

# Mindfulness-base Intervention for Latino Patients and their Caregivers

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## Background

- Latinos with cancer are more likely to suffer from psychological morbidities compared to non-Latino white patients.
- Latinos cancer patients report less use of psychological interventions compared to their non-Latino white patients
- Cancer can also have significant effects on the psychological wellbeing of family caregivers
- As part of a larger study to adapt a mindfulness-based intervention for Latino cancer patients and their family caregivers, this project:
  - Evaluated aspects of feasibility
  - Explored strategies for coping with cancer

## Methods

- Patient-Caregiver dyads were recruited at MD Anderson's Oncology Program at Lyndon B. Johnson Hospital (LBJ)
- LBJ serves low-income and medically underserved patients

### Inclusion criteria:

- Patients only:**
  - Diagnosed with a stage III-IV solid tumor
  - On active treatment
  - Self-identify as Hispanic/Latino
  - ECOG (Eastern Cooperative Oncology Group) performance status of  $\leq 2$
  - Willing to participate in the study with a family caregiver
- Patients and caregivers:**
  - At least 18 years old
  - Able to speak English or Spanish
  - Have access to the internet

### Study Procedures

- Patients and caregivers completed a brief survey over the phone
- Dyads participated in a 1.5 hour formative research session that included:
  - Semi structured interviews explore cancer related experiences
  - Brief mindfulness exercises
    - Their feedback on the mindfulness exercises

### Qualitative Data Analysis

- ATLAS.ti was used to identify preliminary themes used to cope with cancer

## Results

Question	Patient Response	Percent %	Caregiver Response	Percent %
How difficult was it for you to follow the meditation?	Very difficult	5%	Very difficult	5%
	Difficult	0%	Difficult	0%
	Somewhat difficult	15%	Somewhat difficult	25%
	Not at all difficult	80%	Not at all difficult	70%
How helpful was this exercise to you?	Not at all helpful	0%	Not at all helpful	0%
	Somewhat helpful	5%	Somewhat helpful	5%
	Helpful	30%	Helpful	35%
	Very helpful	65%	Very helpful	60%
Do you feel that this exercise first in with thoughts and feelings you already feel?	Not appropriate	0%	Not appropriate	0%
	Somewhat appropriate	10%	Somewhat appropriate	5%
	Appropriate	35%	Appropriate	45%
	Very appropriate	55%	Very appropriate	50%
If we were to offer a program that includes four weekly sessions that are designed to support cancer patients and their families to cope with cancer and include some of these exercises that we went through today, do you think this would be helpful for them?	Yes	100%	Yes	100%
	No	0%	No	0%

Table 1. Categorical responses asked to both patient and caregiver regarding the mindfulness exercises. (n=40)

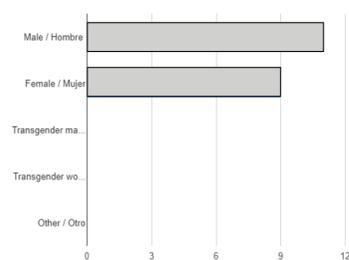


Figure 1. A bar graph describing the gender of the patients. (n=20, Male 55%, Female 45%)

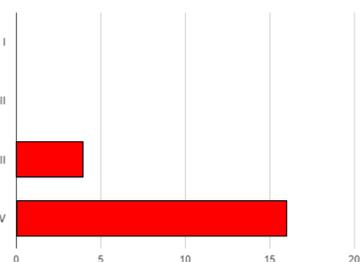


Figure 2. A bar graph describing the patient's stage of cancer. (n=20, Stage III 20%, Stage IV 80%)

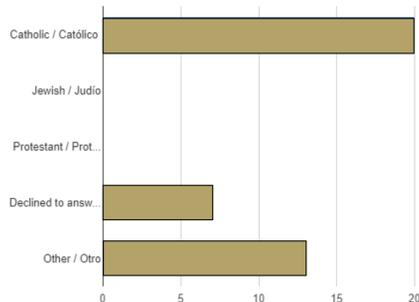


Figure 5. A bar graph describing the religion of patients and caregivers. (n=40, Catholic 50%)

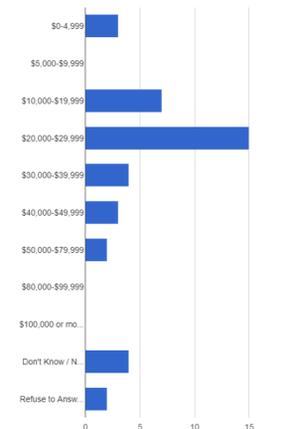


Figure 3. A bar graph describing the income of caregivers and patients. (n=40)

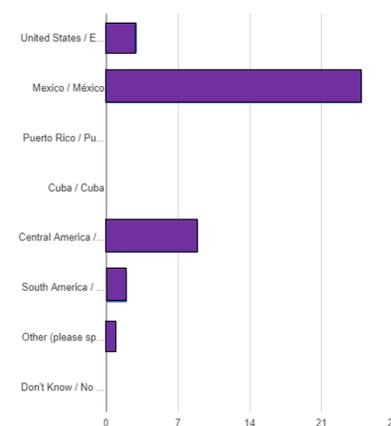


Figure 4. A bar graph describing the caregiver's and patient's country of origin. (n=40, Mexico 62.5%)

### Preliminary qualitative quotes:

- Religion and support from family/friends were the two predominantly preliminary themes seen to cope with cancer

*"Yes. Even prayer is a way of connecting and meditating."*

*"The faith we have has helped us; we're a catholic family. I think that mutual support and faith in God, I think that's what has helped us stand on our feet."*

*"Now, that we've been through this strong problem, all bonds were tightened stronger; a feeling of support, of love, of help, of everything."*

## Conclusions

- Data suggests that mindfulness-based practice may be a feasible approach to decrease stress in Latino patients/caregivers,
- Better understanding on the effect of mindfulness-based practice in the Latino community.
- Findings will then be used in a later state to adapt to a larger study of Latino patient-caregiver dyads in Phase 2

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