

Cultural factors that may enhance an Acceptance and Commitment Therapy - based smoking cessation intervention among Latina women with psychological distress

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BACKGROUND

The Latinx Community

The Latinx Community:

- ❖ LATINX is a gender-neutral or nonbinary alternative to Latino or Latina.
- ❖ The Latinx Community is defined as people who are of or relate to Latin American origin or descent.
- ❖ About 18% of the US population identifies as part of the Latinx community.



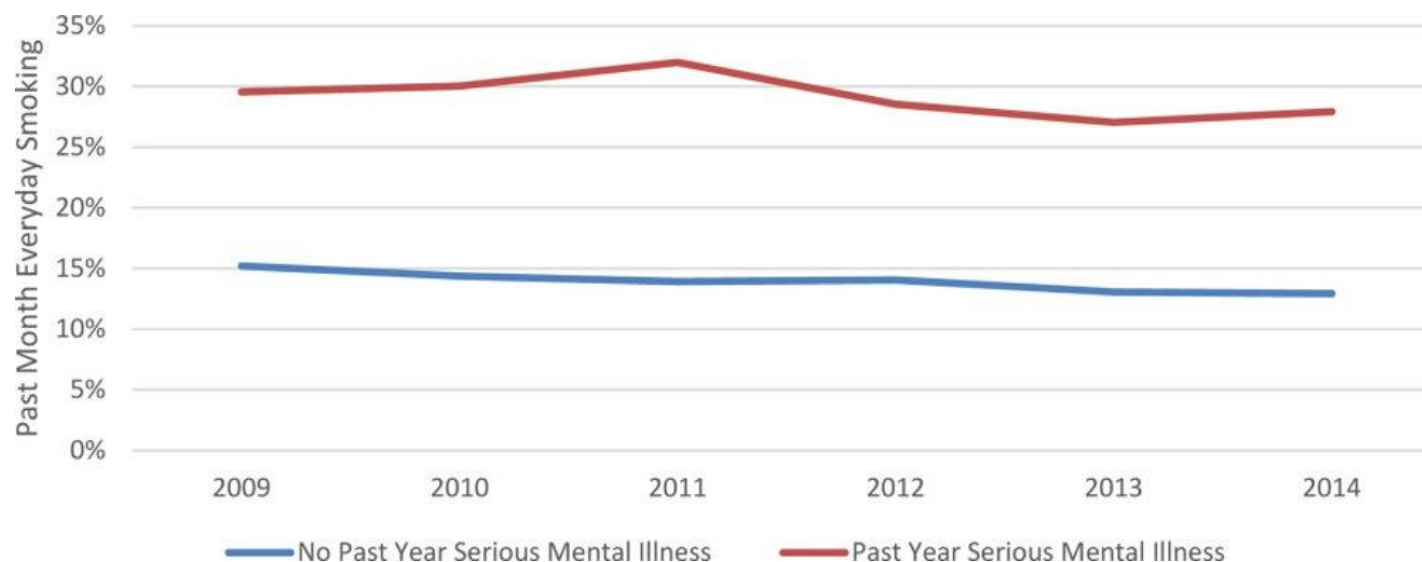
Tobacco-Related Disparities Among Latinx

- ❖ Overall smoking prevalence among Latinx is XXX
 - ❖ However, some Latinx national groups have smoking prevalence as high as 25%
- ❖ Predictors of cessation are unclear
- ❖ Limited use of cessation aids
- ❖ Less likely to receive cessation assistance in routine health encounters
- ❖ Limited data on efficacy of behavioral and pharmacological cessation interventions

Smoking among people with psychological distress

Latinx adults and
individuals with
behavioral health
challenges experience
tobacco-related
disparities associated
with cessation treatment

**Comparison of trends of every day smoking among people with
past year serious mental illness vs. Those without illness**





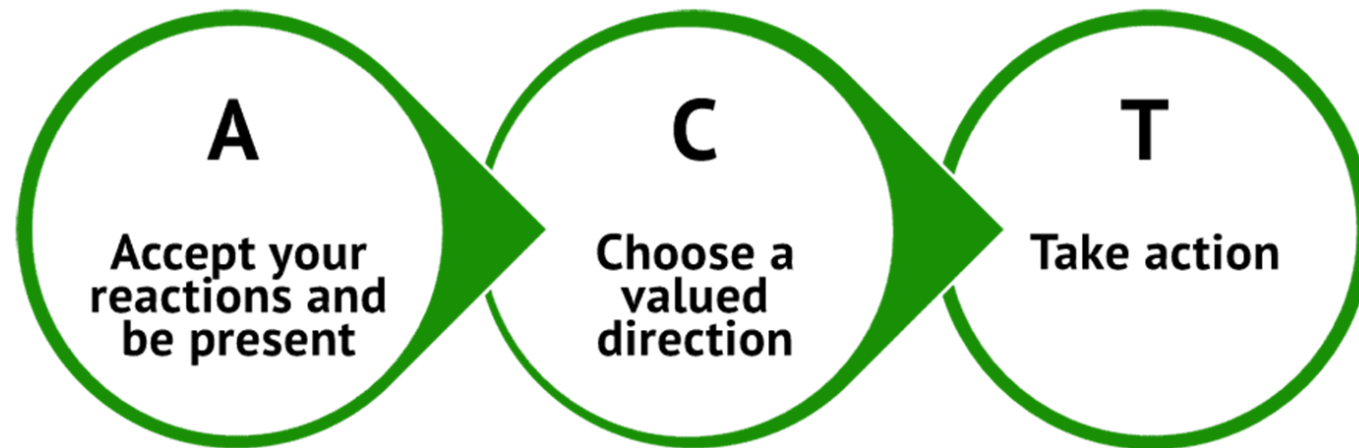
Latinx Women

- ❖ Women may present particular complexities of tobacco use.
- ❖ Women smoking rates have not declined as rapidly as their male counterparts.

Project PERSPECTIVAS

Overall Study Objectives

- 1) Examine the perceived utility of Acceptance and Commitment Therapy-based components for smoking cessation and psychological distress;
- 2) Identify cultural factors that may enhance the intervention



METHODS

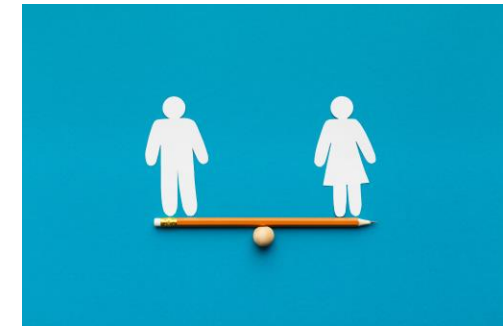
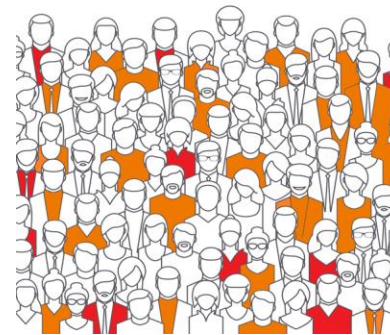
Eligibility Criteria:

Inclusion criteria are:

- 21+ years of age
- self-identify as Latino/a/x
- current smoker
- depression and/or anxiety symptoms
- marginal/adequate health literacy
- functioning telephone number/video capability
- ability to speak Spanish

Exclusion criteria are:

- do not meet inclusion criteria
- acute psychiatric or cognitive disorder that limit ability to participate
- a household member enrolled in the study
- unable to attend visit via video or in-person

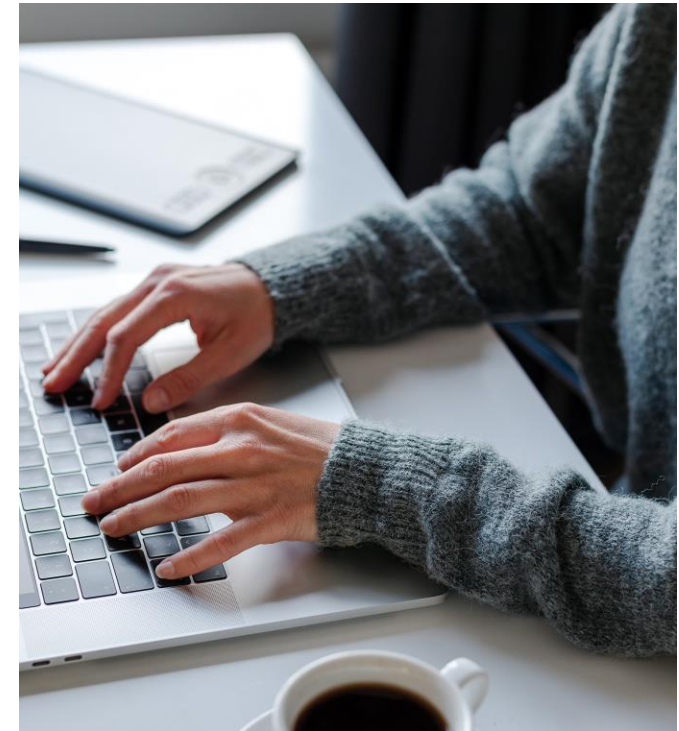


Study Design and Procedures (N=10)

- ❖ This is a cross-sectional and exploratory qualitative study.
- ❖ Participation entails only **ONE VISIT**
 - ❖ Online questionnaire: demographics, tobacco use, depression, anxiety, and psychological traits relevant to ACT.
 - ❖ Qualitative in-depth interviews: perspectives of the counseling applicability to smoking, depression, anxiety and cultural/linguistic considerations.
 - ❖ were conducted via video (N=10; 8 individual and 1 dyad)
- ❖ Interviews were recorded and RA and PI took notes
- ❖ Compensation: \$60 in e-gift cards
- ❖ Interviews were manually transcribed and verified by the team

Transcriptions:

- ❖ Following the interview a RA gets assigned to **transcribe** the interview by using the recording and that transcription is then checked by a second RA for accuracy and finalized by the PI.
- ❖ These transcriptions were transcribed by a bilingual RA. The interview is conducted in Spanish so the transcription is transcribed also in Spanish.





Data Analyses:

- ❖ For the **quantitative data** the use of descriptive analysis was used to describe the characteristics of the sample.
- ❖ For the **data analyses** at least two members of the team extracted common themes from each transcription and specific codes were then identified.
- ❖ After looking over the potential quotes and codes the outstanding themes emerged.

FINDINGS

Descriptives of the Sample:

- ❖ Women's age ranged from 24-49 (M=35.4, SD=8.4)
- ❖ 50% were partnered
- ❖ 70% were working at least part-time and 50% reported "living check to check."
- ❖ All participants had depression or anxiety at least at moderate levels
- ❖ 50% were smoking every day.
- ❖ 80% considered Spanish their main language while 20% considered both English and Spanish to be their main language.



Theme 1: Acculturative Stress

Limited Support:

"Parece que estoy sola. Y eso es una de las cosas de este país todo es hazlo tú mismo. En nuestro país de origen no, siempre tenemos apoyo. Siento que esta nuestra familia el vecino, hasta los compañeros de trabajo. Siempre te están apoyando. Aquí no, porque aquí no consigo eso." (40 year old, Foreign Born)

"It seems like I am alone. And that's one of the things about this country, everything is do it yourself. In our country of origin no, we always have support. I feel like our family the neighbor, even co-workers are there. They are always supporting you. Not here, because I don't get that here." (40 year old, Foreign Born)

Desire for Autonomy:

"quisiéramos aprender por sí mismo en vez de depender de alguien"
(33 years old, US Born)

"we would like to learn by ourselves instead of depending on someone else"
(33 years old, US Born)



Theme 2: Shame and Stigma

Privacy:

"estoy haciendo algo que da asco yo no quiero que otra gente haga esa conexión conmigo es por eso que lo tengo escondido" (49 years old, Foreign Born)

"I'm doing something that is disgusting I don't want other people to make that connection with me that's why I keep it hidden" (49 years old, Foreign Born)

Stigma:

"No se habla mucho de estado mental, no se habla mucho de fumar o tipo de cosas." (28 years old, Foreign Born)

"There isn't much talk about mental state, there isn't much talk about smoking or things like that." (28 years old, Foreign Born)



Theme 3: Dual Role of Familismo

Prioritization of Family Needs:

"Pasa los latinos porque siempre estamos tratando de mantener a nuestra familia, nos los latinos por la mayoría, siempre se enfocan en lo que va a decir el papá, la mamá, cómo se van a sentir, o sea for the most part we are family oriented."

(33 years old, US Born)

"Happens to Latinos because we are always trying to support our family, most of us Latinos always focus on what the father, the mother are going to say, how they are going to feel, that is, for the most part we are family oriented." *(33 years old, US Born)*

Expectations of Family Support:

"Quiero que estén a mi lado. Ósea si necesito llorar un momento, llora conmigo. Y después dime sécate las lágrimas, levántate, vamos, si puedes."

(40 years old, Foreign Born)

"I want them to be by my side. I mean, if I need to cry for a moment, cry with me. And then tell me, dry your tears, get up, come on, you can do this."

(40 years old, Foreign Born)

Conclusion and Implication of the Research:

- ❖ Various cultural factors related to smoking and quit attempts emerged from the data. Adjustments to an ACT-based intervention to be more culturally tailored and relevant to Latina women interested in quitting smoking seems warranted.

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