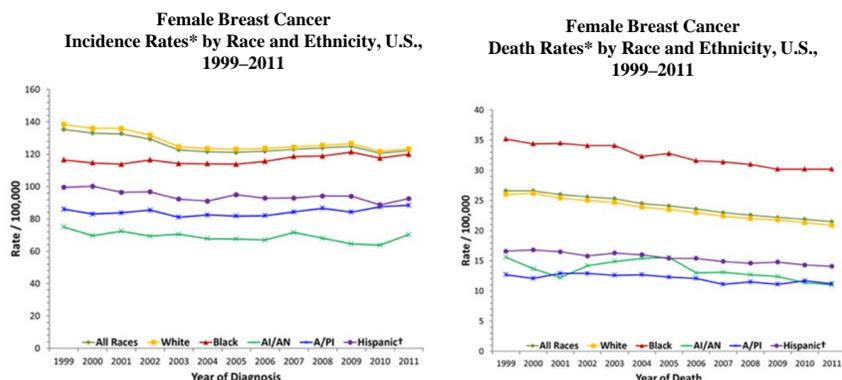


Project CARE: A Culturally Relevant Intervention for Black Breast Cancer Survivors

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Background

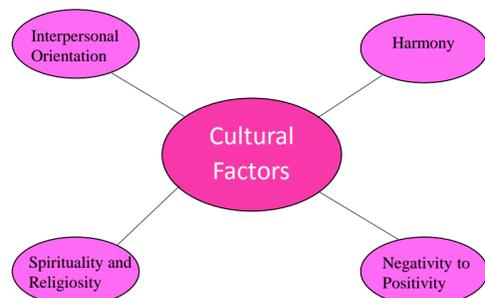
- Black women are 41% more likely to die from breast cancer than White women despite a lower incidence rate.
- Additionally, Black breast cancer survivors generally experience heightened cancer-specific symptoms compared to survivors from other racial/ethnic groups.
- These symptoms include:
 - Poorer quality of life
 - Lack of social support
 - Variations in life satisfaction
 - Disruptions in physical and mental functioning
- However, there is a paucity of research examining factors related to survivorship among Black women.
- There is a pressing need to examine these associations among Black breast cancer survivors who represent the population most affected by poorer health outcomes and lower survival rates.



Methods

- To address the unique challenges faced by Black breast cancer survivors, an evidence-based psychosocial intervention was derived from an empirically validated behavioral medicine program and then adapted to be culturally sensitive to the needs of Black women (Project CARE).
- Specifically, the content of the material and the process of the intervention were tailored for Black women and guided by a conceptual model of culture.
- Challenges encountered included the appropriateness of the intervention for Black breast cancer survivors from varying backgrounds.

Examples of Cultural Factors That Were Considered When Adapting Project CARE



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Outcomes

- Preliminary findings from the Project CARE intervention suggests that it may be an efficacious treatment for Black women who have survived cancer.

Implications for Diversity

- As the population of diverse breast cancer survivors increases, there is an increased need for tailored interventions that reduce the negative psychological and physical effects of breast cancer throughout treatment and survivorship.
- Black breast cancer survivors represent a diverse group of women who may experience heightened cancer-specific symptoms, disruptions in physical and mental functioning, variations in life satisfaction, and unstable affect.
- The Project CARE intervention enhances diversity by better understanding how psychosocial interventions improve the health trajectory for Black breast cancer survivors.

Implications for Cultural Competence

- Black women with breast cancer face a number of unique stressors such as economic difficulties, lack of health information, reduced patient-provider communication, and distrust of the health care system paired with a poorer cancer-related quality of life.
- Understanding the unique challenges faced by Black breast cancer survivors and implementing culturally-relevant psychosocial interventions such as Project CARE, may improve health outcomes in this population.
- Cultural competency is crucial to reducing health disparities and improving access to high-quality health care for everyone.
- Cultural competency is also critical in developing a health care system that is respectful of and responsive to the needs of diverse patients including Black women diagnosed with breast cancer.

Conclusions

- Project CARE is especially relevant for health professionals who work with cancer survivors in a variety of settings.
- Future work should focus on developing additional culturally relevant interventions that can enhance psychosocial adaptation over the life courses of women diagnosed with breast cancer from diverse backgrounds.



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