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

Rosa Maria Sternberg PhD, RN
UCSF Center for Aging in Diverse Communities (CADC)
Presenter Disclosures

Rosa Maria Sternberg PhD, RN

No relationships to disclose
Latinos at Risk of Depression

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

Alegria, et al. 2008
Barriers to Mental Health Services Among Latinos

- Shortage of \textit{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

Step 3: Train and Assess

Promotores

10 Promotores
Completed the Training
Promotores’ Characteristics (N=10)

- Mean age = 48 (range 37-65)
- 50% female
- 50% > college
- 33% fluent in English
- Most were married and had children
### Promotores (N=9) Pre-post Stress Management/Depression Knowledge Scores*

<table>
<thead>
<tr>
<th>Mean (SD), Range</th>
<th>Post-Training</th>
<th>P- value from linear mixed model comparison</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pre-Training</td>
<td>Post-Training</td>
<td></td>
</tr>
<tr>
<td>11.9 (5.1), 5-20</td>
<td>17.6 (3.9), 11-22</td>
<td>&lt;0.001</td>
</tr>
</tbody>
</table>

* Score is number of correct answers; range 0-29
## Mean Fidelity Score* of Promotores’ (N=9) Program Delivery

<table>
<thead>
<tr>
<th></th>
<th>Delivering Program to Community participants</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mean* (SD), range</td>
<td>3.4 (0.5), 2.6-3.9</td>
</tr>
</tbody>
</table>

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

<table>
<thead>
<tr>
<th>Outcome Measure</th>
<th>Pre-Group Sessions</th>
<th>Post-Group Sessions</th>
<th>P-value*</th>
</tr>
</thead>
<tbody>
<tr>
<td>SOIS</td>
<td>2.9 (1.1), 1.0 - 5</td>
<td>2.4 (0.9), 1.0 - 4.3</td>
<td>&lt;0.001</td>
</tr>
<tr>
<td>PSS</td>
<td>2.3 (0.9), 0.8 - 4</td>
<td>1.8 (0.9), 0.1 - 3.7</td>
<td>&lt;0.001</td>
</tr>
<tr>
<td>PHQ-9</td>
<td>8.8 (6.9), 0 – 26</td>
<td>4.4 (6.0), 0 – 26</td>
<td>&lt;0.001</td>
</tr>
</tbody>
</table>

*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
THANK YOU!