

# **CO-DESIGNING FOR IMPLEMENTATION: DEVELOPMENT OF THE CULTIVANDO FORTALEZA TO REDUCE ACCULTURATIVE STRESS IN LATINX IMMIGRANTS**

Gabriela Nagy, PhD  
Duke University  
Durham, NC

**Background:** Acculturative stress, the stress associated with immigration and subsequent adaptation to a new environment, is a robust predictor of health decline in Latinx immigrant adults the longer they reside in the US and this contributes to health disparities experienced by this population. While there have been initial steps to develop interventions to reduce acculturative stress in this population, most have focused on reducing familial conflict among parents and their children and less attention has been devoted to other facets of acculturative stress that adults face irrespective of parental status. Further, this field is nascent and as a result, the existing interventions are not yet widely available in real-life settings, in part due to a lack of inclusion of implementation science. Thus, there is a public health need to develop interventions that leverage the existing empirical base of intervention components that can reduce acculturative stress for adults while also developing for wide-scale dissemination, which necessitates input from stakeholders at the outset.

**Objectives:** To describe the development of a novel group acculturative stress intervention for Latinx adults, entitled Cultivando Fortaleza (Cultivating Resilience).

**Methods:** We report on the multi-faceted approach to develop Cultivando Fortaleza, which incorporated human centered design principles, community-engaged research methodology, behavioral change theories, cognitive-behavioral therapies, and implementation science frameworks.

**Results:** Engaging with stakeholders early, often, and in different ways, we designed a 9-session group intervention for Latinx immigrants that focuses on reducing acculturative stress and increasing resilience. In light of COVID-19, has been developed for online delivery.

**Conclusions:** Synergizing various methods for intervention development with the end in mind holds promise for making a significant and sustainable impact on the health of Latinx immigrants and represents a model from which other interventions can be developed. Subsequent steps will entail further adapting the intervention to diverse settings.

## **Full List of Authors**

Gabriela Nagy, Srishti Sardana, Stephanie Salcedo Rossitch, Jessica Choi, Richard Cervantes, Jennifer Gierisch, Leah Zullig, Rosa Gonzalez-Guarda

## **Learning Objectives**

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

1. Integrate human centered design principles, community-engaged research methodology, behavioral change theories, cognitive-behavioral therapies, and implementation science frameworks in the context of intervention development.
2. Apply methods for designing interventions for wide-scale dissemination and implementation.