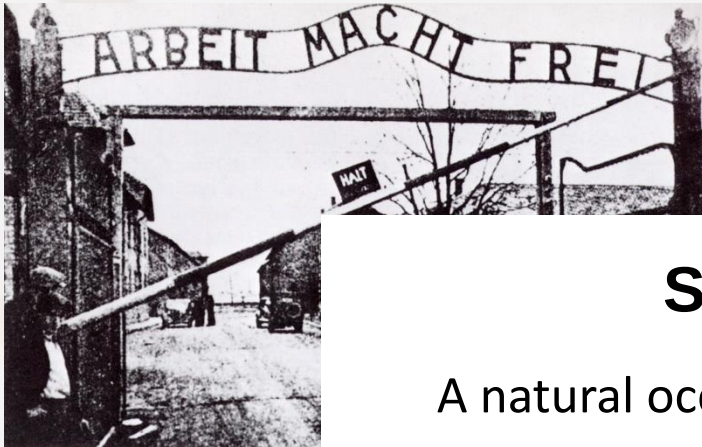
Changes in the study of prejudice over time

- 30s/40s Psychodynamic Defence mechanisms



Changes in the study of prejudice over time

- 50s Psychodynamic **Prejudiced personality**



Stereotypes

A natural occurrence, particularly
along some lines (race, gender, age)

Allport (1954)



Changes in the study of prejudice over time

- 60s Sociocultural

Social factors



Race Relations Act 1968

- Outlawed racial discrimination in areas such as housing and employment
- Set up the Community Relations Commission to promote inter-racial understanding

your name



Changes in the study of prejudice over time

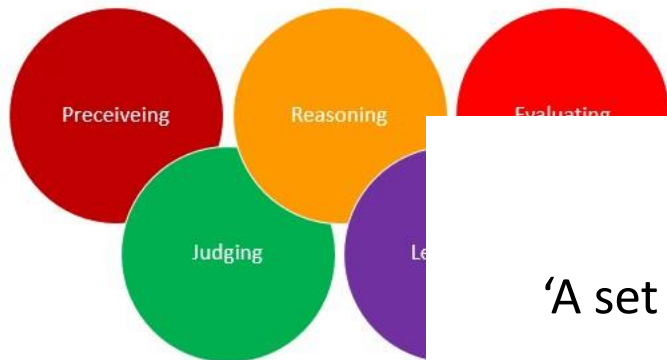
- 70s Intergroup Relations Social structures



Changes in the study of prejudice over time

- 80s> Social Cognition/Evolution **Processes & Mechanisms**

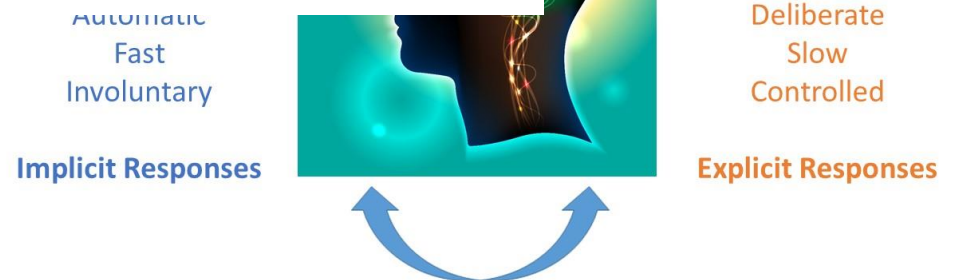
Cognition



Stereotypes

‘A set of beliefs about the personal attributes of a group of people’

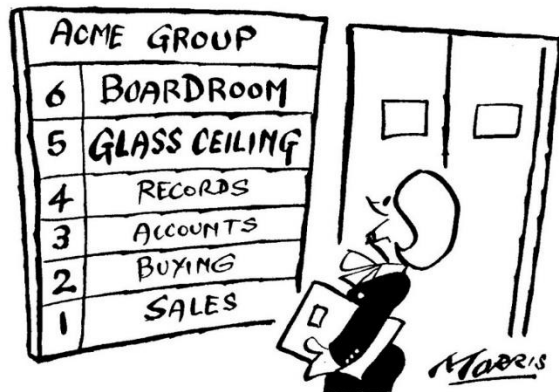
Ashmore and Del Boca (1981, p. 16).



A full understanding of the sensorial journey combines both routes

Changes in the study of prejudice over time

- 2000s Complex integration Socio-cognitive, political and cultural



What do we mean by prejudice and discrimination?

Real-life examples

- Case 1

“An immigrant who twice tried to kill himself after alleged racial abuse... claims he was bullied by a BNP supporter who wanted him to ‘go home’. He told a tribunal that Mr X said he was ‘lucky he’s working with us – his grandfather used to work as a servant’.

Mr. X also called a woman client a ‘black whore’ and branded a colleague a ‘black cunt’, he alleged.... In one incident, Mr. X wrote the word ‘go’ in company documents next to Mr. Y’s name because he wanted him to leave the country, the tribunal heard.

‘Mr. X clearly did not like foreigners. He wanted them to leave and go home’ Mr Y told the employment tribunal.”

Case 2

“Most had been driven by coach to the execution sites. Blindfolded, their hands tied together, they were mown down in lines by Serb death squads. The coach drivers – civilians – were ordered to administer a *coup de grâce* with a pistol... It was probably not a task they found distasteful. For Dr. Karadzic’s greatest success in Bosnia... was his genesis of Serb loathing.

I remember one wounded Bosnian soldier who did manage to escape from Srebrenica telling me that an elderly Serb man had discovered him lying in a hedgerow, exhausted, unarmed, and with gunshot wounds to his arm. The pensioner beat him with a crowbar, then went away to fetch a knife to finish him off. The soldier crawled away and saw the man return, crowbar in one hand and knife in the other, beating the hedgeline as if searching for a wounded animal.

... Before and since I have seen greater numbers of victims of execution. But the level of effort and involvement and hatred required to shepherd 12 men into a room, then smash their heads with a (sledge)hammer, left more of an impression than the horror of the mutilation itself and transcended the mere scale of murder.”

Case 3

“... plenty of jobs on newspapers could be done by somebody unable to hear well, depressed... or physically hampered. I checked with colleagues on *The Times*, *The Independent*, *The Daily Telegraph*, the papers most positive about the Purnell proposals: any disabled colleagues out there? Nope. None that anyone could recall. We all cheer the principle, but who is going to put it into practice?

When people demand that the disabled... should work, they generally mean that they should do rubbish jobs for rubbish money. Fill the call centres with cripples. Dogsbody jobs for the deaf; boring ones for the blind, they can't see anyway. But where are the decent job offers?”

Case 4

“White boys from deprived backgrounds need action-packed stories about danger or sport to inspire them in lessons, Ofsted, the education regulator, said yesterday. They do worse at school than any other group, which has increased concerns that white, working-class boys are becoming an educational underclass”

Introduction: Defining the basics

- Stereotypes
 - A picture in our heads
 - A guide to information to attend to and information to disregard in our environment
 - Lippmann (1922)
 - A natural occurrence, particularly along some lines (race, gender, age)
 - Allport (1954)
 - ‘A set of beliefs about the personal attributes of a group of people’
 - Ashmore and Del Boca (1981, p. 16).

- Positive and negative stereotypes

- Generalisations of groups: can be good or bad

- ‘Blacks are less intelligent’

- ‘Blacks are more athletic’

- ‘Asians are emotionless’

- ‘Asians are good at maths’

- ‘Whites are untrustworthy’

- ‘Whites are industrious’

- ‘Students are lazy’

- ‘Students are intelligent’

Prejudice – ‘pre-judgement’

- Allport (1958) – an antipathy based upon a faulty and inflexible generalisation
 - Prejudice as a feeling. But ‘antipathy’ suggests uni-directional feeling.
 - Positive and negative. We can be prejudiced ‘for’ and ‘against’ things...
- Stangor et al. (1991)
 - best predictor of out-group prejudice (negative) is not negative feelings towards the group...
 - It is a lack of positive emotions towards the out-group
- Brewer and Brown (1998)
 - Prejudice is an attitude directed toward people because they are members of a specific social group

Discrimination

- The act of behaving negatively towards someone based upon their group membership (Nelson, 2006).
 - Not employing someone because of race
 - Paying lower wages because of gender
 - Ignoring/refusing service because of race/gender/age etc.
- Treating people differently, when there is no real reason to

- Interpersonal

- One person treating another unfairly
 - Level of exploration of 'pure' psychological research

- Organisational discrimination

- Practices of an organisation which may be discriminatory
 - Hiring policies; Pay; Working hours

- Institutional discrimination

- Social institutions producing differential outcomes for different group members
 - School segregation; Stop and search; Racial profiling

- Cultural discrimination

- Defining cultural values based upon one group's norms
 - Judaeo-Christian values

- **Contemporary psychology typically explores prejudice at all of these levels**

Are the terms interchangeable?

- No
 - The classic example why:
- LaPiere (1934)
 - Wrote to 184 restaurants and 66 hotels and motels in the USA asking if they would mind him visiting their establishment with a Chinese couple...
 - 92% of restaurants and 91% of hotels/motels replied that they would not offer service to the Chinese couple...
 - Strange, as previously they had visited the establishments and only been refused service by one – the rest were very pleasant to them
- So.... Prejudice alone $\neq$ Discrimination
 - Must also have the behavioural act

Break



Migration

- Terminology is key to understanding a person's legal status
 - BPS terminology maps onto, but is not always identical, to UK Government policy
- Year ending 2015 net migration of EU citizens to the UK was 184,000 whilst non-EU net migration was 188,000, both similar figures to the previous year (Office for National Statistics, 2016). Within the overall figure, 308,000 were classified as migrating for work purposes and 130,000 of these (42%) arrived looking for work. There were also over 41,000 asylum applications from countries such as Iran, Pakistan, Iraq, Eritrea, Afghanistan and Syria, an increase of 30% on the previous year but still well below the 2002 figure of 103,000 applications (Office for National Statistics, 2016).
 - 400,000 migrants per year to the UK
 - 1% classified as asylum seeking
 - Over 60% refused by UK government

- **Asylum seeker**

- Internationally, asylum seekers are people who have moved across international borders to seek protection. In the UK, an asylum seeker is someone who has applied for protection under international law, specifically on the basis of the UN Refugee Convention or Article 3 of the European Convention on Human Rights, which prohibits torture or inhuman or degrading treatment or punishment and prohibits the return of a person to a country where the person may suffer a violation of their rights under Article 3.

- (BPS, 2018)

- **Refugee**

- Under international law, the United Nations Convention on the Status of Refugees, 1951 defines a refugee as a person who 'owing to a well-founded fear of being persecuted for reasons of race, religion, nationality, membership of a particular social group or political opinion is outside the country of his nationality and is unable, or owing to such fear, is unwilling to avail himself of the protection of that country; or who, not having a nationality and being outside the country of his former habitual residence, as a result of such events, is unable to or, owing to such fear, is unwilling to return to it' (Article 1 (A)(2)). In the UK, refugee status is given to a person recognised by the Home Office as a refugee as defined by the Refugee Convention. Hence, refugees are those who have been granted protection in the UK.

- (BPS, 2018)

- **Migrant**

- A migrant is a person who chooses to move not because of threat of death or persecution, but to improve their lives, to seek family reunion, education or employment etc. Migrants are those people who do not face threats to their lives or their safety if they returned to their country and they could receive the protection of the government in their country. The distinction can be blurred since many seeking asylum are fleeing from war and violence and may also seek to improve their lives. Typically, 'migrants' is a term used for foreign nationals resident in a country but who move for family, education or employment reasons.

- (BPS, 2018)

- **Statelessness**

- Statelessness in international law refers to the lack of citizenship. A stateless person is someone who is 'not considered as a national by any state under the operation of its law' (article 1 of the 1954 Convention relating to the Status of Stateless Persons). Some stateless people are also refugees, and some people become stateless or some are born stateless. 20 Without citizenship or official identification papers to prove citizenship, a person who is stateless cannot vote, obtain travel documents or access government-provided services.

- (BPS, 2018)

- **Refugee status**
- Once a person is recognised as refugee they are normally given refugee status, known as 'leave to remain' which entitles them to stay legally in the UK for five years. At the end of this five-year period, the person can apply for the permanent status of refugee, called 'Indefinite Leave to Remain'.
 - (BPS, 2018)

- **Torture survivor**

- A person who has experienced torture is described as a torture survivor. Many asylum seekers and refugees (adults and children) may be torture survivors, but not all. The definition of torture is a legal definition enshrined in the United Nations Convention Against Torture and Other Cruel, Inhuman or Degrading Treatment or Punishment 1987 which states in Article 1 that: 'Torture means any act by which severe pain or suffering, whether physical or mental, is intentionally inflicted on a person for such purposes as obtaining from him or a third person information or a confession, punishing him for an act he or a third person has committed or is suspected of having committed, or intimidating or coercing him or a third person, or for any reason based on discrimination of any kind, when such pain or suffering is inflicted by or at the instigation of or with the consent or acquiescence of a public official or other person acting in an official capacity. It does not include pain or suffering arising only from, inherent in or incidental to lawful sanctions.' The Human Rights Act and the European Convention on Human Rights both enshrine the prohibition against torture.

- **A person who is trafficked**

- In international law, trafficking under Article 3 of the Protocol to Prevent, Suppress and Punish trafficking persons ('Palermo Protocol') is defined as 'the recruitment, transportation, transfer, harbouring or receipt of persons, by means of the threat or use of force or other forms of coercion, of abduction, of fraud, of deception, of the abuse of power or of a position of vulnerability or of the giving or receiving of payments or benefits to achieve the consent of a person having control over another person, for the purpose of exploitation. Exploitation can include different forms of sexual exploitation, forced labour or services, slavery or practices similar to slavery, servitude or the removal of organs.' Additionally, the Council of Europe Convention on Action against Trafficking in Human Beings entered into force in the UK in 2008. In the UK, the Modern Slavery Act 2015 criminalises offences of human trafficking and slavery and encompasses trafficking for all forms of exploitation.

- **Indefinite leave to remain**

- Indefinite leave to remain (ILR) is a form of immigration status granted after consideration of an asylum application by the Home Office. ILR grants permission to stay in the UK on a permanent basis.

- **Discretionary leave**

- Discretionary leave is a type of immigration status granted to a person where the Home Office has decided the person does not qualify for refugee status or humanitarian protection but where there are other compelling reasons why the person is recognised as needing to stay in the UK on a temporary basis.

- **Humanitarian protection**

- Humanitarian protection is a form of immigration status. It is granted by the Home Office to a person who they have decided has a need for protection but who does not meet the legal criteria for refugee status.
 - (BPS, 2018)

Acculturation Model (1992): Berry

BERRY'S ACCULTURATION MODEL

"Is it considered to be of value to develop relationships with the larger society?"

Yes

Assimilation

Integration

No

Marginalization

Separation

No

Yes

"Is it considered to be of value to maintain one's cultural heritage?"

Break



Psychologist awareness of Asylum Seeker issues

- Guidelines for psychologists working with refugees and asylum seekers in the UK (BPS, 2018)
 - Guidance put together by a BPS task force
 - For use with practitioners and for government information

- 'Asylum seekers may assume that you are familiar with the politics and the human rights record of their country of origin. This may mean that they do not immediately disclose their experiences of human rights abuses, including torture, and you may need to ask about this, when appropriate. You may find it helpful to be aware of this context, as it is highly likely to impact on refugees' and asylum seekers' states of mind, and their sense of wellbeing and safety' (BPS, 2018, p.5).
- 'Someone who has to seek asylum in another country is likely to encounter multiple losses – loss of home, culture, family, profession, language and friends as well as their plans for the future. Getting to the country may involve trauma' (BPS, 2018, p.6).
- 'Families are often split up and the journey is frequently fraught with risk and numerous dangers including arrest, theft, kidnap and sexual violence' (BPS, 2018, p.6).

- 'Many asylum seekers expect that their arrival in the UK will signal an end to their difficulties. In reality, this is frequently not the case, and the psychological impact of this realisation can be significant. While some local communities show support, many others may show a lack of interest or worse, show hostility or racist attitudes. Asylum seekers may experience a lot of stresses such as homelessness, social exclusion, stereotyping and overt discrimination' (BPS, 2018, p.6).



Useful Sources

- Slobodin & de Jong (2015) – efficacy of treatment
- Majumder et al. (2015) – child perceptions of mental health treatment
- Morgan et al. (2017) – Postmigratory stressors and need for community engagement
- Schock et al. (2015) – impact of asylum interviews on PTSD
- Ehntholt et al. (2018) – Impact of age assessment on asylum-seeking children mental health