



Kato Fetu:

review of the Pacific mental health
and addiction research agenda



LeVa



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Background

In 2009 Le Va was commissioned by the Ministry of Health to develop a research agenda that would identify priorities for mental health and addiction research that would support New Zealand's Pasifika population.

The rationale was that little was known about contributing factors and solutions to the high prevalence and severity of mental illness within the Pasifika population, within the context of:

- ✘ Pacific people experiencing higher rates of mental disorder than the general New Zealand population.
- ✘ Inequitable access, late presentation and longer, more costly hospital stays.
- ✘ A complex profile of compounding risk and protective factors different from other ethnic groups.
- ✘ A rapidly growing, changing and youthful Pacific demographic that appears to be carrying the burden of mental disorder.
- ✘ An under-represented and under-skilled Pacific mental health and addiction workforce.
- ✘ Pacific innovation as a response to high unmet needs requires support and validation to contribute to the evidence base.

Pasifika leadership was critical in developing the scope, mandate and priorities for the research agenda, and included: Pasifika people with experience of mental illness, researchers, service providers, clinicians, the Northern Region Matua Council, primary health organisations, community support workers, district health boards, the Ministry of Health, government and non-government organisations, and groups involved in Pacific mental health and addiction. Several meetings were held in Christchurch, Wellington and Auckland and a Technical Advisory Panel of Pacific researchers, clinicians and sector leaders oversaw the development of the agenda.

The Technical Advisory Panel identified that setting the research agenda would support a coordinated approach to growing the Pacific mental health and addiction research and knowledge, so we are asking and answering the right questions that will ultimately contribute to improving the lives of Pacific people who experience mental illness and addiction related problems.



Kato Fetu: setting a Pacific mental health and addiction research agenda

The [*Kato Fetu Pacific mental health and addiction research agenda*](#)¹ aimed to strategically and systematically build a comprehensive body of knowledge available to inform the Pacific mental health and addiction sector, services and workforce development, and ultimately improve mental health, recovery and addiction outcomes for Pacific people.

Kato Fetu identified **19 research questions** for future investment, organized into **four areas of research priority**:

1. Understanding mental health and addiction – risk and protective factors and other determinants of mental health disorders for Pacific people.
2. Enhancing service responsiveness – the effectiveness of services for Pacific people.
3. Developing the workforce – cultural competency, developing capacity and capability, workforce planning.
4. Pacific people with experience of mental illness – service user perspectives in research.

The meaning behind ‘Kato Fetu’

Kato Fetu is a mix of terms – *Kato* meaning bag or basket in Tonga, Niue and Fiji (*ato* in Samoa and Tuvalu, *kete* in Cook Islands), and *fetu* meaning stars in Samoa, Tuvalu and Niue (*etu* in Cook Islands, *fetu’u* in Tonga and *kalokalo* in Fiji). Combining the two words, *Kato Fetu* translates conceptually to a basket or container of stars.

Fetu has been selected because stars metaphorically resonate in a number of ways.

Stars light up darkness and therefore signify the discovery of research findings (illumination), where nothing is currently known. Pacific people have a shared heritage of being the descendants of great seafaring people, renowned for their navigational skills. Successful voyaging depended on the traditional knowledge of expert navigators. Unaided by maps or instruments, Pacific navigators

¹ Le Va. (2009). [Kato Fetu: Setting a Pacific mental health and addiction research agenda summary](https://www.leva.co.nz/resources/kato-fetu---setting-a-pacific-mental-health-and-addiction-research-agenda). Auckland, New Zealand: Le Va. <https://www.leva.co.nz/resources/kato-fetu---setting-a-pacific-mental-health-and-addiction-research-agenda>



relied on their intimate knowledge of stars, as well as sea conditions, wind and weather patterns. Therefore, it was appropriate to use the metaphor of stars as illuminating the way forward and providing navigational assistance across an unknown terrain. The basket represents the resources we share and draw from to implement the agenda.

The vision of *Kato Fetu* is:

‘A constellation of new knowledge to illuminate and navigate the way forward for the Pacific mental health and addiction sector.’





Kato Fetu: how far have we come?

For Pacific mental health and addiction, where there is a paucity of relevant research, it is essential to continually assess what information is available to ensure the delivery of quality services for Pacific people and their families, and to support our workforce with evidence based best- and promising-practice.

This review has identified 262 unique publications that address the 24 research questions in the 5 priority areas of Kato Fetu.

Purpose

This review of the research identifies research publications in response to the priority questions outlined in *Kato Fetu* relevant to Pacific mental health and addiction in New Zealand. It does not purport to be all-encompassing of all related publications to date.

This review contributes to strategically and systematically building a comprehensive body of knowledge available to inform the Pacific mental health and addiction sector, services and workforce.

Methodology

Research literature searches of published material using online databases was conducted utilizing the key words from the research agenda themes and priority questions for the period January 1985 to July 2017. A stocktake of mental health and addiction research carried out in 2011 was also utilised, which included contacting tertiary institutions to include non-published research. This review includes international research and replaces Le Va's 2011 stocktake². A recent 2017 review of Pacific Psychology Research was also utilized.³

Before the review of the research was carried out, a fifth area of research priority was added given the high population needs: Pacific child and adolescent mental health (including risk and protective factors and other determinants of suicide, violence, behavioural problems, substance abuse, wellbeing and body image). This fifth priority area consists of 5 research questions, making the total number of research questions to be addressed 24.

² Le Va. (2011). *Kato Fetu Stocktake: research agenda update*. Auckland, New Zealand: Le Va.

³ Fia'Ali'i, J. T., Manuela, S., Le Grice, J., Groot, S., & Hyde, J. (2017). *'O le Toe Ulutaia: A Bibliography of Pasifika and Psychology Research*. School of Psychology, The University of Auckland.

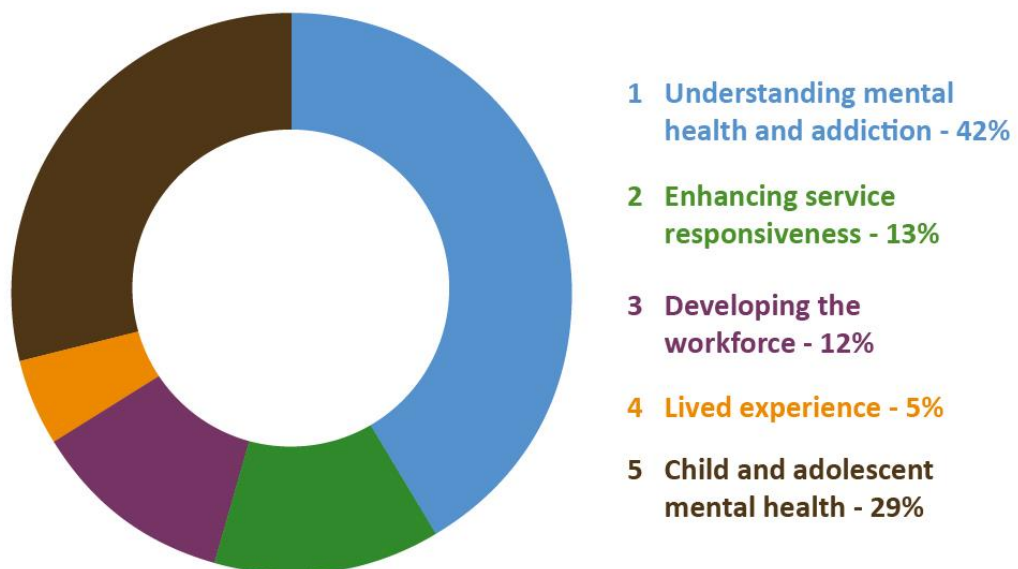


Findings summary

It is clear that the 2009 research agenda set by Pacific mental health leadership, has positively influenced areas of research and literature, and/or accurately identified the gaps and priority areas.

A total of 262 unique research publications were identified that respond to the five priority areas in *Kato Fetu*. The majority were addressing gaining an understanding of mental illness and addiction for Pasifika people, and over the last 5-10 years a large growth in publications focusing on the Pacific child and adolescent population, as illustrated in Figure 1. There is a clear gap in the research on Pacific peoples lived experience of mental illness and addiction issues.

Figure 1. Total of number of research publications addressing the five Kato Fetu priorities for period 1985-2017 (n=295*)



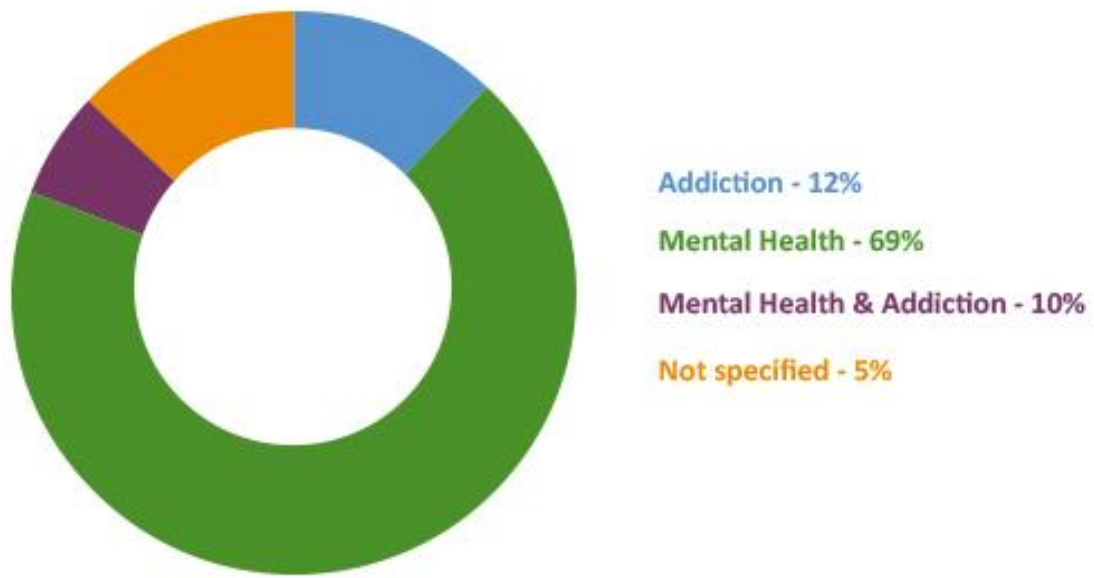
*NB: the actual literature count is 262. Some research addressed multiple priority areas hence were counted twice.

Ninety-two publications were ethnic specific (Samoa, Tonga, Fiji, Cook Island Maori, Tokelau, Palau, Vanuatu, Hawaii, New Caledonia, American Samoa), with the largest number of publications focusing on the Samoan population, followed by Tongan. The remaining 170 publications addressed the population of interest as a Pan-Pacific group.



Of the 262 unique publication, most focused on mental health (181 publications), with the remainder address addiction and other related areas of wellbeing, as outlined in Figure 2.

Figure 2. Proportion of publications dedicated to Pacific mental health and/or addiction (n=262)





Priority area 1: Understanding mental health and addiction



Summary

In total, 123 publications were identified and categorized into the priority area for understanding mental health and addiction. Specifically, in reference to *Kato Fetu* research questions:

- ✘ 28 publications referred to the determinants of mental health and addiction among pacific people;
- ✘ 20 publications were categorized as addressing what constitutes a mentally healthy pacific individual, family and community;
- ✘ 21 publications examined inter- and intra-pacific prevalence rates, including comparisons with international epidemiological data particularly in the pacific region;
- ✘ 31 publications focused on traditional understandings of mental illness and recovery, and culture bound syndromes;
- ✘ 5 publications focused on an understanding of co-morbid disorders among pacific people; and
- ✘ 18 publications focused on early life experiences determinants of mental health and addiction outcomes among pacific people, including maternal and infant mental health.



Kato Fetu research question

1. What are the determinants of mental health and addiction among Pacific people, including:
 - ✂ knowledge with respect to culture and ethnicity, migration and acculturation or cultural change
 - ✂ differences and commonalities between 'New Zealand-born' and migrant Pacific populations including New Zealand-based Pacific populations remaining in or returning to Pacific nations
 - ✂ socio-economic status (including housing, unemployment, underemployment, low income and socio-economic deprivation and disparities)?

Published

Allen, J. S., & Laycock, J. L. (1997). Major mental illness in the Pacific: a review. *Pacific Health Dialog*, 4(2), 105-118

Bridgman, G. (1997). Mental illness and Pacific people in New Zealand. *Pacific Health Dialog*, 4(2), 95-104.

Bellringer, M.E., Perese, L.M., Abbott, M.W. & Williams, M.M. (2006). Gambling among Pacific mothers living in New Zealand. *International Gambling Studies*, 6(2), 217-235.

Berking, T., Fatialofa, C. S., Lupe, K., Skippy-Patterson, S., & Agee, M. (2007). Being 'Afakasi. In P. Culbertson, M. Nelson-Agee & C. O. Makasiale (Eds.), *Penina Uliuli: Contemporary Challenges in Mental Health for Pacific Peoples* (pp. 49-62). Honolulu, HI: University of Hawaii Press.

Culbertson, P., Agee, M., & 'Ofa Makasiale, C. (2007). *Penina uliuli: Contemporary challenges in mental health for Pacific peoples*. Hawaii, HI: University of Hawaii.

Carter, S., Paterson, J. & Williams, M. (2005). Housing tenure: Pacific families in New Zealand. *Urban Policy and Research*, 23(4), 413-428.

Culbertson, P., & Agee, M. (2007). "What's so 'identity' about that word?" Pasifika men's experience of being 'afakasi. *New Zealand Journal of Counselling*, 27(2), 77-95.

Foliaki, S. (1999). Mental health among Tongan migrants. *Pacific Health Dialog*, 6(2), 289-294.

Fuatai, L., & Soon-Schuster, F. (2001). Anxiety, stress and coping strategies among University of South Pacific students. *Pacific Health Dialog*, 8(1), 83-93.

Graves, T. D., & Graves, N.B. (1985). Stress and health among Polynesian migrants to New Zealand. *Journal of Behavioural Medicine* 8, 1-19.

Guerrero, A. P. S., Fung, D., Suaalii-Sauni, T., & Wiguna, T. (2013). Care for the seafarers: A review of mental health in Austronesia. *Asia-Pacific Psychiatry*, 5(3), 119-140.



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Unpublished

Anae, M. (1998). *Fofoa-i-vao-'ese: the identity journeys of NZ-born Samoans*. (Unpublished Doctoral Dissertation). The University of Auckland, Auckland, New Zealand.

Skudder, E. (2014). *Acculturation within New Zealand Pacific communities: how does this influence diet and health?* (Unpublished Master's Thesis). Victoria University of Wellington, Wellington, New Zealand.

Kato Fetu research question

2. What constitutes a mentally healthy pacific individual, family and community?

Published

Allen, G., & Smith, T. B. (2015). Collectivistic coping strategies for distress among Polynesian Americans. *Psychological Services*, 12(3), 322.

Bush, A., Chapman, F., Drummond, M. & Fagaloa, T. (2009). Development of a child, adolescent and family mental health service for Pacific young people in Aotearoa/New Zealand. *Pacific Health Dialog*, 15(1), 138-146.

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Futterman-Collier, A., Sadao, K., Otto, C., & Polloi, A. (1997). Perceptions of the Social, cultural and psychological well-being in Palau. *Pacific Health Dialog*, 4(1), 28-34.

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Lupe, K. (2013). Pacific Indigenous Well-Being: Wise body, singing heart. In M. Nelson-Agee, T. McIntosh, P. Culbertson & C. O. Makasiale (Eds.), *Pacific Identities and Well-Being: Cross-Cultural Perspectives* (pp. 213-224). New York, NY: Routledge.

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Mila, K. (2013). Not another New Zealand-born identity crisis: Well-being and the politics of Belonging. In M. Nelson-Agee, T. McIntosh, P. Culbertson & C. O. Makasiale (Eds.), *Pacific Identities and Well-Being: Cross-Cultural Perspectives* (pp. 27-45). New York, NY: Routledge.

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Poltorak, M. (2011). Comedy, Stigma and faka sesele: Contesting 'Mental Illness' in Vava 'u. In T. Sheen, N. Drescher & M. Daly (Eds.), *Tonga: Land, Sea and People* (pp. 217-234). Nuku'alofa, Tonga: Vava'u Press.

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Waters, K., & Crocket, K. (2013). Learning with a Pasifika Community. In M. Nelson-Agee, T. McIntosh, P. Culbertson & C. O. Makasiale (Eds.), *Pacific Identities and Well-Being: Cross-Cultural Perspectives* (pp. 225-241). New York, NY: Routledge.

Young, L., Heather, E., & Moore, S. E. (2012). Constructions of happiness and satisfaction in the Kingdom of Tonga. In H. Selin, & G. Davey (Eds.), *Happiness across cultures: Views of happiness and quality of life in non-Western cultures* (pp. 181-193). New York, NY: Springer Science + Business Media.

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Churchward, M. E. (2011). *Sophisticated Mediators: New Zealand-born Samoan first-time mothers and strategies for their health and wellbeing*. (Unpublished Master's Thesis). Victoria University of Wellington, Wellington, New Zealand.

Cowley-Malcolm, E. (2013). *Perceptions of Samoan Parents from a Small Town in New Zealand on Parenting, Childhood Aggression, and the CD-ROM 'Play Nicely'*. (Unpublished Doctoral Dissertation). Victoria University of Wellington, Wellington, New Zealand.

Sinisa, V. (2013). *The reflections by Tongan parents or caregivers on various factors that may have contributed to the suicide of their child*. (Unpublished Master's Thesis). The University of Auckland, Auckland, NZ.



Tautolo, E. (2011). *Pacific fathers cultivating the future: the health of Pacific fathers and their influence upon and involvement with their children*. (Unpublished Doctoral Dissertation). Auckland University of Technology, Auckland, New Zealand.

Kato Fetu research question

3. Examine inter- and intra-pacific prevalence rates, including comparisons with international epidemiological data particularly in the Pacific region.

Published

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Durand, Z., Cook, A., Konishi, M., & Nigg, C. (2015). Alcohol and substance use prevention programs for youth in Hawaii and Pacific Islands: A literature review. *Journal of Ethnicity in Substance Abuse*, November 20, 2016.

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Salzman, M. (2005). The Dynamics of Cultural Trauma: Implications for the Pacific nations. In A. J. Marsella, A. A. Austin & B. A. Grant (Eds.), *Social change and psychosocial adaptation in the Pacific Islands: cultures in transition*. (pp. 29-51). New York, NY: Springer.

Shepherd, S. M., & Ilalio, T. (2015). Maori and Pacific Islander overrepresentation in the Australian criminal justice system - What are the determinants? *Journal of Offender Rehabilitation*, 55(2), 113-128.

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Smith Nabukavou, T., Butler Taveta, L., Martin Teaiwa, J., & Teaiwa, T. (2013). Reflecting back and building on Fright or Light: Psychiatric survivors and contemporary issues in mental health in Fiji. In M. Nelson-Agee, T. McIntosh, P. Culbertson & C. O. Makasiale (Eds.), *Pacific Identities and Well-Being: Cross-Cultural Perspectives* (pp. 242-259). New York, NY: Routledge.

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Tukuitonga, C. (2013). Pacific people in New Zealand. In I. St George (Ed.), *Cole's medical practice in New Zealand, 12th edition* (pp. 66-73). Wellington, New Zealand: Medical Council of New Zealand.

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Anderson, E. L. (2015). *Domestic violence and society's response in the Cook Islands: Psychological impacts on victims in "paradise"*. (Unpublished Doctoral Dissertation). University of Otago, Dunedin, New Zealand.

Kokaua, J. (2015). *An application of heirarchical Bayes Models to estimated prevalence of Mental Disorder and Mental Health Service use among Cook Islanders in New Zealand*. (Unpublished Doctoral Dissertation). University of Otago, Dunedin, New Zealand.

Loan, I. S. (2015). *The Experience of Depression in the Tokelauan Culture in Two North Island Communities*. (Unpublished Master's Thesis). University of Otago, Dunedin, New Zealand.



Kato Fetu research question

4. What are traditional understandings of mental illness and recovery, and culture bound syndromes?

Published

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- Stewart-Withers, R. R., & O'Brien, A. P. (2006). Suicide prevention and social capital: A Samoan perspective. *Health Sociology Review*, 15(2), 209-220.
- Schluter, P. J., Tautolo, E., Taylor, S., & Paterson, J. (2013). Alcohol consumption by parents of Pacific families residing in New Zealand: findings from the Pacific Islands Families Study. *Alcohol*, 47(3), 241-248.
- Schmidt, J. (2002). Migrant bodies: The embodiment of identity amongst Samoan Fa'afafine in New Zealand. *New Zealand Sociology*, 17(2), 179-197.
- Tcherkézoff, S. (2014). Transgender in Samoa: The cultural production of Gender Inequality. In N. Besnier, & K. Alexeyeff (Eds.), *Gender on the Edge: Transgender, Gay, and Other Pacific Islanders* (pp. 115-134). Honolulu, HI: University of Hawai'i Press.
- Toafa, V. M., Moata ane, L. M., & Guthrie, B. E. (1999). Belief and trust: health caring for migrant Tongan healers and patients in New Zealand. *Pacific Health Dialog*, 6(2), 160-167.
- Vaka, S. (2016). Uloa: A model of practice for working with Tongan people experiencing mental distress. *New Zealand Sociology*, 31, 123-148.



Vaka, S., Stewart, M.W., Foliaki, S.A. & Tu-itahi, M. (2009). Walking apart towards the same goal? The view and practices of Tongan traditional healers and western-trained Tongan mental health staff. *Pacific Health Dialog*, 15(1), 89-95.

Vakalahi, H. F. O. (2011). Commentary: Embracing culture as essential to Pacific people. *Journal of Pacific Rim Psychology*, 5(2), 85-89.

Unpublished

Deo, S. S. (2012). *Maori, Pacific, and European differences in response to pain and worry: an experimental investigation*. (Unpublished Master's Thesis). The University of Auckland, Auckland, New Zealand.

Vaka, S. L. (2014). *A Tongan talanoa about conceptualisations, constructions and understandings of mental illness*. (Unpublished Doctoral Dissertation). Massey University, Albany, New Zealand.

VanderLaan, D. P. (2013). *The development and evolution of male androphilia in Samoan fa'afafine*. (Unpublished Doctoral Dissertation). The University of Lethbridge, Alberta, Canada.

Kato Fetu research question

5. What is our understanding of co-morbid disorders among Pacific people, including:
 - ✘ dual diagnosis and co-existing addiction and mental illness
 - ✘ the relationship between non-communicable diseases and mental health?

Published

Bathgate, M., & Pulotu-Endemann, F.K. (1997). Pacific People in New Zealand. In, Pete M. Ellis & Sunny C.D. Collings (Eds.), *Mental health from a public health perspective*. Wellington, New Zealand: Ministry of Health.

Fergusson, D., & Boden, J. (2011). *Alcohol use in adolescence. Improving the transition: Reducing social and psychological morbidity during adolescence*. Auckland: Office of the Prime Minister's Science Advisory Committee.

Inouye, J., Li, D., Davis, J., & Arakaki, R. (2015). Psychosocial and Clinical Outcomes of a Cognitive Behavioral Therapy for Asians and Pacific Islanders with Type 2 Diabetes: A Randomized Clinical Trial. *Hawai'i Journal of Medicine & Public Health*, 74(11), 360-368.

Scott, K. M., Kokaua, J., & Baxter, J. (2011). Does Having a Chronic Physical Condition Affect the Likelihood of Treatment Seeking for a Mental Health Problem and Does This Vary by Ethnicity? *The International Journal of Psychiatry in Medicine*, 42(4), 421-436.

Wu, L. T., Blazer, D. G., Gersing, K. R., Burchett, B., Swartz, M. S., Mannelli, P., & NIDA AAPI Workgroup. (2013). Comorbid substance use disorders with other Axis I and II mental disorders among treatment-seeking Asian Americans, Native Hawaiians/Pacific Islanders, and mixed-race people. *Journal of Psychiatric Research*, 47, 1940-1948.



Kato Fetu research question

6. To what extent are early life experiences determinants of mental health and addiction outcomes among pacific people, including maternal and infant mental health?

Published

Abbott, M.W. & Williams, M.M. (2006). Postnatal depressive symptoms among Pacific mothers in Auckland: Prevalence and risk factors. *Australian and New Zealand Journal of Psychiatry*, 40(3), 230-238.

Bartlett, N. H., & Vasey, P. L. (2006). A retrospective study of childhood gender-atypical behaviour in Samoan Fa'afafine. *Archives of Sexual Behaviour*, 35(6), 659-666.
doi:10.1007/s10508-006-9055-1

Borrows, J., Williams, M., Schluter, P., Paterson, J. & Helu, S.L. (2010). Pacific Islands Families Study: The association of infant health risk indicators and acculturation of Pacific island mothers living in New Zealand. *Journal of Cross-Cultural Psychology*, doi: 10.1177/0022022110362750.

Carter, S., Paterson, J., Gao, W.Z. & Lusitini, L. (2008). Maternal smoking during pregnancy and behaviour problems in a birth cohort of two-year-old Pacific children in New Zealand. *Early Human Development*, 84(1), 59-66.

Carter, S., Williams, M., Paterson, J. & Lusitini, L. (2009). Do perceptions of neighbourhood problems contribute to maternal health? Findings from the Pacific Islands Families study. *Health & Place*, 15(2), 622-630.

Gao, W.Z., Paterson, J., Abbott, M., Carter, S. & Lusitini, L. (2007). Maternal mental health and child behaviour problems at two years: Findings from the Pacific Islands Families Study. *Australian and New Zealand Journal of Psychiatry*, 41(11), 885-895.

Gao, W., Paterson, J., Abbott, M., Carter, S., Lusitini, L. & McDonald-Sundborn, G. (2010). Impact of current and past intimate partner violence on maternal mental health and behaviour at two years after childbirth: Evidence from the Pacific Islands Families Study. *Australian and New Zealand Journal of Psychiatry*, 44(2), 174-182.

Gao, W., Paterson, J., Abbott, M., Carter, S. & Lusitini, L. (2010). Pacific Islands Families Study: Intimate partner violence and postnatal depression. *Journal of Immigrant and Minority Health*, 12(2), 242-248.

Lusitini, L., Gao, W., Sundborn, G., & Paterson, J. (2011). Parenting practices among fathers of a cohort of Pacific infants in New Zealand. *Journal of Cross-Cultural Psychology*, 42(1), 39-55.

Kameoka, V.A. (1998). Psychometric evaluation of measures assessing the effectiveness of a family focused substance abuse prevention intervention among Pacific Island families and children. In N. Mokuau (Ed.), *Responding to Pacific Islanders: culturally competent perspectives for substance abuse prevention*, CSAS Cultural Competence Series 8:25-47.



Lealaiauloto, R., & Bridgman, G. (1997). Postnatal distress among Pacific women in New Zealand. *Pacific Health Dialog*, 4(2), 38-41.

Masoe, P., & Bush, A. (2009). A Samoan perspective on infant mental health. *Pacific Health Dialog*, 15(1), 148-155.

Paterson, J., Carter, S., Gao, W., Cowley-Malcolm, E. & Lusitini, L. (2008). Maternal intimate partner violence and behavioural problems among Pacific children living in New Zealand. *Journal of Child Psychology and Psychiatry*, 49(4), 395-404.

Perese, L.M., Bellringer, M.E., Williams, M.M. & Abbott, M.W. (2009). Two years on: Gambling amongst Pacific mothers living in New Zealand. *Pacific Mental Health and Addictions*, 15(1), 55.

Schluter, P., Bellringer, M. & Abbot, M. (2007). Maternal gambling associated with families' food, shelter, and safety needs: Findings from the Pacific Islands Families Study. *Journal of Gambling Issues*, 19, 87-90.

Schluter, P.J. & Paterson, J. (2009). Relating intimate partner violence to health care utilisation and injuries among Pacific children in Auckland: The Pacific Islands Families Study. *Journal of Paediatrics and Child Health*, 45(9), 518-524.

Ta Park, V.M., Hayes, D. K., & Humphreys, J. (2014). Disparities in intimate partner violence prenatal counseling: setting a baseline for the implementation of the Guidelines for Women's Preventive Services. *Hawai'i Journal of Medicine & Public Health: A Journal of Asia Pacific Medicine & Public Health*, 73(5), 137-143.

Tautolo, E.-S., Schluter, P. & Sundborn, G. (2009). Mental health well-being amongst fathers within the Pacific Island Families Study. *Pacific Health Dialog*, 15(1), 69-78.



Priority area 2: Enhancing service responsiveness



Summary

In total, 37 publications addressed the priority area for enhancing service responsiveness. Sub-topics identified strong relevance of culturally appropriate services and a culturally competent workforce to effectively support Pacific access and outcomes. Specifically, in reference to *Kato Fetu* research questions:

- ✘ 18 publications referenced the identification of the most valid, reliable, effective and appropriate measurement, evaluation, assessment or outcome tools to use with Pacific people,
- ✘ 9 publications addressed how effective are the mental health and addiction services that currently serve Pacific communities,
- ✘ 9 publications were categorized to address the question of what impact the changes in Pacific demographics will have on mental health and addiction services provision, models of service delivery and workforce, and
- ✘ 1 publication addressed the question of why Pacific people have longer hospital stays, under-utilise, and/or present late to mental health and addiction services.



Kato Fetu research question

7. What are the most valid, reliable, effective and appropriate measurement, evaluation, assessment or outcome tools to use with pacific people?

Published

Coombes, L., & Alefaio-Tugia, S. (2013). Pasifikology. News from psychologies' margins in Aotearoa/New Zealand: An interview with Siautu Alefaio-Tugia. *Annual Review of Critical Psychology*, 10, 35-49.

Dudley, M, Faleafa M., Anderson, E. (2016). Cross Cultural Neuropsychology in New Zealand. (2016). In Ian M. Evans, Julia J. Rucklidge, Michael O'Driscoll (Ed.'s) *Professional Practice of Psychology in Aotearoa New Zealand*. Wellington: New Zealand.

Ekeroma, A. J., Ikenasio-Thorpe, B., Weeks, S., Kokaua, J., Puniani, K., Stone, P., & Foliaki, S. A. (2012). Validation of the Edinburgh Postnatal Depression Scale (EPDS) as a screening tool for postnatal depression in Samoan and Tongan women living in New Zealand. *New Zealand Medical Journal*, 125(1355), 41-49.

Faleafa, M. (2009). Community rehabilitation outcomes following traumatic brain injury across cultures. *Pacific Health Dialog*. Vol 15, Number 1, February 2009.

Faleafa, M. & Lui, D. (2006). *A preliminary report on outcome measures for Pacific Island people*. Auckland: Te Pou.

Kameoka, V.A. (1998). Psychometric evaluation of measures assessing the effectiveness of a family focused substance abuse prevention intervention among Pacific Island families and children. In N. Mokuau (Ed.), *Responding to Pacific Islanders: culturally competent perspectives for substance abuse prevention, CSAS Cultural Competence Series 8:25-47*.

Kupa, K. (2009). Te Vaka Atafaga: A Tokelau assessment model for supporting holistic mental health practice with Tokelau people in Aotearoa, New Zealand. *Pacific Health Dialog*, 15(1), 156-163.

Mageo, J. M. (2001). Dream play and discovering cultural psychology. *Ethos*, 29(2), 187-217.

Manuela, S., & Sibley, C. G. (2013). The Pacific Identity and Wellbeing Scale (PIWBS): A culturally-appropriate self-report measure for Pacific peoples in New Zealand. *Social Indicators Research*, 112(1), 83-103.

Manuela, S., & Sibley, C. G. (2015). The Pacific Identity and Wellbeing Scale - Revised: Comparisons across Pacific groups. *The New Zealand Journal of Psychology*, 44(1), 61-72.

Ministry of Health. (2005). *Te Orau Ora: Pacific mental health profile*. Wellington: Ministry of Health.



Newcombe, D., Tanielu-Stowers, H., McDermott, R., Stephen, J., & Nosa, V. (2016). The validation of the alcohol, smoking and substance involvement screening test (ASSIST) amongst Pacific people in New Zealand. *New Zealand Journal of Psychology*, 45, 30-39

Opoliner, A., Blacker, D., Fitzmaurice, G., & Becker, A. (2014). Challenges in assessing depressive symptoms in Fiji: A psychometric evaluation of the CES-D. *The International Journal of Social Psychiatry*, 60(4), 367-376.

Peni, B., Day, K., & Orr, M. (2014). What Pacific people think of online mental health information. In J. Warren, & K. Gray (Eds.), *Proceedings of the Seventh Australasian Workshop on Health Informatics and Knowledge Management* (pp. 51-58). Darlinghurst, Australia: Australian Computer Society, Inc.

Pulotu-Endemann, F.K., Annandale, M., & Instone A. (2004). *A Pacific perspective on the NZ mental health classification and outcomes study (CAOS)*. Wellington, New Zealand: Mental Health Commission.

Samu, K. S., Wheeler, A., Asiasiga, L., Dash, S. M., Robinson, G., Dunbar, L., & Suaalii-Sauni, T. (2011). Towards quality Pacific services: The development of a service self-evaluation tool for Pacific addiction services in New Zealand. *Journal of Evaluation in Clinical Practice*, 17(6), 1034-1044.

Sarris, J., Kavanagh, D. J., Adams, J., Bone, K., & Byrne, G. (2009). Kava Anxiety Depression Spectrum Study (KADSS): a mixed methods RCT using an aqueous extract of Piper methysticum. *Complementary Therapies in Medicine*, 17(3), 176-178.

Unpublished

Tuitea, I. (2006). *Solution focused nursing: An alternative model for assessing psychosis and mai aitu in mental health*. Master's thesis. Victoria University, New Zealand.

Kato Fetu research question

8. How effective are the mental health and addiction services that currently serve Pacific communities?

Published

Gherardi, P., & Tanoi, E. (2000). Working within Pacific Island people. In H. Love & W. Whittaker (Eds) *Practice issues for clinical and applied psychologists in New Zealand*. Wellington: The New Zealand Psychological Society.

Health Research Council of New Zealand. (2004). Mental health research and development strategy. *Pacific models of mental health service delivery in New Zealand*. Auckland: Health Research Council of New Zealand.

Ioasa-Martin, I., & Moore, L. J. (2011). Problems with non-adherence to antipsychotic medication in Samoan new Zealanders: A literature review. *International Journal of Mental Health Nursing*, 21(4), 386-392.



Kingi-Uluave, D., Faleafa, M., Brown, T., Wong, E. (2016). Connecting Culture and Care: Clinical practice with Pasifika people. In Ian M. Evans, Julia J. Rucklidge, Michael O'Driscoll (Ed.'s) *Professional Practice of Psychology in Aotearoa New Zealand*. Wellington: New Zealand.

Kingi-Uluave, D., Faleafa, M. and Brown, T. (2008). A Pasifika perspective of psychology in Aotearoa. In Ian M. Evans, Julia J. Rucklidge, Michael O'Driscoll (Ed.'s), *Professional Practice of Psychology in Aotearoa New Zealand*. Wellington: New Zealand

Lucassen, M., Stasiak, K, Crengle, S., Weisz, J.R., Frampton, C., Bearman, S., Ugueto, A., Herren, J., Cribb-Su'a, A., Faleafa, M., Kingi-'Ulu'ave, D., Loy, J., Scott, R., Hartdegen, M. & Merry, S. (2015). Modular Approach to Therapy for Anxiety, Depression, Trauma, or Conduct Problems in outpatient child and adolescent mental health services in New Zealand: study protocol for a randomized controlled trial. *Trials*, 16:457.

Mental Health Commission. (2001). *Mental health services for Pacific people: Blueprint checklist for mental health services*. Wellington: Mental Health Commission. Retrieved from www.mhc.govt.nz.

Suaali-Sauni, T., Wheeler, A.J., Saafi, E., Robinson, G., Agnew, F., Warren, H., et al. (2009). Exploration of Pacific perspectives of Pacific models of mental health service delivery in New Zealand. *Pacific Health Dialog*, 15(1), 18-27.

Tutty, S., & Goodyear-Smith, F. (2014). Eighteen months of depression: Examining the chronic care management of depression with particular reference to Pacific people. *Journal of Primary Health Care*, 6(1), 31-39.

Kato Fetu research question

9. What impact will the changes in pacific demographics have on mental health and addiction services provision, models of service delivery and workforce?

Published

Agnew, F., Pulotu-Endemann, F.K., Robinson, G., Suaasli-Sauni, T., Warren, H., Wheeler, A., et al. (2004). *Pacific models of mental health service delivery in New Zealand*. Auckland:

Barwick, H. (2000). *Improving access to primary care for Maori and Pacific peoples*. Wellington, New Zealand: Ministry of Health.

Bush, A., Chapman, F., Drummond, M. & Fagaloa, T. (2009). Development of a child, adolescent and family mental health service for Pacific young people in Aotearoa/New Zealand. *Pacific Health Dialog*, 15(1), 138-147.

Gunther, S., Emery, S., Lasike, V., Marsh, J., Pauta, M., Peini, S., et al. (2009). Mental health and well-being: A Pacific nursing perspective. *Whitireia Nursing Journal* (16), 35-37.



Kirk, R., Instone, A., Siataga, P., Ah Kuoi, A., & Lui, D. (2007). *Feasibility study into the establishment of Pacific mental health workforce development organisation*. Auckland: Te Pou.

Mental Health Commission. (2001). *Pacific mental health services and workforce: Moving on from the Blueprint*. Wellington: Mental Health Commission.

Southwick, M., & Solomona, M. (2007). *Improving recruitment and retention for the Pacific mental health workforce – Feasibility study*. Auckland: Te Pou.

Wright, S., & Hornblow, A. (2008). Emerging needs, evolving services: the health of Pacific peoples in New Zealand. *Kōtuitui: New Zealand Journal of Social Sciences Online*, 3, 21–33.

Unpublished

Apelu, J. (2008). *Pacific community mental health nurses' experiences of working for a district health board in New Zealand*. Master's thesis. Victoria University, Wellington, New Zealand.

Kato Fetu research question

10. Why do Pacific people have longer hospital stays, under-utilise and/or present late to mental health and addiction services?

Unpublished

Faalogo-Lilo, C. (2012). *Barriers and supports Pacific people experience in using mental health services*. (Unpublished Doctoral Dissertation). The University of Auckland, Auckland, New Zealand.



Priority area 3: Developing the workforce



Summary

In total, 35 publications addressed the priority area for enhancing service responsiveness – three quarters of these were focused on investigating effective methods of improving the cultural competency of the workforce and growing the capacity and capability of the Pacific workforce. Specifically, in reference to *Kato Fetu* research questions:

- ✘ 14 publications investigated effective methods for improving the cultural competency of the mental health and addiction workforce;
- ✘ 2 publications focused on how can the experiences of Pacific people with mental illness, and the unregulated workforce (particularly the use of cultural support workers and Matua), contribute to enhancing the quality of services;
- ✘ 11 publications identified strategies and methods for growing leadership, building capacity and capability, and developing the Pacific mental health and addiction workforce; and
- ✘ 8 publications were focused on identifying the training needs of the mental health and addiction workforce that will lead to more responsive services for Pacific people.



Kato Fetu research question

11. What is the most effective method to improve the cultural competency of the mental health and addiction workforce?

Published

Faleafa, M. & Pulotu-Endemann, K. (2016). Developing a Culturally Competent Workforce that Meets the Needs of Pacific People Living in New Zealand. In Smith, M., and Jury, A. (Ed.'s), *Workforce Development Theory and Practice in the Mental Health Sector*. USA: IGI Global.

Joines, K., & de Chesnay, M. (2008). Culturally competent care for Samoans. In M. de Chesnay, & B. A. Anderson (Eds.), *Caring for the Vulnerable: Perspectives in Nursing Theory, Practice, and Research* (pp. 91-102) Jones & Bartlett Learning.

Le Va. (2009). *Real Skills plus Seitapu: Working with Pacific Peoples*. Auckland: Te Pou.

Le Va (2014a). *Organisational guidelines for disability support services: Working with Pasifika people with disabilities and their families*. Auckland, New Zealand: Le Va.

Medical Council of New Zealand. (2010). *Best health outcomes for Pacific peoples: Practice implications guide*. Wellington, New Zealand: Medical Council of New Zealand.

Ministry of Health. (2008). *Pacific Cultural Competencies: A Literature Review*. Wellington: Ministry of Health.

Mulitalo-Lauta, P. T. (2001). Pacific peoples' identities and social services in New Zealand: Creating new options. In C. Macpherson, P. Spoonley & M. Anae (Eds.), *Tangata O Te Moana Nui: The evolving Identities of Pacific Peoples in Aotearoa/New Zealand* (pp. 247-262). Palmerston North, New Zealand: Dunmore Press.

Parsonage, P., Sio, L., Mariner, T.K. & Leger, N. (2009). Development of a mental health and addiction Pacific cultural practice framework for the Auckland region: Promoting expertise that is 'visible, valued and understood'. *Pacific Health Dialog*, 15(1), 131-137.

Pulotu-Endemann, F. K., Suaali'i-Sauni, T., Lui, D., McNicholas, T., Milne, M., & Gibbs, T. (2007). *Seitapu Pacific Mental Health and Addiction Cultural and Clinical Competencies Framework*. Auckland: Te Pou.

Quinn, A. E., Rosen, R. K., McGeary, J. E., Amoa, F., Kranzler, H. R., Francazio, S., Swift, R. M. (2014). Translating the Semi-Structured Assessment for Drug Dependence and Alcoholism in the Western Pacific: Rationale, Study Design and Reliability of Alcohol Dependence. *Alcohol and Alcoholism* (Oxford, Oxfordshire), 49(5), 525-530.

Samu, K.S. & Suaali-Sauni, T. (2009). Exploring the 'cultural' in cultural competencies in Pacific mental health. *Pacific Health Dialog*, 15(1), 131-137.



Tamasese, K., Peteru, C., Waldegrave, C. & Bush, A. (2005). Ole Taea Afua, the new morning: A qualitative investigation into Samoan perspectives on mental health and culturally appropriate services. *Australian and New Zealand Journal of Psychiatry*, 39(4), 300-309.

Te Pou. (2010). *Talking Therapies for Pasifika Peoples*. Auckland: Te Pou.

Tiata, J. (2012). Commentary on 'Cultural Diversity Across the Pacific': Samoan Cultural Constructs of Emotion, New Zealand-Born Samoan Youth Suicidal Behaviours, and Culturally Competent Human Services. *Journal of Pacific Rim Psychology*, 6(2), 75-79.

Kato Fetu research question

12. How can the experiences of Pacific people with mental illness, and the unregulated workforce (particularly the use of cultural support workers and Matua), contribute to enhancing the quality of services?

Published

Malo, V. (2000). *Pacific people talk about their experiences with mental illness*. Wellington: Mental Health Commission.

Samu, K., Ulugia-Veukiso, A., Perese, L., Sepuloni, C., Peteru, C. (2009). *Workforce Development: a Study of Pacific Non-regulated Workers. Phase One Executive Summary*. Auckland: Auckland Uniservices Limited, The University of Auckland.

Kato Fetu research question

13. What are the most effective strategies and methods for growing leadership, building capacity and capability, and developing the Pacific mental health and addiction workforce?

Published

Annandale, M. & Richard, T. (2007). *Pacific mental health workforce infrastructure and organisational development – Feasibility study*. Auckland: Te Pou.

Faleafā, M., & Cargo, T. A. (2008). *Targeted Recruitment Strategies For the Child and Adolescent Mental Health and Addictions Workforce, with a Maori and Pacific Focus*. Auckland, New Zealand: Werry Centre.

Foliaki, S. (2001). *Pacific mental health services and workforce: Moving on the blueprint*. Wellington, New Zealand: Mental Health Commission.



Fung, P., & Montague, R. (2015). A qualitative evaluation of leadership development workshops for mental health workers from four Pacific Island Countries. *Australasian Psychiatry*, 23(3), 218-221.

Mariner, K. (2008). *Attributes for effective management of Pacific health services in New Zealand*. Auckland: Le Va.

Ministry of Health and Le Va. (2012). *Taeao o Tautai: Pacific Public Health Workforce Development Implementation Plan*. Wellington: Le Va.

Pacific Perspectives. (2013). *Pacific health workforce service forecast: Report to Health Workforce New Zealand and the Ministry of Health*. Wellington, New Zealand. Pacific Perspectives.

Rasquinha, D., Mouly, V. S., Hatcher, S., & Sankaran, J. K. (2009). Barriers and opportunities to recruitment in mental health: The case of New Zealand. *International Journal of Business Innovation and Research*, 3(1), 70-89.

Sopoaga, F., Leon de la Barra, S., van de Meer, J., Samalia, L., Carr, S., Delaibatiki, R., Kirifi-Alai, T. N. (2011). Developing a health workforce from an underserved population in New Zealand. *Australian and New Zealand Journal of Public Health*, 35 (5)

Southwick, M. & Solomona, M. (2007). *Improving recruitment and retention for the Pacific mental health workforce— Feasibility study*. Auckland: Te Pou.

Te Pou o Te Whakaaro Nui. (2007). *Feasibility study into the establishment of a Pacific mental health workforce development organisation*. Auckland, New Zealand: Te Pou.

Kato Fetu research question

14. What are the training needs of the entire mental health and addiction workforce that will lead to more responsive services for pacific people?

Published

Ape-Esera, L., Nosa, V. & Goodyear-Smith, F. (2009). The Pacific primary health care workforce in New Zealand. *Journal of Primary Health Care*, 1(2), 126-133.

Faleafa, M. (2004a). *A Pacific perspective on child and adolescent mental health services workforce development needs, 1st national Fono*. Auckland: Werry Centre.

Faleafa, M. (2004b). *A Pacific perspective on child and adolescent mental health services workforce development needs 2nd national Fono*. Auckland: Werry Centre.



Samu, K. S., Wheeler, A., Asiasiga, L., Dash, S. M., Robinson, G., Dunbar, L., & Suaalii-Sauni, T. (2011). Towards quality Pacific services: The development of a service self-evaluation tool for Pacific addiction services in New Zealand. *Journal of Evaluation in Clinical Practice*, 17(6), 1034-1044.

Seiuli, B. M. S. (2012). Uputaua: A therapeutic approach to researching Samoan communities. *The Australian Community Psychologist Special Issue - Ignored no longer: Emerging Indigenous researchers on Indigenous psychologies*, 24(1), 24-37.

Seiuli, B. M. S. (2013). The Meaalofa Therapeutic Approach in Counseling with Pacific Clients. In M. Nelson-Agee, T. McIntosh, P. Culbertson & C. O. Makasiale (Eds.), *Pacific Identities and Well-Being: Cross-Cultural Perspectives* (pp. 103-114). New York, NY: Routledge.

Seiuli, B. M. S. (2013). Counselling psychology from a Samoan perspective. *New Zealand Journal of Psychology*, 42(3), 50-58.

Suaali-Sauni, T., Mariner, K., Lui, D., Siasoi, J., Wheeler, A., Warren, H., et al. (2007). *Pacific mental health workforce training needs analysis*. Auckland: Te Pou.



Priority area 4: Pacific people with experience of mental illness



Summary

In total, 15 publications addressed the priority area for Pacific people with experience of mental illness. Overall there is a dearth of literature related to Pacific service users experience of the New Zealand mental health system and a clear need for further research of Pacific people with lived experience.

Specifically, in reference to *Kato Fetu* research questions:

- ✘ 9 publications were categorized as addressing the question: what constitutes Pacific service users or consumers, and their perspectives of mental health and addiction recovery, support, treatment, prevention, promotion, service use or service development?
- ✘ 6 publications focused on Pacific family and community attitudes to mental health and how are these influenced by traditional beliefs and attitudes.



Kato Fetu research question

15. What constitutes Pacific service users or consumers, and their perspectives of mental health and addiction recovery, support, treatment, prevention, promotion, service use or service development?

Published

Bush, A., Collings, S., Tamasese, K. & Waldegrave, C. (2005). Samoan and psychiatrists' perspectives on the self: Qualitative comparison. *Australian and New Zealand Journal of Psychiatry*, 39(7), 621-626.

Malo, V. (2000). *Pacific people talk about their experiences with mental illness*. Wellington: Mental Health Commission.

Ministry of Health. (1995). *Pacific Islands Peoples' understanding of mental health. Strategic Directions for the Mental Health Services for Pacific Islands People*. Wellington: Ministry of Health.

Poutasi, U., Bellringer, M., Landon, J., & Abbott, M. (2015). God, Family and money: Pacific people and gambling in New Zealand. *International Gambling Studies*, 15(1), 72-87.

Robinson, G., Warren, H., Samu, K., Wheeler, A., Matangi-Karsten, H., & Agnew, F. (2006). Pacific healthcare workers and their treatment interventions for Pacific clients with alcohol and drug issues in New Zealand. *New Zealand Medical Journal*, 119(1228).

Taumoefolau, M. (2013). Respect, solidarity, and resilience in Pacific worldviews: A Counselling Perspective. In M. Nelson-Agee, T. McIntosh, P. Culbertson & C. O. Makasiale (Eds.), *Pacific Identities and Well-being: Cross-Cultural Perspectives* (pp.115-129). New York, NY: Routledge.

Tiatia-Seath, J. (2014). Pacific peoples, mental health service engagement and suicide prevention in Aotearoa New Zealand. *Ethnicity and Inequalities in Health and Social Care*, 7(3), 111-121.

Unpublished

Dash, S. M. (2015). *Deliberate self-harm behaviours of Pacific Island (PI) people in New Zealand: perspectives from PI mental health, addiction and social work professionals*. (Unpublished Master's Thesis). The University of Auckland, Auckland, New Zealand.

Sinisa, V. (2013). *The reflections by Tongan parents or caregivers on various factors that may have contributed to the suicide of their child*. (Unpublished Master's Thesis). The University of Auckland, Auckland, NZ.



Kato Fetu research questions

16. What is our understanding of non-voluntary committals of pacific people (including use of forensic services)?
17. What is our understanding of the role diagnoses play for pacific people?
18. How do sedation, seclusion and restraint practices affect pacific people utilising mental health services?

No research literature found.

Kato Fetu research question

19. What are Pacific family and community attitudes to mental health and how are these influenced by traditional beliefs and attitudes?

Published

Allen, G. E. K., Kim, B. S. K., Smith, T. B., & Hafoka, O. (2015). Counseling Attitudes and Stigma Among Polynesian Americans. *The Counseling Psychologist*.

Allen, J. S., & Laycock, J. L. (1997). Major mental illness in the Pacific: A review. *Pacific Health Dialog*, 4(2), 105-118.

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Unpublished

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Priority Area 5: Pacific child and adolescent mental health



Summary

In total, 85 publications addressed the priority area for Pacific child and adolescent mental health. Specifically, in reference to *Kato Fetu* research questions:

- ✘ 26 publications focused on enhancing our understanding of pacific youth suicide;
- ✘ 12 publications contribute to increasing knowledge about Pacific youth violence and crime;
- ✘ 4 publications were categorized to respond to the question: how are behavioural problems linked to mental illness in pacific child and adolescents? And,
- ✘ 24 publications contribute to identifying the risk and protective factors of substance abuse in pacific children and adolescents.
- ✘ 19 how can community impact on wellbeing and self-image for pacific youth?



Kato Fetu 2017 research question

20. What is our understanding of pacific youth suicide?

Published

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Chand, R. K. (2015). Access to information: questions on equality, gender and geographical gap in relation to suicide prevention. *Journal of Pacific Studies*, 35(1), 1-19.

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Kato Fetu 2017 research question

21. What do we know about Pacific youth violence and crime?

Published

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Kato Fetu 2017 research question

22. How are behavioural problems linked to mental illness in Pacific child and adolescents?

Published

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Kato Fetu 2017 research question

23. What are the risk and protective factors of substance abuse in Pacific child and adolescents?

Published

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- Robinson, G., Warren, H., Samu, K., Wheeler, A., Matangi Karsten, H., & Agnew, F. (2006). Pacific healthcare workers and their treatment interventions with Pacific clients with alcohol and drug issues in New Zealand. *New Zealand Medical Journal (Online)*, 119(1228).
- Samu, K. S., Suaalii-Samu, T., Pulford, J., Wheeler, A. (2009). *Pacific abstinence & responsible drinking study (PARDY): A qualitative investigation into factors that support abstinence or responsible drinking amongst Pacific youth*. Wellington, New Zealand: Ministry of Health.
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Kato Fetu 2017 research question

24. How can community impact on wellbeing and self-image for Pacific youth?

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