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## The impact of cultural and social factors on mental health: addressing diversity and health disparities in patient care

A complex interplay of biological, psychological, and environmental factors has an impact on mental health outcomes. This presentation focuses on the impact of cultural and social factors on mental health outcomes and the role of healthcare providers in addressing diversity and health disparities in patient care. Inequalities in mental health care access and outcomes have been documented across different populations, underscoring the urgent need for health care providers to address these disparities. Among these, cultural and social factors such as race, ethnicity, gender, and socioeconomic status play critical roles in shaping access to care, treatment options, and overall mental health outcomes. The presentation concludes with a discussion of the implications of this work for mental health policy and practise, emphasising the need for further efforts to improve the cultural competence of mental health care providers and to promote diversity and inclusion in mental health care delivery. Strategies to address cultural and social factors that contribute to health disparities include screening for social determinants of health, providing culturally sensitive psychotherapies, and collaborating with community-based organisations to promote equitable access to mental health services that consider the unique cultural and social factors that affect mental health outcomes. Using empirical evidence and clinical examples, we will highlight the importance of recognising the unique experiences and needs of different patient populations and providing culture-sensitive care.



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### Biography

**Ovensari Rita Osayemwen** is a registered nurse who had a lot publications and presentations. She attended nursing and midwifery conferences across the globe.

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