



Department of Psychiatry & Psychology Grand Rounds

Wednesday, May 5, 2021

12:00-1:00 pm

Hip Hop Psych: Lyrics, drugs, mind and behaviors

Akeem Sule, M.B.B.S, MRCPsych and Becky Inkster, PhD

Introduction



Hip Hop Psych is Co- Founded by Dr Akeem Sule, a Consultant Psychiatrist affiliated with Cambridge University and British Association of Psychopharmacology and Dr Becky Inkster, a neuroscientist affiliated with Cambridge University and the Alan Turing Institute. Hip Hop Psych is a social initiative that uses hip-hop music and culture as a vehicle for addressing mental health. Our medical credibility and authentic passion for hip-hop enables us to bridge this gap. Hip Hop Psych has published articles in journals such as *The BMJ*, *The Lancet Psychiatry*, the latter of which received 1.3 million views on social media

and ranked 9th for most of views of all time for the Cambridge University website. Hip Hop Psych has worked with BBC World Service, BBC Sound and George The Poet. Hip Hop Psych cares deeply about public and academic engagement, for example, giving talks inside prisons, nightclubs, African Caribbean Societies, World Congress of Psychiatric Genetics, Psychiatry Student Societies etc. Hip Hop Psych is also carrying out academic research involving hip-hop music therapy for patients.

Learning Objectives

1. Demonstrate the role of pop culture in understanding the biopsychosocial determinants of mental disorders using hip-hop lyrics.
2. Describe the potential use of hip-hop lyrics in psychiatric research settings, which may be especially relevant for patients from underserved communities.

Live webcast available at: <http://videos.mayo.edu/live>

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Archived webcast available at: [Psychiatry & Psychology Video Library](#)

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Speakers: Dr. Akeem Sule and Dr. Becky Inkster

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