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DEVELOPMENT OF A FAMILY-BASED PREVENTIVE INTERVENTION FOR HISPANIC SEXUAL MINORITY YOUTH AND THEIR PARENTS

Background: Hispanic sexual minority youth (HSMY) are disproportionately affected by adverse health outcomes, which are partly due to perceived stigma and/or lack of family support. There are currently no family-based interventions for HSMY and their families to address multilevel stigma or prevent adverse health outcomes. The purpose of this qualitative study was to describe the development of Familias con Orgullo, (Families with Pride) a family-based intervention to prevent/reduce substance use, risky sexual behavior, and depressive symptoms for HSMY.

Methods: The intervention was developed using an iterative, user-centered methodology. A general inductive approach was used to analyze individual interviews with HSMY and parents (n=30) and focus groups (n=4) in which participants were asked about specific program components that could be useful and enhancements to improve the developed program after delivery, respectively. Paired raters coded the transcripts (N=34) into six categories representative of specific program features and considerations for HSMY and their families.

Results: HSMY and their parents reported that a program would need LGBTQ specific information due to unfamiliarity with the LGBTQ community that was delivered in a safe space and focused on effective communication, peer pressure, and mental health. Further, participation in the program would be dependent on parental level of acceptance. Informed by these results, we developed an intervention which addresses the risk and protective factors operating at multiple ecological levels of HSMY intrapersonal and interpersonal contexts. After delivery of the intervention, HSMY and parents gave positive feedback on the intervention and indicated that additional content should focus on sexual health, intrapersonal topics, and Hispanic culture. The intervention was modified to incorporate participant feedback and delivered to a new cohort of families. Families who received the enhanced intervention felt that it promoted inclusiveness in the group setting; enriched relationships and communication between parents and adolescents; and enhanced LGBTQ knowledge.

Conclusion/Discussion: We describe the development of Familias con Orgullo, a family-based preventive intervention for HSMY and their families to prevent/reduce substance use, risky sexual behavior, and depression. HSMY and their parents were enthusiastic about the program and emphasized the need for Familias con Orgullo.