

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

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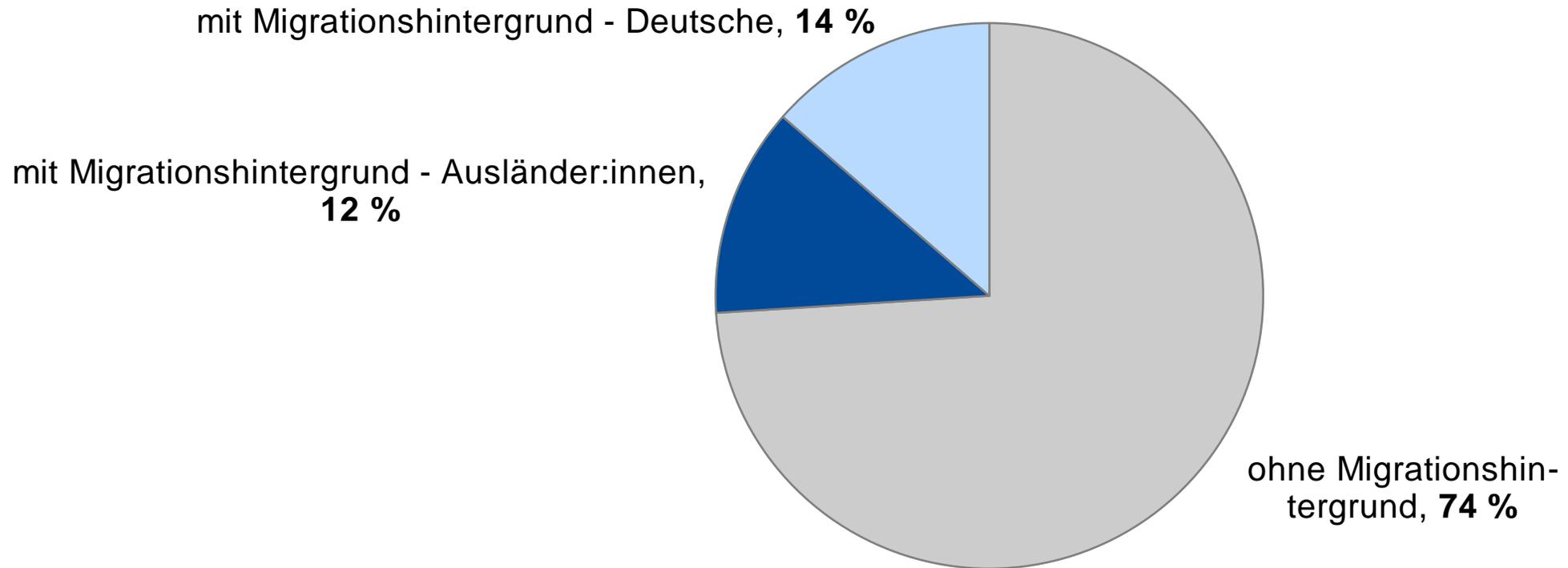
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11. Fachtagung des ZePG  
**Patientenschulung und Gesundheitsförderung digital?!**

Freitag, 18. Juni 2021

# Bevölkerung in Deutschland nach Migrationsstatus

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# ZIELGRUPPE: MENSCHEN MIT MIGRATIONSHINTERGRUND

# Rehabilitation bei Menschen mit Migrationshintergrund

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- **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

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- 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

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- **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

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- **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

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# MÖGLICHKEITEN VON DIGITALEN INTERVENTIONEN

# Digitale Interventionen bei Menschen mit Migrationshintergrund

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- 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

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

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# KULTURELLE ADAPTION VON (DIGITALEN) INTERVENTIONEN

# Kulturelle Adaption von Therapien von Angesicht zu Angesicht

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*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

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- 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

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- 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

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- 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

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### 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.<sup>1</sup> NCDs are also a major barrier in the reduction of the total burden of these diseases and achieving good health for all people.<sup>2</sup> Minority populations suffer from NCDs more than the general population.<sup>3</sup> 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/AIDS<sup>4</sup> and high blood pressure.<sup>5-6</sup> The burden and prevalence of NCDs are on the rise in low-income countries as well as in middle-income and high-income countries.<sup>7</sup> Furthermore, the risk is higher for people with a migration background living in middle-income and high-income countries.<sup>8-10</sup>

One approach to preventing NCDs and improving peoples health constitutes health promotion interventions.<sup>11</sup> Health promotion interventions can modify behavioural risk factors by targeting healthy eating, exercising,<sup>12</sup> not smoking, sexual health behaviour, namely condom use and HIV testing, and avoiding the harmful use of alcohol.<sup>13-15</sup> These behaviours are related to morbidity and mortality globally<sup>16</sup> and promoted by WHO to decrease the chances of developing NCD and to keep a healthy life.<sup>17-18</sup> Additionally, socioeconomic factors and migration itself play an important role in accessing and benefiting from healthcare interventions.<sup>19-20</sup> 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

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### 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

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# Take home

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- Digitale Interventionen könnten eine niedrighschwellige 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

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Obrigado    تشکر    תודה    Merci  
Thank you    Danke  
Whakawhetai    شكرك    Te ekkür    ← ←  
! →    Tak    Gracias  
spas dikim    ! →    Kuwashukuru

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