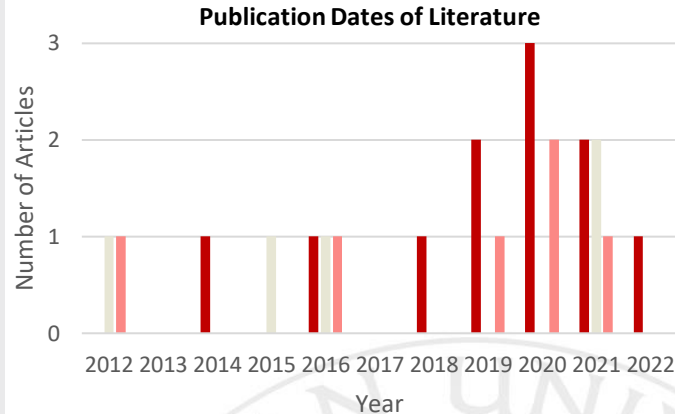


Review of literature regarding ethnic disparities and minority student mental health and wellness

Teja Reaves-Mckee, PharmD Candidate; Danielle Ward, BS, MD Candidate; Erin Johanson, EdD
Roseman University of Health Sciences, College of Pharmacy

Purpose

- Underrepresented patients suffer from negative health outcomes due to factors such as race and socioeconomic status. Previous literature has evaluated healthcare disparities; however, overall health outcomes have not improved for these populations.
- Increasing representation can minimize cultural gaps, however with feelings of isolation, lack of resources and cultural competency skills of colleagues, underrepresented minority (URM) students are disproportionately subjected to psychosocial stressors in academia.
- The purpose of this study is to review the literature as it relates to the mental and physical wellness of minority students.



Results

- All evaluated literature were consistent with negative outcomes for ethnic minority students.
- Some studies evaluated disparities in healthcare education in the US, while others further investigated factors contributing to the disparities
- Study limitations included lack of publications evaluating the experience of underrepresented minorities in healthcare education
- Articles proposing or implementing DEI initiatives were aimed towards minimizing healthcare disparities, but none of analyzed literature focused on improving wellness outcomes of URM students
- Initiatives found within the literature were focused on increasing representation of URM in healthcare, but sample populations included predominantly first or second-generation immigrants, and Puerto Rican populations

Methods

Pubmed Search

- Conducted Sept. 2022 using keywords Ethnic Disparities and Students
- 1273 results

Inclusion Criteria

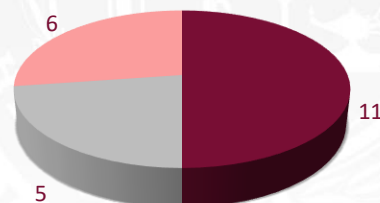
- Full and Free-Full Text only
- 630 Results
- Publication dates between 2010-2022
- 563 Results

Selection Criteria

- Articles consistent with one or more of three major themes
- 22 Articles used for analysis

Major Themes	Number of Articles
Student Wellness	11
Impact of Cultural Competency	5
Initiatives or action plans	6

Themes Identified in the Literature



Conclusion

- As diversity grows within the population, healthcare institutions should commit to preparing culturally competent providers to serve patients of all backgrounds. As ethnic minority students are actively trying to improve representation in healthcare, research shows health disparities remain both within and outside of the classroom.
- Mental and physiological outcomes were negative for ethnic students from the literature review conducted and this may relate to the prevalence of health disparities.
- Future studies should investigate the impact of diversity, equity, and inclusion initiatives within academia, specifically as it relates to the impact on minority student health and wellness.

References and Handout



Disclosures

The authors have no financial disclosures. For more information please contact TReaves867@student.Roseman.edu