

Perspectives on culturally relevant Acceptance and Commitment Therapy-based smoking cessation intervention among Latinx smokers with depression or anxiety symptoms

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BACKGROUND and AIM

- Acceptance and Commitment Therapy (ACT) asserts that psychological dysfunction often originates from one's psychological inflexibility in dealing with life's problems
- ACT has shown promise for treatment efficacy for depression, anxiety, and smoking cessation individually.
- Little research exists on culturally adapted ACT for Latinxs, including Latinxs who smoke and experience negative mood.
- The extent to which ACT should be culturally-tailored to the Latino population and how to incorporate cultural considerations into treatment remains to be determined.
- The **project aim** is to examine the perspectives of Latinx who smoke and have depression and/or anxiety symptoms about ACT-based culturally adapted intervention.

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METHOD (cont.)

- Questionnaires include: demographics, tobacco use, psychological variables, and questions about utility of ACT-based cessation services for this population
- Four FG (2 male; 2 female), 12 people per group maximum is intended.
- FG guide addresses: (1) Insight into cultural factors integrated into intervention; (2) Feedback and recommendations on metaphors to be used in the intervention

Metaphors presented

- Guitar metaphor
- Ball in a pool
- Dropping an anchor
- Hands as thoughts
- 80th birthday

Examples of questions in FG guide [Metaphors are presented]

- When you hear this (referring to metaphor), what are your thoughts? How does it make you feel?
 - Probe:** What comes to mind?
 - Probe:** Can you think about a different way of explaining this that is more applicable or relevant to Latino groups?
- Can you think about any times this (metaphor) applies to your life?
 - Probe:** .. in relation to your smoking?
 - Probe:** ... in relation to your mood?

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RESULTS

- Study is in recruitment phase. Passive recruitment has yielded limited number of interested/enrolled participants (N=2).
- A pilot run-through of the study (N= 6) demonstrated the acceptability of the guide and the feasibility of conducting the study.
- Recommendations to present the metaphors were provided.
 - Shorten metaphors, give fewer or provide a write-up
 - "Hand as Thoughts" and "Ball in the Pool" metaphors were well received
 - Adjust 80th Birthday Party by changing age or do not use because of concerns about living to 80 years old or what quality of life would be

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CONCLUSIONS

- In-person recruitment and individual interviews seems warranted.
- Conducting the actual FG seems promising to obtain Latinx smokers perspectives of this type of intervention.
- Findings from the FG will contribute to informing the development of the treatment protocol that is culturally relevant for the targeted population.

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METHOD

- Exploratory mixed-method approach, including self-report questionnaires and focus group (FG).
- A pilot run-through of the project was conducted (N=6) to test study procedures



Project PERSPECTIVE is looking for UH students who:

- Smoke cigarettes, are ex-smokers, or individuals that can play the role of a smoker because they have been closely related to a smoker AND 2) are willing to participate in a practice run group talk about how to improve a wellness program. This will be a mock focus group intended to improve the training of staff

How to participate?

- Current UH student
- Current smoker, ex smoker, or be able to play role of a smoker because you are closely related to a smoker
- Enrolled in a course in PHLS
- The group talk will take place on Saturday February 10th 9-12pm in Parish Hall room 490

What are the Incentives?
Extra credit (amount varies per professor's discretion)
Snacks/drinks provided



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