

## Summary

Migrants use of ambulant mental health care.

### **Abstract**

#### Background

We study possible differences in the use of ambulant mental health care services by ethnic minority groups: Moroccans, Turks, Surinamese and Antilleans. Aim of our study is to explain differences in the use of ambulant mental health care services by ethnic minority groups from the Dutch population.

#### Method

Data were used from the second Dutch National study Survey of General Practice in 104 participating practices. An additional Data file from the NIVEL Dutch institute contained data of migrant groups. Later, we received Dataset of Dutch group and we matched both of data files. The number of people in this study was 11070. Samples of Turks ( N= 416), Moroccans (N= 381), Surinamese (N= 309), Antilleans (N= 279) and Dutch (N= 9685) were included.

#### Results

Results show that difference exist in the use of ambulant mental health care services between ethnic groups and the Dutch population. The highest average of mental help was by Turks (M= 0,087) en the lowest average was by Dutch group (M= 0,052). Indicators of need for care as well as age predicted utilization. They had positive influence on the use of ambulant mental health care. The age class 1 '18-34' and the age class 2 '35-54' influenced positively the use of ambulant mental health care services to the elderly people. Our data revealed a positive influence of incomes (OR= 1,041) and positive influence of level of education (OR= 1,097) on the use of ambulant mental health care. Beside it, the influence of enabling factors on the use of ambulant mental health care services was by migrants positive except the factor < Belief on nature and God's power>.

### Conclusion

The use of ambulant mental health care services by migrants differed significantly from the utilization by Dutch group. Migrants used ambulant mental health care services more than Dutch group, and especially Turks and Moroccans. This difference will be explained by significant differences on ethnicity, age, need factors and enabling factors between Moroccans, Turks, Surinamese, Antilleans and Dutch group. Nevertheless, our research shows no influence of age on the use of ambulant mental health care services.

Furthermore, there is a great chance young people will use more ambulant mental health care services than elderly people by migrants. Non- Dutch origin and Belief on nature and God's power reduced the use of ambulant mental health care services