

Behavioral Activation for Elderly Latinos With Depression: United Community Center - University of Wisconsin Milwaukee College of Nursing Undergraduate Research Collaborative

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Background

- Each year, more individuals of the elderly population are displaying symptoms associated with depression. Often in these circumstances, the primary method of treatment lies in medication.
- Recent attention in problem-solving therapy (PST), as described in the IMPACT model, has led to the usage of behavioral activation (BA) to supplement depression treatment for elderly persons.
- While depression affects persons of all race and ethnicities, evidence has shown that within racial minorities, depression affects Latinos more than other racial groups.

Purpose

- Recent studies have determined that BA is a successful frontline treatment in individuals. While studies have examined the applicability of individual BA within the Latino population, no studies have been performed that focus on the delivery of group BA to elderly, Latino persons.
- This intervention serves to examine the effect that BA may have when delivered in a group setting.

PICO Question

- Will elderly, Latino persons with depression have reduced symptomology when applying BA in a group setting compared to those not in a group setting?

Study Design

- This study is a One-Group, Pretest-Posttest Design. Participants are recruited from a local Latino senior center. They are privately interviewed, screened, and enrolled.
- Participants are separated into two groups, by gender, for the duration of the intervention.

Methods

- The Geriatric Depression Scale (GDS), the Social Connectedness and Quality Of Life (QOL) measure are administered pre-intervention, at the time of enrollment.
- Participants partake in 6-8 weekly group meetings. At each meeting, they receive the Group-Based BA intervention. Data is collected, assessing effort satisfaction and satisfaction of the attempted intervention. This process repeats throughout the intervention.
- Participants receive post-screening using the GDS and Social Connectedness and QOL measure.
- Data collected from the intervention will be analyzed to assess for changes in depressive symptoms.

Criteria

Inclusion criteria:

- Latino adults (men and woman)
- Aged 60+
- Self-identified as Latino (e.g., Mexican, Puerto Rican, or of other Latino origin)
- Mild to moderate Depression (Geriatric Depression Scale [GDS] score ≥ 5)
- Spanish-Speaking

Exclusion criteria:

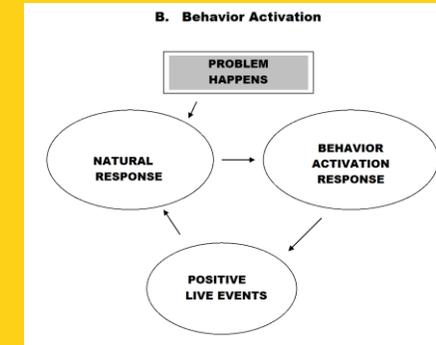
- Any problems requiring immediate inpatient hospitalization
- Suicidal ideation
- Severe Depression (GDS score ≥ 10)
- English Dominant

Anticipated Outcomes

Anticipated outcomes include:

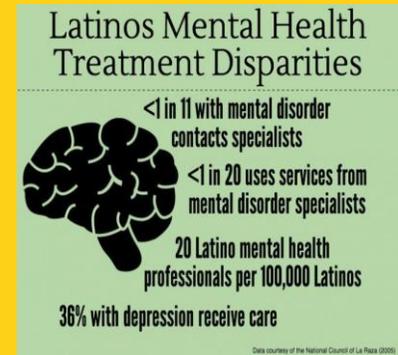
- A reduction in GDS scores
- An increase on Social Connectedness and QOL measures
- Increased satisfaction ratings

It may be concluded that, when used in a group format, BA has a greater impact on elderly Latinos who demonstrate depressive symptoms.



Considerations

- Completion of all BA sessions
- Co-supplementation of other depression treatments
- Cultural sensitivity addressing mental health stigma
- Resources in Spanish



Discussion

- Research has shown that the use of BA as an intervention for the elderly population results in improved depression outcomes.
- Similarly, when used with Latino populations, symptoms decreased.
- Applied in a group setting, advantages such as increased access, support, therapeutic relationships, and resources may result in improved depressive symptoms.
- Research seems to support the administration of group BA to elderly, Latino participants.