

MFT Interventions for Racial/Ethnic Minorities: A Decade-in-Review of Three Therapeutic Journals

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Background

- A growing body of evidence indicates that **mental health disparities that disadvantage racial and ethnic minorities** within all mental health fields, including marriage and family therapy (MFT), exist in the United States.
- **More than 100 million people** identify as racial or ethnic minorities.
- **The U.S. census suggests that by 2044, 50%** of Americans will identify as belonging to a racial or ethnic minority group.

Methods

In the current study, we undertook a content analysis that consists of two coding phases:

Coding Phase 1:

- Three undergraduate coders first determined how many articles were published during a decade in review (2010-2019) of three top family journals: *Family Process*, *Journal of Marital and Family Therapy*, and *The American Journal of Family Therapy* = **1,366 articles**
- Coders then determined how many of these articles addressed race/ethnicities in some manner with the focus word in the title or abstract= **130 articles**
- Articles related to race/ethnicity were set aside for coding that will take place in the future.
- Finally, coders determined how many of the articles that addressed race/ethnicity explicitly focused on interventions=**103 articles**

Coding Phase 2:

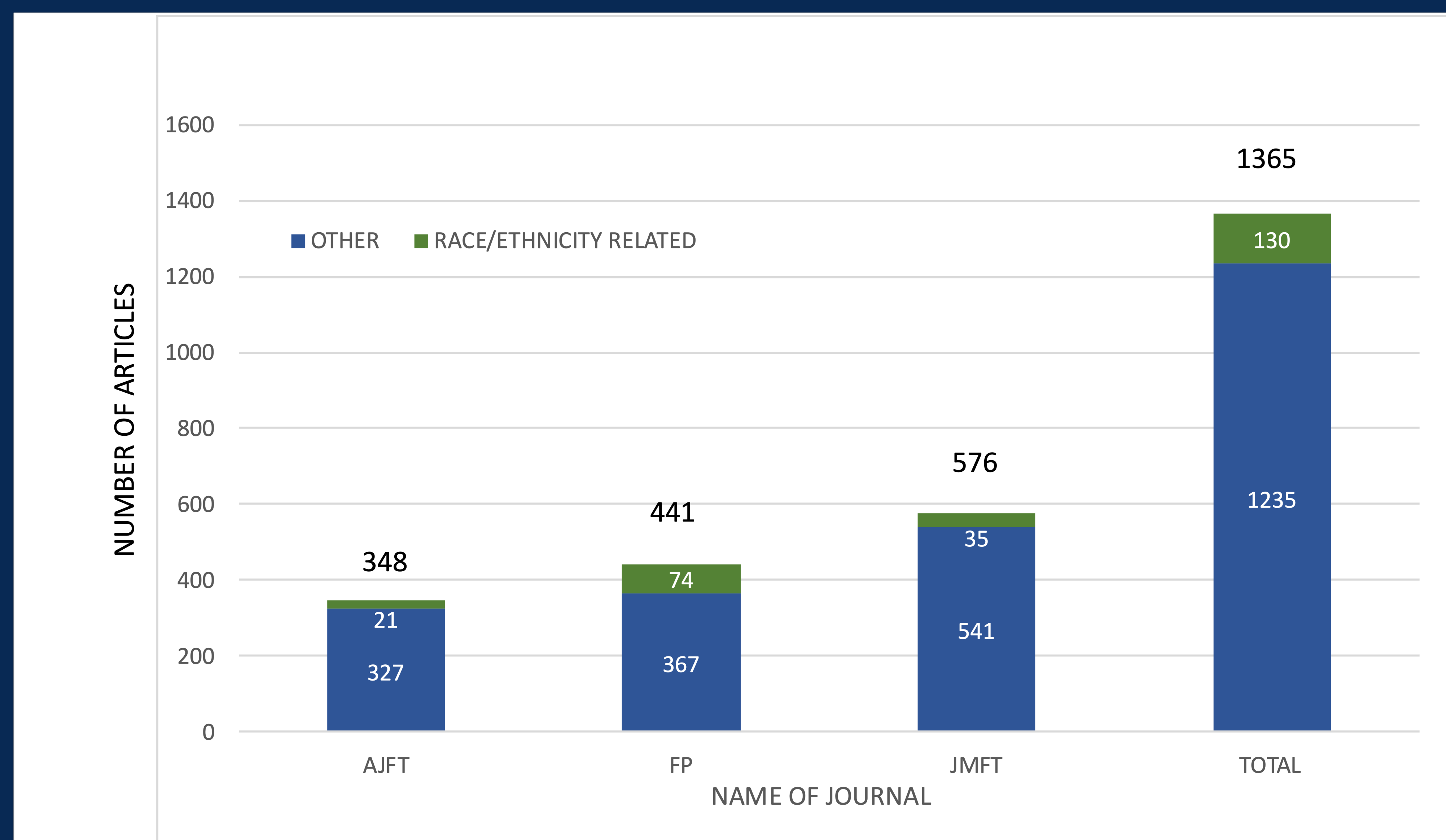
In the future, coders will further code the 130 articles pertaining to race/ethnicity. Some potential areas of examination include:

- Areas of strength and growth for the field of MFT
- Suggest some next steps towards reducing mental health disparities
- Identify effective culturally adapted interventions to meet racial and ethnic minorities' needs

The Purpose of the Study

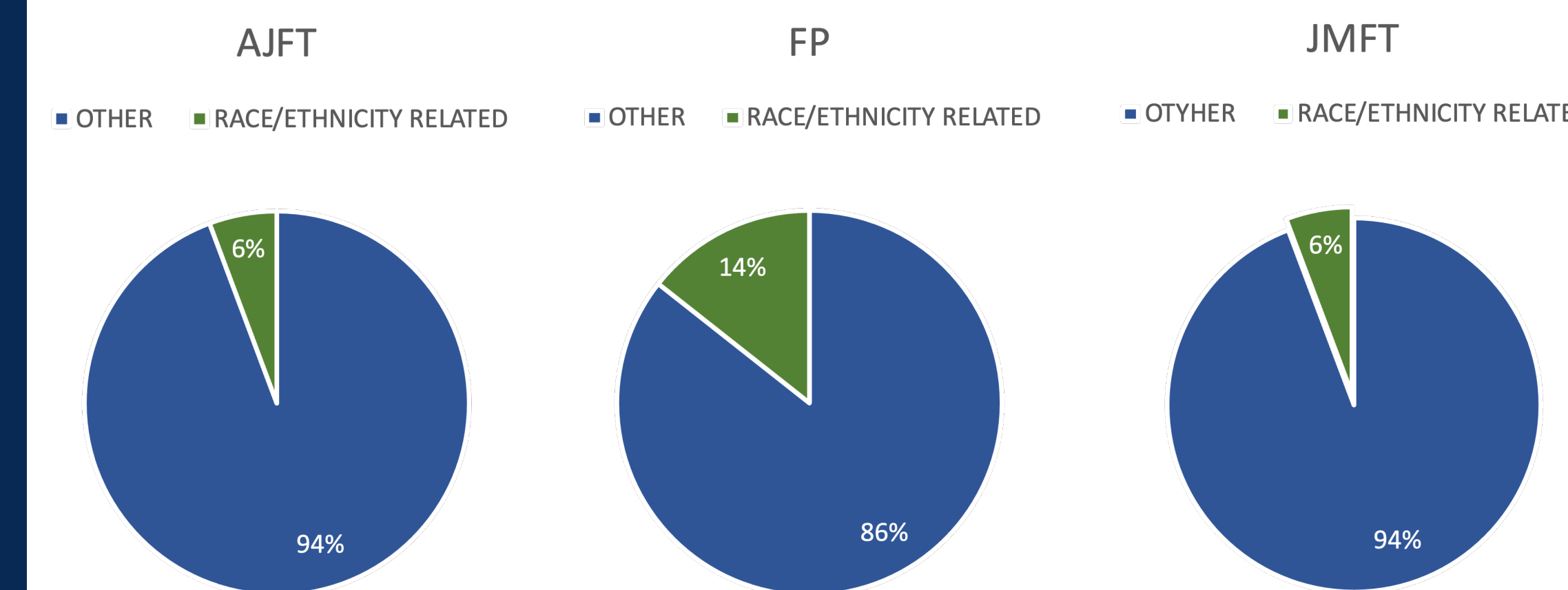
The purpose of this study is to provide a snapshot of the research and scholarly work that has been done related to systemic interventions for racial or ethnic minorities in the last decade.

Graph 1 – Preliminary Results from Content Analysis



Results

1,365 articles examined from three top MFT journals spanning a ten-year period



Conclusions

Because of mental health disparities and as more individuals identify as racial and ethnic minorities, it is crucial that we further add to the existing literature related to racial and ethnic minority communities.

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