

Ethnic and/or Cultural Assessment Guide

Cultural and/or Ethnic domain	Assessment question
Ethnic origin	Does the client identify with a particular group (e.g. Puerto Rican, African)?
Race	What is the client's racial background (e.g. African-American, Filipino, American Indian, bi-racial)?
Place of birth	Where was the client born?
Relocations	Where has the client lived? (country, city)? During what years and for how long? Has client moved recently? Experiences in refugee relocation, immigration? Level of acculturation and assimilation?
Habits, customs and beliefs	Describe habits, customs, values, and beliefs that and beliefs the client holds or practices that affect the attitude toward birth, life, death, health, and illness, time orientation, health care system, and health care providers. What is the degree of belief and adherence to the client's overall cultural system?
Behaviors valued by culture	How does the client value privacy, courtesy, respect for elders, behaviors related to family roles and gender roles, and work ethic?
Cultural sanctions and restrictions	Sanctions – What is accepted behavior by client's cultural group regarding expression of emotions and feelings, religious expressions, and response to illness and health and death? Restrictions – Does client have any restrictions related to sexual matters, exposure of body parts, certain types of surgery, discussion of dead relatives, and discussion of fears related to the unknown?
Language's and or dialect's spoken	Which languages and dialects does the client speak most frequently? Where? At home or work? Languages of family?
Language barriers	Which language does the client use in thinking? Does client need bilingual interpreter in client-manager contacts? Is client able to read and write in English?
Communication process	What are rules (linguistics) and modes (style) of communication process (e.g. "honoring", "showing respect" or "deference")? Emotional expression (e.g. controlled or emotive)? Conflict resolution (e.g. direct or avoidant)? Verbal communication (e.g. direct or indirect)? Is there a need for variation in technique of communicating and interviewing to accommodate client's background (e.g. tempo of conversation, eye or body contact, topic

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	<p>restrictions, norms of confidentiality)?</p> <p>How does nonverbal communication of client impact communication.</p> <p>Are there variations between the client's interracial/interethnic communication and intraracial/intraethnic communication? Beliefs, attitudes, values, role variations, stereotyping, perceptions and prejudices?</p>
<p>Healing beliefs Cultural healing system</p>	<p>What cultural healing system does the client adhere to (e.g. Western, Asian, Tribal)? What religious health system does the client predominantly adhere to (e.g. Seventh Day Adventist, Pentecostal)?</p>
<p>Cultural health beliefs</p>	<p>Is illness explained by the germ theory, genetics, presence of evil spirits, body imbalance, other? Is good health related to success, ability to work, fulfill roles, reward from a god, or balance with nature?</p>
<p>Cultural health practices/healers</p>	<p>What types of cultural healing practices do the client practice? Does the client rely on cultural healers?</p>
<p>Nutritional variables or factors. Food consumption.</p>	<p>Food preparations, restrictions, meaning of food frequency of eating, time of eating? Any religious consumption. Influences? Teaching nutrition/diet considerations culture?</p>
<p>Diseases more prevalent among ethnic and/or cultural group</p>	<p>Are there any diseases or conditions more prevalent for a specific ethnic/cultural group?</p>
<p>Family</p>	<p>Roles within family? How is family valued related to coping with mental illness? Does family structure influence client response to health and mental illness? What is role of extended family members? Special relationships (e.g. uncles, aunts, godparents).</p>
<p>Economic status</p>	<p>Impact of racism on income? Education? Place of residence? Ability to obtain health care? To access opportunity?</p>
<p>Self-concept</p>	<p>Does client show strong racial/cultural identity? Client's stage of racial identity development? What factors shaped the client's self-concept (e.g. traditions, society labels, racism)? What is impact of racism on client in terms of seeking mental health services? What is client's ability to relate to persons outside his ethnic/cultural group? Extent to which client experiences racism as stressors (e.g. historical trauma, persecution, microaggressions, stereotype, invisibility)?</p>
<p>Bloch's Ethnic/Cultural Assessment Guide [Orque et al., 1983] Health Resources and Services Administration Study On Measuring Cultural Competence in Health Care Delivery Settings</p>	