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Can Promotores be Trained to Deliver a Program to Reduce Depression in Low-income Latino Immigrants?

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Presenter Disclosures

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No relationships to disclose

Latinos at Risk of Depression

- Poverty
- Less education
- Language barriers
- Lack of health insurance
- Immigration stress



Barriers to Mental Health Services Among Latinos

- Shortage of culturally appropriate mental health professionals
- Latinos' limited awareness of services; stigma of mental health issues
- Economic (cost, lack of insurance)

Purpose of the Study

Develop a stress management -
depression prevention program for at-risk
Latino immigrants that could be delivered
by trained promotores

5 Step Process

- Develop intervention program
- Develop promotores' training program
- Train & assess promotores
- Deliver program to community members
- Evaluate preliminary efficacy of program

Step 1: Develop Program

- Developed an 8-week **stress management – depression prevention program** for Latino immigrants
- Promotores manual
- Participant manual

Program Content

- Managing stress
- Relaxation techniques
- Depression and how to prevent it
- How our thoughts affect our mood
- How to manage our thoughts

Step 2: Develop Promotores' Training Program

- 14 Classes, 3 hrs each (Mondays 6-9 pm)
 - 10 classes
 - 4 practice sessions
- Held at community organization

Promotores Training Content

- Managing stress
- Thoughts and mood
- Changing thoughts
- Activities and mood

Monument Impact (CBO) Resources

- Research assistant
- Recruitment of Promotores
- Meeting space
- Recruitment program participants

<http://www.monumentimpact.org/programs-monument-community-concord.html>

Step 3: Train and Assess Promotores

10
Promotores
Completed
the Training



Promotores' Characteristics (N=10)

- Mean age = 48 (range 37-65)
- 50% female
- 50% \geq college
- 33% fluent in English
- Most were married and had children

Promotores (N=9) Pre-post Stress Management/Depression Knowledge Scores*

Mean (SD), Range		
Pre- Training	Post- Training	P- value from linear mixed model comparison
11.9 (5.1), 5-20	17.6 (3.9), 11-22	<0.001

* Score is number of correct answers; range 0-29

Mean Fidelity Score* of Promotores' (N=9) Program Delivery

	Delivering Program to Community participants
Mean* (SD), range	3.4 (0.5), 2.6- 3.9

Score= mean of 12 items; range 1-4;
higher score=greater fidelity

Step 4: Deliver Program

- 9 trained promotores delivered program
- Participants were 50 Latino immigrants who self-reported high stress
- Recruited by promotores
- Participants received a \$100 gift card and promotores a \$200 gift card

Step 5: Evaluate Preliminary Efficacy of Program

Pre-post assessment of participants

- Stress of Immigration Survey (SIOS)
- Modified Perceived Stress Scale
- Patient Health Questionnaire (PHQ-9)

Participant Characteristics (N=44)

- Mean age = 45 (range 20-80)
- 77% female
- Mean years of education 4 (range 2-6)
- Most from Mexico (66%), El Salvador (7%), and Peru (7%)

Participants' (N=44) Pre-Post Stress and Depressive Symptoms

Outcome Measure	Pre-Group Sessions	Post-Group Sessions	P-value*
SOIS	2.9 (1.1), 1.0 - 5	2.4 (0.9), 1.0 - 4.3	<0.001
PSS	2.3 (0.9), 0.8 - 4	1.8 (0.9), 0.1 - 3.7	<0.001
PHQ-9	8.8 (6.9), 0 - 26	4.4 (6.0), 0 - 26	<0.001

*Using linear mixed models controlling for clustering within promotores

Conclusions

- Promotores demonstrated excellent fidelity
- Participants' stress levels and depressive symptoms improved significantly
- Promotores-delivered model addressed barriers to services
- 5-step intervention model worked well

Lessons Learned

- Adaptations need to accommodate various learning styles
- Better fidelity if co-led by 2 promotores
- Promotores
 - Motivated, see the need
 - Able to follow the manual and implement the program

Challenges

- Making the program culturally appropriate
- Interpersonal issues among promotores
- Understanding fidelity
- Managing participant wait lists
- Recruiting men

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