

Analysis of Strengths, Weaknesses, Opportunities, and Threats for Cultural Adaptation of Mindfulness Program for Latino Cancer Patients & Caregivers

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Background

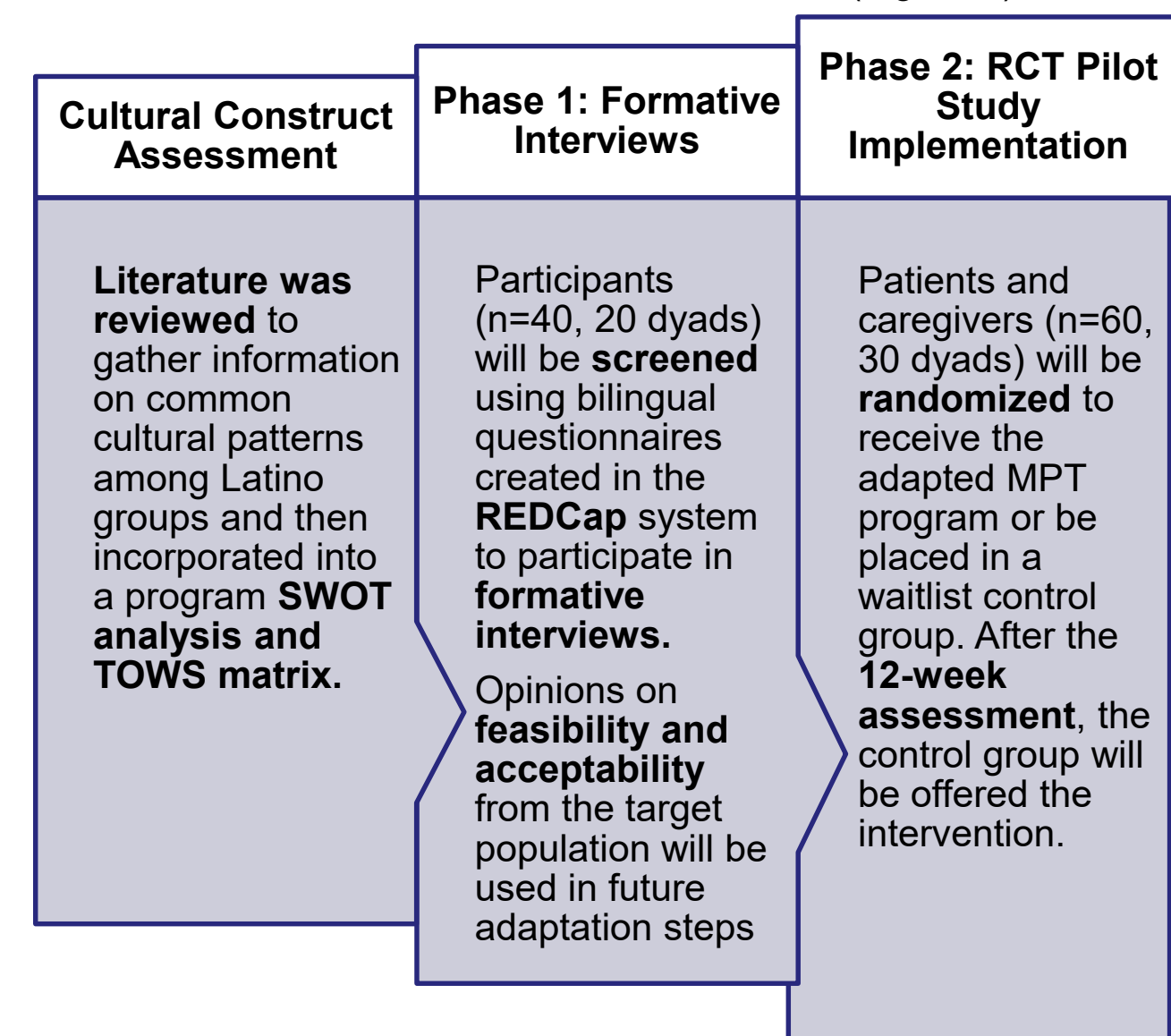
- **Latino cancer patients** report higher levels of **emotional distress** than non-Hispanic White (NHW) counterparts
- Evidence shows cancer patients' **quality of life (QOL)** improves after engaging with psychosocial programs
- **However, few psychosocial interventions are targeted towards Latinos**

The aim of this research is to identify **cultural constructs** that will be instrumental to the initial phases of **adapting an existing mindfulness intervention in hopes to decrease mental distress** among Latino cancer patients with advanced stage disease and their family caregivers.

Methods

Mindfulness Intervention

- The **Mindful Purpose Training (MPT)** was first used among metastatic non-small cell lung cancer patients and their partners
- MPT included four weekly sessions on **interconnection, mindfulness, and compassion** with meditation and emotional sharing activities to **prevent worsening mental health**
- We plan to culturally adapt MPT for **Latino cancer patients with stage III-V solid tumors at Lyndon B. Johnson Hospital and their family caregivers**
- Information from this project will provide context and guidance to interviewers for Phase 1 formative interviews (Figure 1)



Methods (continued)

Responsible Conduct of Research

- For this research project, the MD Anderson PI submitted a research protocol. No IRB approval was required for this literature review.

SWOT Analysis

- SWOT analysis assesses **strengths, weaknesses, opportunities and threats** of health programs
- Strengths & weaknesses = **internal factors** of the research team
- Opportunities & threats = **external factors** of the program environment
- **All four affect a program's potential success**

TOWS Matrix

- Factors from the SWOT analysis were transferred to a TOWS matrix, which **compares each internal to each external factor**
- Strategies for future success are created for each combination (Figure 2)



Figure 2. Example format of TOWS Matrix

Results

Cultural Constructs

- **Culture** = complex interplay of personal and shared history
- **It is important to recognize that these factors are much more complex than can be outlined in this brief poster**, but simple summaries of cultural constructs of Latino cancer patients follow:
 - **Familismo** = the importance of family closeness
 - **Personalismo** = the emphasis on personal relationships
 - **Simpatía** = the pressure to avoid conflict and keep up appearances of emotional positivity
 - **Fatalism** = the idea that health outcomes are predetermined
 - **Spirituality** = the belief in a higher power that can provide resilience against adverse life events

Results (continued)

As cultural constructs are a part of the larger Latino community, they are external factors to this program and serve as **opportunities or threats to program success** (Table 1).

	INTERNAL FACTORS	EXTERNAL FACTORS
INTERNAL FACTORS	Strengths: <ul style="list-style-type: none"> - Bilingual/bicultural team - Partnership with LBJ Hospital - Designed to address connection and communication - Strong need for this program established by literature 	Weaknesses: <ul style="list-style-type: none"> - Limited sample size limits conclusions - Unclear how well participants manage ZOOM format - New programs require several stages of evaluation/implementation to iron out flaws
EXTERNAL FACTORS	Opportunities: <ul style="list-style-type: none"> - Novel program - Formative interviews - Program focus aligns with familismo and personalismo - May increase mindfulness and family communication - Another study investigating efficacy of ZOOM for health programming has been planned 	SO Strategy: <ul style="list-style-type: none"> - One of the largest strengths is the partnership with LBJ Hospital. - Working there, this program will fill a large gap in need for a low-income, underinsured population, and formative interviews will provide strong sense of feasibility.
	Threats: <ul style="list-style-type: none"> - Barriers to retention/participation - Potential for worsening COVID pandemic - Fatalism and simpatía as potential barriers to engagement - Expansion of program to other areas might be less feasible 	ST Strategy: <ul style="list-style-type: none"> - Established relationship with LBJ hospital will hopefully increase trust and mitigate issues with retention/participation. - Program focus on communication may alleviate some of the barriers caused by fatalism and simpatía.
		WO Strategy: <ul style="list-style-type: none"> - As dyads will participate together, familismo and family engagement might make ZOOM feel less isolating. - Forthcoming interviews with target population about ZOOM ability and satisfaction will provide better picture of how research team should approach virtual format.
		WT Strategy: <ul style="list-style-type: none"> - The pilot RCT will highlight weaknesses and make it easier for research team to overcome them in the next phase. - Research team should begin reaching out to other hospitals to discuss collaboration early to make transition to larger population easier.

Table 1. Condensed Program TOWS Matrix

Conclusions

All cultural constructs highlighted in this project are **vital context for forthcoming formative interviews** with Latino cancer patients/caregivers. Within the TOWS matrix, **familismo and personalismo** were highlighted as opportunities because the program centers around family connections. Conversely, **simpatía and fatalism** were threats to improving QOL and continued participant engagement.

Strategies for success moving forward should include efforts to better understand how the target population feels about ZOOM and their ability to use it comfortably. **Capitalizing on partnership with LBJ hospital** to reach the target population and retain their participation is vital as well.

Formative interviews conducted at LBJ will provide important perspectives from the target population that will guide implementation of a **randomized controlled trial** of the intervention in the future. As each phase is implemented, the research team should **revisit this TOWS and adjust strategies as necessary**. This will provide clarity to the team and increase the program's potential to investigate the **feasibility, acceptability, and efficacy of mindfulness interventions in Latino populations with cancer**.

References

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