

# Cultural Adaptations and Cultural Factors in EBI Implementation with Latinx Communities

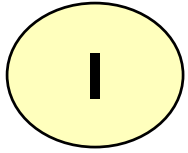
Felipe González Castro, Ph.D., M.S.W.  
Edson College of Nursing and Health Innovation,  
Arizona State University

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## Presentation Overview

- I. Origins**
- II. Need for Cultural Factors**
- III. Empirical Analysis**
- IV. Results**
- V. Discussion**
- VI. Questions and Answers**



# Origins



## Origins of Cultural Constructs

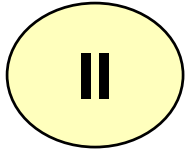
- **Integrating Culture and Psychology** - (1973)
  - “ .... to understand the **determinants of behavior**, we need to understand how **culture** influences it ... this is the first time that the *Annual Review of Psychology* has examined the literature which **connects psychology** and **culture**.” (Triandis, Malpass & Davidson, 1973, p. 355)

- Triandis, H., Malpass, R. S., & Davidson, A. R. (1979). Psychology and culture. *Annual Review of Psychology*, 24, 355-378. doi: 10.1146/annurev.ps.24.020173.002035

## Origins of Cultural Constructs

- **Cultural Referents of Acculturation – (1995)**
  - “ .... the cultural measures validated in this study (*Familismo, Machismo, Fatalism, and Folk Beliefs*) could be used to assist in framing the basis for selection or **modification of therapy .... to increase its effectiveness.**”
  - [These constructs] .... “were found to be negatively correlated with acculturation....”
  - (Cuellar, Arnold, & Gonzalez, 1995, p. 353)

- Cuellar, I., Arnold, B., & González, G. (1995). Cognitive referents of acculturation: Assessment of cultural constructs in Mexican Americans. *Journal of Community Psychology*, 23, 339-356).



# Need for Cultural Factors



## Cultural Adaptation and the Fidelity-Adaptation Dilemma

- **Early Framing of the Fidelity-Adaptation Dilemma** – (2004)
  - **Arguments emphasizing *fidelity***
    - “The Gold Standard Is widespread adoption of model programs, implemented with fidelity, and sustained.... The call for a negotiated balance in fidelity/adaptation has the potential for lowering this standard. ... It could easily backfire and undermine public confidence in scientific claims that we have programs that work.”
      - (Elliot & Mihalic, 2004, pp. 51-52)

- Elliot, D. S. & Mihalic, S. (2004). Issues in disseminating and replicating effective prevention programs. *Prevention Science*, 5 (1), 47-53.

## Cultural Adaptation and the Fidelity-Adaptation Dilemma

- **Early Framing of the Fidelity-Adaptation Dilemma** – (2004)
  - **Arguments emphasizing *cultural adaptation***
    - “... needed now are rigorous scientific studies on the process of testing cultural adaptations that aim to increase the model program’s fit with local community needs. Adaptation strategies that are guided by a clear and culturally informed theory, model, or cultural framework, will make the strongest contributions to prevention science.”
      - (Castro, Barrera, & Martinez, 2004, p 44).

- Castro, F. G., Barrera, M. Jr. & Martinez, C. R. (2004). The cultural adaptation of prevention interventions: Resolving tensions between fidelity and fit. *Prevention Science*, 5 (1), 41-45.



## The Fidelity-Adaptation Dilemma

- **Early Framing of the Fidelity-Adaptation Dilemma – (2017)**
- **Arguments emphasizing *nuance and integration***
  - “ [There is a] “need for a more nuanced thinking about cultural adaptations, moving from a dichotomous 'either or' perspective to an inclusive' ‘both and’ approach.”
    - (Mejia, Leijten, & Parra-Cardona, 2017, p. 637)

- Mejia, A., Leijten, P. & Parra-Cardona, J. R. (2019). Different strokes for different folks? Contrasting approaches to cultural adaptation of parenting programs *Prevention Science*, 18, 630-639.

## Missingness of Cultural Factors

- **NIDA Principles of Effective Drug Abuse Research** – (1999, 2009)
  - “Effective treatment attends to multiple needs of the individual, not just his or her drug abuse.”  
(National Institute on Drug Abuse (NIDA), 1999, p. 2)
  - “Remaining in treatment for an adequate period of time is crucial.”  
(National Institute on Drug Abuse (NIDA), 1999, p. 2)
  - “Many drug-addicted individuals also have other mental disorders.” (National Institute on Drug Abuse (NIDA), 1999, p. 4)

- National Institute on Drug Abuse (NIDA) (2009). *Principles of drug addiction treatment: A Research-based guide* (2nd ed). U.S. Department of Health and Human Services. NIH Publication No. 09-4180.

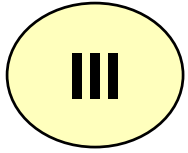
## Missingness of Cultural Factors

### • ERIC Project Implementation Strategies – (2015)

Selected Strategies	Description
• <b>Address for Readiness and Identify Barriers and Facilitators</b>	• Assess various aspects of an organization to determine its degree of readiness to implement, barriers that may impede implementation, and strengths that can be used in the implementation effort
• <b>Mandate Change</b>	• Have leadership declare the priority of the innovation and their determination to have it implemented
• <b>Promote Adaptability</b>	• Identify the ways a clinical innovation can be tailored to meet local needs and clarify which elements of the innovation must be maintained to preserve fidelity

• ***“... none of these strategic recommendations mentions or alludes to the utilization of cultural factors in the delivery of EBIs.” (Castro, Berkel, Epstein, 2023, p. 03)***

- Powell, B. J., Waltz, T. J., Chinman, M. J. et al., (2015). A refined compilation of implementation strategies: Results from the Expert Recommendations for Implementing Change (ERIC) project. *Implementation Science*, 10:21. doi: 10.1186/s13012-015-0209-1
- Castro, F. G., Berkel, C. & Epstein, D. R. (2023). Cultural adaptation and cultural factors in EBI implementation with Latinx communities. *Frontiers in Public Health*, 11.1007328. doi: 10.3389/fpubh.2023.1007328



# Empirical Analysis



## Process of Thematic Analysis

- **What is a framework synthesis approach?**
  - “**Framework synthesis** introduces an emergent element to thematic summaries by allowing an initial conceptual framework to evolve during the synthesis ... to produce a revised or completely new conceptual framework ...” (Gough, Oliver, & Thomas, 2017, p. 187)
  - We followed the PRISMA procedures: (a) **identification**, (b) **screening**, (c) **eligibility** (using quality assessment) and (d) **inclusion**
  - For eligibility was based on two quality assessment factors
    - **Stress Model Relevance**
    - **Latinx Cultural Relevance**
  - A total of 60 articles included

- Gough, D., Oliver, S. & Thomas, J (2017). *An introduction to systematic reviews* (pp. 187-190). Sage.
- Castro, F. G., Berkel, C. & Epstein, D. R. (2023). Cultural adaptation and cultural factors in EBI implementation with Latinx communities. *Frontiers in Public Health*, 11.1007328. doi: 10.3389/fpubh.2023.1007328

## Process of Thematic Analysis

- Part 1. **Exploratory Thematic Analysis**
  - Team of four investigators:
    - Two senior investigators (FC & RC)
    - Two junior investigators (DS & CD)
    - Assigned 15 articles to each investigator to review their assigned articles' Discussion section and identify Latinx cultural factors
- Part 2. **Confirmatory Thematic Analysis**
  - **Key Words in Context** (KWIC) methodology to identify **salient cultural factors** based on cultural factor mentions across the 60 Discussion sections of these included articles
    - (Castro, Berkel & Epstein, 2023)

## About the Thematic Analysis

- **What is a theme?**
  - “.... themes are **abstract .... constructs.**” “.... You know you have found a theme when you can answer the question, **What is this expression an example of?**” (Ryan & Bernard, 2003, p. 87)
  - In our study, **themes** were repeatedly mentioned constructs, expressions found across the Discussion sections of the framework synthesis journal articles included in our framework synthesis review
    - **A theme** consisted of a **salient construct** that **emerges** or is **mentioned repeatedly** within a field of inquiry. Here, the field of inquiry was **Latinx stress-coping research.**”
    - The recurrence of a theme suggested the **salience** or **importance of that concept** within that field of inquiry

## About the Thematic Analysis

- Part 1. The **exploratory thematic analysis** conducted by four investigators. They identified and extracted mentions, or expressions, of a theme into our **Cultural Factor Extraction Form**
  - A **Roundtable Session** was used to discuss “candidate themes”
  - Consensual agreement by all four investigators served as the criterion for accepting a candidate theme as an acceptable theme
- Part 2. The **confirmatory thematic analysis** was conducted using NVivo 12
  - NVivo 12 used to search for theme occurrences using a **Key Words in Context** (KWIC) (Ryan & Bernard, 2003). For each theme, this search was conducted across the 60 Discussion sections drawn from included framework synthesis articles



IV

# Results



## Thirteen Themes Constituting Salient Latinx Cultural Factors

Word Stems	Specific Latinx Cultural Factors	Journal Discussion Sections in Which Mentioned
<b>Acculturation</b>	<b>1. Level of Acculturation</b>	5
	<b>2. Acculturation Process</b>	5
	<b>3. Acculturation Stress/Stressor</b>	9
<b>Bicultural</b>	<b>4. Bicultural Stress</b>	5
<b>Cultural</b>	<b>5. Sociocultural Stress/Stressor</b>	5
<b>Discrimination</b>	<b>6. Perceived Discrimination</b>	7
	<b>7. Discrimination Stress</b>	8
<b>Ethnic</b>	<b>8. Ethnic Identity</b>	7
<b>Family</b>	<b>9. Familism/ (Familismo)</b>	4
	<b>10. Family Support</b>	6
<b>Immigration</b>	<b>11. Immigration Status</b>	4
	<b>12. Immigration Stress</b>	7
<b>Traditionalism</b>	<b>13. Traditional Values</b>	8

Note: Adapted from Table 2 in Castro et. al., (2023) (pp. 06-07)

## Analysis of Select Salient Latinx Cultural Factors

- **Bicultural Stress**

- “... efforts at adaptation to a new culture or setting are often stressful,” [based on] “exposure to conflicting sociocultural stressors, including discrimination, and structural barriers to social and economic mobility.” (Forster et al., 2015) (Castro, Berkel & Epstein, 2023, p. 08)

- **Ethnic Identity**

- “.... a strong and secure ethnic, gender, and other forms of personal identity can” [promote] “a sense of belonging and well-being...“a positive association...” [has been reported] ....” between ethnic identity formation and thriving.” (Alvarado, 2013) (Castro, Berkel & Epstein, 2023, p. 08)

- Forster, M., Grigsby, T., Soto, D. W., Schwartz, M. D. & Unger, J. B. (2015). The role of bicultural stress and perceived context of reception in the expression of aggression and rule breaking behaviors among recent-immigrant Hispanic youth. *Journal of Interpersonal Adolescence*, 30, 1807-1827. doi: 10.1177/0886260514549052
- Alvarado, M. & Ricard, R. J. (2013). Developmental assets and ethnic identity as predictors of thriving in Hispanic adolescents. *Hispanic Journal of Behavioral Science*, 35, 510-523. doi: 10.1177/0739986313499006
- Castro, F. G., Berkel, C. & Epstein, D. R. (2023). Cultural adaptation and cultural factors in EBI implementation with Latinx communities. *Frontiers in Public Health*, 11.1007328. doi: 10.3389/fpubh.2023.1007328

## Analysis of Select Salient Cultural Factors

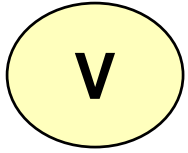
- **Familism/*Familismo***

- “.... traditional Latinx family expectations....“ create burdens [and high stress from “ascribed caretaker roles” [especially for a family member] “expected to serve as the *sole* family caretaker.”
  - (Arevalo-Flechas et al., 2014) (Castro et al., 2023, p. 08)

- **Immigration Stress**

- “.... Immigration Stress can prompt suicidal ideation particularly among adolescent Latinas (females).”
  - (Cervantes et al. 2014) (Castro et al., 2023, p. 09)

- Arevalo-Flechas, L. C., Action, G. J. Escamilla, M. I., Bonner, P. N. & Lewis, S. L. (2014). Latino Alzheimer's caregiving: What is important to them? *Journal of Management Psychology*, 29, 661-684. doi: 10.1108/JMP-11-2012-0357
- Cervantes, R. C., Goldbach, J. T., Varela, A., Sentisteban, D. A. (2014). Self-harm among Hispanic adolescents: Investigating the role of culture -related stressors. *Journal of Adolescent Health*, 55, 633-639. doi: 10.1061/j.jadohealth.2014.05.017
- Castro, F. G., Berkel, C. & Epstein, D. R. (2023). Cultural adaptation and cultural factors in EBI implementation with Latinx communities. *Frontiers in Public Health*, 11.1007328. doi: 10.3389/fpubh.2023.1007328



# Discussion



## Incorporating Cultural Factors into Implementation Strategies

- **The Expert Recommendations for Implementation Strategies (ERIC) Project**
  - Created 73 implementation strategies (Powell et al., 2015)
  - As noted, none of these strategies mentioned or alluded to cultural factors (Castro et al., 2023)
- How can these important implementation strategies be informed by the inclusion of cultural factors to increase strategy relevance to Latinx communities?

- Powell, B. J., Waltz, T. J., Chinman, M. J. et al., (2015). A refined compilation of implementation strategies: Results from the Expert Recommendations for Implementing Change (ERIC) project. *Implementation Science*, 10:21. doi: 10.1186/s13012-015-0209-1
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## Selected ERIC Implementation Strategies as Expanded with Cultural Factors

Implementation Strategy	Possible Expansion with Cultural Factors
<ul style="list-style-type: none"> <li>• <b>Invoke patients/consumers and family members</b></li> </ul>	<ul style="list-style-type: none"> <li>• Engage or include patients/consumers and families <i>from local Latinx community neighborhoods</i> in the implementation effort <i>as it includes the application of select Latinx cultural factors</i></li> </ul>
<ul style="list-style-type: none"> <li>• <b>Obtain and use patients/consumers and family feedback</b></li> </ul>	<ul style="list-style-type: none"> <li>• Develop strategies to increase patient/consumer and family feedback on the implementation effort <i>that is designed with cultural flexibility for best acceptability to major acculturation sectors (low acculturated, bicultural, high acculturated) who are residents of the local Latinx community</i></li> </ul>
<ul style="list-style-type: none"> <li>• <b>Adaptability</b></li> </ul>	<ul style="list-style-type: none"> <li>• Identify the ways a clinical intervention can be tailored to meet the local needs and clarify which elements of the innovation must be maintained to preserve fidelity, <i>and which must be modified or new modules added to increase the intervention's cultural relevance for each of the major cultural sectors from the local Latinx community</i></li> </ul>
<ul style="list-style-type: none"> <li>• <b>Tailor strategies</b></li> </ul>	<ul style="list-style-type: none"> <li>• Tailor the implementation strategies to address barriers and leverage facilitators that were identified through earlier data collection, <i>to examine the relevance and application of certain relevant Latinx cultural factors</i></li> </ul>
<ul style="list-style-type: none"> <li>• Note: Adapted from Table 3 in Powell et al., (2015) (pp. 9-10)</li> </ul>	

- Castro, F. G., Berkel, & Epstein, D. R. (2023). Cultural adaptation and cultural factors in EBI implementation with Latinx communities. *Frontiers in Public Health*, 11.1007328, (p. 11). doi: 10.3389/fpubh.2023.1007328
- Powell et al. (2015). A refined compilation of implementation strategies: Results from the Expert Recommendations for Implementing Change (ERIC) project. *Implementation Science*, 10:21 doi: 10.1186/s13012-015-0209-1

## Conclusions

- “Cultural factors are constructs that capture important life experiences of Latinx/Hispanic individuals, families, and communities.”  
(Castro, Berkel, & Epstein, 2023)
- Understanding the use of Latinx cultural factors can reduce implementation barriers and inform intervention implementation
- Use of cultural factors can increase EBI acceptability and effectiveness within Latinx and other communities of color.



VI

# Questions & Answers

