

CULTURAL ADAPTATION OF FAMILY PSYCHOEDUCATION FOR WEST AFRICAN FAMILIES OF PATIENTS WITH FIRST EPISODE PSYCHOSIS: A QUALITATIVE NEEDS ASSESSMENT

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Background: Family psychoeducation is an evidence-based, psychosocial intervention for the treatment of first episode psychosis (FEP) that effectively decreases family burden. However, the needs of family members from diverse cultural, religious, and linguistic backgrounds have been neglected by standard family psychoeducation programming. Despite calls for change, there are a lack of culturally adapted family psychoeducation programs. West African immigrants are a particularly underrepresented and underserved population in Canadian healthcare and research, with studies suggesting a need for targeted strategies to improve access to services for this population.

Objectives: This research project aims to identify how family psychoeducation can be adapted to suit the needs of West African FEP patients and their families including: (1) exploring cultural understandings of mental health and psychosis; (2) discovering what patients, families, and providers believe to be necessary components of family psychoeducation; and (3) assessing what adaptations are required to address family members' needs and concerns.

Methods: Using a participatory research framework, semi-structured interviews with patients, family members, and providers, will be conducted over Zoom. Inductive thematic analysis will be conducted to identify emergent themes, with data triangulation ensuring comprehensive understanding of the material and improve validity of the results.

Potential Outcomes: Data from these interviews will inform the cultural adaptation of standard family psychoeducation, with a focus on improving participation by West African families through creation of culturally safe spaces, process and content.

Implications: This study will document barriers to participation in family psychoeducation among West African family members, which may be transferrable to clinical and research efforts elsewhere. Additionally, the process evaluation of the study will provide a template to inform cultural adaptations of clinical materials for other groups and settings.

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Learning Objectives

At the conclusion of this presentation, participants will be able to:

1. Participants will be able to recognize the unique sociocultural needs and concerns of West African families of patients with FEP.
2. Participants will be able to identify what structural and systemic barriers to access that West African families face when accessing family psychoeducation programming.

References

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