

Designing ethnically and culturally inclusive research on multi morbidity: Strategies used to involve British South Asians with depression and co-morbid heart disease / diabetes in the COINCIDE trial

Sheikh.S, Garrett, C, Gask.L, Coventry. P, Waheed, W

(Contact: saima.sheikh@postgrad.manchester.ac.uk)

What is COINCIDE?

The COINCIDE trial aims to evaluate the effectiveness and cost effectiveness of collaborative care in treating depression in patients with coronary heart disease (CHD) and/or diabetes.

CLAHRC Manchester aim to:

- I. Test new treatments and new ways of working.
- II. Quickly translate findings into improved health care and improved outcomes for patients.

A key aim of the Manchester CLAHRC is to meet the health needs of diverse populations.

CHD, diabetes & depression in British South Asians

- 20 % of the British South Asians have Type 2 diabetes as compared to 3% in the general population.
- The prevalence of CHD is highest in Indian (6%) and Pakistani (8%) men.
- There are higher rates of depression, self harm and suicide among female immigrants from the Indian subcontinent living in the UK.

Ethnic barriers to research participation

- Lack of awareness about research studies.
- Lack of linguistic proficiency.
- Distrust of the services.
- Fear of being used as guinea pigs.
- Stigma attached to mental health illnesses.
- Limited resources.
- Economic burden.
- Personal circumstances.
- Lack of transport facilities .
- Family responsibilities.

Cultural Adaptation of the COINCIDE Study

- Translation of the recruitment materials into Urdu and Gujarati.
- Availability of multilingual South Asian researcher .
- Additional invitation leaflet in Gujarati and Urdu inserted into patient mail outs.
- Phone call from a researcher fluent in Urdu, Hindi and Punjabi for further information on the study.
- Provision of face-to-face consent procedure for British South Asians
- Face-to-face interview for depression screening in British South Asians.
- Translation and cultural adaptation of therapy manual and workbook into Urdu and Gujarati.
- Cultural competence training for the therapists.

Results

Total number of patients in COINCIDE;

- **387 patients recruited**

Out of which British South Asians;

- **40 patients consented by post.**
- **64 patients consented face to face.**
- **45 patients recruited in the study.**
- **Qualitative interviews to assess the acceptability and adherence to intervention on going.**

Conclusion

- **Patients felt comfortable talking to the researcher from same ethnicity**
- **Had better understanding of the research project**
- **More interest expressed to get the intervention knowing all the material are available in Urdu and Gujarati.**