

MENTAL HEALTH TREATMENT AND MEDIA PREFERENCES FOR PERSONS OF MEXICAN HERITAGE

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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

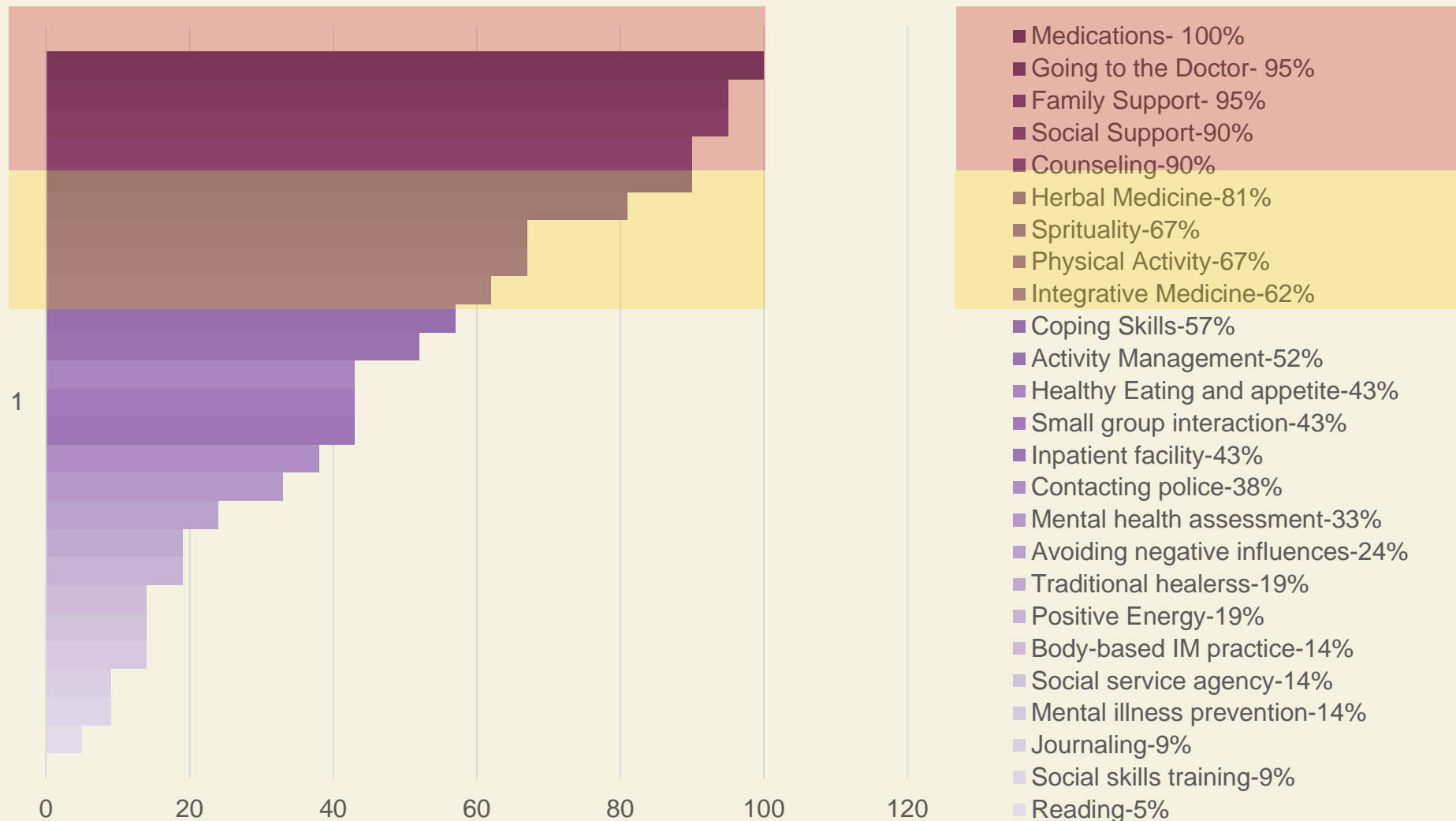


SAMPLE- N=21

Age	Under 25 6	26-40 9	41-55 5	56 or older 1	
Sex	Male 12	Female 9			
Employed?	Yes 8	No 13	Seasonal work	Student 3	
Income?	Under \$10K 12	\$10-19K 1	\$20-34K 6	\$35-49K 1	\$50-74K 1
Grade completed?	Elem- 6 1	7-8th Grade 1	9-12th Grade 7	1-4 yrs college 8	College grad and higher 4
Generational Status?	1st Generation 3	2nd Generation 14	3rd Generation 4		
Health insurance ?	None 7	Private 7	AHCCCS-Public 7		
ARMSA- II scores	Very Mexican oriented 1	Mexican oriented-Balanced 5	Slightly Anglo 10	Strongly Anglo 5	



Q. 1: MENTAL HEALTH TREATMENT PREFERENCES (%)



TOP MENTAL HEALTH TREATMENT PREFERENCES

Treatment	%	Quote
Medication	100	<i>The medication. I definitely think it helps, so in that way, I know the medication makes you feel a little bit better.</i>
See Doctor	95	<i>Just go to your doctor and find where to go from there.</i>
Family Support	95	<i>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</i>
Social Support	90	<i>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.</i>
Counseling	90	<i>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.</i>
Herbal Medicine	81	<i>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.</i>



>50% MENTAL HEALTH TREATMENT PREFERENCES

Treatment	%	Quote
Spirituality	67	<i>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.</i>
Physical Activity	67	<i>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.</i>
Integrative Medicine	62	<i>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.</i>
Coping Skills	57	<i>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.</i>
Activity Management	52	<i>I play board games, or to watch TV with them, I just feel more comfortable. Even to get my mind off of things, whatever they was on.</i>
Traditional Healing	20	<i>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."</i>

Q. 2: MENTAL HEALTH INFORMATION: MEDIA USE

Media	Number of Participants	Percentage reported
Television	21	100
Internet	16	76
Books and Magazines	15	71
In-Person Interaction	14	67
Radio	13	62
Newspaper	12	57
School	11	52
Crisis Hotline	10	48
Print Resources	9	43
Community Health Event	7	33
Movies	6	29
Work	4	19

Q. 3: MENTAL HEALTH INFORMATION: MEDIA INFLUENCE

Media Influence	Number of Participants reporting	Percentage	Quotes
Education/ Information	17	81%	<i>“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.”</i>
Hope	13	62%	<i>“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.”</i>



Q. 3: MENTAL HEALTH INFORMATION: MEDIA INFLUENCE

Media Influence	Number of Participants reporting	Percentage	Quotes
Normalization	10	48%	<i>“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.”</i>
Catalyst for conversation	5	24%	<i>“Just television programs. I watched a program, and then me and my mom conversate and stuff like that (about it).”</i>



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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