MENTAL HEALTH TREATMENT AND MEDIA PREFERENCES FOR PERSONS OF MEXICAN HERITAGE

Tanya R. Sorrell, PhD, PMHNP-BC, RN, MS
OBJECTIVES

• Identify and discuss mental health treatment and media preferences in Mexican heritage participants and their inclusion in current mental health settings.
BACKGROUND: LATINOS IN US

- 2014: 17% (54 million)
- 2030: 31% (81 million)
- >70% of Latinos are of Mexican heritage

LIFETIME PREVALENCE OF MENTAL ILLNESS

- 20% Anglos
- 30% Latino

- < 20% seek treatment
  - Barriers to treatment seeking? Preferences?

Sources: Borjas, 2007; Nadeem et al., 2008; Passel & Cohn, 2011; U.S. Census Bureau, 2015; Vega, 2011
Previous Studies

- No in-person interview studies
  - Telephone surveys
- No studies questioned CAM preferences
  - Focus on allopathic medicine

Sources: Dwight-Johnson, Sherbourne, Liao, & Wells, 2000; Livingston, Minuskin, & Cohn, 2008; Williams & Volberg, 2009
RESEARCH AIMS AND QUESTIONS

1. DESCRIBE THE PREFERENCES FOR TREATMENT FOR MENTAL HEALTH ISSUES AND ILLNESS.

2. DESCRIBE THE MEDIA CONTEXT AND INFLUENCES THAT MAY INFLUENCE TREATMENT PREFERENCES.
METHODOLOGY AND SAMPLING

• Qualitative description methodology
  • Low inference description
  • Result: Language similar to the informant’s

• Recruitment

• Sample- n=21
  • Mexican heritage- Yuma county
  • 18 or older- Speak/read English

• Informed Consent

Sources: Neergaard, 2009; Sandelowski, 2000;
Data & Analysis

- Data Sources
  - Demographic- ARSMA-II- Interviews

- Trustworthiness/Rigor

- Atlas-ti.7.0
  - Thematic theoretical analysis
  - First and Second-order data matrix

Sources: Neergaard, 2009; Sandelowski, 2000; Spradley, 1979
**SAMPLE- N=21**

<table>
<thead>
<tr>
<th></th>
<th>Under 25</th>
<th>26-40</th>
<th>41-55</th>
<th>56 or older</th>
</tr>
</thead>
<tbody>
<tr>
<td>Age</td>
<td>6</td>
<td>9</td>
<td>5</td>
<td>1</td>
</tr>
<tr>
<td>Sex</td>
<td>Male</td>
<td>Female</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>12</td>
<td>9</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Employed?</td>
<td>Yes</td>
<td>No</td>
<td></td>
<td>Student</td>
</tr>
<tr>
<td></td>
<td>8</td>
<td>13</td>
<td></td>
<td>3</td>
</tr>
<tr>
<td></td>
<td>12</td>
<td>1</td>
<td>6</td>
<td>1</td>
</tr>
<tr>
<td>Grade completed?</td>
<td>Elem- 6</td>
<td>7-8th Grade</td>
<td>9-12th Grade</td>
<td>1-4 yrs college</td>
</tr>
<tr>
<td></td>
<td>1</td>
<td>1</td>
<td>7</td>
<td>8</td>
</tr>
<tr>
<td>Generational Status?</td>
<td>1st Generation</td>
<td>2nd Generation</td>
<td>3rd Generation</td>
<td></td>
</tr>
<tr>
<td></td>
<td>3</td>
<td>14</td>
<td>4</td>
<td></td>
</tr>
<tr>
<td>Health insurance?</td>
<td>None</td>
<td>Private</td>
<td>AHCCCS-Public</td>
<td></td>
</tr>
<tr>
<td></td>
<td>7</td>
<td>7</td>
<td>7</td>
<td></td>
</tr>
<tr>
<td>ARMSA- II scores</td>
<td>Very Mexican oriented</td>
<td>Mexican oriented-Balanced</td>
<td>Slightly Anglo</td>
<td>Strongly Anglo</td>
</tr>
<tr>
<td></td>
<td>1</td>
<td>5</td>
<td>10</td>
<td>5</td>
</tr>
</tbody>
</table>
Q. 1: MENTAL HEALTH TREATMENT PREFERENCES (%)

- Medications- 100%
- Going to the Doctor- 95%
- Family Support- 95%
- Social Support-90%
- Counseling-90%
- Herbal Medicine-81%
- Spirituality-67%
- Physical Activity-67%
- Integrative Medicine-62%
- Coping Skills-57%
- Activity Management-52%
- Healthy Eating and appetite-43%
- Small group interaction-43%
- Inpatient facility-43%
- Contacting police-38%
- Mental health assessment-33%
- Avoiding negative influences-24%
- Traditional healers-19%
- Positive Energy-19%
- Body-based IM practice-14%
- Social service agency-14%
- Mental illness prevention-14%
- Journaling-9%
- Social skills training-9%
- Reading-5%
# Top Mental Health Treatment Preferences

<table>
<thead>
<tr>
<th>Treatment</th>
<th>%</th>
<th>Quote</th>
</tr>
</thead>
<tbody>
<tr>
<td>Medication</td>
<td>100</td>
<td><em>The medication. I definitely think it helps, so in that way, I know the medication makes you feel a little bit better.</em></td>
</tr>
<tr>
<td>See Doctor</td>
<td>95</td>
<td><em>Just go to your doctor and find where to go from there.</em></td>
</tr>
<tr>
<td>Family Support</td>
<td>95</td>
<td><em>My husband’s awesome, he listens to me and I can tell him if I’m having a down day and even if it’s over something silly, he’ll listen</em></td>
</tr>
<tr>
<td>Social Support</td>
<td>90</td>
<td><em>I think her friends helped her out a lot. Like, “Come on, let’s go to the game, it’s gonna be fun. And there’s gonna be a dance, or whatever. So her friends encouraged her.</em></td>
</tr>
<tr>
<td>Counseling</td>
<td>90</td>
<td><em>Um, therapy, I think helps a lot, that’s what I wanted, so I think therapy or even like kids talking to their school counselors… to lead’em to their school psychologist or therapists in the community.</em></td>
</tr>
<tr>
<td>Herbal Medicine</td>
<td>81</td>
<td><em>I know that there’s, my mom would be big on the teas, the chamomile, I know it’s a hot tea that will calm me down.</em></td>
</tr>
</tbody>
</table>
## Mental Health Treatment Preferences

<table>
<thead>
<tr>
<th>Treatment</th>
<th>%</th>
<th>Quote</th>
</tr>
</thead>
<tbody>
<tr>
<td>Spirituality</td>
<td>67</td>
<td>I’ve been meditating like, praying and meditating, too, but I don’t take no medicine right now, ‘cause I don’t know, don’t want to.</td>
</tr>
<tr>
<td>Physical Activity</td>
<td>67</td>
<td>I’ve been getting more into fitness, being able to have an escape, like any type of fitness or any type of physical activity, it helps you channel any kind of left out energy you may have or anger.</td>
</tr>
<tr>
<td>Integrative Medicine</td>
<td>62</td>
<td>There’s people that can purify all this stuff with your mind, and like there’s a doctor who does that Chinese water study, to channel our energies or diseases, too, food to like, anything.</td>
</tr>
<tr>
<td>Coping Skills</td>
<td>57</td>
<td>I think her friends helped her out a lot. Like, “Come on, let’s go to the game, it’s gonna be fun. And there’s gonna be a dance, or whatever. So her friends encouraged her.</td>
</tr>
<tr>
<td>Activity Management</td>
<td>52</td>
<td>I play board games, or to watch TV with them, I just aeel more comfortable. Even to get my mind off of things, whatever they was on.</td>
</tr>
<tr>
<td>Traditional Healing</td>
<td>20</td>
<td>Curanderos, with herbals and all that. I’ve seen my parents go to a Curandero, and if they’re not feeling good, and if there’s someone who’s not feeling good, and they go and all the sudden it’s like “Hey, I’m feeling better.”</td>
</tr>
</tbody>
</table>
### Q. 2: Mental Health Information: Media Use

<table>
<thead>
<tr>
<th>Media</th>
<th>Number of Participants</th>
<th>Percentage reported</th>
</tr>
</thead>
<tbody>
<tr>
<td>Television</td>
<td>21</td>
<td>100</td>
</tr>
<tr>
<td>Internet</td>
<td>16</td>
<td>76</td>
</tr>
<tr>
<td>Books and Magazines</td>
<td>15</td>
<td>71</td>
</tr>
<tr>
<td><strong>In-Person Interaction</strong></td>
<td><strong>14</strong></td>
<td><strong>67</strong></td>
</tr>
<tr>
<td>Radio</td>
<td>13</td>
<td>62</td>
</tr>
<tr>
<td>Newspaper</td>
<td>12</td>
<td>57</td>
</tr>
<tr>
<td>School</td>
<td>11</td>
<td>52</td>
</tr>
<tr>
<td>Crisis Hotline</td>
<td>10</td>
<td>48</td>
</tr>
<tr>
<td>Print Resources</td>
<td>9</td>
<td>43</td>
</tr>
<tr>
<td>Community Health Event</td>
<td>7</td>
<td>33</td>
</tr>
<tr>
<td>Movies</td>
<td>6</td>
<td>29</td>
</tr>
<tr>
<td>Work</td>
<td>4</td>
<td>19</td>
</tr>
</tbody>
</table>
### Q. 3: Mental Health Information: Media Influence

<table>
<thead>
<tr>
<th>Media Influence</th>
<th>Number of Participants reporting</th>
<th>Percentage</th>
<th>Quotes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Education/Information</td>
<td>17</td>
<td>81%</td>
<td>“I don’t want to get out of bed, I don’t want to get dressed. So, when I started seeing some of the TV ads, then I thought, “Oh, maybe there is something going on with me.”</td>
</tr>
<tr>
<td>Hope</td>
<td>13</td>
<td>62%</td>
<td>“Once they kind of get (information) into their heads that there’s something they can actually do about it, like talk to somebody, they’re more inclined to go look for help.”</td>
</tr>
</tbody>
</table>
**Q. 3: MENTAL HEALTH INFORMATION: MEDIA INFLUENCE**

<table>
<thead>
<tr>
<th>Media Influence</th>
<th>Number of Participants reporting</th>
<th>Percentage</th>
<th>Quotes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Normalization</td>
<td>10</td>
<td>48%</td>
<td>“The commercial how at first the person is down, then they take the pill, then they’re kind of normal, getting into the swing of things. I’m not crazy, I’m like normal people, we’re on medication.”</td>
</tr>
<tr>
<td>Catalyst for conversation</td>
<td>5</td>
<td>24%</td>
<td>“Just television programs. I watched a program, and then me and my mom conversate and stuff like that (about it).”</td>
</tr>
</tbody>
</table>
DISCUSSION

• Top mental health treatment preferences
• Important to Mexican-Heritage Participants
  • Self-management interventions
    • Activity, Spirituality, Coping skills
  • Herbal & integrative medicine
  • Traditional Medicine - 20%
• Media sources
• Ubiquity of mental illness
STRENGTHS & LIMITATIONS

• Theoretical and open coding
• Reflexivity
• Demographics and transferability
• One interview
• Theoretical coding
• Mental health status not probed
• Co-occurring events
**Implications & Conclusions**

- First Interview-based description study
- Findings concur with existing Anglo studies
  - Medications, Doctor, Social & family support
- Notable for persons of Mexican heritage:
  - Holistic preference- bio-psycho-social model
    - Herbal and Integrative medicine
    - Self-management interventions
    - Spirituality and Traditional Healing
  - Assess individually & offer preferred treatments
- Media options
  - Information dissemination- in-person contact
QUESTIONS? PREGUNTAS?

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My editor!!
References


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