Cultural Adaptation of Cognitive Behavioral Therapy (CBT) for Puerto Rican Youth

TARGET AUDIENCE
This intervention is for adolescents who are Hispanic or Latino and who exhibit symptoms of severe depression.

SUMMARY
Cultural Adaptation of Cognitive Behavioral Therapy (CBT) for Puerto Rican Youth, a community-based, short-term intervention for Puerto Rican and other Spanish-speaking youth, is designed to help youth improve their relationships, thoughts, and behaviors and lessen the amount of time they feel depressed.

EVIDENCE
Two studies of this intervention were reviewed: a quasi-experimental study of the program delivered in individual sessions and a randomized trial that included individual and group session delivery. Participants in both studies, youth age 12 to 18, demonstrated significantly decreased depressive symptoms and fewer behaviors consistent with a major depressive disorder diagnosis. There were no differences between individual and group delivery. The results of the study of individual sessions were maintained for 3 months; maintenance of effects for the other study was not assessed.

COMPONENTS
This program is implemented in individual or group sessions, and there are 12 main sessions that are divided into three modules. Each module focuses on a different concept and discusses how this domain influences the participants' functioning.

- **Thoughts Module** targets cognition, provides an overview and rationale for CBT, and introduces goal setting. Daily mood schedules; techniques to identify types of thinking, such as positive versus dysfunctional attitudes; and the ABCD strategy are initiated. The ABCD strategy is a cognitive technique used to reframe an individual's thinking.
  - A - Activating event;
  - B - Belief or thought about the event;
  - C - Consequences of thought;
  - D - Dispute or talk back to the thought.

- **Activities Module** involves discussing how to break the depression cycle with activities. Individuals examine their mood graphs, discuss and schedule pleasant activities, and create plans to overcome depression.

- **Interpersonal Module** focuses on how people and interactions affect one's mood. Social support networks are reviewed and strategies to strengthen and enlarge networks are explored. Individuals review and discuss their behaviors and interactions.

PREVIOUS USE
As of 2010, about 200 Puerto Rican adolescents had participated in this intervention, which was first implemented in 1992 at the University of Puerto Rico.
Adolescents

Community-Based

Depression

TRAINING

Therapists facilitate this program, and training is required and may be received on- or off-site. Therapists should have at least a master's degree and complete an 18-hour training that includes video observations, role-plays, and readings. Therapists receive 1 hour of supervision per week during program implementation. Please use the details in the Contact section for additional information.

CONSIDERATIONS

Considerations for implementing this program include acquiring therapists who have a suitable educational background and are fluent in Spanish and English, ensuring therapists receive training or locating previously trained therapists, obtaining buy-in from participants, and allocating time to incorporate the model into one's practice.

The Clearinghouse can help address these considerations. Please call 1-877-382-9185 or email Clearinghouse@psu.edu

IMPLEMENTATION

If you are interested in implementing Cultural Adaptation of CBT for Puerto Rican Youth, the Clearinghouse is interested in helping you! Please call 1-877-382-9185 or email Clearinghouse@psu.edu

TIME

This program includes twelve 1-hour sessions that are held weekly; four additional sessions are optional.

COST

The therapist manual, for group or individual format, and participant manual are free. For more information, please see Contact section.

EVALUATION PLAN

To move the Cultural Adaptation of CBT for Puerto Rican Youth intervention to the Promising category on the Clearinghouse Continuum of Evidence, at least one evaluation should be performed demonstrating positive effects lasting at least six months from program completion or one year from the beginning of the program.

The Clearinghouse can help you develop an evaluation plan to ensure the program components are meeting your goals. Please call 1-877-382-9185 or email Clearinghouse@psu.edu

CONTACT

Contact the Clearinghouse with any questions regarding this program.
Phone: 1-877-382-9185 Email: Clearinghouse@psu.edu

You may also contact Yovanska Duarte-Vélez, Ph.D., by phone 1-787-764-0000 EXT 7186 or email ymduarte@ipsi.uprrp.edu

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