

CULTURAL ADAPTATIONS OF EVIDENCE-BASED TREATMENTS FOR LATINX POPULATIONS

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OVERVIEW

- ▷ Review:
 - Latinx population
 - Background on EBTs
 - Cultural adaption of EBTs
 - Application
 - Culturally adapted DBT

- ▷ Recommendations

- ▷ Q & A



Disclosures

If you've come to help me, you're
wasting your time but if you've come
because your liberation is bound up
with mine then let us work together.

-Lila Watson

We need to understand the context before we engage in
adaptation work

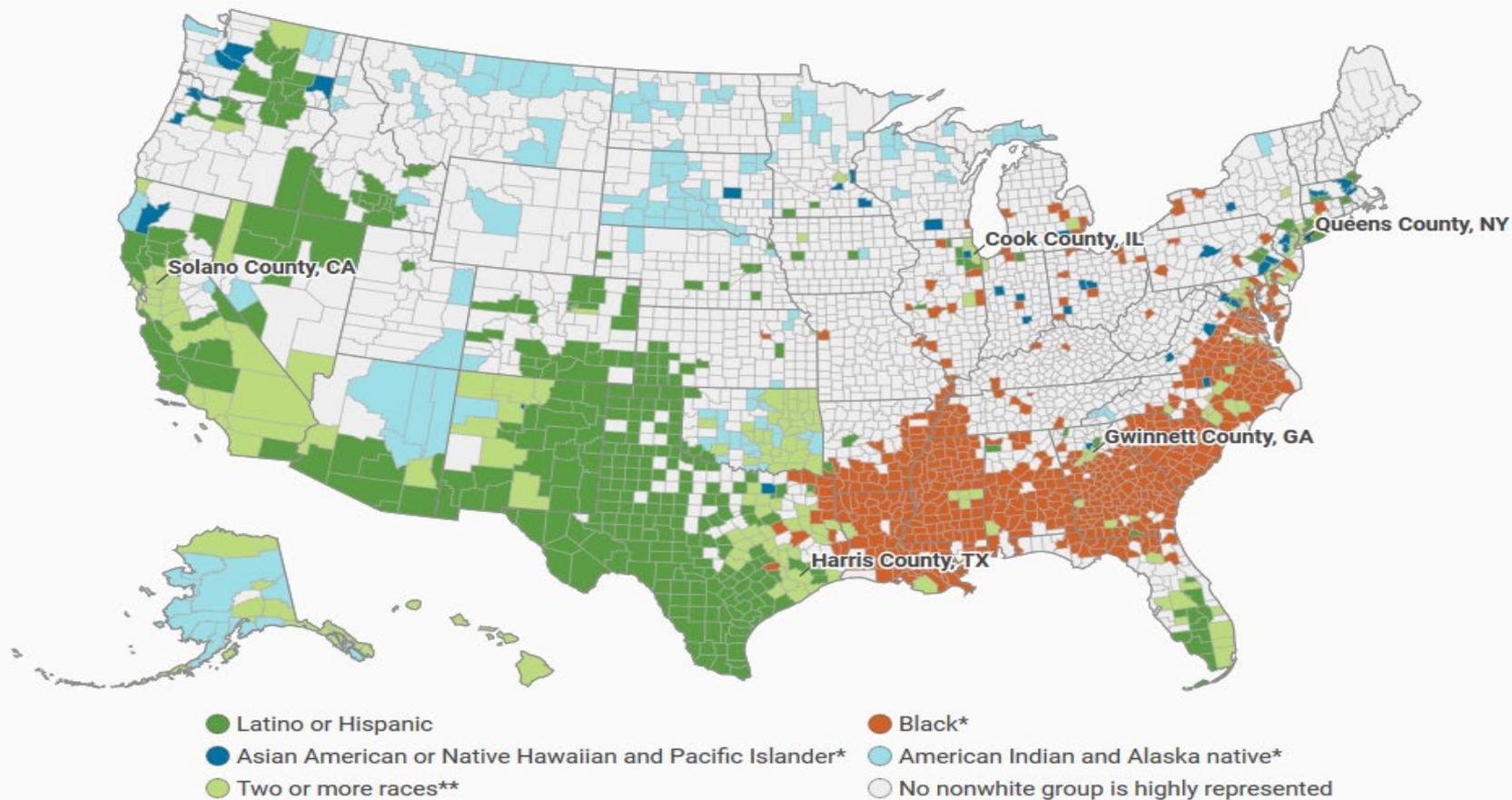
1.

Latinx Population

What comes to mind when
you think about:

The Latinx population?

US counties | *Hover over counties to view statistics*

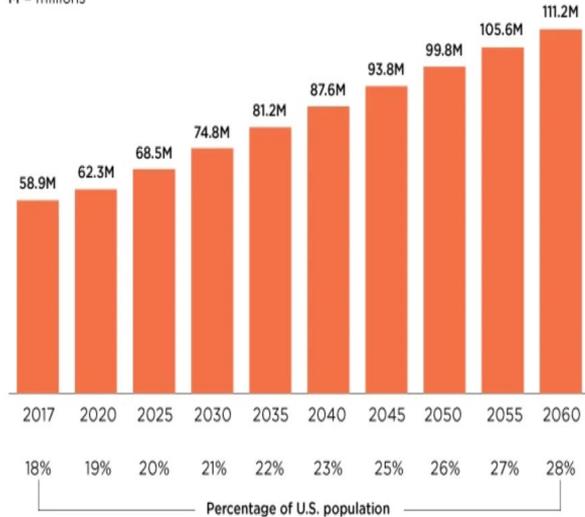


LATINX IN THE U.S.

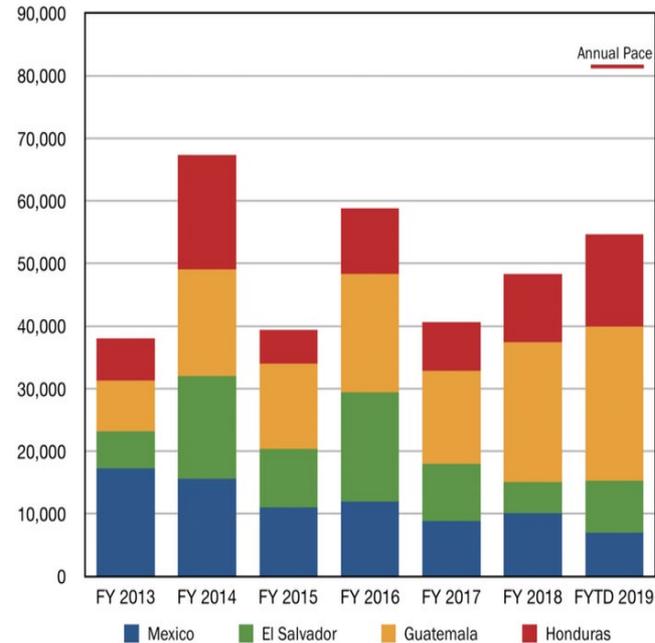
Hispanic Population to Reach 111 Million by 2060

Projected Hispanic Population 2020 to 2060

M = millions



Unaccompanied Minors Apprehended by the US Border Patrol, by Country



2.

Background

What comes to mind when
you think about:

EBTs with Latinxs?

BACKGROUND

- ▷ Need for culturally congruent treatment
- ▷ Few consider Latinx lived experience
- ▷ Generalization concerns
- ▷ Low levels of engagement and completion

BACKGROUND

- ▷ Only 32% of Latinxs received services
- ▷ Underutilization increases disease burden
- ▷ Culturally adapting EBTs is a solution

3.

Cultural Adaptation

What comes to mind when
you think about:

Cultural adaptation?

CULTURAL ADAPTATION

“Cultural adaptations are systematic changes to existing treatment processes or protocols that incorporate the values, beliefs, assumptions, and language(s) of the culture or group in order to make the treatment more *accessible, relevant, and effective*”

CULTURAL ADAPTATION

**Ecological Validity and Cultural Sensitivity for Outcome Research:
Issues for the Cultural Adaptation and Development of psychosocial
Treatment with Hispanics**

Guillermo Bernal, Janet Bonilla, and Carmen Bellido

Cultural Sensitivity in Public Health: Defined and Demystified

Ken Resnicow, Tom Baranowski, Jasjit S. Ahluwalia, and Ronald I.
Braithwaite

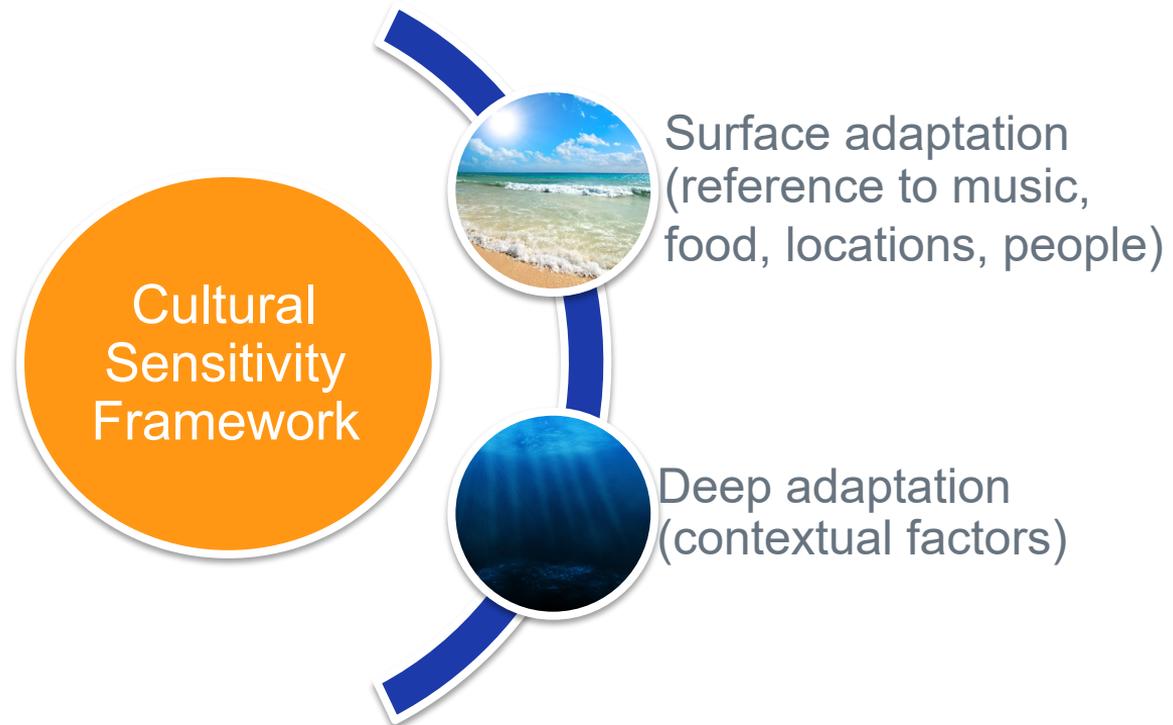
CULTURAL ADAPTATION

Culturally Sensitive Elements and the Dimensions of Treatment for Clinical Research Interventions with Hispanics	
1. Language	Culturally appropriate; culturally syntonic languages
2. Persons	Role of ethnic/racial similarities and difference between client and therapist
3. Metaphors	Symbols and concepts shared with the populations; saying or “dichos” in treatment
4. Content	Cultural knowledge; values, costumes, and traditions; uniqueness of groups
5. Concepts	Treatment concepts consonant with culture and context; emic vs etic
6. Goals	Transmission of positive and adaptive cultural values
7. Methods	Development and/or cultural adaption of treatment model
8. Context	Consideration of changing contexts in assessment during treatment

CULTURAL ADAPTATION

“A meta-analysis of cultural adaptations guided by the EVF examined the relative contribution of the eight adaptation areas and found that adaptations for language, metaphors, goals, and methods showed specific gains in outcomes compared to treatment without these adaptations.”

CULTURAL ADAPTATION



CULTURAL ADAPTATION

“A meta-analysis examined the impact of surface and deep adaptations of cognitive behavioral interventions for depression in Latinx populations and found that deep adaptations result in better outcomes when compared to surface or no adaptations.”

4.

Application of Cultural Adaptation

What has been your
experience culturally
adapting evidence-based
treatments for Latinx
populations?

APPLICATION



- ▷ Ramirez family
- ▷ Migrated six years ago
- ▷ Carlos is unemployed and engaging in risky drinking
- ▷ Maria is the main provider
- ▷ Interpersonal conflict, issues of acculturation, returning home
- ▷ Children adjustment difficulty , school problems, resentment

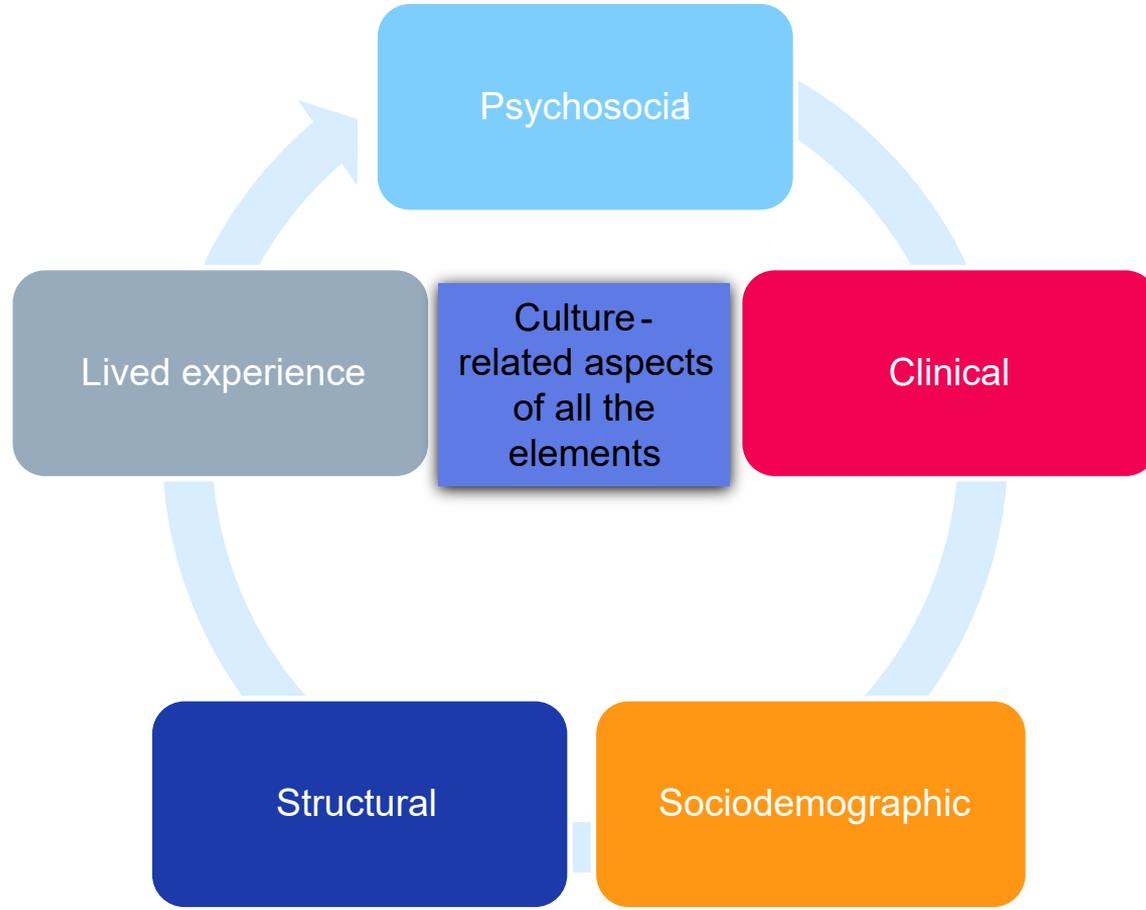
CAMINO: Integrating Context in the Mental Health Assessment of Immigrant Latinos

Michelle A. Silva, Manuel Paris, and Luis M. Añez

Yale University School of Medicine; Connecticut Latino Behavioral Health System, New Haven, Connecticut; and Connecticut Mental Health Center, New Haven, Connecticut

Guideline	Question	Spanish translation
Community and family supports	How do you define the word support? What does family mean to you? What kind of support does family provide? How does your support system in this country compare to the one in your country of origin?	¿Cómo define usted la palabra apoyo? ¿Qué significa para usted la familia? ¿Qué tipo de apoyo provee la familia? ¿Cómo se compara el apoyo que tiene en este país con el que tenía en su país de origen?
	Is there anyone in particular that you would like to invite to be part of your treatment?	¿Hay alguien en particular que usted quisiera invitar a ser parte de su tratamiento?
Acculturative stress	How different has life been in the United States from what you expected? How do you think that being an immigrant has affected the way others treat you? What do you consider your immediate needs? Meaning, the things you need to make your life easier now?	¿Qué tan diferente ha sido la vida en los Estados Unidos comparado con lo que usted esperaba? ¿Cómo cree que ser migrante a afectado el trato que recibe de otras personas? ¿Qué considera son sus necesidades inmediatas? ¿O sea, las cosas que harían su vida más fácil en este momento?
	How informed are you about the services available in your local community?	¿Qué tan informado está sobre los servicios disponibles en su comunidad?
Migration history	Tell me about the decision to leave your country. Who was left behind?	Cuénteme sobre la decisión de dejar su país. ¿Quién quedo en su país de origen?

APPLICATION



APPLICATION

“Is this approach helpful to the client and their situation?”

“Do the adaptations made to the specific EBT sufficiently address the client’s needs in the context of their culture?”

APPLICATION

- What role do early experience, migration history, family dynamics, cultural patterns of expressing distress, and adherence to specific values play in the presenting symptoms (e.g., exacerbating or buffering the stressors and reactions)?
- Given the long-standing mental health and substance misuse that have emerged from the assessment what psychotherapeutic modalities would be clinically indicated for individual and the rest of the family?
- What short- and long-term interventions would best serve the family?
- How will progress in the treatment goals be measured?
- What criteria (e.g., need for community-based supports) will be used to assess readiness to conclude the treatment?

APPLICATION



- ▶ Carlos:
 - History of excessive drinking, anger, and hostility towards others
 - Symptoms consistent with PTSD
 - Stressors that may be linked to his status as an undocumented immigrant
 - Ambivalent about treatment

APPLICATION

- ▷ Motivational Interviewing:
 - Collaborative conversation style
 - Reduce drinking behavior
 - Enhancing adherence and retention

APPLICATION

- ▷ Culturally adapted MI:
 - Consider and explore social contextual influences
 - Gain awareness into presence, attributed meaning, and expression of culture-specific values and beliefs
 - Assess adherence to culturally patterned values and views
 - Relational and technical elements

APPLICATION

1. What would it take for you to develop *confianza* in doing therapy?

3. Tell me about a time when you felt disrespected?

5. What may help you feel comfortable when engaging in therapy?



2. Tell me about a time when *confianza* was lost.

4. How do you handle conflict or express disagreement?

APPLICATION

- ▷ Culturally adaptation of individual elements:
 - Gender roles incongruence
 - Notion of *respeto*
 - Importance of *personalismo*
 - Function of *familismo*

5.

Application of Cultural Adaptation for DBT

APPLICATION

- ▷ DBT the treatment of choice
- ▷ Majority of clinical trials lack diversity
- ▷ Eurocentric and non-minority perspective
- ▷ Lack of evidence with culturally diverse groups

GOAL OF STUDY

Pilot the effectiveness of a 12 week linguistically and culturally adapted DBT skills curriculum with monolingual Spanish speaking Latinxs diagnosed with depression to inform future large-scale studies.

METHODOLOGY

Cultural validity framework

Cultural adaptation

Twelve week curriculum

Data collection

APPLICATION

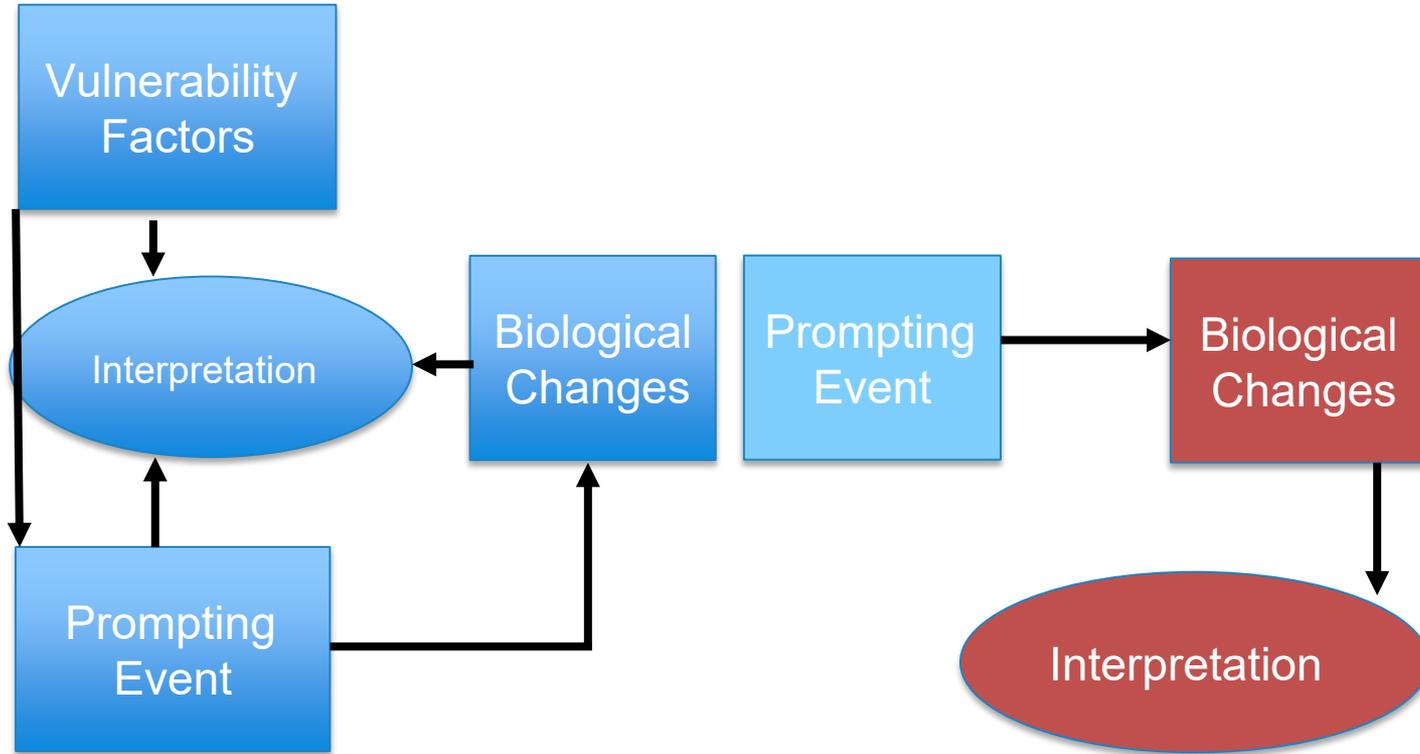
- ▶ Model of emotions
 - ▶ El que es ciego de emociones, nunca sabe por dónde anda (*He who is blind to his own emotions will never know where he is traveling*)
- ▶ Radical acceptance
 - ▶ Esta es una prueba de Dios (*This is a test of God*)
- ▶ Cope ahead
 - ▶ Por si las moscas (*Just in case*)

APPLICATION

- ▷ Mindfulness “What” Skill: Observe
 - Focusing the mind vs. opening the mind
 - Controlling the mind -> controlling your thoughts

- ▷ Participating Practice Exercise
 - Be mindful of client’s spiritual background
 - Yoga = the devil’s practice

APPLICATION



APPLICATION

- ▶ Distress tolerance -> radical acceptance
 - Fatalismo (*fatalism*)

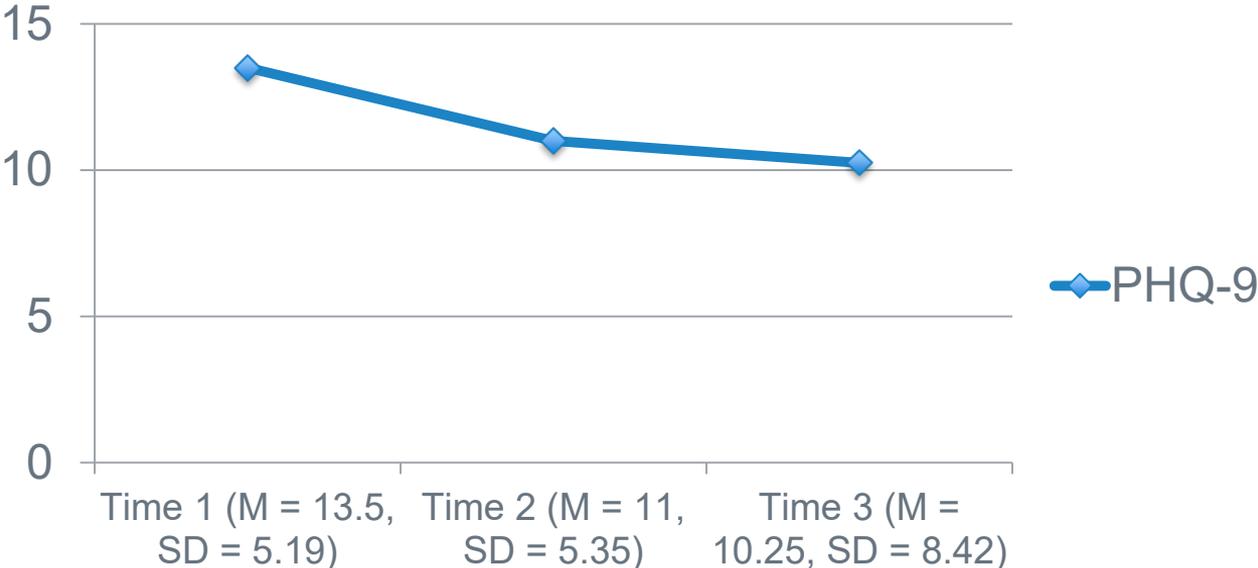
- ▶ Interpersonal effectiveness
 - Recognition of Latinx culture
 - Traditional gender roles
 - Respeto (*respect*)
 - Familismo (*familism*)

APPLICATION

- ▷ Gender
 - 2 Women & 2 Men
- ▷ Age
 - 53-60
- ▷ Heritage
 - 3 Puerto Rican
 - 1 Mexican
- ▷ Education
 - 2 High School
 - 2 Elementary School
- ▷ Years Living in U.S.
 - 20 to 30 ($M=27$, $SD=4.76$)
- ▷ Generation Status
 - First generation
- ▷ Religion
 - 3 Pentecostal
 - 1 Catholic
- ▷ Children
 - 3 yes
 - 1 no

RESULTS

PHQ-9



IMPLICATIONS

- ▷ Importance of adaptation or development of culturally -tailored treatment
- ▷ Tap into cultural facilitators of mental health
- ▷ Emphasis on cultural values
- ▷ Sensitivity to implementation

Recommendations

- ▷ Reflect world view consistent with the population
- ▷ Congruent with the lived experience
- ▷ Illuminate a family's cultural context
- ▷ Consider culture and context
- ▷ Inform by many models
- ▷ Consider outcome measures

¡Gracias!

Questions?

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