

Kulturelle Adaption von digitalen Interventionen: Mögliche Zugänge zu Menschen mit Migrationshintergrund

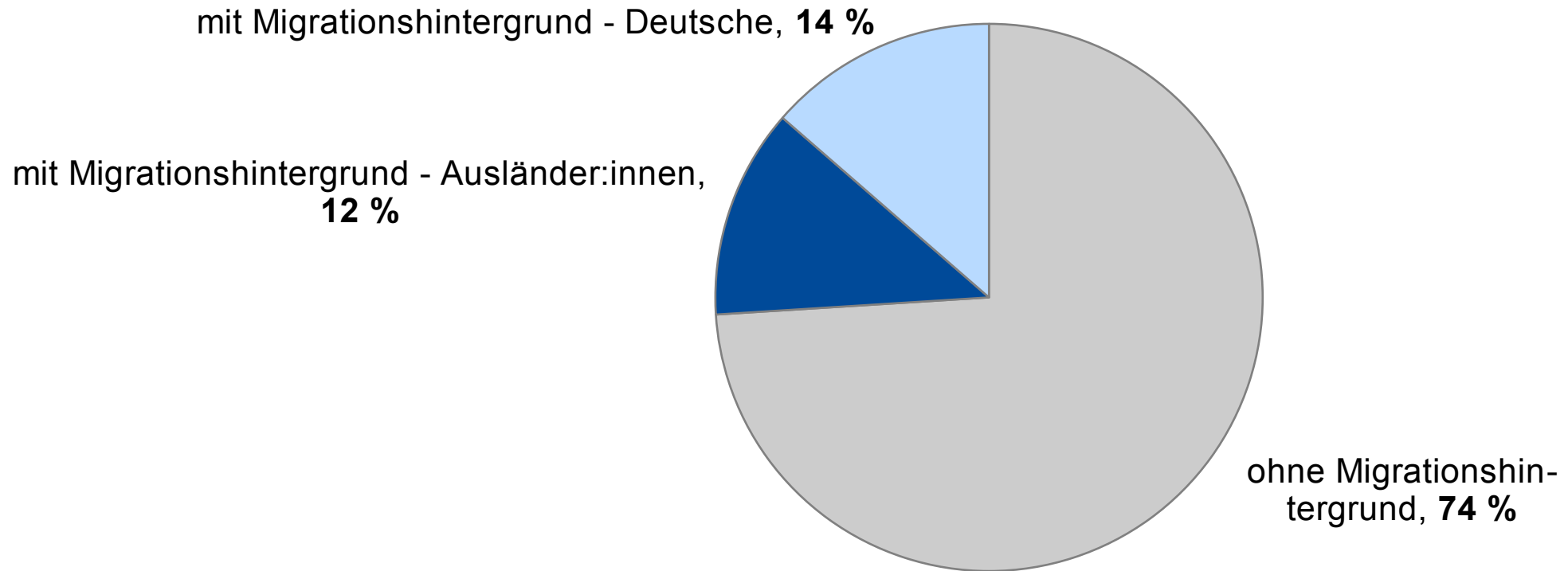
Kerstin Spanhel, M.Sc. Psych.

Abteilung für Rehabilitationspsychologie und Psychotherapie, Albert-Ludwigs-Universität Freiburg

11. Fachtagung des ZePG
Patientenschulung und Gesundheitsförderung digital?!

Freitag, 18. Juni 2021

Bevölkerung in Deutschland nach Migrationsstatus



ZIELGRUPPE: MENSCHEN MIT MIGRATIONSHINTERGRUND

Rehabilitation bei Menschen mit Migrationshintergrund

- **Geringere Inanspruchnahme von Gesundheitsleistungen**
 - In der medizinischen Reha (Brzoska et al., 2011; Razum et al., 2008; Zeeb et al., 2004)
 - In der psychosomatischen Reha (Lindert et al., 2008; Mösko et al., 2011)

- **Geringere Ergebnisqualität** (Brause et al., 2012; Mösko et al., 2011) **& Zufriedenheit** (Brzoska & Razum, 2015a)

Gesundheit bei Menschen mit Migrationshintergrund

- Körperliche Erkrankungen
 - v.a. arbeitsbezogene Erkrankungen (Brzoska & Razum, 2015b) & Infektionskrankheiten (Razum, 2007)
- Psychische Erkrankungen
 - Affektive & somatoforme Erkrankungen (Bas-Sarmiento et al., 2016; Bermejo et al., 2010; Dingoyan et al., 2017)

Versorgungslücke bei Menschen mit Migrationshintergrund

- **Barrieren** (Bermejo et al., 2012; Brause et al., 2010)
 - Sprachliche Barrieren
 - Fehlende Informationen
 - Negative Einstellungen & Erfahrungen
 - Kulturelle Barrieren (Krankheits-/ Behandlungskonzepte; Stigmatisierung)

Versorgungslücke bei Menschen mit Migrationshintergrund

- **Sonnenberger Leitlinien** (Machleidt, 2002):

Überwindung der Barrieren durch ...

- **Niedrigschwellige Angebote**
 - z.B. digitale Interventionen (Carlbring et al., 2018)
- **Kultursensitive Angebote** (Brzoska & Razum, 2015a; Kobelt et al., 2011)
 - z.B. kulturelle Adaption der Behandlungen

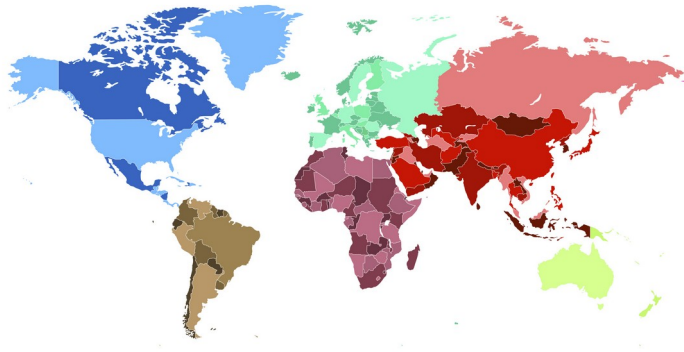
MÖGLICHKEITEN VON DIGITALEN INTERVENTIONEN

Digitale Interventionen bei Menschen mit Migrationshintergrund

- sprachliche Anpassung
 - ✓ Sprachliche Barrieren
- Bereitstellung von Informationen (Gesundheitssystem, Krankheit)
 - ✓ Fehlende Informationen
- erleichterter Zugang (Ort, Zeit)
 - ✓ Negative Einstellungen & Erfahrungen
- Anonymität
 - ✓ Stigmatisierung

(Griffiths et al., 2006)

Digitale Interventionen bei Menschen mit Migrationshintergrund



- Überwiegend für westliche Bevölkerungen entwickelt & evaluiert
- Geringere Effektivität bei Menschen mit einem anderen ethnischen Hintergrund (Karyotaki et al., 2018)

KULTURELLE ADAPTION VON (DIGITALEN) INTERVENTIONEN

Kulturelle Adaption von Therapien von Angesicht zu Angesicht

systematic modification of an evidence-based treatment (EBT) or intervention protocol to consider language, culture, and context in such a way that it is compatible with the client's cultural patterns, meanings, and values

(Bernal et al., 2009, S.362)


- **Zahlreiche Frameworks zu Vorgehen** (Barrera & Castro, 2006; Sidani et al., 2017) **und Inhalten** (Bernal et al., 1995; Hwang, 2006; Resnicow et al., 1999) **der Adaption**
- **Erhöhte Akzeptanz/ Effektivität** (Hall et al., 2016; Soto et al., 2018)

Kulturelle Adaption von digitalen Interventionen


- **Relevanter(er) bei digitalen Interventionen**
 - **Beschreibung & Evaluation kulturell adaptierter digitaler Interventionen**
für Menschen mit Migrationshintergrund (Choi et al., 2012; Eylem et al., 2020; Lindegaard et al., 2020)
für Menschen aus LMIC (Arjadi et al., 2018; Knaevelsrud et al., 2015; Salamanca-Sanabria et al., 2020)
 - **Meta-Analyse zu kulturell adaptierten Selbsthilfe-Interventionen** (Harper Shehadeh et al., 2016)
- **Frameworks zur kulturellen Adaption von niedrigschwelligen Interventionen**
(Heim & Kohrt, 2019; Perera et al., 2020)

Kulturelle Adaption: Forschungslücken

- Evaluation kulturell adaptierter digitaler Interventionen
 - Fehlende direkte Vergleiche
 - Fehlende Zusammenfassung der Wirksamkeit

 Zusammenfassung der Effektivität bei kulturell adaptierten digitalen Interventionen

- Systematisierung der kulturellen Adaption bei digitalen Interventionen
 - Fehlende Struktur im Vorgehen/ in den adaptierten Komponenten


 Systematisierung von Komponenten der kulturellen Adaption von digitalen Interventionen (Inhalt, Methodik, Vorgehen)

Systematische Literaturübersicht: Methodik

- Suchstrategie:
 - MEDLINE, PsycINFO, CENTRAL, Embase, Web of Science im Oktober 2020
 - Suchbegriffe: kulturelle Adaption, digitale Interventionen, psychische Gesundheit / Gesundheitsförderung
- Studienauswahl nach PRISMA Richtlinien
 - Title/ Abstract & Volltext Screening
- Datenextraktion & (deskriptive) Zusammenfassung
- Bewertung der Studienqualität

Meta-Analyse: Gesundheitsförderung

BMJ Open Protocol for a systematic review and meta-analysis of culturally adapted internet- and mobile-based health promotion interventions

Sumeyye Balci ¹, Kerstin Spanhel,² Lasse Sander,² Harald Baumeister¹

To cite: Balci S, Spanhel K, Sander L, et al. Protocol for a systematic review and meta-analysis of culturally adapted internet- and mobile-based health promotion interventions. *BMJ Open* 2020;10:e037698. doi:10.1136/bmjopen-2020-037698

► Prepublication history and additional material for this paper is available online. To view these files, please visit the journal online (<http://dx.doi.org/10.1136/bmjopen-2020-037698>).

Received 12 February 2020
Revised 10 July 2020
Accepted 02 October 2020



© Author(s) (or their employer(s)) 2020. Re-use permitted under CC BY-NC. No commercial re-use. See rights and permissions. Published by BMJ.

¹Department of Clinical Psychology and Psychotherapy, Institute of Psychology and Education, University of Ulm, Ulm, Germany

²Department of Rehabilitation Psychology and Psychotherapy, Institute of Psychology, Albert-Ludwigs-Universität Freiburg, Freiburg im Breisgau, Baden-Württemberg, Germany

Correspondence to
Sumeyye Balci;
sumeyye.balci@uni-ulm.de

ABSTRACT

Introduction High rates of immigration pose challenges for the healthcare systems of many countries to offer high-quality care to diverse populations. Advancing health interventions with incorporating the cultural background of diverse populations can be helpful to overcome this challenge. First studies suggest that culturally diverse populations might benefit from culturally adapted internet-based and mobile-based interventions (IMI) to promote health behaviours. However, the effectiveness of culturally adapted IMIs for health promotion interventions has not been evaluated systematically. Therefore, the aim of this review is to assess the effectiveness of culturally adapted IMIs regarding health promotion. Additionally, the cultural adaptation features of these interventions will be outlined.

Methods and analysis Randomised controlled trials (RCTs) investigating the effectiveness of culturally adapted IMIs to promote health behaviours in the field of healthy eating, smoking cessation, alcohol consumption, physical activity and sexual health behaviour will be identified via a systematic search of the databases MEDLINE, Embase, PsycINFO, CENTRAL. The preliminary search has been conducted on the 26 August 2019 and will be updated in the process. Data will be pooled meta-analytically in case of at least three included studies reporting on the same outcome. Moreover, a narrative synthesis of the included studies will be conducted. The risk of bias will be assessed using the Cochrane Collaboration's tool for the Quality Assessment of RCTs V. 2.0. Publication bias will be assessed using funnel plots.

Ethics and dissemination Ethical approval is not required for this study. The results of this study will be published in a peer-reviewed international journal.

PROSPERO registration number PROSPERO; CRD42020152939

INTRODUCTION

Non-communicable diseases (NCDs) accounted for 71% of the global deaths in 2016.¹ NCDs are also a major barrier in the reduction of the total burden of these diseases and achieving good health for all people.² Minority populations suffer from NCDs more than the general population.³ Furthermore, compared with non-immigrant populations, immigrants show a higher prevalence of

Strengths and limitations of this study

- This is the first comprehensive systematic review of culturally adapted internet-based and mobile-based health promotion interventions.
- This review only includes randomised controlled trial studies to maintain a high methodological standard.
- This review covers the internet-based and mobile-based health promotion interventions in the areas of healthy eating, physical activity, sexual health behaviour, smoking cessation and alcohol consumption.
- Our search yielded only studies written in English, which might be indicative of a selective reporting bias.
- We are expecting a substantial heterogeneity in study designs and outcomes which might challenge firm conclusions.

diabetes, cardiovascular diseases (CVDs), HIV/AIDS⁴ and high blood pressure.⁵⁻⁶ The burden and prevalence of NCDs are on the rise in low-income countries as well as in middle-income and high-income countries.⁷ Furthermore, the risk is higher for people with a migration background living in middle-income and high-income countries.⁸⁻¹⁰

One approach to preventing NCDs and improving peoples health constitutes health promotion interventions.¹¹ Health promotion interventions can modify behavioural risk factors by targeting healthy eating, exercising,¹² not smoking, sexual health behaviour, namely condom use and HIV testing, and avoiding the harmful use of alcohol.¹³⁻¹⁵ These behaviours are related to morbidity and mortality globally¹⁶ and promoted by WHO to decrease the chances of developing NCD and to keep a healthy life.¹⁷⁻¹⁸ Additionally, socioeconomic factors and migration itself play an important role in accessing and benefiting from healthcare interventions.¹⁹⁻²⁰ The access of immigrants and minority populations to health services

Systematische Übersicht: Psychische Erkrankungen

PROTOCOL

Open Access



Cultural adaptation of Internet- and mobile-based interventions for mental disorders: a systematic review protocol

Kerstin Spanhel^{1*}, Sumeyye Balci², Harald Baumeister², Juergen Bengel¹ and Lasse B. Sander¹

Abstract

Background: Internet- and mobile-based interventions (IMI) are an effective and scalable low-threshold solution to reach people who are undersupplied by current healthcare. Adapting interventions to the cultural and ethnic background of the target group enhances their acceptance and effectiveness. However, no systematic approach to cultural adaptation of IMI has been established so far. Therefore, this review aims to summarise components and procedures commonly used in the cultural adaptation of IMI for mental disorders, as well as the current evidence base on whether such a cultural adaptation leads to an increased acceptance, adherence, and effectiveness of IMI for mental disorders.

Methods: A systematic literature search will be performed using the following databases: MEDLINE, Embase, PsycINFO, CENTRAL, and WoS. The search term will include keywords related to cultural adaptation, IMI, and mental disorders/disturbances. Two independent reviewers will evaluate studies against inclusion and exclusion criteria and extract study and intervention characteristics, details on the cultural adaptation approach, and outcome data. Quality of evidence will be assessed using the Quality Assessment Tool for Reviewing Studies with Diverse Designs, and results will be synthesised qualitatively.

Discussion: Providing adequate mental healthcare regardless of cultural backgrounds is a major global health challenge. The planned systematic review will lay the foundation for the further development of the cultural adaptation of IMI for mental disorders by summarising the current state and providing recommendations for future research.

Systematic review registration: PROSPERO [CRD42019142320](https://www.crd.york.ac.uk/PROSPERO/record/CRD42019142320)

Keywords: Mental health gap, Cultural sensitive psychotherapy, eHealth, Low-threshold intervention

* Correspondence: kerstin.spanhel@psychologie.uni-freiburg.de

¹Department of Rehabilitation Psychology and Psychotherapy, Institute of Psychology, University of Freiburg, Engelbergstr. 41, 79085 Freiburg, Germany

Full list of author information is available at the end of the article



© The Author(s). 2020 **Open Access** This article is licensed under a Creative Commons Attribution 4.0 International License, which permits use, sharing, adaptation, distribution and reproduction in any medium or format, as long as you give appropriate credit to the original author(s) and the source, provide a link to the Creative Commons licence, and indicate if changes were made. The images or other third party material in this article are included in the article's Creative Commons licence, unless indicated otherwise in a credit line to the material. If material is not included in the article's Creative Commons licence and your intended use is not permitted by statutory regulation or exceeds the permitted use, you will need to obtain permission directly from the copyright holder. To view a copy of this licence, visit <http://creativecommons.org/licenses/by/4.0/>. The Creative Commons Public Domain Dedication waiver (<http://creativecommons.org/publicdomain/zero/1.0/>) applies to the data made available in this article, unless otherwise stated in a credit line to the data.

Take home

- Digitale Interventionen könnten eine niedrigschwellige Behandlungsoption sein, die dabei helfen, Barrieren in der Zielgruppe zu überwinden
- Die Anwendung könnte durch eine kulturelle Adaption erleichtert werden
- Zur Untersuchung bedarf es weiterer Evaluationen von digitalen Interventionen, die systematisch kulturell adaptiert wurden

Спасибо תודה Merci
تشکر
Obrigado Thank you Danke
Whakawhetai Teşekkür 谢谢
شکر
감사 Захвалити Tak Gracias Ευχαριστώ
spas dikim 感謝 Kuwashukuru

Literatur

- Abuwalla, Z., Kadhem, Z., Gladstone, T., Mikhael, E., Bishay, A., & Van Voorhees, B. W. (2017). Proposed model for the cultural adaptation of an Internet-based depression prevention intervention (CATCH-IT) for Arab adolescents. *International Journal of Adolescent Medical Health*, 31(1), 1–24. <https://doi.org/10.1515/ijamh-2016-0147>
- Arjadi, R., Nauta, M. H., Scholte, W. F., Hollon, S. D., Chowdhary, N., Suryani, A. O., ... Bockting, C. L. H. (2018). Internet-based behavioural activation with lay counsellor support versus online minimal psychoeducation without support for treatment of depression: a randomised controlled trial in Indonesia. *The Lancet Psychiatry*, 5(9), 707–716. [https://doi.org/10.1016/S2215-0366\(18\)30223-2](https://doi.org/10.1016/S2215-0366(18)30223-2)
- Balci, S., Spanhel, K., Sander, L. B., & Baumeister, H. (2020). Protocol for a systematic review and meta-analysis of culturally adapted internet- and mobile-based health promotion interventions. *BMJ Open*, 10(11), e037698. <https://doi.org/10.1136/bmjopen-2020-037698>
- Bas-Sarmiento, P., Saucedo-Moreno, M. J., Fernández-Gutiérrez, M., & Poza-Méndez, M. (2016). Mental health in immigrants versus native population: a systematic review of the literature. *Archives of Psychiatric Nursing*, 31(1), 111–121. <https://doi.org/10.1016/j.apnu.2016.07.014>
- Bermejo, I., Hölzel, L. P., Kriston, L., & Härter, M. (2012). Subjektiv erlebte Barrieren von Personen mit Migrationshintergrund bei der Inanspruchnahme von Gesundheitsmaßnahmen [Barriers in the attendance of health care interventions by immigrants]. *Bundesgesundheitsblatt*, 55(8), 944–953. <https://doi.org/10.1007/s00103-012-1511-6>
- Bermejo, I., Mayninger, E., Kriston, L., & Härter, M. (2010). Psychische Störungen bei Menschen mit Migrationshintergrund im Vergleich zur deutschen Allgemeinbevölkerung. *Psychiatrische Praxis*, 37(5), 225–232. <https://doi.org/10.1055/s-0029-1223513>
- Bernal, G., Bonilla, J., & Bellido, C. (1995). Ecological validity and cultural sensitivity for outcome research - issues for the cultural-adaptation and development of psychosocial treatments with hispanics. *Journal of Abnormal Child Psychology*, 23(1), 67–82. <https://doi.org/10.1017/CBO9781107415324.004>
- Bernal, G., Jiménez-Chafey, M. I., & Domenech Rodríguez, M. M. (2009). Cultural adaptation of treatments: a resource for considering culture in evidence-based practice. *Professional Psychology: Research and Practice*, 40(4), 361–368. <https://doi.org/10.1037/a0016401>
- Brause, M., Reutin, B., Razum, O., & Schott, T. (2012). Rehabilitationserfolg bei Menschen mit türkischem Migrationshintergrund - Eine Auswertung von Routinedaten der Deutschen Rentenversicherungen Rheinland und Westfalen. *Rehabilitation (Germany)*, 51(5), 282–288. <https://doi.org/10.1055/s-0031-1295448>
- Brause, M., Reutin, B., Schott, T., & Aslan, Y. Y. (2010). Migration und gesundheitliche Ungleichheit in der Rehabilitation. Bielefeld.
- Brooks, E., Novins, D. K., Noe, T., Bair, B., Dailey, N., Lowe, J., ... Shore, J. H. (2013). Reaching rural communities with culturally appropriate care: a model for adapting remote monitoring to American Indian veterans with posttraumatic stress disorder. *Telemedicine and E-Health*, 19(4), 272–277. <https://doi.org/10.1089/tmj.2012.0117>
- Brzoska, P., & Razum, O. (2015a). Erreichbarkeit und Ergebnisqualität rehabilitativer Versorgung bei Menschen mit Migrationshintergrund [Accessibility and quality of rehabilitative services among migrants in Germany]. *Bundesgesundheitsblatt - Gesundheitsforschung - Gesundheitsschutz*, 58(6), 553–559. <https://doi.org/10.1007/s00103-015-2144-3>
- Brzoska, P., & Razum, O. (2015b). Migration and occupational health: High work-related burden. *Public Health Forum*, 23(2), 113–115. <https://doi.org/10.1515/pubhef-2015-0041>
- Brzoska, P., Yilmaz-Aslan, Y., & Razum, O. (2011). Zugang und Wirksamkeit bei der medizinischen Rehabilitation für Menschen mit Migrationshintergrund. *Public Health Forum*, 19(4), 19–21. <https://doi.org/10.1016/j.phf.2011.10.003>
- Carlbring, P., Andersson, G., Cuijpers, P., Riper, H., & Hedman-Lagerlöf, E. (2018). Internet-based vs. face-to-face cognitive behavior therapy for psychiatric and somatic disorders: an updated systematic review and meta-analysis. *Cognitive Behaviour Therapy*, 47(1), 1–18. <https://doi.org/10.1080/16506073.2017.1401115>
- Chen, H., Rodriguez, M. A., Qian, M., Kishimoto, T., Lin, M., & Berger, T. (2019). Predictors of treatment outcomes and adherence in internet-based cognitive behavioral therapy for social anxiety in China. *Behavioural and Cognitive Psychotherapy*, 1–13. <https://doi.org/10.1017/S1352465819000730>
- Choi, I., Zou, J., Titov, N., Dear, B. F., Li, S., Johnston, L., ... Hunt, C. (2012). Culturally attuned internet treatment for depression amongst Chinese Australians: a randomised controlled trial. *Journal of Affective Disorders*, 136(3), 459–468. <https://doi.org/10.1016/j.jad.2011.11.003>
- Dingoyan, D., Schulz, H., Kluge, U., Penka, S., Vardar, A., von Wolff, A., ... Mösko, M. (2017). Lifetime prevalence of mental disorders among first and second generation individuals with Turkish migration backgrounds in Germany. *BMC Psychiatry*, 17(1), 1–14. <https://doi.org/10.1186/s12888-017-1333-z>

Literatur

- Eylem, O., van Straten, A., de Wit, L., Rathod, S., Bhui, K., & Kerkhof, A. J. F. M. (2020). Reducing suicidal ideation among Turkish migrants in the Netherlands and in the UK: a pilot RCT of a guided online intervention, Preprint at <https://www.researchsquare.com/article>. Retrieved from 10.21203/rs.2.24468/v1
- Garabiles, M. R., Harper Shehadeh, M., & Hall, B. J. (2019). Cultural adaptation of a scalable World Health Organization e-mental health program for overseas Filipino workers. *JMIR Formative Research*, 3(1), e11600. <https://doi.org/10.2196/11600>
- Gorman, J. R., Clapp, J. D., Calac, D., Kolander, C., Nyquist, C., & Chambers, C. D. (2013). Creating a culturally appropriate web-based behavioral intervention for American Indian/ Alaska native women in Southern California: the healthy women healthy native nation study. *American Indian and Alaska Native Mental Health Research*, 20(1), 1–15. <https://doi.org/10.5820/aian.2001.2013.1>
- Griffiths, F., Lindenmeyer, A., Powell, J., Lowe, P., & Thorogood, M. (2006). Why are health care interventions delivered over the Internet? A systematic review of the published literature. *Journal of Medical Internet Research*, 8(2), e10. <https://doi.org/10.2196/jmir.8.2.e10>
- Hall, G. C. N., Ibaraki, A. Y., Huang, E. R., Marti, C. N., & Stice, E. (2016). A meta-analysis of cultural adaptations of psychological interventions. *Behavior Therapy*, 47(6), 993–1014. <https://doi.org/10.1016/j.beth.2016.09.005>
- Harper Shehadeh, M. J., Heim, E., Chowdhary, N., Maercker, A., & Albanese, E. (2016). Cultural adaptation of minimally guided interventions for common mental disorders: a systematic review and meta-analysis. *JMIR Mental Health*, 3(3), e44. <https://doi.org/10.2196/mental.5776>
- Heim, E., & Kohrt, B. A. (2019). Cultural adaptation of scalable psychological interventions: a new conceptual framework. *Clinical Psychology in Europe*, 1(4), e37679. <https://doi.org/10.32872/cpe.v1i4.37679>
- Hwang, W. C. (2006). The psychotherapy adaptation and modification framework: application to Asian Americans. *American Psychologist*, 61(7), 702–715. <https://doi.org/10.1037/0003-066X.61.7.702>
- Juniar, D., van Ballegooijen, W., Karyotaki, E., van Schaik, A., Passchier, J., Heber, E., ... Riper, H. (2019). Web-based stress management program for university students in Indonesia: systematic cultural adaptation and protocol for a feasibility study. *JMIR Research Protocols*, 8(1), e11493. <https://doi.org/10.2196/11493>
- Kanuri, N., Arora, P., Talluru, S., Colaco, B., Dutta, R., Rawat, A., ... Newman, M. G. (2020). Examining the initial usability, acceptability and feasibility of a digital mental health intervention for college students in India. *International Journal of Psychology*, 55(4), 657–673. <https://doi.org/10.1002/ijop.12640>
- Karyotaki, E., Ebert, D. D., Donkin, L., Riper, H., Twisk, J., Burger, S., ... Cuijpers, P. (2018). Do guided internet-based interventions result in clinically relevant changes for patients with depression? An individual participant data meta-analysis. *Clinical Psychology Review*, 63, 80–92. <https://doi.org/10.1016/j.cpr.2018.06.007>
- Knaevelsrud, C., Brand, J., Lange, A., Ruwaard, J., & Wagner, B. (2015). Web-based psychotherapy for posttraumatic stress disorder in war-traumatized Arab patients: randomized controlled trial. *Journal of Medical Internet Research*, 17(3), e71. <https://doi.org/10.2196/jmir.3582>
- Kobelt, A., Göbber, J., & Petermann, F. (2011). Die Bedarfsfrage in der Rehabilitation und die Versorgung neuer Zielgruppen. *Migranten in der psychosomatischen Rehabilitation. Bundesgesundheitsblatt - Gesundheitsforschung - Gesundheitsschutz*, 54(4), 475–481. <https://doi.org/10.1007/s00103-011-1242-0>
- Lal, S., Gleeson, J., Rivard, L., D'Alfonso, S., Joober, R., Malla, A., & Alvarez-Jimenez, M. (2020). Adaptation of a digital health innovation to prevent relapse and support recovery in youth receiving services for first-episode psychosis: results from the Horyzons-Canada phase 1 study. *JMIR Formative Research*, 4(10), e19887. <https://doi.org/10.2196/19887>
- Lin, L. Y., Wang, K., Kishimoto, T., Rodriguez, M., Qian, M., Yang, Y., ... Tian, C. (2020). An internet-based intervention for individuals with social anxiety and different levels of Taijin Kyofusho in China. *Journal of Cross-Cultural Psychology*, 51(5), 387–402. <https://doi.org/10.1177/0022022120920720>
- Lindegård, T., Seaton, F., Halaj, A., Berg, M., Kashoush, F., Barchini, R., ... Andersson, G. (2020). Internet-based cognitive behavioural therapy for depression and anxiety among Arabic-speaking individuals in Sweden: a pilot randomized controlled trial. *Cognitive Behaviour Therapy*, 50(1), 47–66. <https://doi.org/10.1080/16506073.2020.1771414>
- Lindert, J., Priebe, S., Penka, S., Napo, F., Schouler-Ocak, M., & Heinz, A. (2008). Versorgung psychisch kranker Patienten mit Migrationshintergrund. *Psychotherapie, Psychosomatik, Medizinische Psychologie*, 58(03/04), 123–129. <https://doi.org/10.1055/s-2008-1067360>
- Machleidt, W. (2002). Die 12 Sonnenberger Leitlinien zur psychiatrisch-psychotherapeutischen Versorgung von MigrantInnen in Deutschland. *Der Nervenarzt*, 73(12), 1208–1212. <https://doi.org/10.1007/s00115-002-1460-7>

Literatur

- Möske, M. O., Pradel, S., & Schulz, H. (2011). Die Versorgung von Menschen mit Migrationshintergrund in der psychosomatischen Rehabilitation. *Bundesgesundheitsblatt - Gesundheitsforschung - Gesundheitsschutz*, 54(4), 465–474. <https://doi.org/10.1007/s00103-011-1245-x>
- Patel, U., Sobowale, K., Fan, J., Liu, N., Kuwabara, S., Lei, Z., ... Van Voorhees, B. W. (2017). Cultural considerations for the adaptation of an Internet-based intervention for depression prevention in Mainland China. *International Journal of Adolescent Medicine and Health*, 29(5), 20150099. <https://doi.org/10.1515/ijamh-2015-0099>
- Perera, C., Salamanca-Sanabria, A., Caballero-Bernal, J., Feldman, L., Hansen, M., Bird, M., ... Vallières, F. (2020). No implementation without cultural adaptation: a process for culturally adapting low-intensity psychological interventions in humanitarian settings. *Conflict and Health*, 14(1), 1–12. <https://doi.org/10.1186/s13031-020-00290-0>
- Razum, O. (2007). Migration und Gesundheit. *Public Health Forum*, 15(56), e1–e3.
- Razum, O., Zeeb, H., Meesmann, U., Schenk, L., Bredehorst, M., Brzoska, P., ... Ulrich, R. (2008). Schwerpunktbericht der Gesundheitsberichterstattung des Bundes: Migration und Gesundheit [Federal focus report on health: Migration and health]. Berlin: Robert-Koch-Institut.
- Resnicow, K., Baranowski, T., Ahluwalia, J. S., & Braithwaite, R. (1999). Cultural sensitivity in public health: defined and demystified. *Ethnicity & Disease*, 9(1), 10–21.
- Salamanca-Sanabria, A., Richards, D., & Timulak, L. (2019). Adapting an internet-delivered intervention for depression for a Colombian college student population: an illustration of an integrative empirical approach. *Internet Interventions*, 15, 76–86. <https://doi.org/10.1016/j.invent.2018.11.005>
- Salamanca-Sanabria, A., Richards, D., Timulak, L., Connell, S., Mojica Perilla, M., Parra-Villa, Y., & Castro-Camacho, L. (2020). A culturally adapted cognitive behavioral internet-delivered intervention for depressive symptoms: randomized controlled trial. *JMIR Mental Health*, 7(1), e13392. <https://doi.org/10.2196/13392>
- Schneider, F., Bajbouj, M., & Heinz, A. (2017). Psychische Versorgung von Flüchtlingen in Deutschland: Modell für ein gestuftes Vorgehen [Mental treatment of refugees in Germany. Model for a stepped approach]. *Nervenarzt*, 88(1), 10–17. <https://doi.org/10.1007/s00115-016-0243-5>
- Shala, M., Morina, N., Burchert, S., Cerga-Pashoja, A., Knaevelsrud, C., Maercker, A., & Heim, E. (2020). Cultural adaptation of Hap-pas-Hapi, an internet and mobile-based intervention for the treatment of psychological distress among Albanian migrants in Switzerland and Germany. *Internet Interventions*, 21, 100339. <https://doi.org/10.1016/j.invent.2020.100339>
- Sit, H. F., Ling, R., Lam, A. I. F., Chen, W., Latkin, C. A., & Hall, B. J. (2020). The cultural adaptation of Step-by-Step: an intervention to address depression among Chinese young adults. *Frontiers in Psychiatry*, 11, 650. <https://doi.org/10.3389/fpsy.2020.00650>
- Soto, A., Smith, T. B., Griner, D., Rodríguez, M. D., & Bernal, G. (2018). Cultural adaptations and therapist multicultural competence: two meta-analytic reviews. *Journal of Clinical Psychology*, 74(11), 1907–1923. <https://doi.org/10.1002/jclp.22679>
- Spanhel, K., Balci, S., Baumeister, H., Bengel, J., & Sander, L. B. (2020). Cultural adaptation of Internet- and mobile-based interventions for mental disorders: a systematic review protocol. *Systematic Reviews*, 9(1), 207. <https://doi.org/10.1186/s13643-020-01438-y>
- Statistisches Bundesamt. (2020). Bevölkerung und Erwerbstätigkeit, Bevölkerung mit Migrationshintergrund. Ergebnisse des Mikrozensus 2019. Retrieved from https://www.destatis.de/DE/Publikationen/Thematisch/Bevoelkerung/MigrationIntegration/AuslaendBevoelkerung2010200177004.pdf?__blob=publicationFile
- Zeeb, H., Baune, B. T., Vollmer, W., Cremer, D., & Krämer, A. (2004). Gesundheitliche Lage und Gesundheitsversorgung von Erwachsenen Migranten - Ein Survey bei der Schuleingangsuntersuchung. *Gesundheitswesen*, 66(2), 76–84. <https://doi.org/10.1055/s-2004-812825>