Lead Author: Jonathan Pedroza
Degree objective when research was completed: Bachelor's
Major: Psychology
College: CLASS

Co-presenter(s): Not applicable

Faculty Mentor(s): Dr. Alejandro Morales

Bronco Student Center
Time of Presentation: 4 to 6 pm

Presentation Type: Poster Session

Project Title: Latinos Living with Diabetes; a Content Analysis of Interventions for Self-management.

Synopsis: Content analyzed was focused on Latinos with diabetes and the interventions focusing on self-management.

Abstract: Across the US, Latinos are more likely to have a diabetes diagnosis when compared to other ethnic minority groups. Despite this alarming statistics, little attention is given to culturally-targeted interventions among Latinos that promote behavioral changes to better manage diabetes. Thus, the purpose of study is to conduct a content analysis of the available literature in the past 15 years focusing on diabetes management interventions for Latinos living with this chronic disease. The databases PsychInfo and PubMed were searched. Keywords entered were Latinos, diabetes, intervention(s), management. The inclusion criteria consisted of peer-review articles that (a) focused on a diabetes management intervention, (b) target group was only Latino(a)s (c) tested the effectiveness of the intervention, (d) was published in the past 15 years, (e) the research had to be conducted in the US. The search in PubMed and PsychInfo resulted in 180 potential matches. Of these 38 articles met the criteria and were included our analysis. The content analysis revealed that (a) the majority of the interventions were successful in creating behavioral changes, (b) most participants were female, over the age of 50, and low social economic status, (c) bilingual/bicultural staff are necessary, and (d) the majority of the interventions were delivered by community health care workers. Despite the success of the interventions, sample size was an issue and in some situations participants relapsed due to lack of follow-up. This study elucidates the importance of culturally target interventions for Latinos with diabetes.