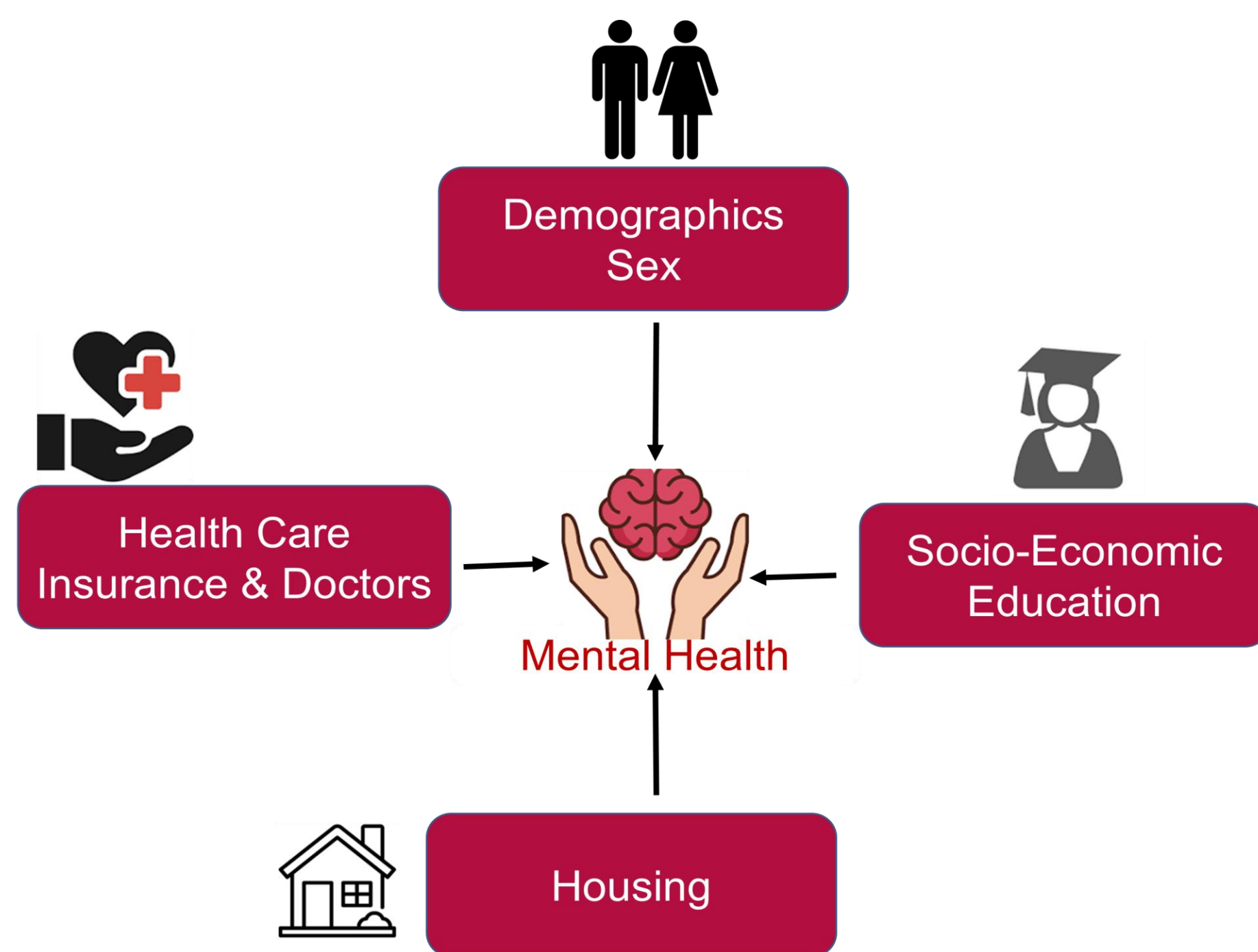


Background

- Mental health is a significant issue affecting 1 in 5 Americans.
- In 2021, 57.8 million adults (22.8% of all U.S. adults) had a mental illness, with higher rates among females (27.2%) compared to males (18.1%).
- In NYC, the unique socio-economic factors and diverse population contribute to the complexity of mental health needs.
- Understanding factors influencing mental health care seeking is crucial for developing interventions and policies to enhance access to mental health services in NYC.

Research Goals

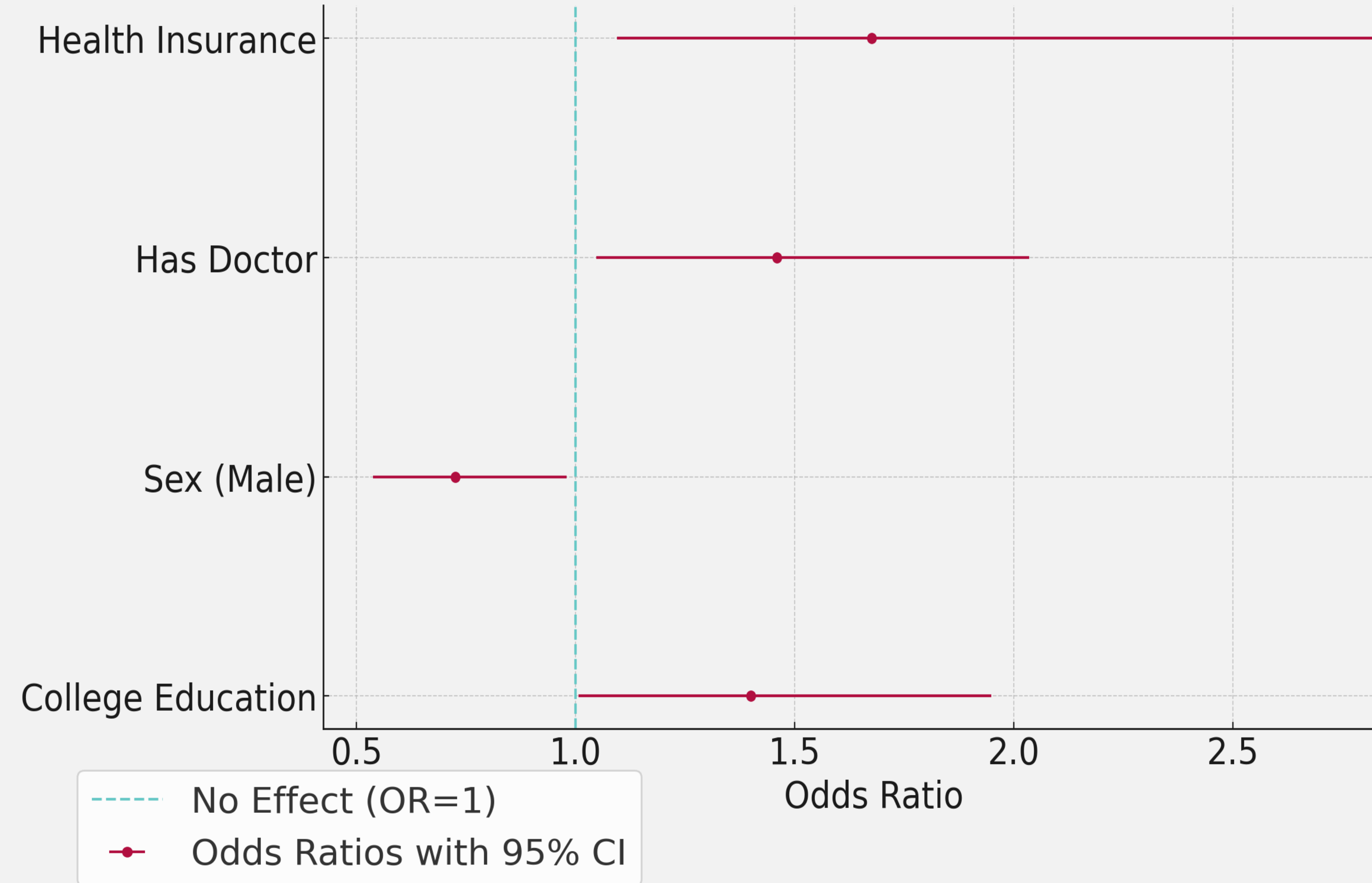
- To identify the factors that influence mental health care seeking behavior in NYC, including demographic, socio-economic, and healthcare access variables.



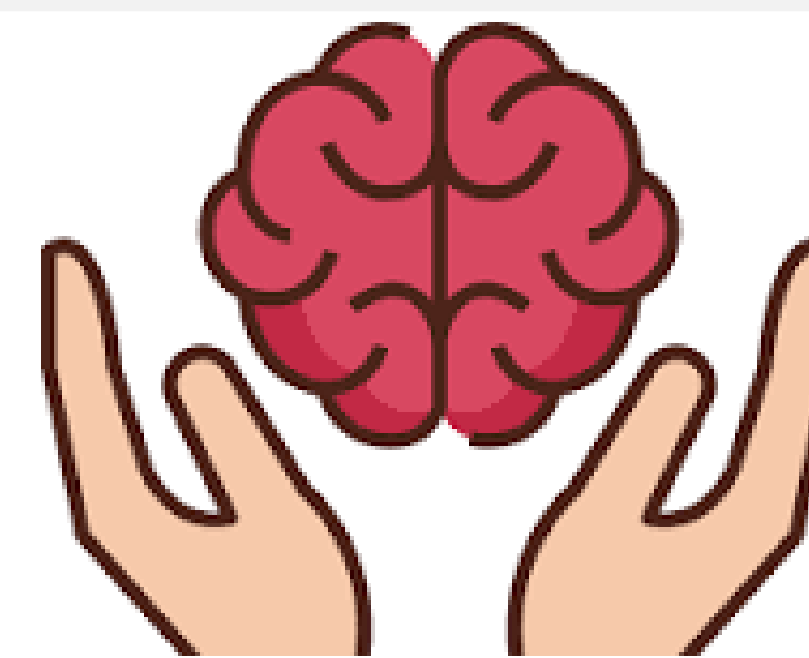
Data and Measures

- Data:** Secondary Analysis of 2020 Community Health Survey (CHS) Data in NYC
- Sample size:** 751
- Analysis:** Used SPSS to conduct descriptive and multivariate analysis (Binary Logistics Regression).

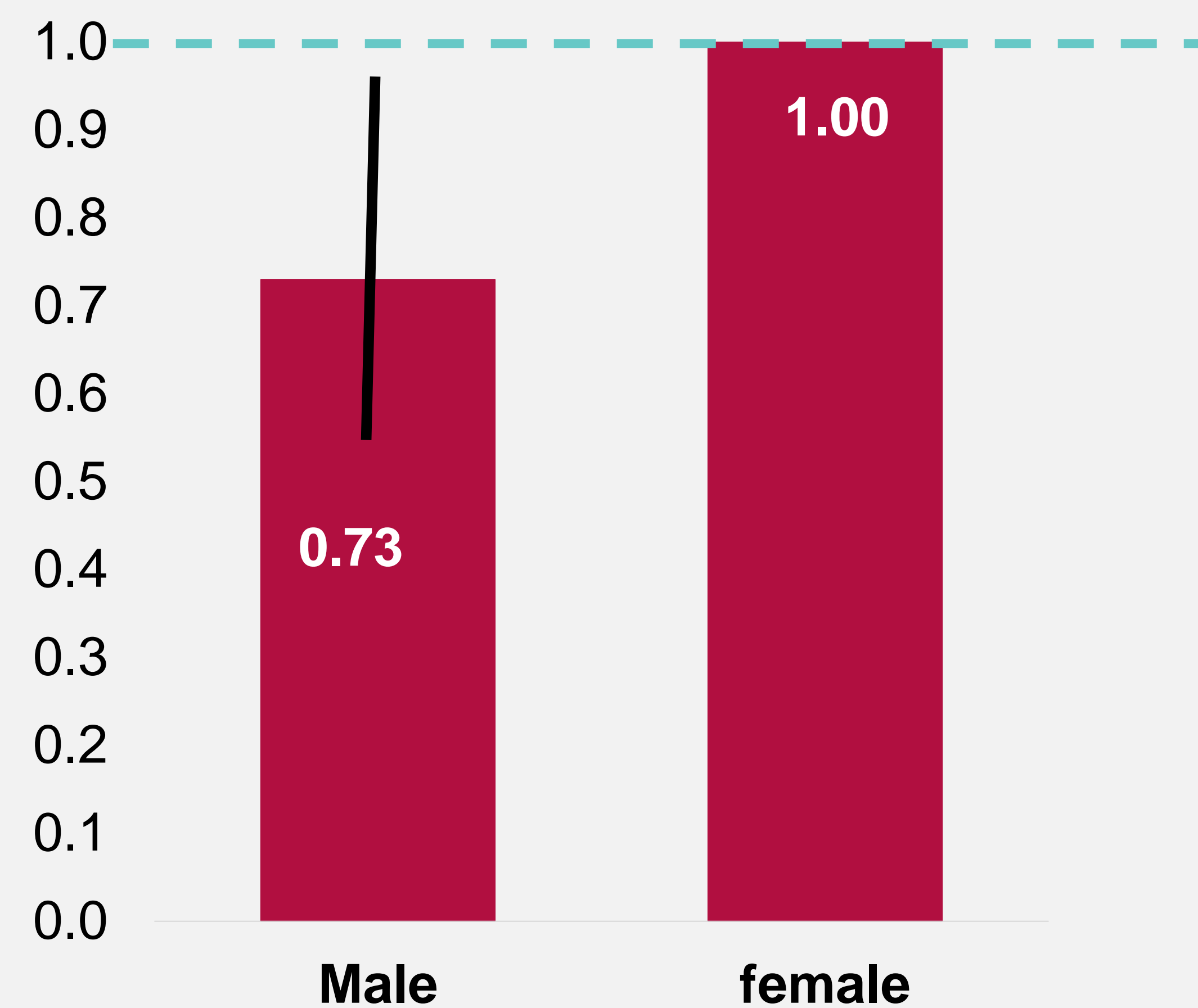
Results



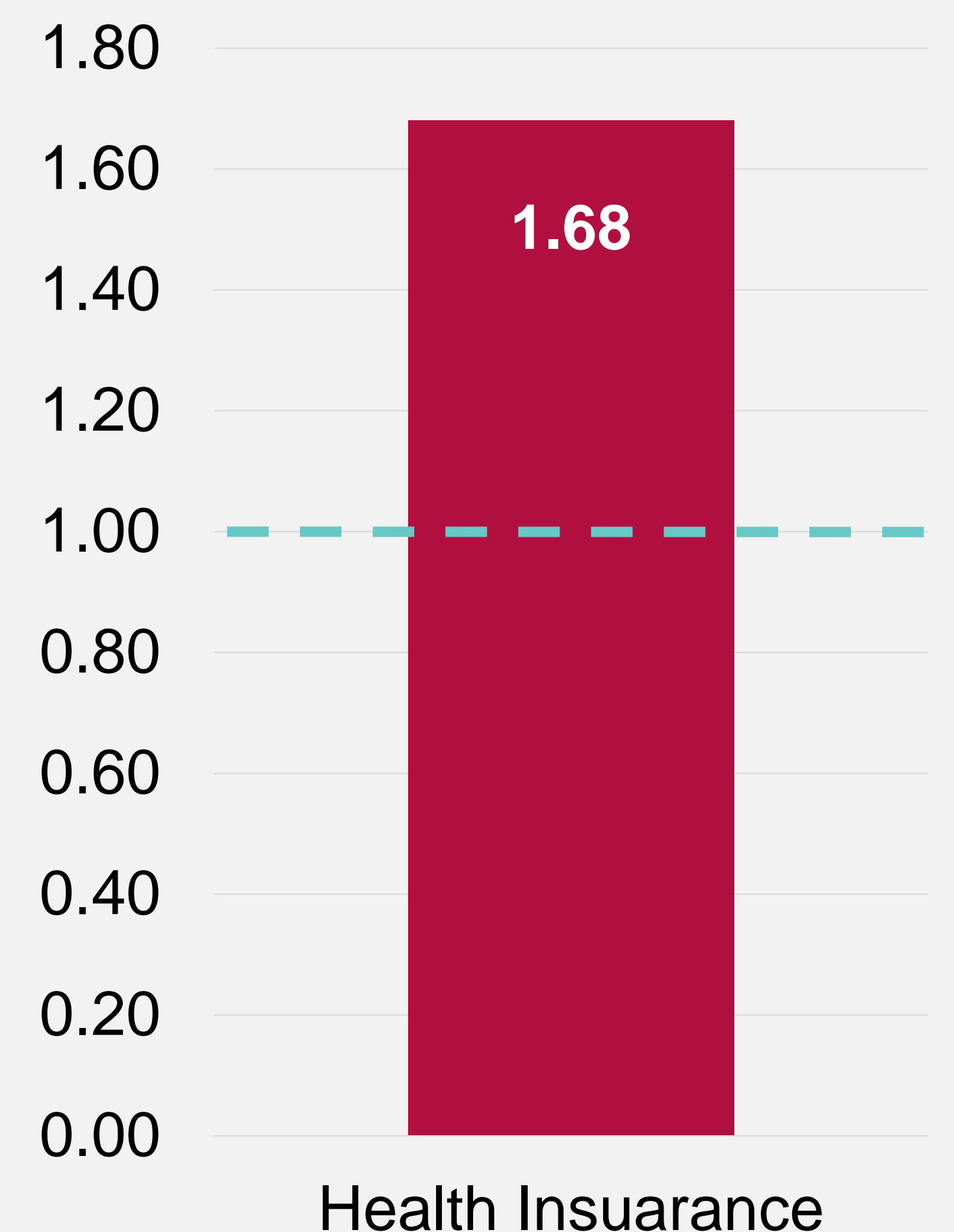
Mental Health Care



OR Males Vs Female



OR Health Insurance



Results Continued

- Demographics:** Males had 27% less odds of seeking mental health care compared to women ($P < .05$; OR 0.73; 95% CI: 0.54 - 0.99). Stigma could be an explanation.
- Education :** Education: Having some college education increased odds of seeking treatment ($P < .05$; OR 1.40; 95% CI: 1.01 - 1.95), potentially due to improved knowledge and accessibility
- Health Access::** Having a primary care provider and health insurance increased care seeks $P < .05$; OR 1.46 (95% CI: 1.05 - 2.04), and $P < .05$; OR 1.68 (95% CI: 1.09 - 2.82) respectively..

Discussion and Conclusions

- Education Campaigns:** Increase awareness and education to reduce stigma, particularly targeting men and ethnic minorities can improve care-seeking 
- Community Support:** Promote local organizations and support groups to foster a culture of care seeking and support. 
- Policy Initiatives:** Support initiatives to increase access to affordable mental health care and expand insurance coverage. 

Study Limitations

- Cross Sectional Design:** limits our ability to infer causality due one-time observations of the factors.
- Small sample:** The study used a small sample of 751 participants which reduces the statistical power limit the generalizability of the findings.