

Racism in Canadian Media as a Social Determinant of Refugee Psychosocial Wellness

A Systematic Literature Review

Jessica Naidu, Elizabeth Oddone Paolucci, Tanvir Turin Chowdhury
Cumming School of Medicine – Community Health Sciences

Introduction

- MHCC: we have a responsibility to foster incoming refugees' mental health and wellness.
- systematic review and meta-analysis: racism was associated with poor mental health including depression, anxiety, and psychological distress (i.e., negative mental health: $r = -.23$, 95% CI [-.24, -.21]; positive mental health: $r = -.13$, 95% CI [-.16, -.10])
- 2020 Pew Report: high number of Canadians believe the country should welcome immigrants (72%) and refugees (74%).
- Media portrayals of refugees: hidden terrorists, bogus claimants, and sources of disease/risk.
- News media impacts the way people perceive refugees and their attitudes toward them, and this, in turn, impacts refugee experiences with non-refugee Canadians

Methods

- Comprehensive, systematic search of peer reviewed, published, academic journal
- Published in North America for the past 10 years
- Published in English language
- SPIDER framework to guide search and synthesis.
- Two reviewers for screening

Academic Literature	Grey Literature
Medline (OVID) PsychInfo CINAHL PubMed EMBASE Socindex	Google Scholar Canadian Mental Health Association (CMHA) The Centre for Addiction Mental Health (CAMH) Mental Health Commission of Canada (MHCC) Canadian Institute for Health Research (CIHR) Public Health Agency of Canada (PHAC) National Institutes of Health (NIH) OAISTER (WorldCat)



Objectives and Research Question

- Aim: investigate the impact of refugee media constructs on the psychosocial wellness of refugees through a systematic literature review.
- Research question: "What is the impact of media constructs about refugees on the psychosocial wellness of refugees in Canada?"
- Racism: "organized systems within societies that cause avoidable and unfair inequalities in power, resources, capacities and opportunities across racial or ethnic groups."
- psychosocial wellness: the capacity to enjoy life, use skills and achieve goals, contribute to the community, cope with challenges, recover from adversity, and form and sustain relationships

Component	Inclusion Criteria	Exclusion Criteria
Population	- Refugees from non-western countries in western countries – i.e. Syrian refugees in Canada - Asylum seekers from non-western countries in Canada	- Non-refugee immigrants - Refugees from non-western countries outside Canada
Intervention (independent variables)	- Newsmedia: television, online, print.	- non-newsmedia
Method	Academic Literature: - Limit to 2011-current and seminal papers (any year) - Primary research - Systematic reviews/Meta-analyses - Language: English - Place: Canada Grey literature: - Limit to 2011-current and seminal papers (any year) - Language: English - Place: Canada	- Theories, theoretical papers, expert opinions, conference abstract - Published in a language other than English. - Published in non-included country
Outcome (dependent variables)	- Mental health and wellness - Psychosocial wellbeing	- Physical health - Psychiatric outcomes

Expected Results and Discussion

- Limited research on this relationship within the health sciences domain
- Some research looking at the relationship between racism and wellness
- Even less exploring racism in the media and wellness
- Association between racism in the media and poor psychosocial wellbeing
- Noteworthy relationship between racism in the media and refugee wellness in the context of COVID-19
- contribute to literature: how discourse impacts knowledge, attitudes, and behaviour, reinforces racist perceptions and power structures, contributing to inequities in health and wellness.
- inform approaches to community mental health promotion for refugees.
- impact health and social services policy/practice within health organizations and community-serving agencies