

## INTRODUCTION

- Post-traumatic stress disorder (PTSD) develops in 20-30% of patients hospitalized after physical injury.<sup>1</sup>
- The University Medical Center New Orleans (UMCNO) Level 1 Trauma Center screens every admitted trauma patient for referral to the Trauma Recovery Clinic (TRC) which provides psychiatric, psychological, and psychosocial care.
- UMCNO trauma registry reveals that of admitted trauma patients, 73.4% are males and 26.6% are females, however TRC demographic data reveals 47.3% are males and 52.7% are females.
- **We assessed perceived barriers to accessing outpatient mental health services for patients hospitalized for traumatic injuries.**

## METHODS

### Sample and Setting

- Observational study of traumatically injured patients referred to TRC from October 2020 to May 2021 (n=80).

### Measure

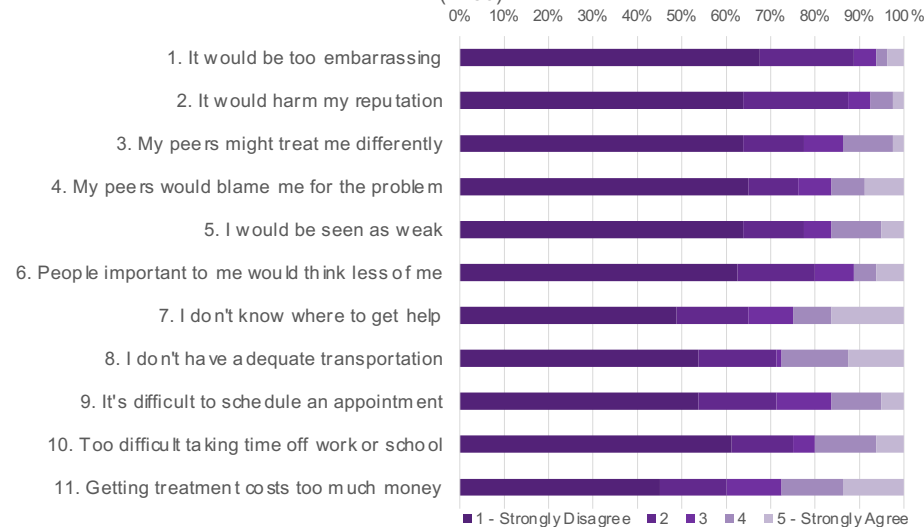
- Perceived Stigma and Barriers to Care for Psychological Problems (PSBCPP) Scale<sup>2</sup>
- Contains 11 items regarding stigma and logistical obstacles limiting access to mental health care
- Likert scale scores (1-5) were computed for each subscale per participant, with one stigma score and one obstacle score

### Analysis

- Scores were treated as continuous variables in subsequent analyses

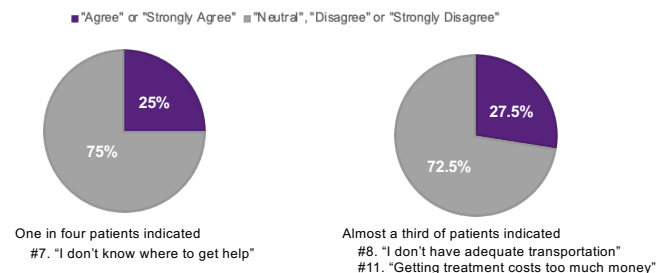
## RESULTS

Perceived Stigma and Barriers to Care for Psychological Problems Count (n=80)



- **No difference observed the subscales of stigma or logistical obstacles:**
  - Race (p=0.44, p=0.13 respectively)
  - Gender (p=0.84, p=0.73 respectively)

- Obstacles perceived as most limiting access to care



## DISCUSSION

- Barriers did not significantly differ between gender or among racial groups.
- One in four participants agreed that logistical obstacles (lack of transportation, treatment cost, and not knowing where to get help) limited access to care.
- Stigma was not typically reported as a barrier, despite stigma being reported in the literature as a significant factor preventing care-seeking behaviors.<sup>3</sup>

## CONCLUSION

- Positive deviance from stigma as a traditional barrier constitutes a critical shift in cultural paradigms and should be explored further to understand the mechanism of this change.
- Future interventions should center around addressing logistical concerns of patients.
- UMCNO is a safety net hospital treating low-income, Medicaid or non-insured patients. As Medicaid does provide transportation and payment for treatment, further exploration regarding patient knowledge of services is needed to facilitate access to mental health services.

## REFERENCES

1. Zatzick DF, Rivara FP, Nathens AB, et al. A nationwide US study of post-traumatic stress after hospitalization for physical injury. *Psychological Medicine*. 2007;(37):1469-1480.
2. Britt TW, Greene-Shorridge TM, Brink S, et al. Perceived Stigma and Barriers to Care for Psychological Treatment: Implications for Reactions to Stressors in Different Contexts. *Journal of Social and Clinical Psychology*. 2008;27(4):317-335.
3. Williamson V, Greenberg N, Stevelink SAM. Perceived stigma and barriers to care in UK Armed Forces personnel and veterans with and without probable mental disorders. *BMC Psychiatry*. 2019;7(75).

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