

P02-394 - **PSYCHOLOGICAL STRESS AND MENTAL HEALTH AMONG SOUTH ASIAN WOMEN BROUGHT UP IN THE UK**

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Introduction: Much of the research concerning psycho-social stress and mental health within the South Asian community in Britain has centred around new communities settling in England and the associated issues of accommodation, assimilation and integration into the dominant British society. There is a paucity of empirical research concerning the outcomes of psycho-social stress and mental health of British South Asian women in England.

Objective: To explore the manifestations of psycho-social stress and mental health in the lives of British South Asian women.

Methods: A qualitative research design was employed. A total of 34 British South Asian young women, aged 16-29 years, in formal education and living in the North-West of England, were interviewed. Purposive sampling ensured the demographic characteristics of the sample were broadly representative of young British South Asian women living in the North West. Semi-structured, in-depth interviews were undertaken and analysed using a process of thematic analysis.

Results: The emerging themes suggest that the outcomes of psycho-social stress in young British South Asian women manifest themselves in three folds: in psychological and physical ways and through negative behavioural practices. Depression and self-harm were the most occurring themes in the sample.

Conclusions: These findings have some fundamental implications for the practice and provision of counselling and support groups for British South Asian young women to help them to manage the psycho-social stress in their lives and improve their mental health. Positive action is required for the development of culturally appropriate services to encourage this group to seek help.