



Culturally adapting psychotherapy for racial-ethnic minoritized youth

Alayna L. Park, Ph.D., Assistant Professor, University of Oregon

Society of Clinical Child and Adolescent Psychology (SSCAP) Webinar

May 17, 2024



UNIVERSITY OF
OREGON

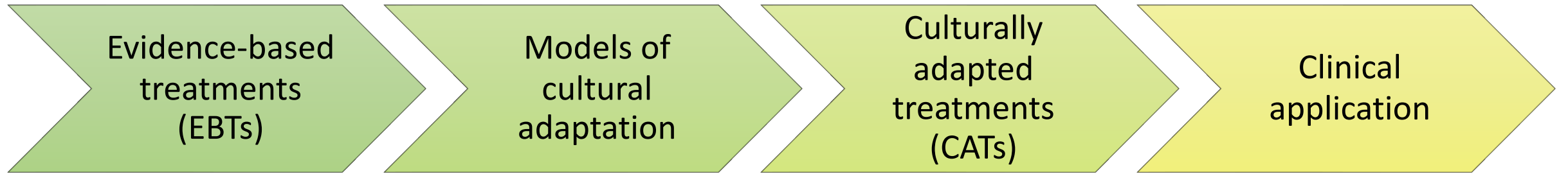
Disclosures

I have no conflicts of interest or disclosures to report.

Please introduce yourself in the chat

- Your name
- Your pronouns
- Your position
- Your affiliation
- One cultural practice of your racial-ethnic group, such as special food, music, or custom

Agenda



Learning objectives

1. Describe three conceptual models of cultural adaptation
2. List three clinical situations when it might be appropriate to culturally adapt treatment
3. List six ways to culturally adapt treatment for ethnic-racial minoritized youth

Terminology

race – the *categorization* of oneself or others to a specific racial group

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Are evidence-based treatments (EBTs) effective for racial-ethnic minoritized youths?



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race – the *categorization* of oneself or others to a specific racial group

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culture – attitudes, beliefs, norms, roles, and self-definitions shared and practiced by particular social groups

evidence-based treatment – a treatment that research has found to be efficacious



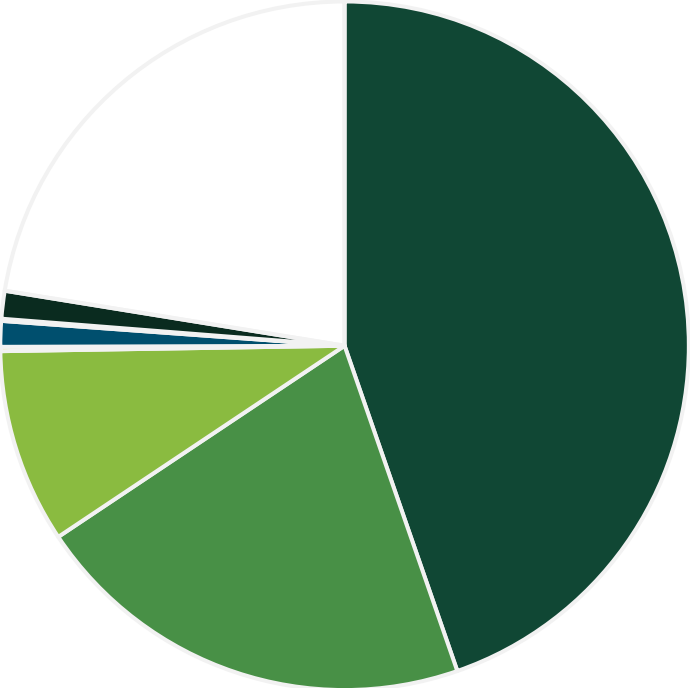
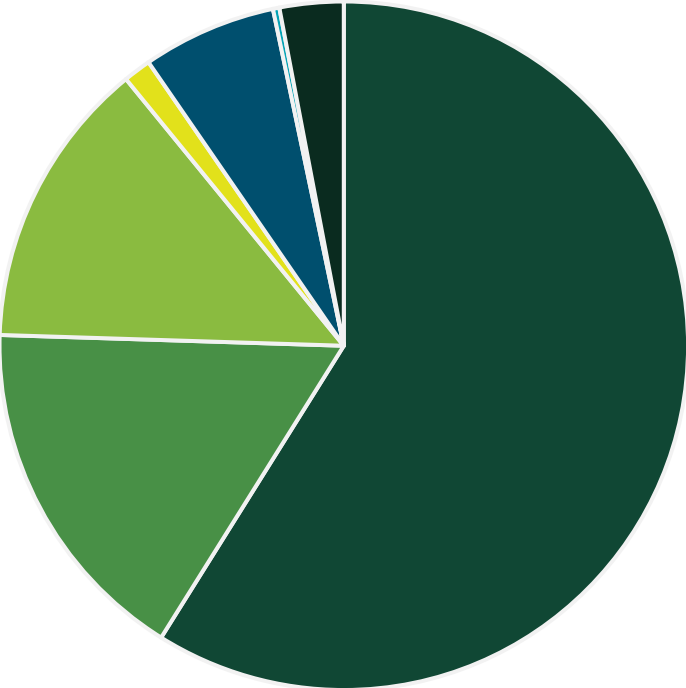
Who is included in youth treatment studies?



U.S. Population

RCT Samples

- White
- Hispanic/Latino
- Black or African American
- American Indian and Alaska Native
- Asian
- Native Hawaiian and Other Pacific Islander
- Two or More Races



Polo, A. J., Makol, B. A., Castro, A. S., Colón-Quintana, N., Wagstaff, A. E., & Guo, S. (2019). Diversity in randomized clinical trials of depression: A 36-year review. *Clinical Psychology Review*, 67, 22-35.



Which treatments are efficacious for minoritized youth?



Target Problem	Level 1: Well-established	Level 2: Probably efficacious	Level 3: Possibly efficacious	Level 4: Experimental	Level 5: Questionable
Anxiety	CBT (H/L)	None	None	CBT; anxiety management training (AfA)	None
Depression	None	IPT (H/L)	CBT (H/L)	CBT (AfA)	None
Disruptive behavior	MST (AfA) Family therapy (H/L)	CBT (AfA)	Parent training (H/L)	CBT; CCPT (H/L) Parent training (AsA)	None
Trauma	None	Resilient peer treatment (AfA)	Trauma-focused CBT (H/L)	Grief and Trauma Intervention (AfA)	None

Pina, A. A., Polo, A. J., & Huey, S. J. (2019). Evidence-based psychosocial interventions for ethnic minority youth: The 10-year update. *Journal of Clinical Child & Adolescent Psychology*, 48(2), 179-202.



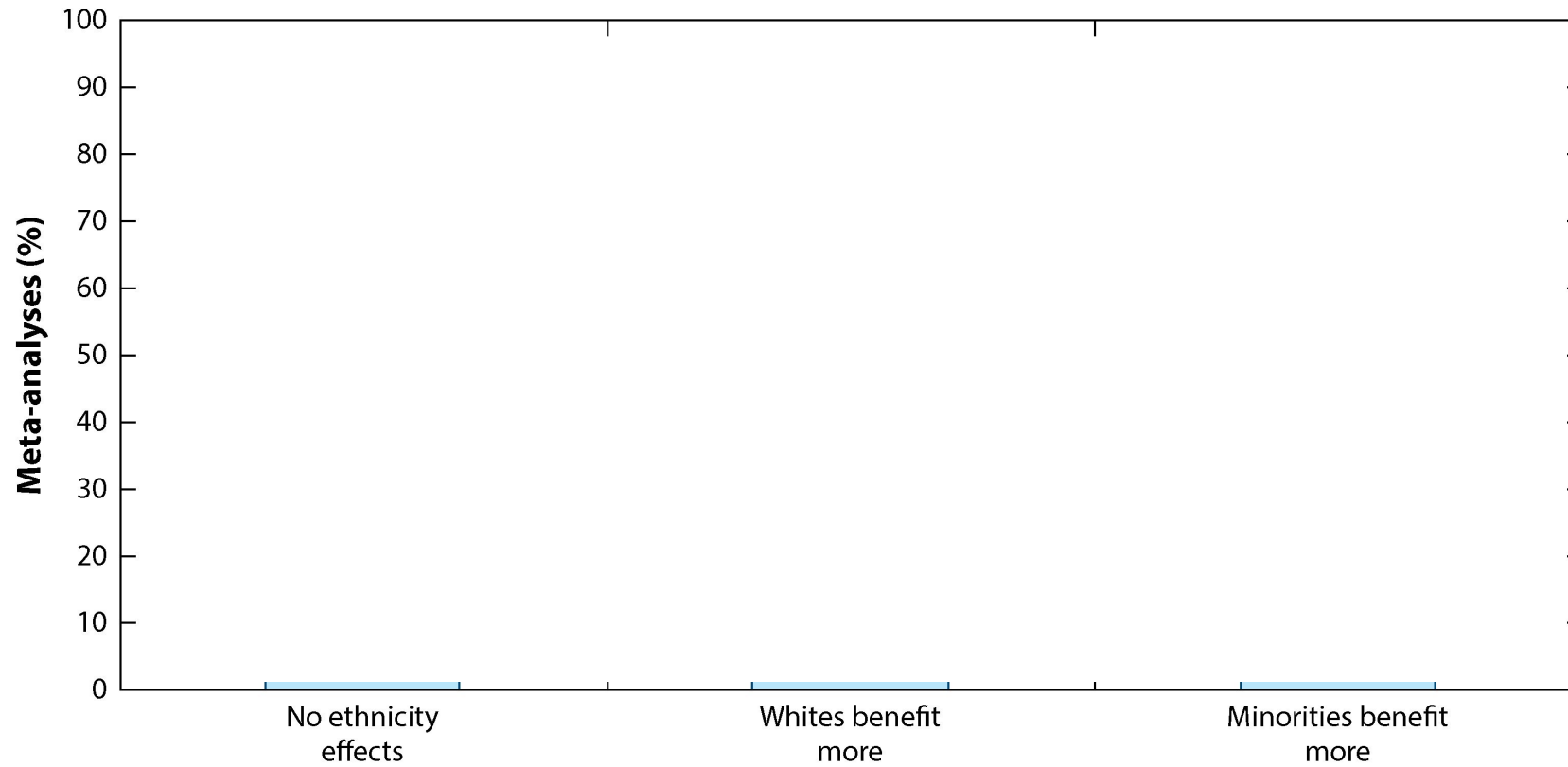
Which treatments are efficacious for youth?

Target Problem	Level 1: Well-established	Level 2: Probably efficacious	Level 3: Possibly efficacious	Level 4: Experimental	Level 5: Questionable
Anxiety	Attention Training, Cognitive Behavior Therapy (CBT), CBT and Medication, CBT for Child and for Parent, CBT with Parents, Education, Exposure, Modeling	Assertiveness Training, Assessment/Monitoring, Attention, Attention Training and Biofeedback and Exposure, Behavior Therapy, Biofeedback, CBT and Expression, CBT and Family Therapy, CBT and Joint Attention/Empathetic & Emotional Engagement, CBT and Mindfulness, CBT and Parent Management Training (PMT), CBT with Parents and Medical Care, CBT with Parents and Social Skills, CBT with Parents and Supportive Listening for Parent, CBT with Parents Only, Cognitive Training, Cultural Storytelling, Hypnosis, Mindfulness, Mindfulness and Motivational Interviewing (MI)/Engagement, Play Therapy, PMT, Psychodynamic, Rational Emotive Therapy, Relaxation, Self Verbalization, Social Skills, Stress Inoculation	Attention Training and CBT, Contingency Management (CM), Expression, Group Therapy, Mindfulness and Physical Exercise, Psychoeducation: Family	Behavioral Activation and Exposure, Exposure and PMT, Expressive Play, Psychoeducation: Parent	Attachment Therapy, Attention Training and CBT with Parents, Attention Training and Exposure, Attention Training and Psychoeducation: Family, Biofeedback and CBT, Biofeedback and Relaxation, Case Management, CBT and Supportive Listening for Parent, Client Centered Therapy, Client Centered Therapy and Medical Care, Cognitive Behavioral Psychoeducation and Medication, Exposure and Relaxation, Exposure and Social Skills, Eye Movement Desensitization and Reprocessing, Joint Attention/Empathetic & Emotional Engagement, Peer Pairing, Problem Solving, Psychoeducation, Psychoeducation: Teacher, Relationship Counseling

PracticeWise. (2024). Blue menu of evidence-based psychosocial interventions for youth. <https://www.practicewise.com/Community/BlueMenu>



Are EBTs effective for ethnic-racial minoritized youth?

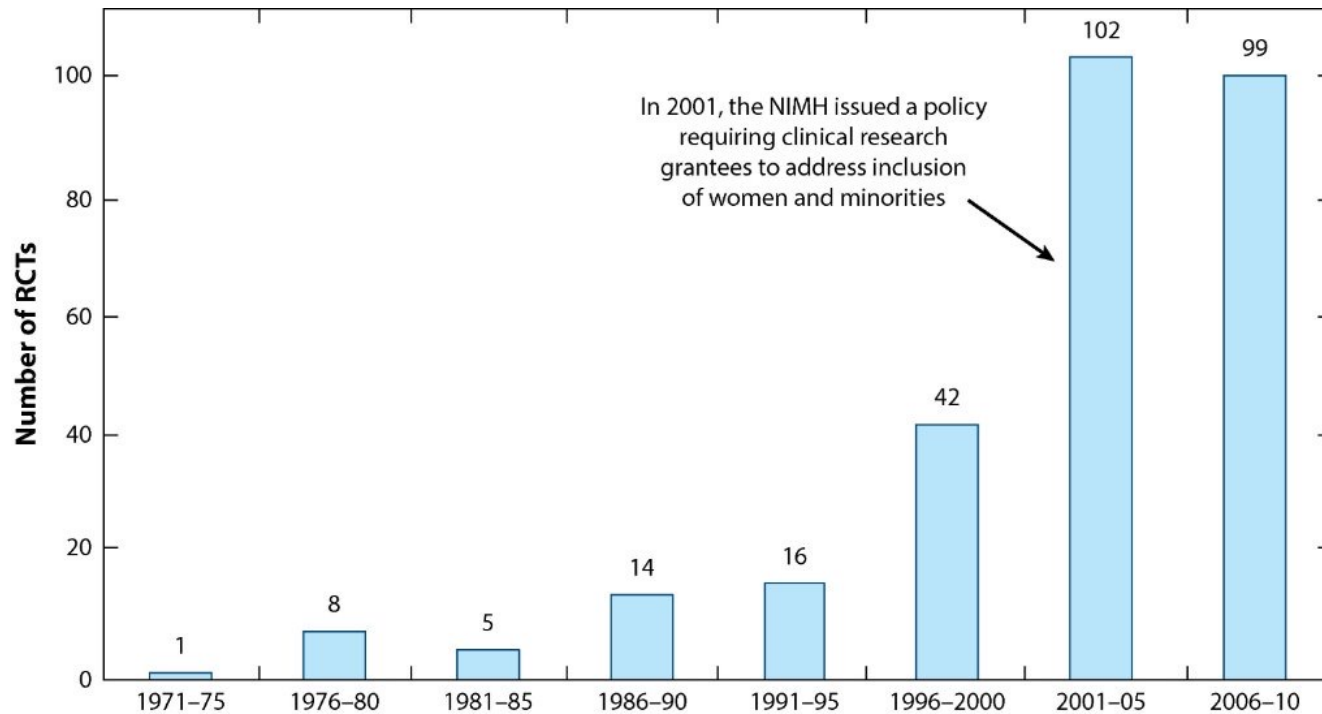


AR Huey SJ, et al. 2014.
Annu. Rev. Clin. Psychol. 10:305–38

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Are EBTs effective for ethnic-racial minoritized youth?



Caveats

- Relatively few treatment studies include racial-ethnic minoritized participants
- Racial-ethnic minoritized samples have been largely Latine and Black
- Treatment studies have primarily used placebo or waitlist controls

 Huey SJ, et al. 2014.
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Models of cultural adaptation



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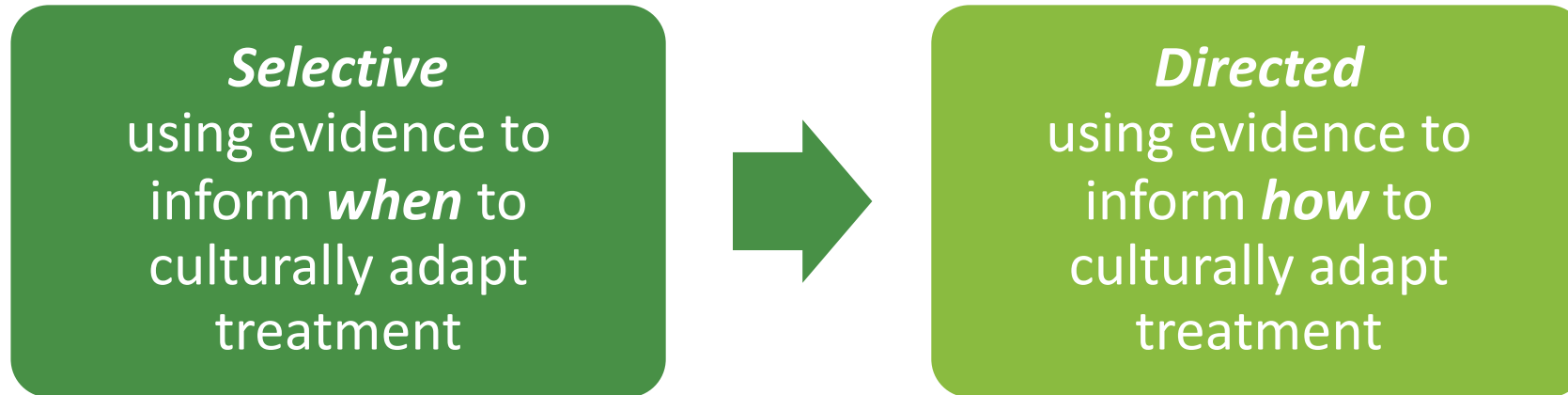
culture – attitudes, beliefs, norms, roles, and self-definitions shared and practiced by particular social groups

evidence-based treatment – a treatment that research has found to be efficacious

culturally adapted treatment – a treatment that has been systematically modified to be more culturally compatible with a racial-ethnic group's beliefs, values, and practices



Selective and directed model



Lau, A. S. (2006). Making the case for selective and directed cultural adaptations of evidence-based treatments: Examples from parent training. *Clinical Psychology: Science and Practice*, 13(4), 295.



Heuristic model

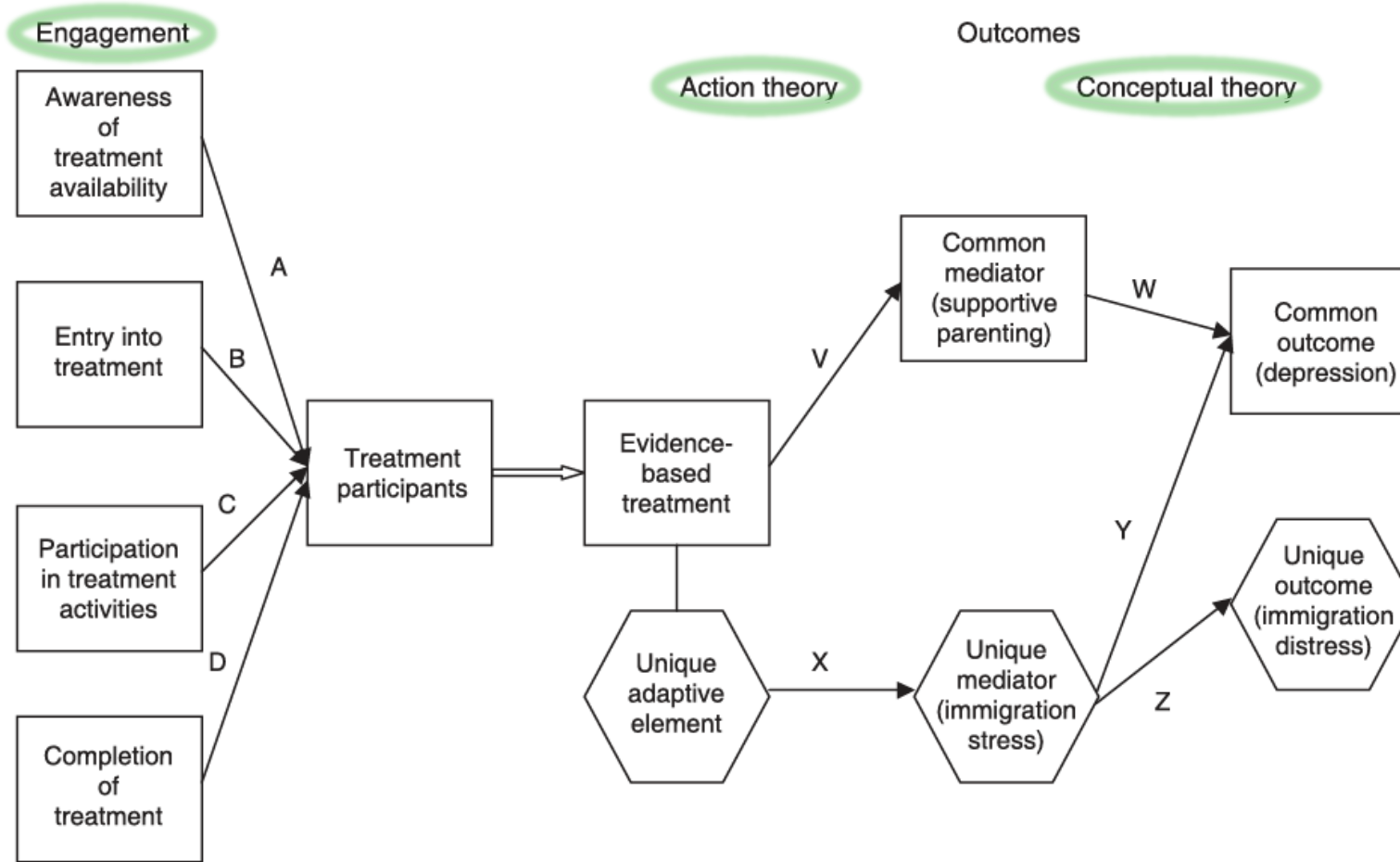
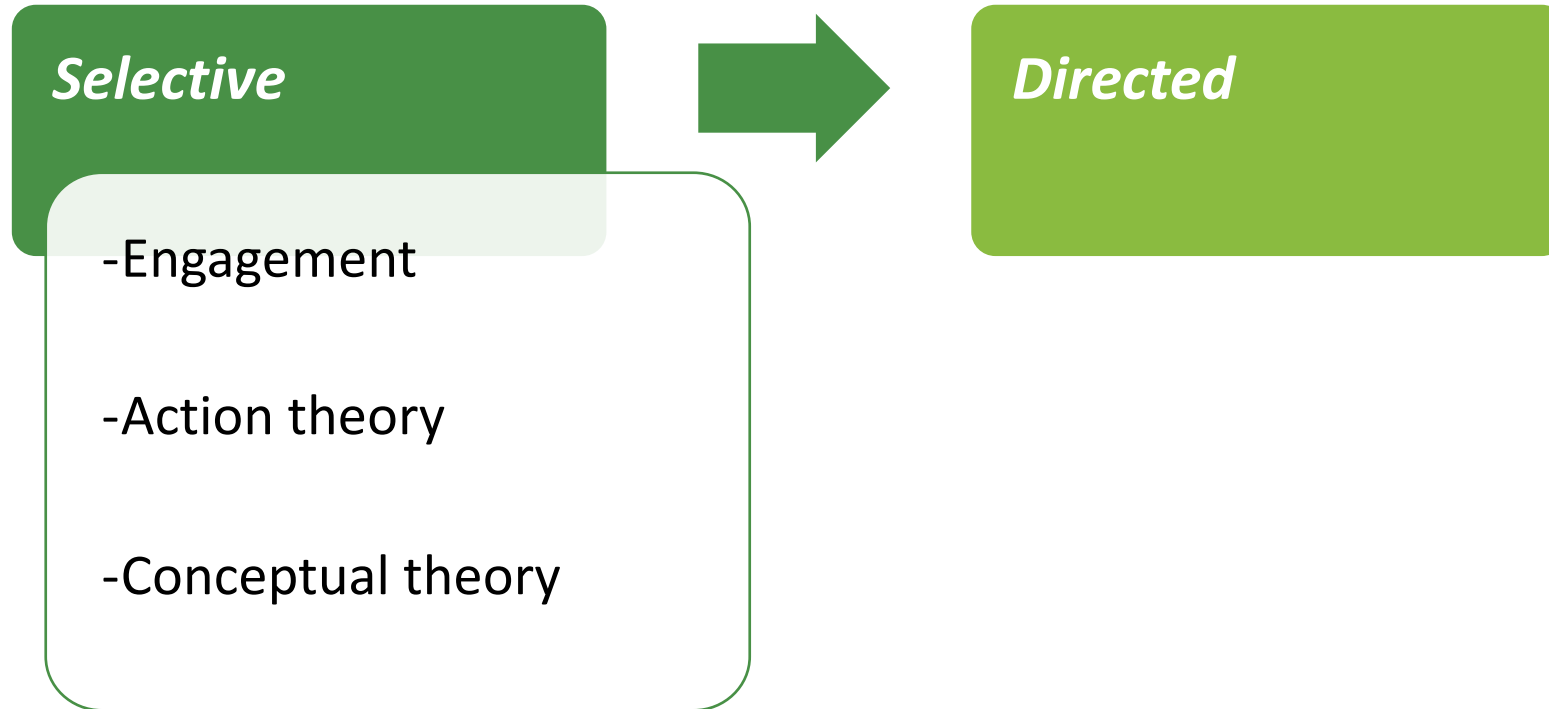


Figure 1. A heuristic framework for the cultural adaptation of interventions.

Barrera, M., Jr., & Castro, F. G. (2006). A Heuristic Framework for the Cultural Adaptation of Interventions. *Clinical Psychology: Science and Practice*, 13(4), 311–316.

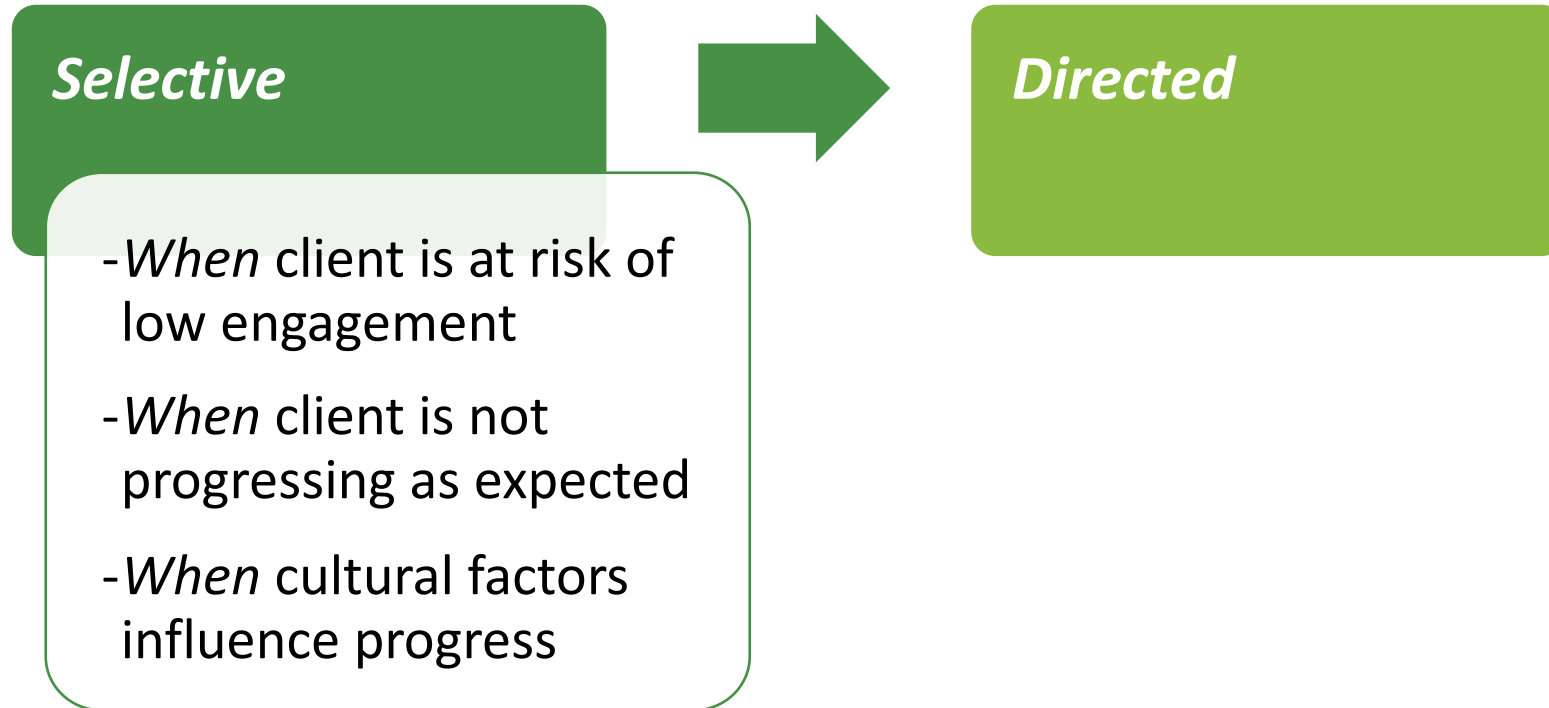


Heuristic model



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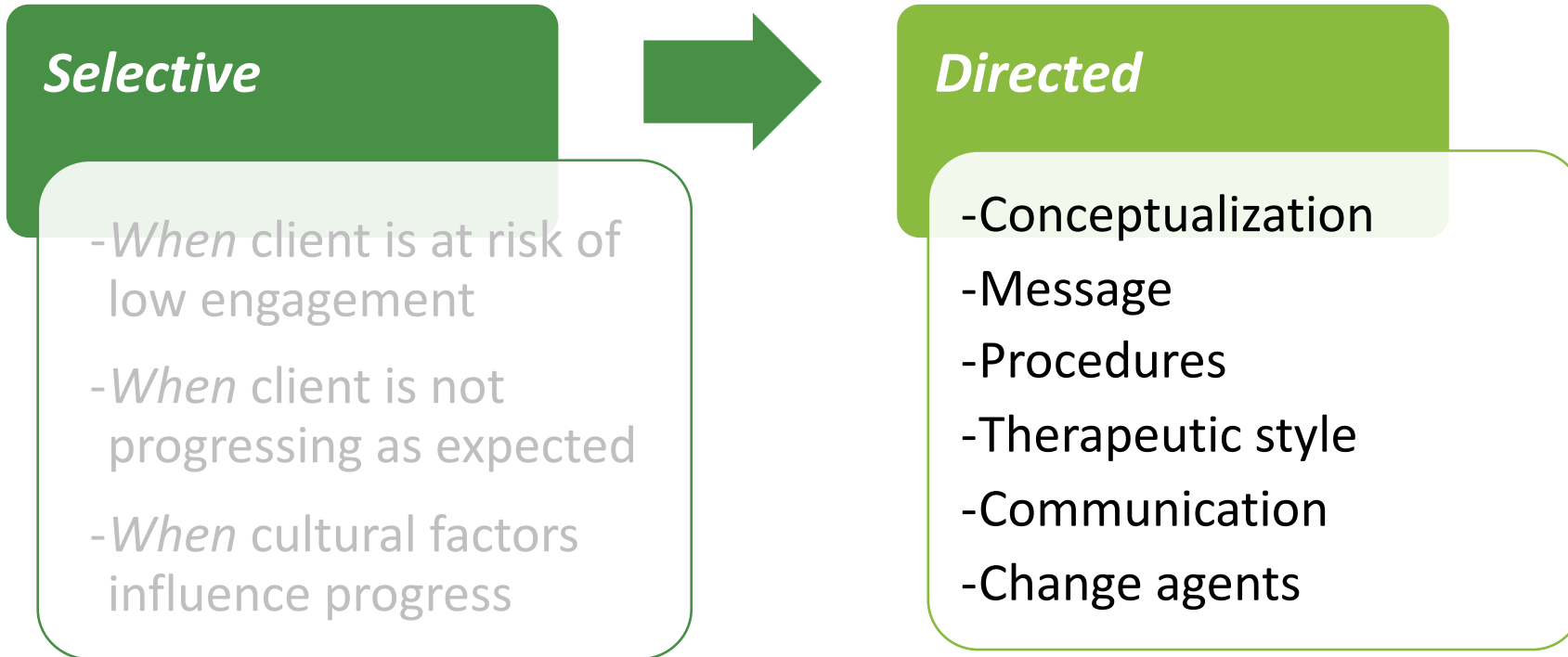
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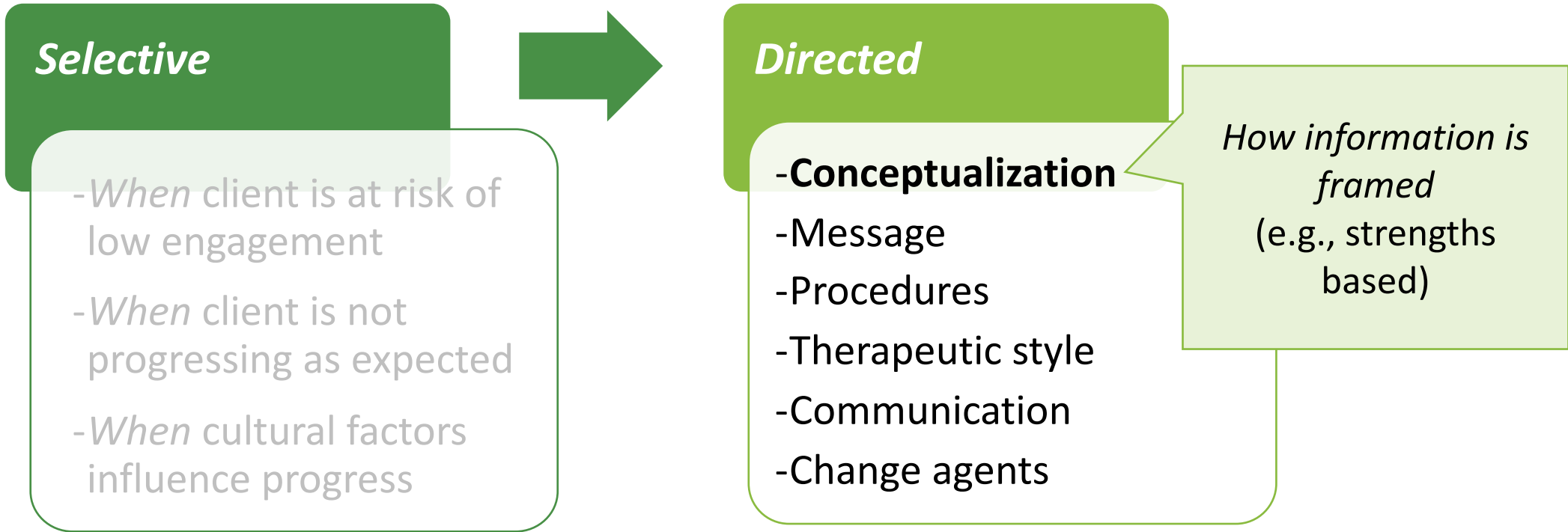


Distillation model



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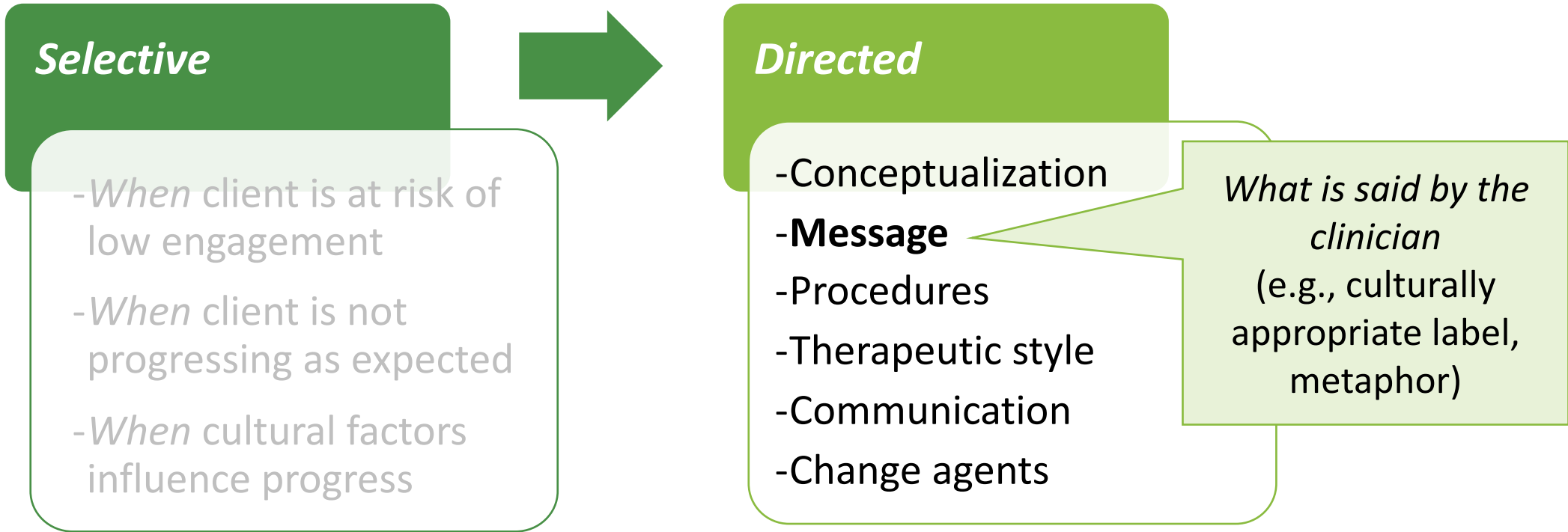
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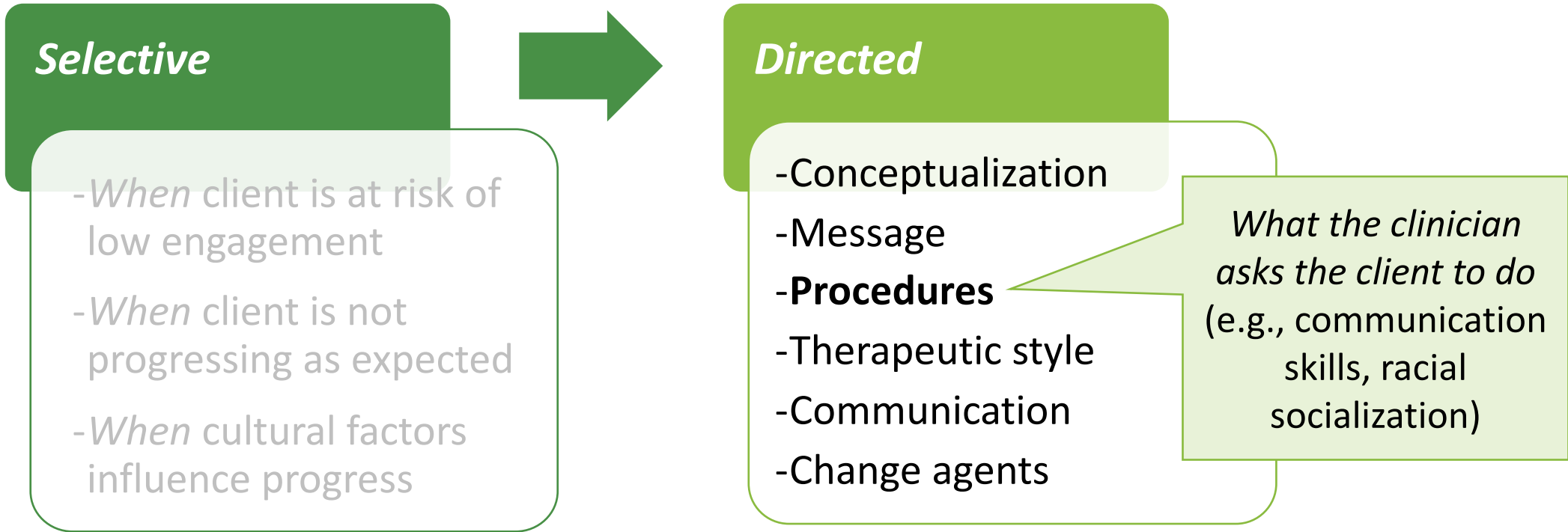


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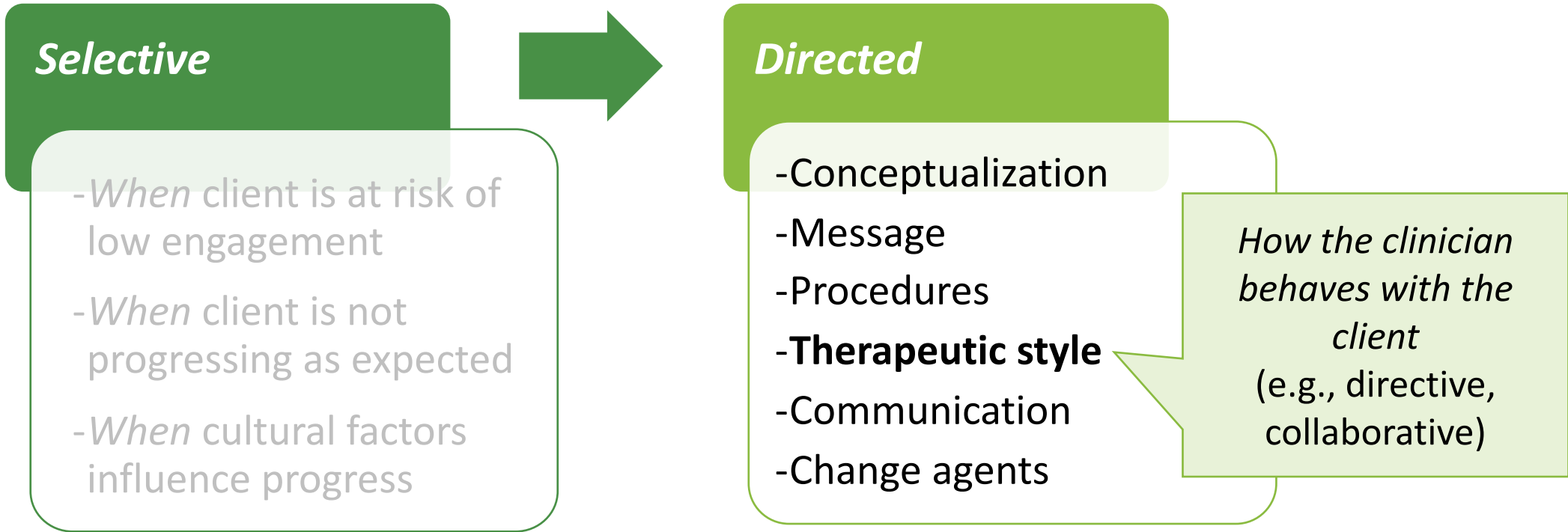
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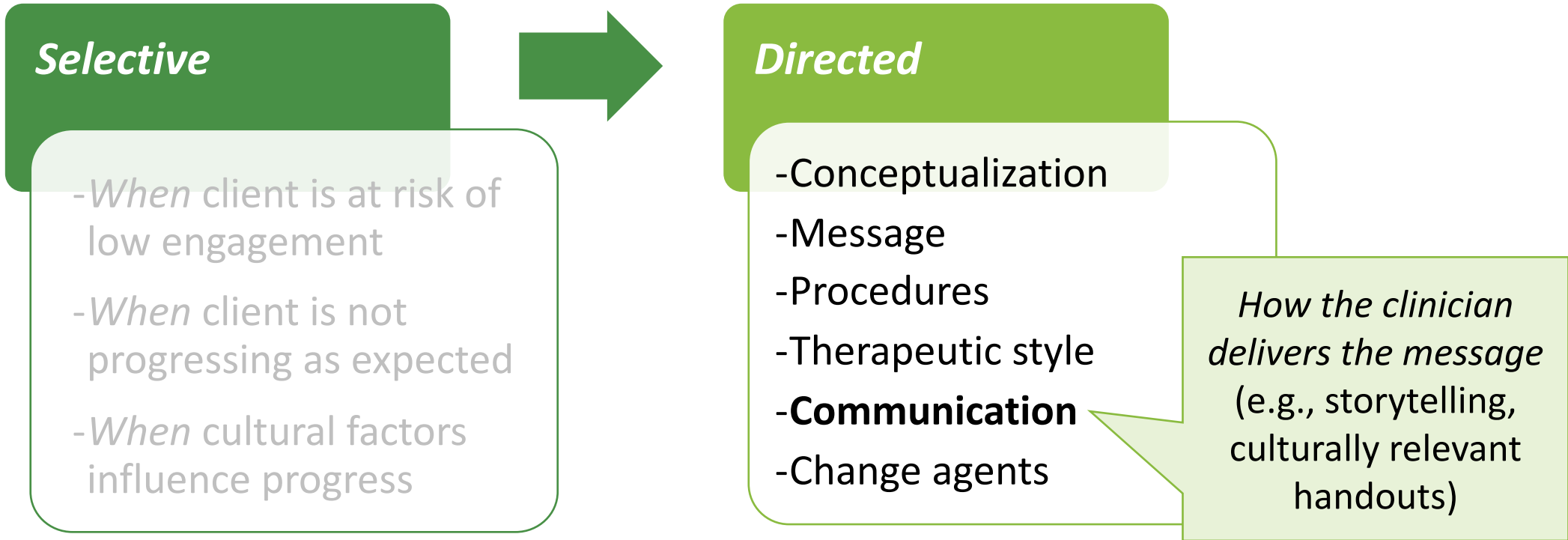
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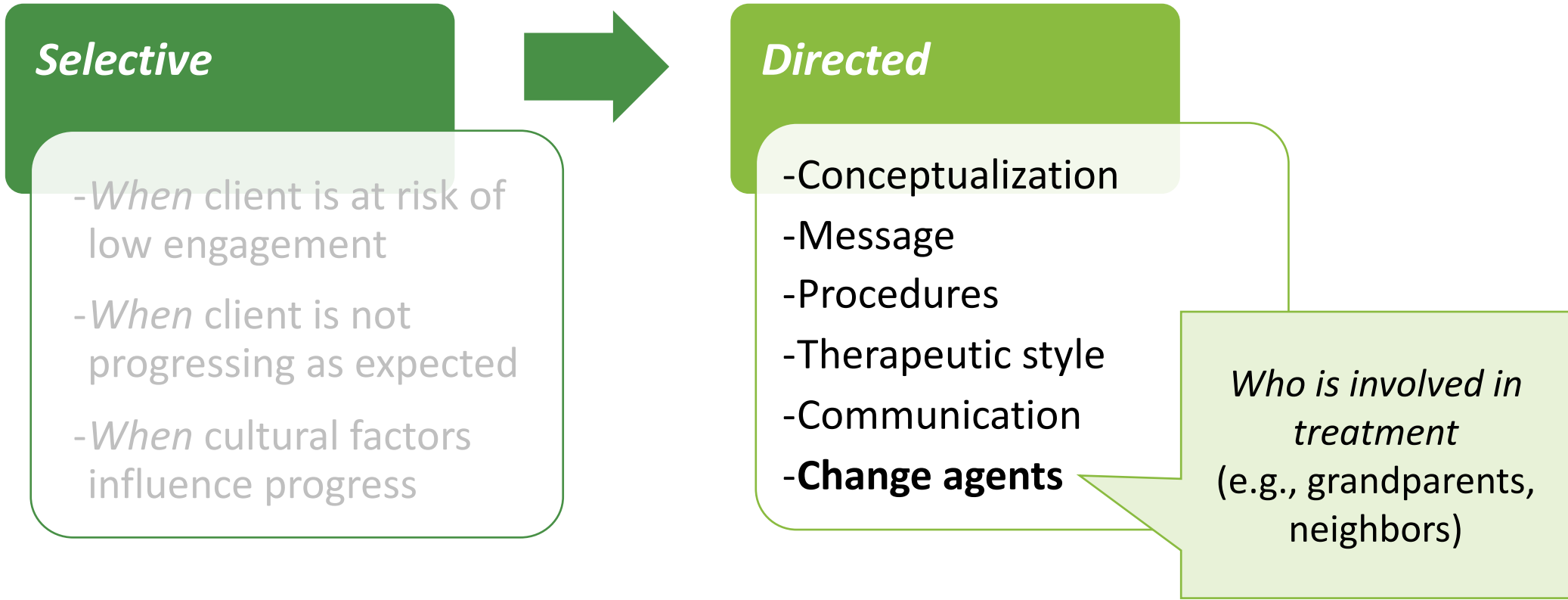
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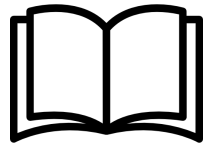


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Are culturally adapted treatments (CATs) effective for racial-ethnic minoritized youths?



Are CATs effective for racial-ethnic minoritized youths?



Reviewed 93 RCTs testing psychosocial treatments with racial-ethnic minoritized youths



45% of CATs achieved “winning” status

Cultural adaptation was **not** associated with “winning” status

- Any cultural adaptation, $p = .49$
- Conceptualization, $p = .87$
- Message, $p = .06$
- Procedures, $p = .38$
- Therapeutic style, $p = .11$
- Communication, $p = .85$
- Change agent, $p = .48$



Coded treatment groups for:

- Cultural adaptation
- “Winning” status

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Are CATs effective for racial-ethnic minoritized youths?



Meta-analysis	Design	Results
Benish et al. (2011)	21 studies comparing CATs with unadapted treatments for racial-ethnic minoritized youths and adults	CATs improved psychological functioning more than unadapted treatments ($d = 0.32$)
Griner & Smith (2006)	76 studies testing CATs for racial-ethnic minoritized youths and adults	CATs were associated with improved outcomes ($d = 0.45$) – moderated by age, racial diversity of sample, and language
Hodge et al. (2010a)	21 studies testing CATs for racial-ethnic minoritized youths with behavior problems	CATs achieved small beneficial effects ($g = 0.24$)
Hodge et al. (2010b)	11 studies testing CATs for Latine youths with behavior problems	CATs achieved small beneficial effects ($g = 0.18-0.20$)
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Huey (2013)	10 studies comparing CATs with unadapted treatments for racial-ethnic minoritized youths and adults	No differences in symptom reduction ($d = 0.01$) between CATs and unadapted treatments – explicit cultural adaptations were detrimental ($d = -0.42$)
Jackson et al. (2010)	7 studies testing CATs for reducing high risk behaviors among Black youths	CATs achieved moderate beneficial effects ($g = 0.35$)
Smith et al. (2011)	65 studies testing CATs for racial-ethnic minoritized youths and adults	CATs were associated with improved outcomes ($d = 0.46$) – moderated by age, sample diversity, and type of adaptation
Yuen (2004)	87 studies testing culturally adapted prevention programs for racial-ethnic minoritized youths	CATs were associated with positive effects ($d = 0.31$) – cultural adaptation was negatively related to positive effects

Huey Jr, S. J., Tilley, J. L., Jones, E. O., & Smith, C. A. (2014). The contribution of cultural competence to evidence-based care for ethnically diverse populations. *Annual Review of Clinical Psychology*, 10, 305-338.



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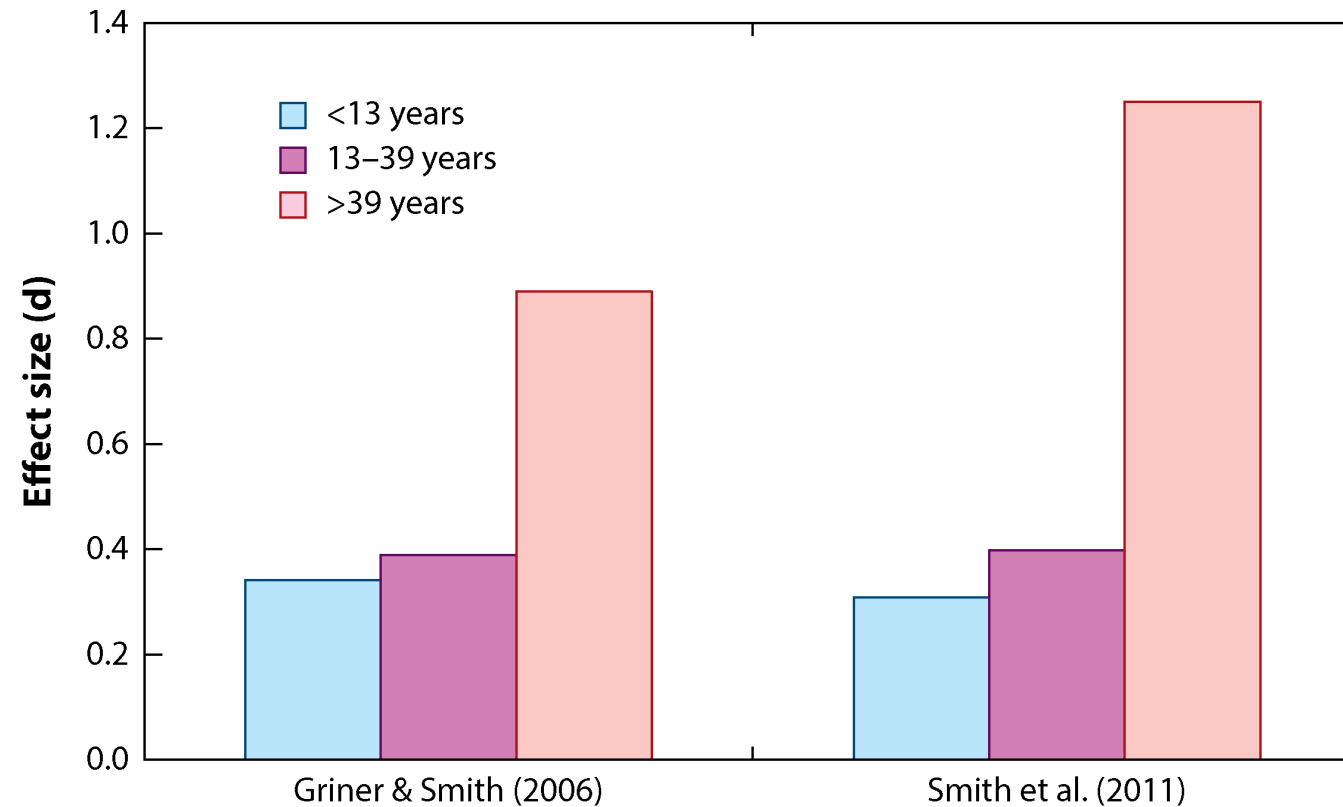


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Clinical application



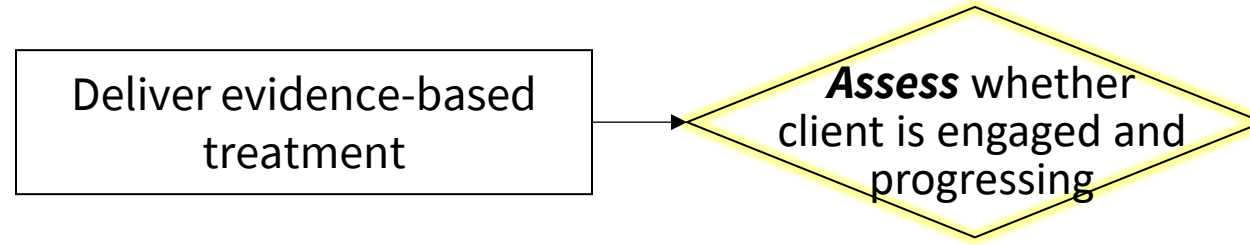
Process for culturally adapting treatment



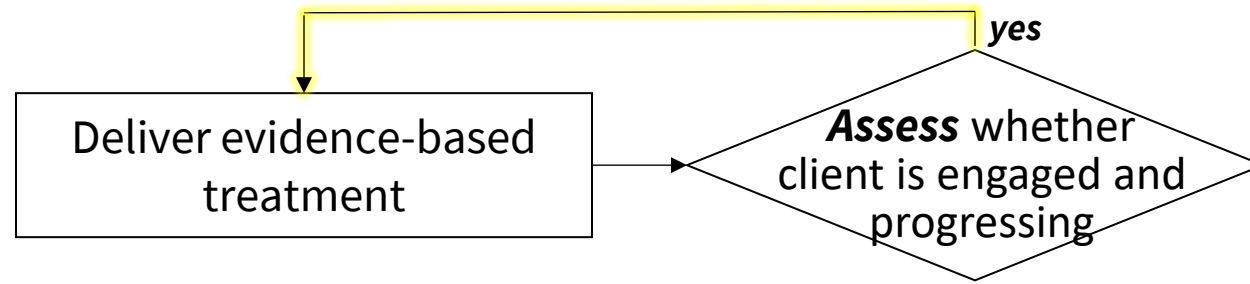
Deliver evidence-based treatment



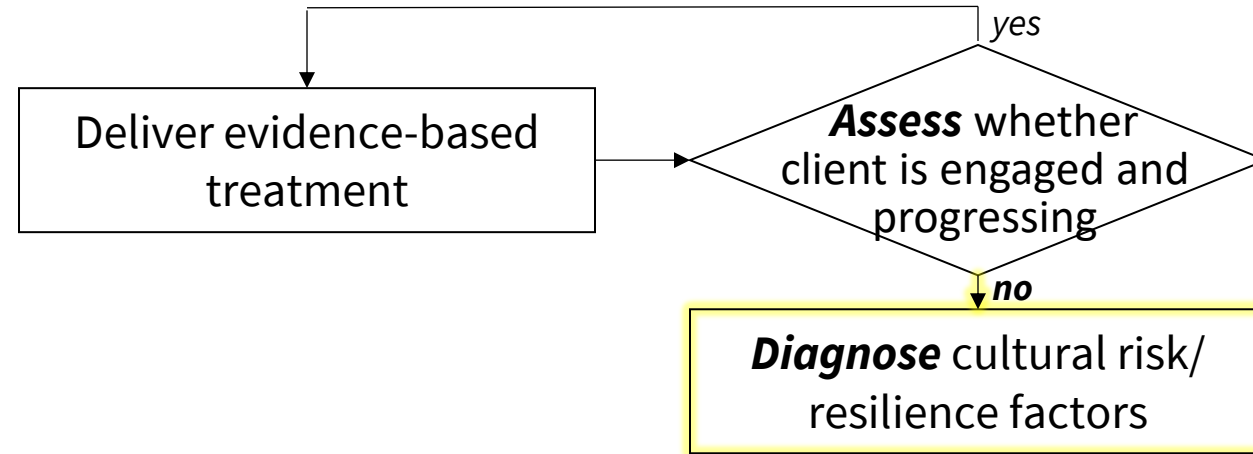
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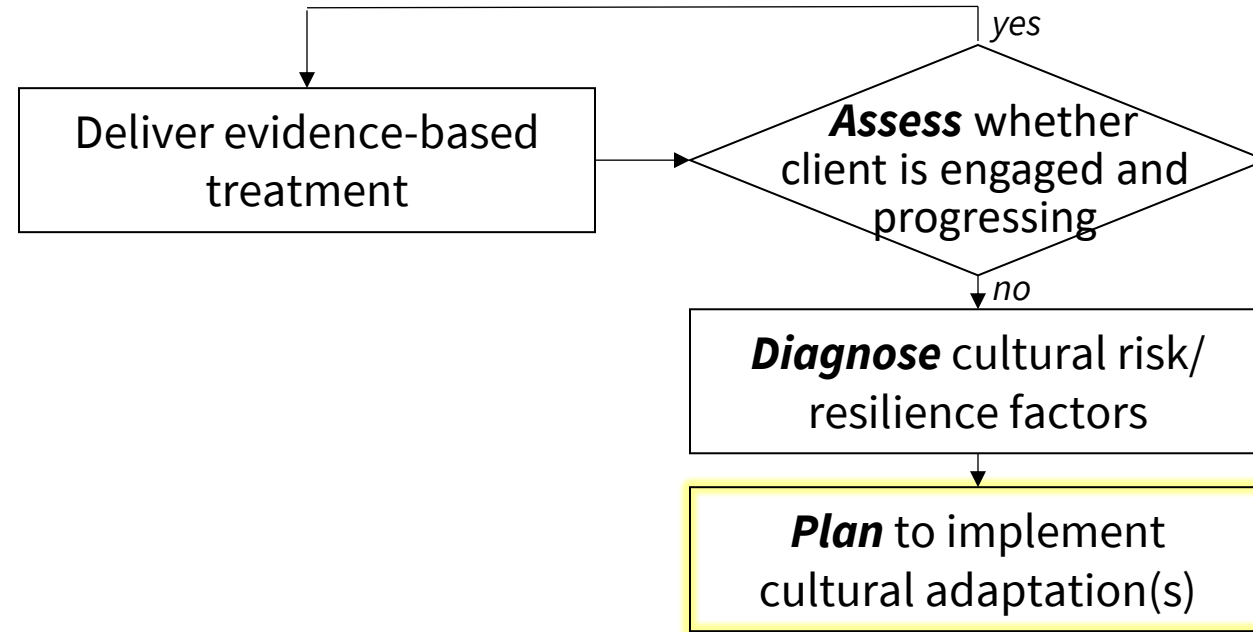
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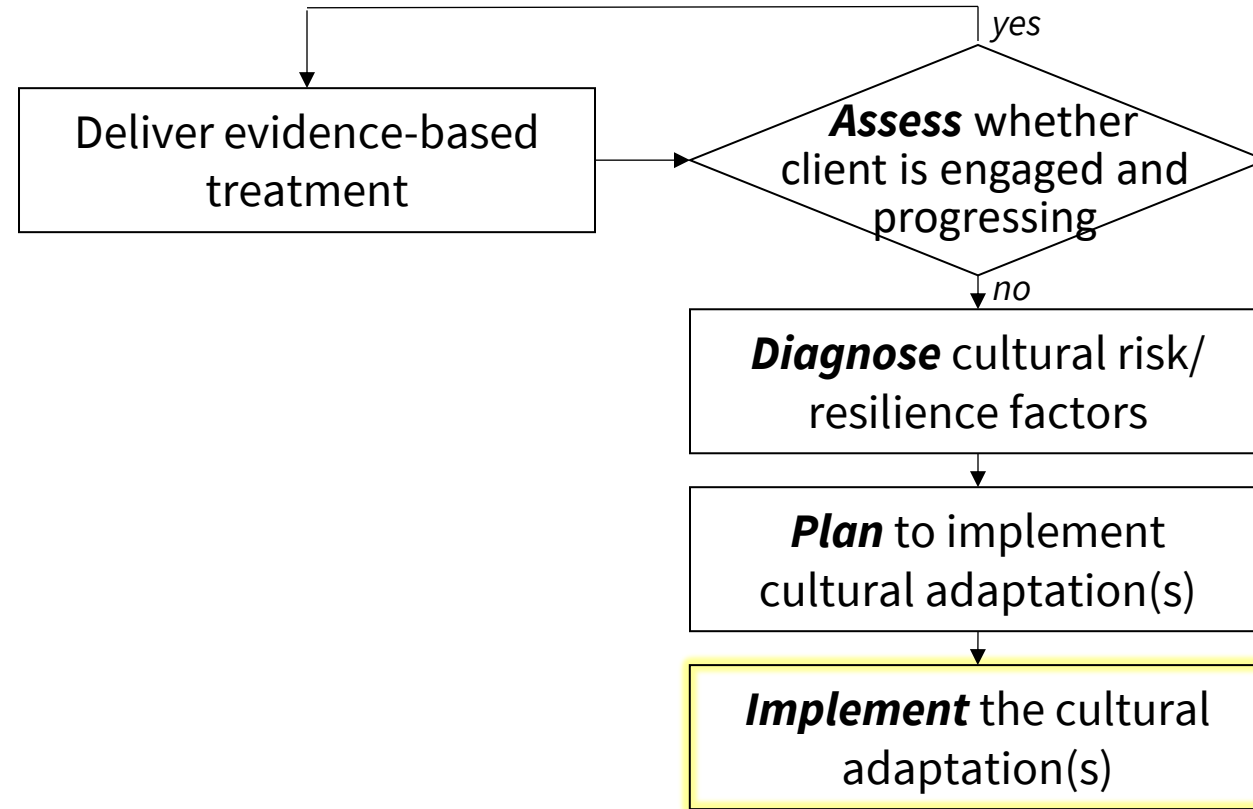
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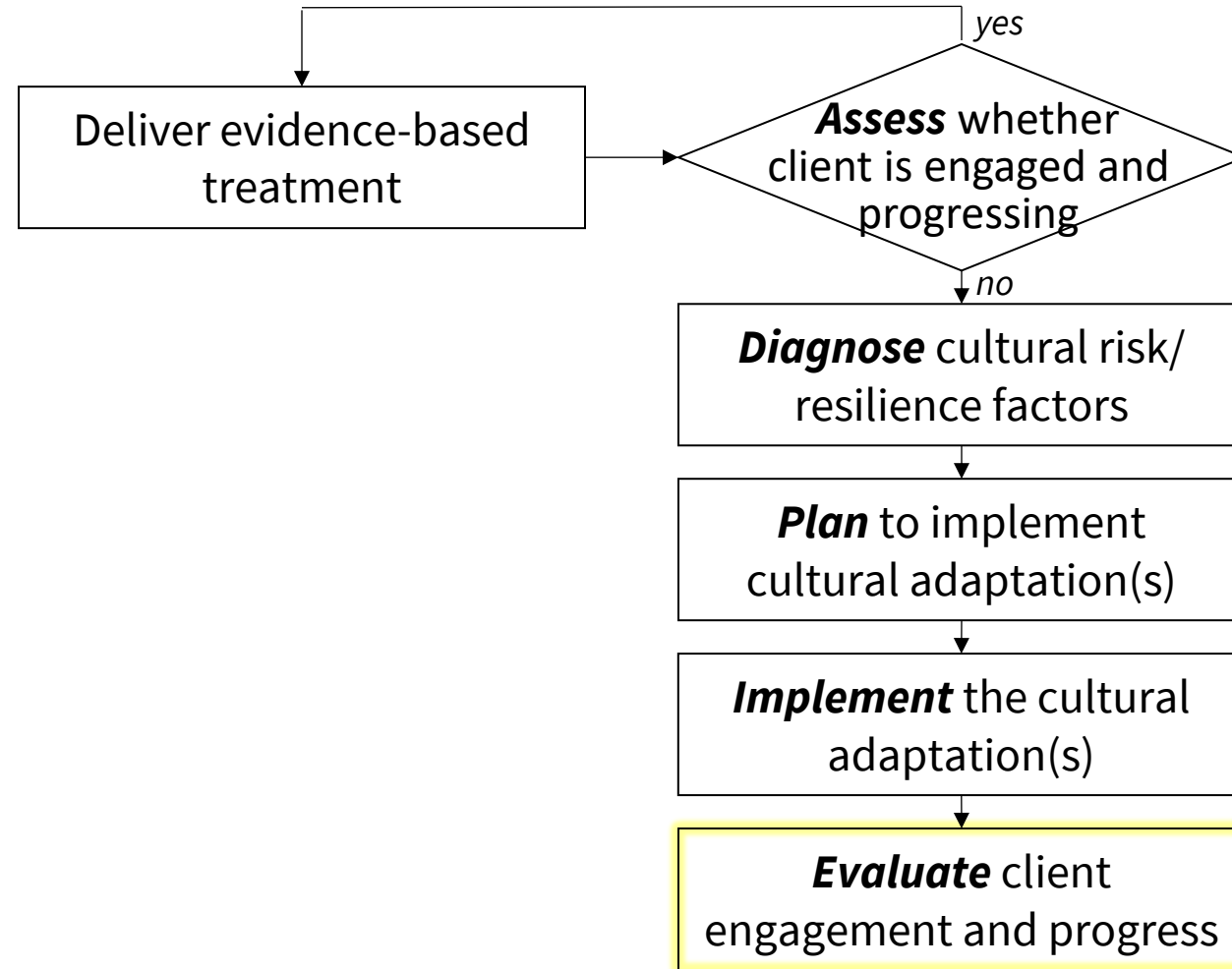
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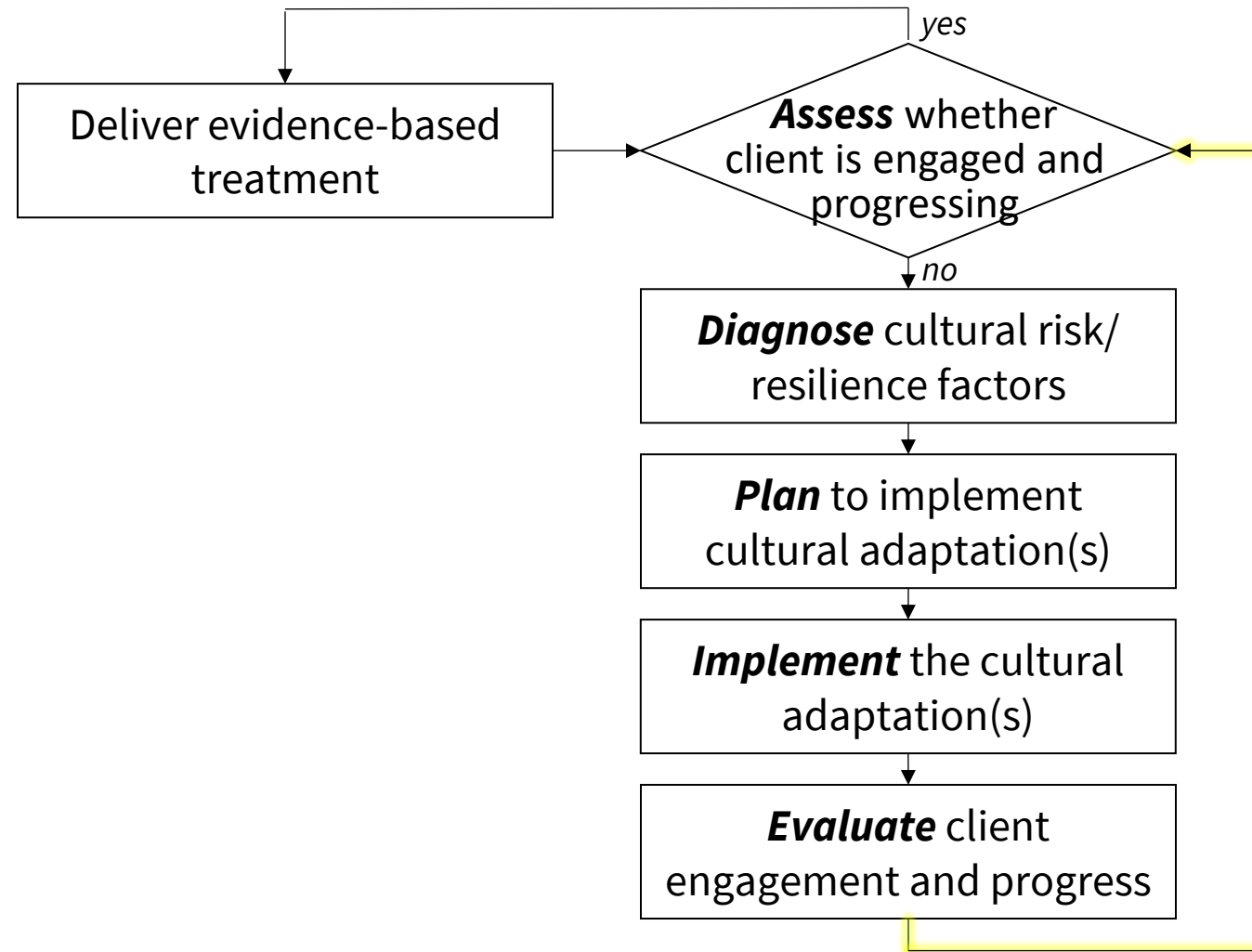
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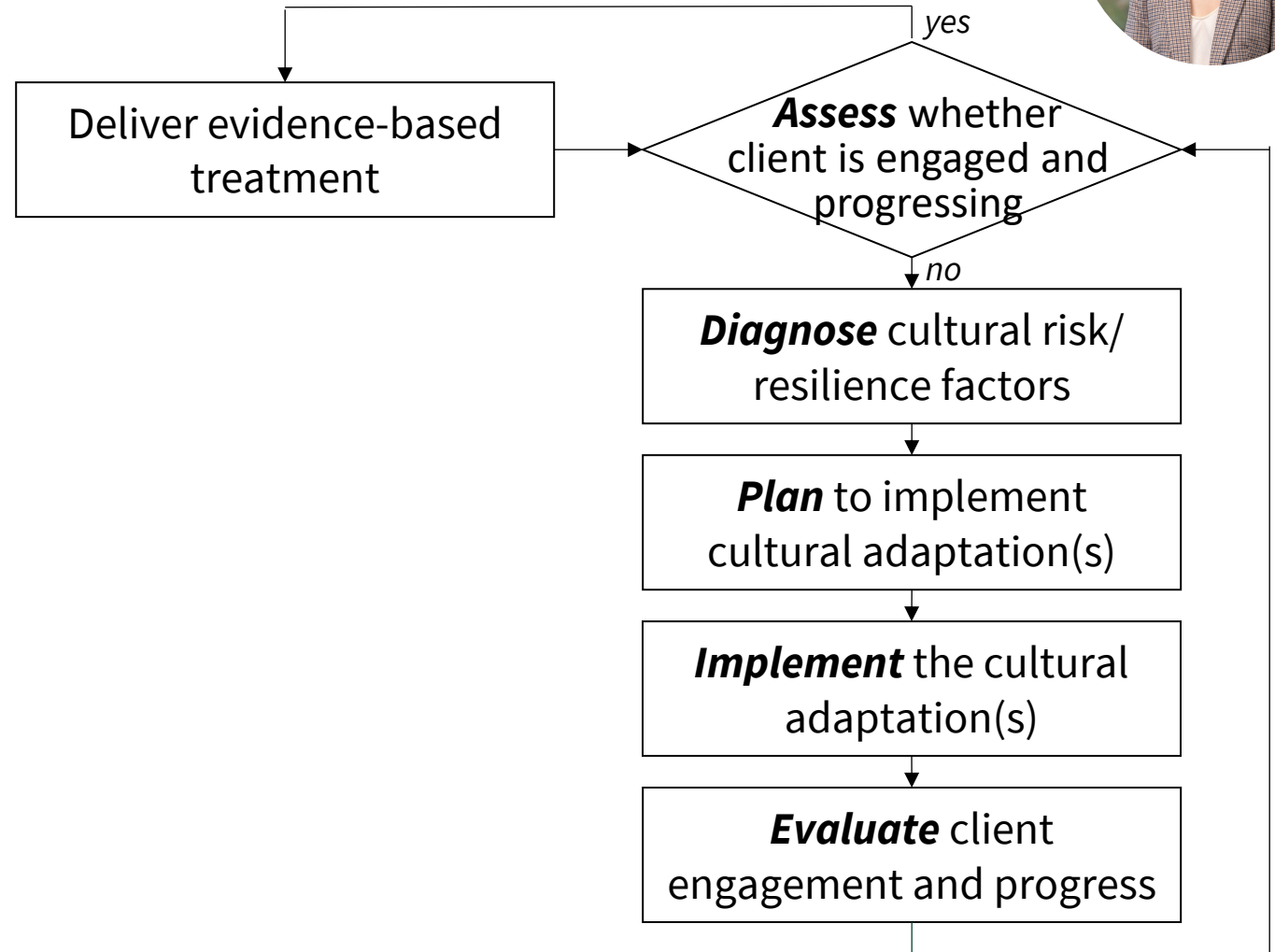
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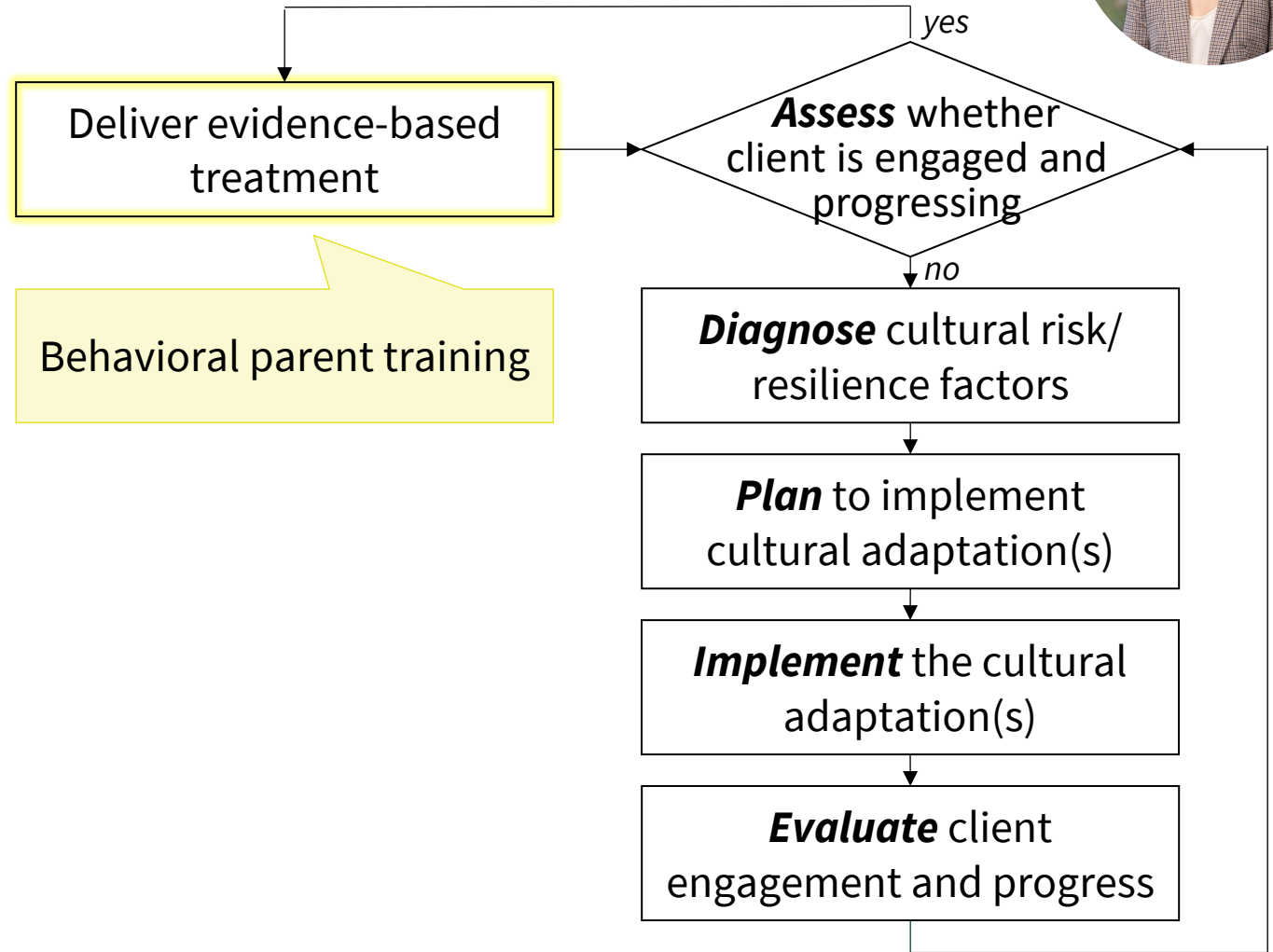
Daniela is a 7-year-old, Latina girl presenting with oppositional defiant disorder. After four weeks of working with Daniela's mother on reflecting, describing, and praising appropriate behavior, you recently shifted to working on ignoring temper tantrums. Daniela's mother and stepfather have noticed a recent increase in Daniela's temper tantrums, and Daniela's stepfather is concerned about whether treatment is helping.



Process for culturally adapting treatment



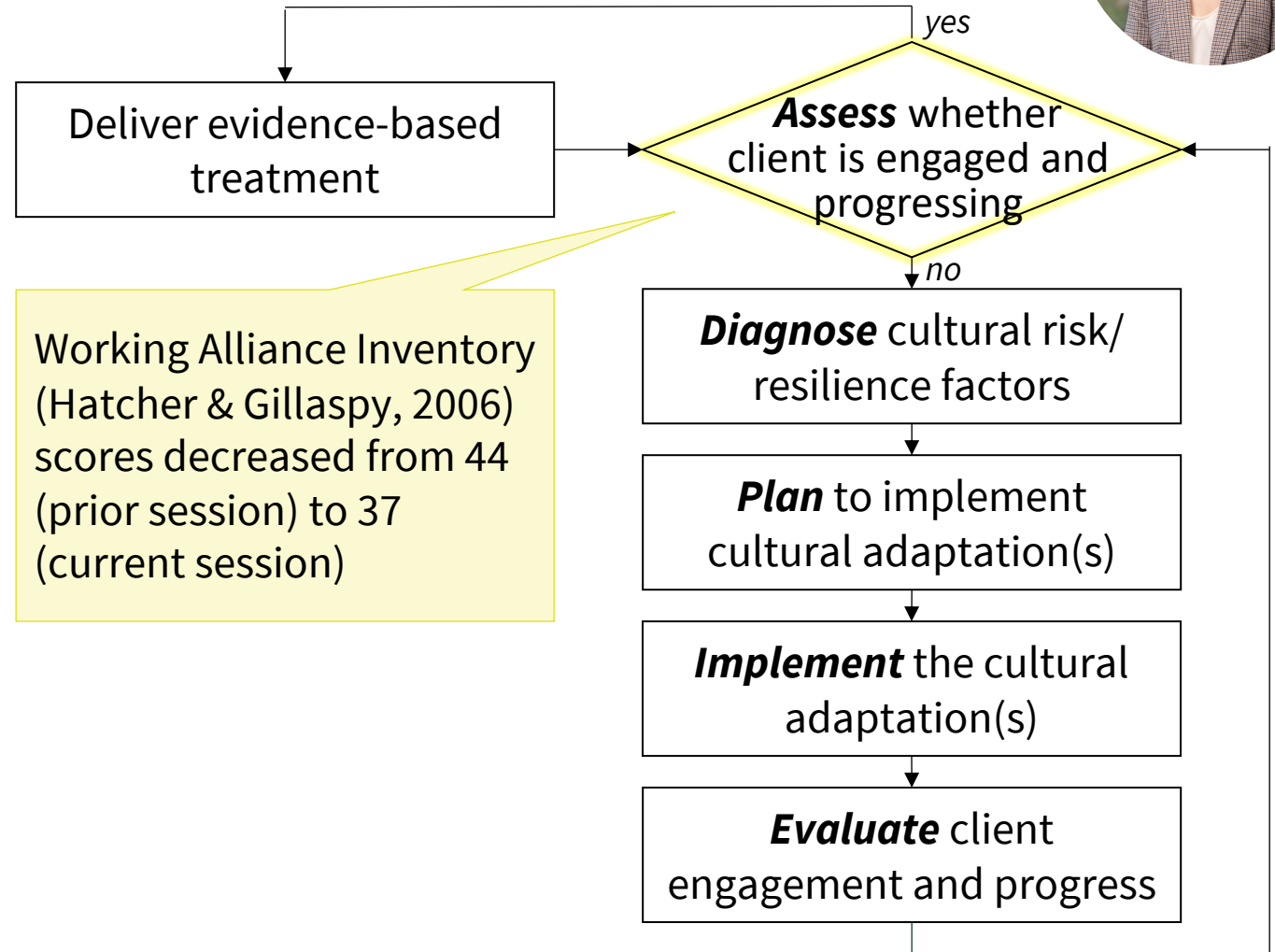
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Process for culturally adapting treatment



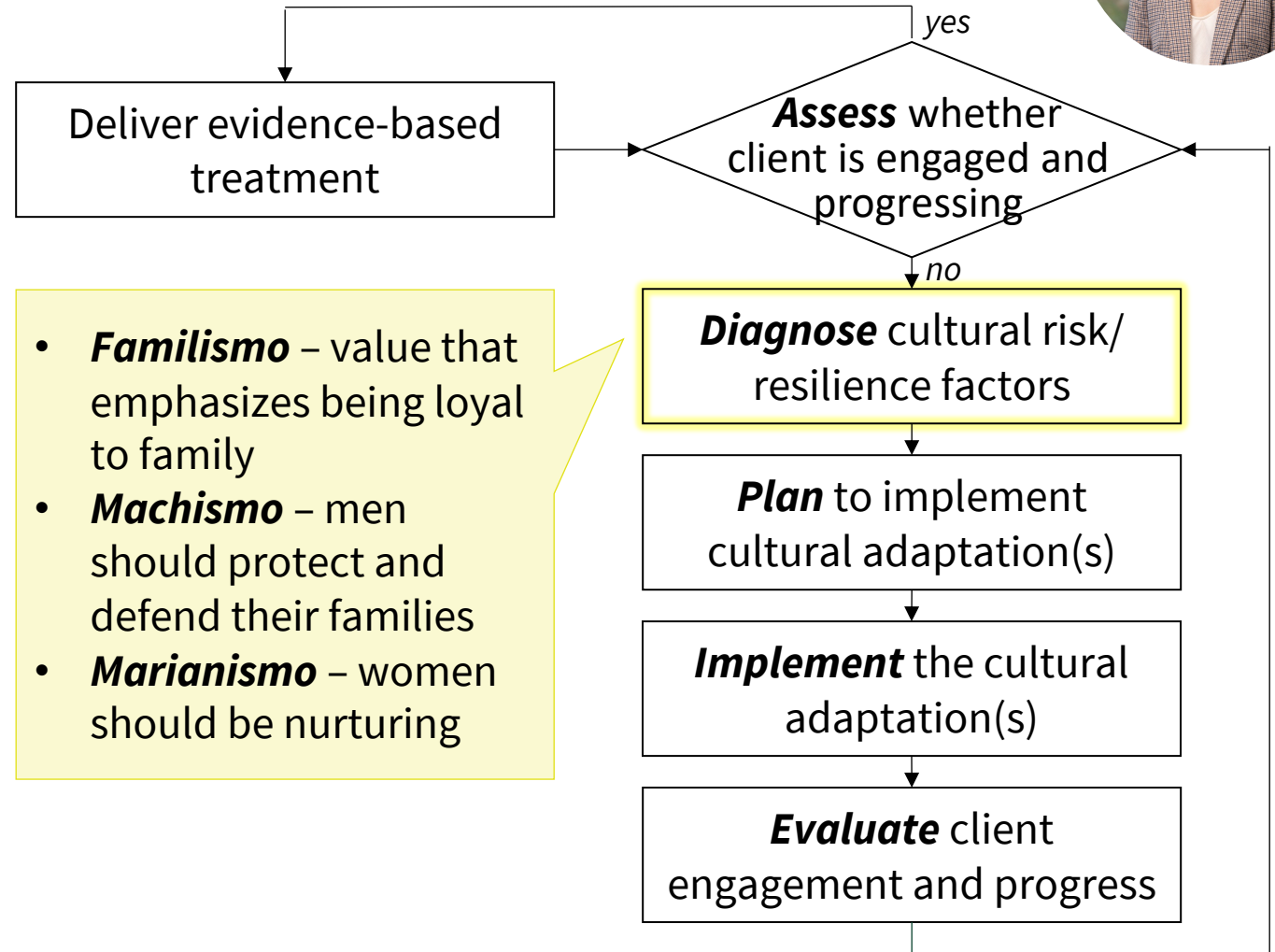
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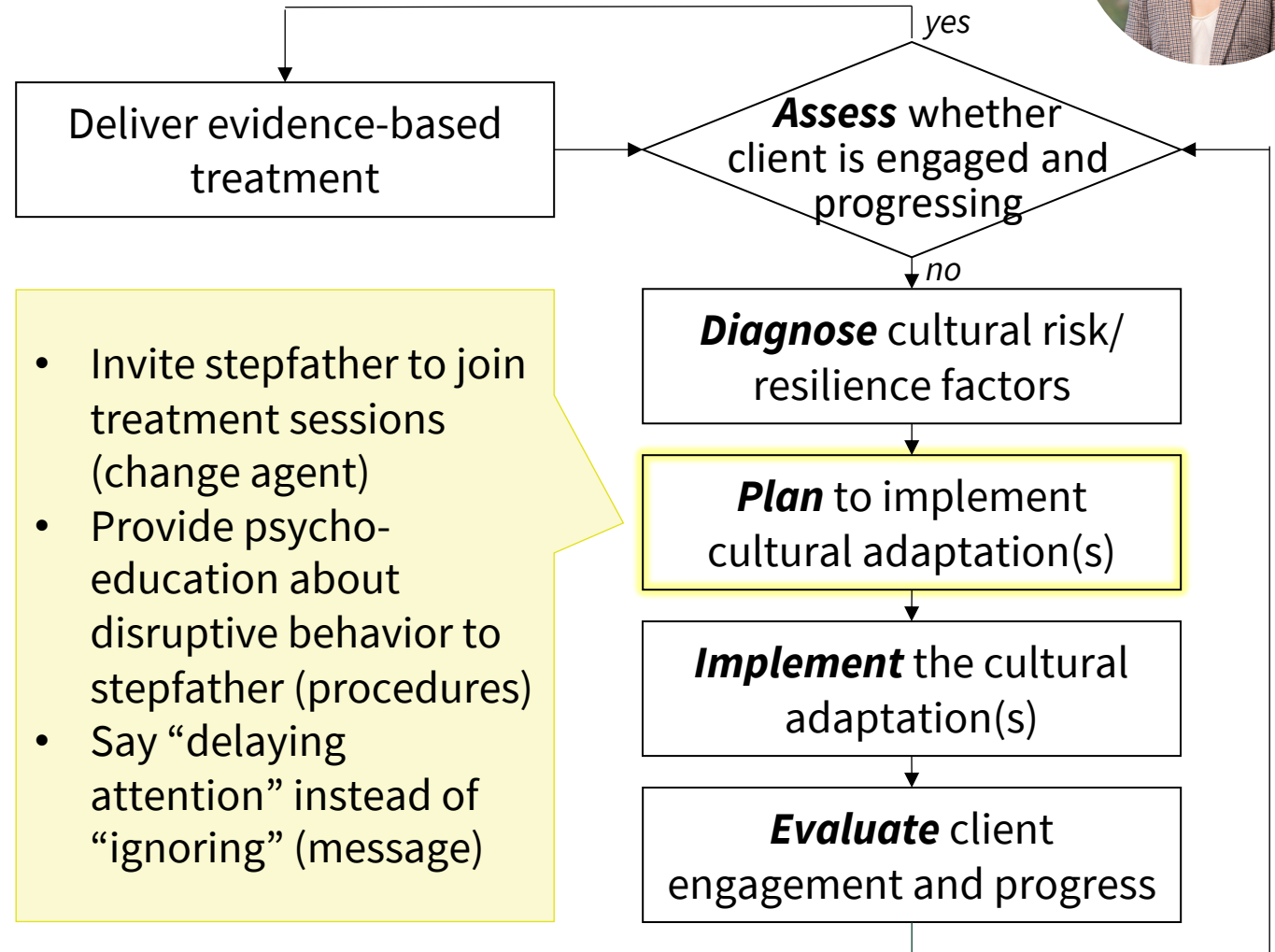


- **Familismo** – value that emphasizes being loyal to family
- **Machismo** – men should protect and defend their families
- **Marianismo** – women should be nurturing

Process for culturally adapting treatment



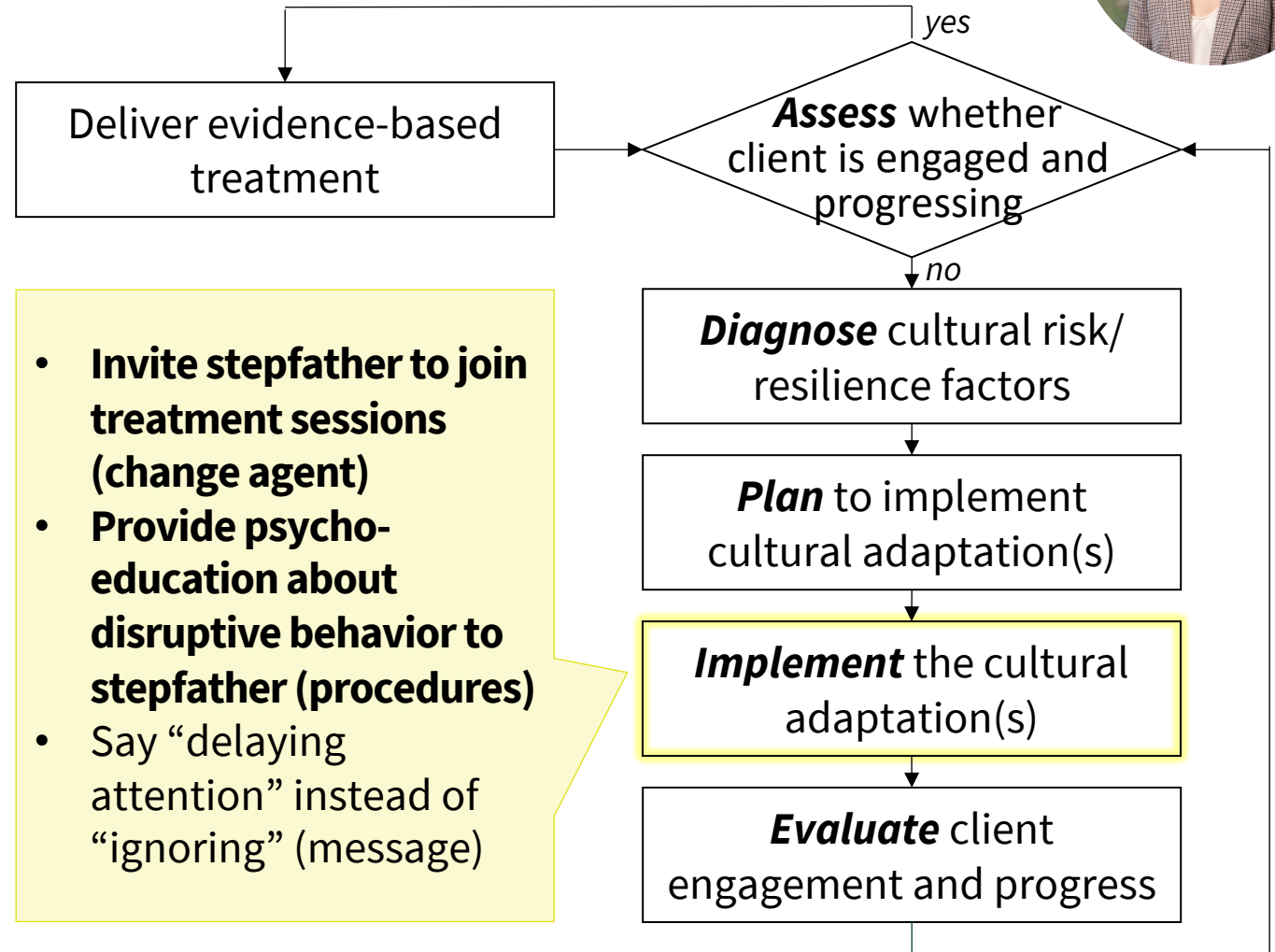
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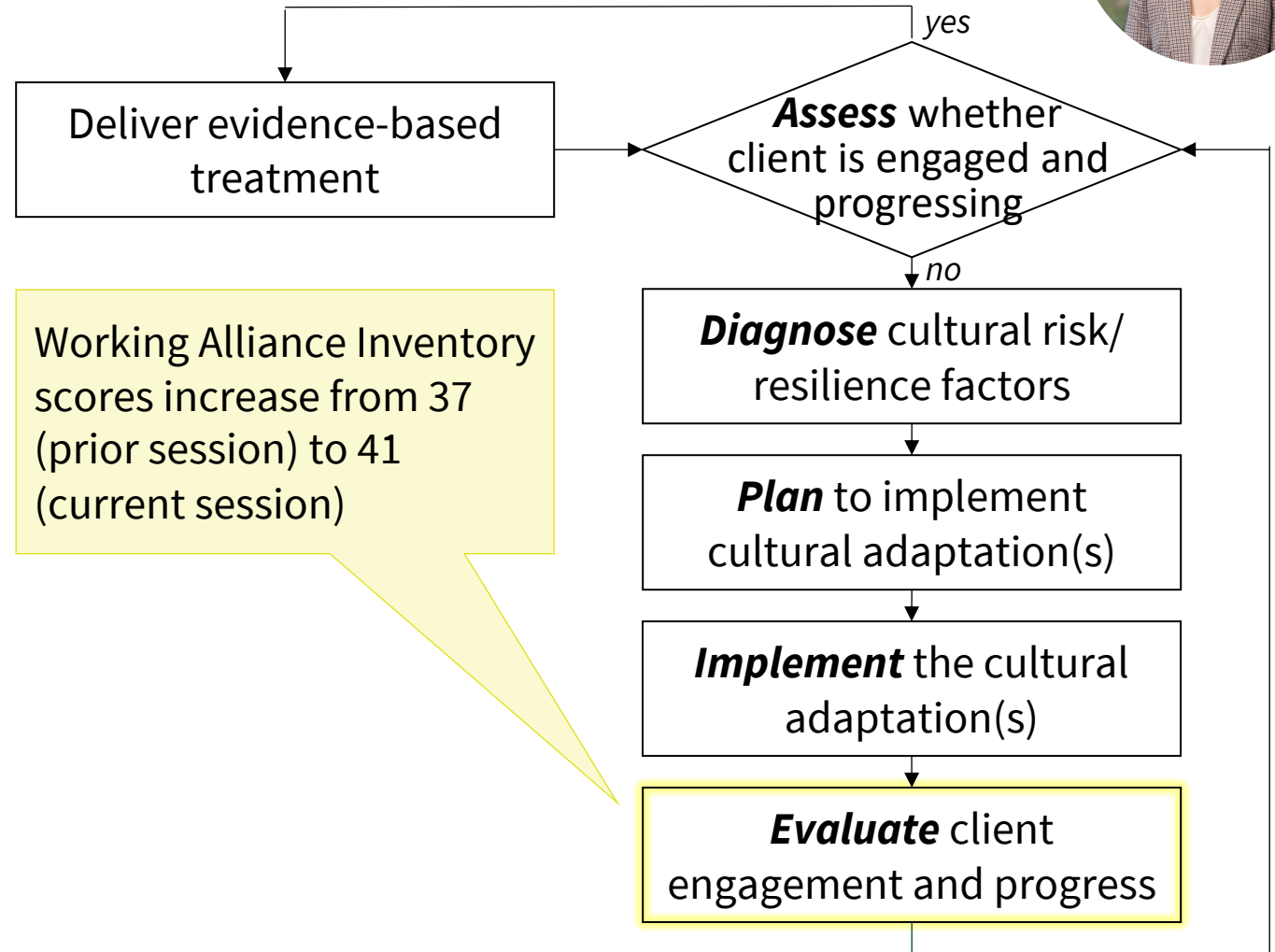
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The background of the slide features a light green topographic map with wavy contour lines. The map is partially visible, with the most detailed contour lines appearing on the right side of the slide.

Thank you!
Questions?