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Our invisible cultural cloak: Reflecting and unearthing our cultural knowledge and biases through meta-narratives

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Rationale: All of us are invisibly influenced by cultures, our own and others. This prospective research study has named this phenomenon a “*personal meta-cultural narrative*”. This is an amalgam of each person’s individual cultural experiences.

Objectives: The objectives are to:

- glean from memory their actual personal experiences, from friends and family, TV, films, books, and travel visits to see how their invisible cloak has been created,
- promote in-depth reflexive memories over a period of time to see what has influenced their thinking,
- realize how these are personally connected to other cultures,
- reflect on how diverse these memories are,
- acknowledge how solid or tenuous these cultural connections are.

Method:

- 1) Ethics permission will be sought from University College Cork (UCC), Ireland.
- 2) A Literature Review will be conducted.
- 3) Participants who have studied in the Occupational Science and Occupational Therapy programme at UCC will be contacted by email with a Letter of Explanation.
- 4) An electronic questionnaire will be sent to each person who agrees to participate. This will be their form of consent.
- 5) Participants will later be interviewed personally or by telephone.
- 6) Findings will be interpreted through a cumulative narrative.

Practice Implications: Findings from this qualitative study will be fed back into aspects of the university programme to enhance the understanding of cultural diversity. Findings will be published in professional literature so that the method of “*Personal Meta-Cultural Narratives*” can have impact of occupational therapy and other disciplines.