Introduction

Problem:
- Depression affects 5.02% of African American Males in the USA.
- The treatment rate for non-Hispanic Blacks is 56% compared to 70.4% for Whites.
- Depressed young adult African American men may be under diagnosed or misdiagnosed due to cultural and racial bound perceptions that influence terminology.

Objectives:
This study will identify the perceptions of depression held by African American men 18-26 years old, and the terminology they use to describe the disease.

Methodology
This was an integrative review of studies on young adult African American men.

Key Words: Depression, stress, perceptions, African American young adult men, ethnography

Data Bases: Medline, PsycInfo, Cochrane, Psychiatry Online, Google Scholar

Search Criteria: Published 2007-2012, African American men 18-26 y/o and residents of USA

- 6,369 results
- 1,172 excluded
- 5,233 abstracts screened
- 5 full text articles read
- 3 articles met inclusion criteria
- Reviewed according to Whitemore and Knaff’s process of problem identification, literature search, data evaluation, data analysis and presentation.

Analysis
Four themes emerged:
- Subjects possessed culturally and racially based perceptions of depression.
- Beliefs transmitted through generations formed the basis of perceptions.
- Subjects used terminology reflective of perceptions.
- Subjects were willing to correct knowledge deficits

Conclusions
Racism and sexism based cultural perceptions contributed to the terminology used to describe depression.

Terminology reflected stigma about depression and that depressed men were weak.

Cultural perceptions and terminology resulted in:
- Knowledge deficits about the disease
- Mistrust of the health care system
- Little to no help seeking

Implications for Practice
- Implement aggressive health education/coaching, using audiovisuals and 1:1 contact with providers.
- Develop therapeutic relationships using the communication tools of active listening and clarification.
- Show cultural respect by allowing men to tell their stories at their own pace.

References
