

# CBPR: Rurality, Social Networks and Mental Well-being in Rural Latinos

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# Community Based Participatory Research (CBPR): Principles



- Know the community
- Build trust and relationships
- Partner with the community
- Respect community cultures and other factors in designing approaches
- Be flexible
- Release control to the community and
- Make long-term commitments.

# CBPR is grounded in the principles of community organization



**Fairness**  
**Justice**  
**Empowerment**  
**Participation**  
**Wellness approach**  
**Self-Determination**

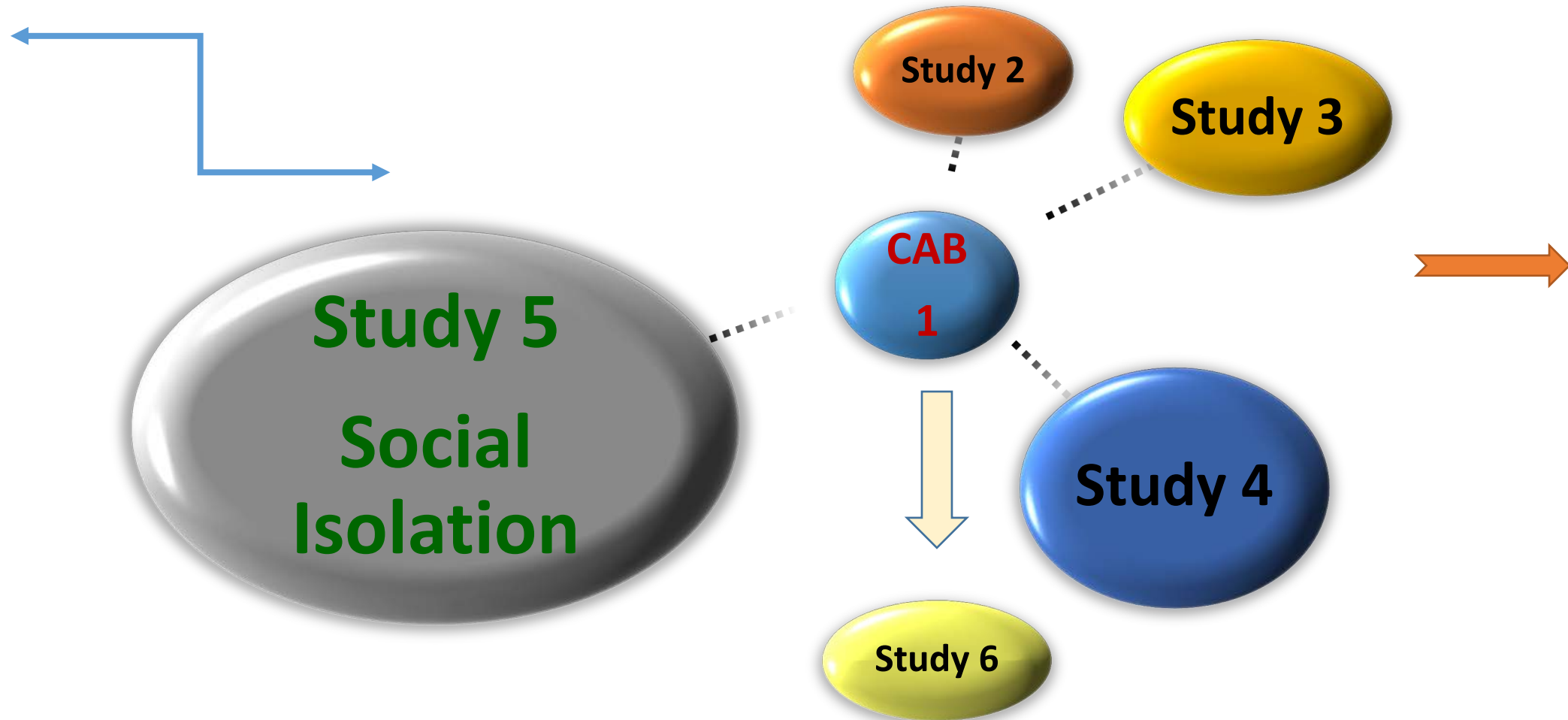
(Chávez et al , 2007; Freire, 1970; Wallerstein et al , 2006)



# Populations Involved

- Mothers
- Adolescents
- Faith Based Organizations (churches)
- Mothers, Adolescents & Fathers (family)
- Adolescents whose sexual orientation is LGBTQ+

# Studies, Engagement and Contributions



# Study 1 - CAB

- **To develop a Community Advisory Board;**  
Collaborate and inform all the steps of the research process

## Main initial goal:

- To identify the **social determinants** of mental health from the perspective of the community rural Latino Leaders



## Study 2 – Objectives

- Identify depressive symptoms, stress and self-esteem and culturally sensitive treatment strategies for the rural Latino Population.
  - **Social isolation**
  - In rural areas, churches are considered safe place



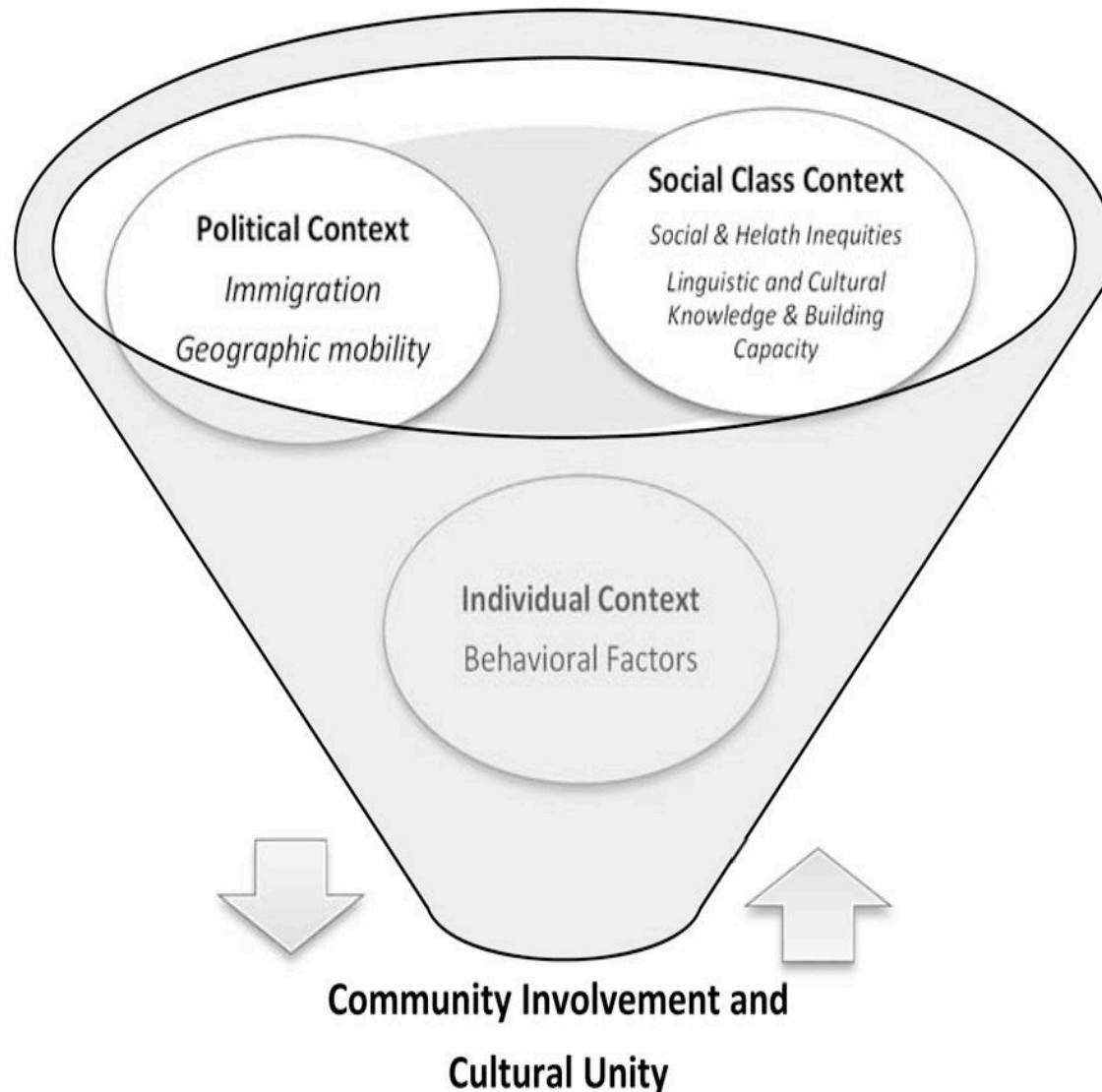
# Study 3

**Faith-Based Engagement**

Different denominations

Different learning

# Social health determinants & crosscutting determinants



## Studies 4 & 5 (Aims)

- Describe adult (Mothers and Fathers) and adolescent Latino immigrants' perceptions of their rural social environment and social isolation and how these affect their mental well-being;
- How rurality and social networks act as social health determinants in rural Latinos.

## Studies 4 & 5

- Demographic questionnaire, including traveling patterns to measure rurality,
- Family Environment Scale (FES) Real Form,
- SF-12v2™ Health Survey,
- PROMIS Health Organization Social Isolation,
- Social network Analysis Survey,
- Ethnographic semi-structured interviews.

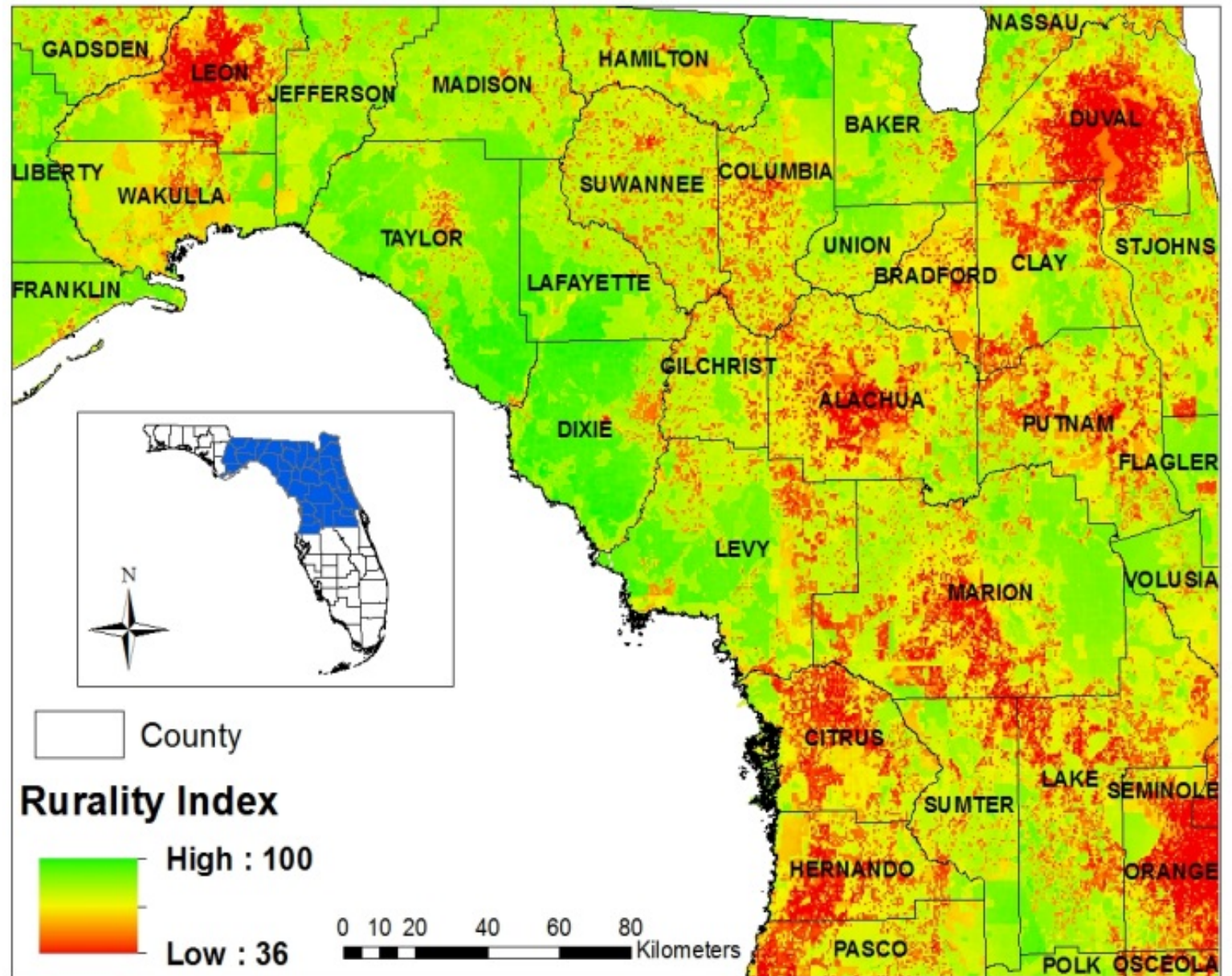
## Development of Rurality Measure

- Everyone knows what rural is - precisely it is difficult to define the term.
- US Census uses a dichotomous taxonomy: Is this place rural or urban? Zip Codes
- What is the degree of rurality? Spatial-temporal variations of rurality
- Most measures are determined as a property of places, such as counties, census tracts, and cell locations
- Difficult to capture the breath of variations of rural areas – and individuals rurality – Human beings are not static

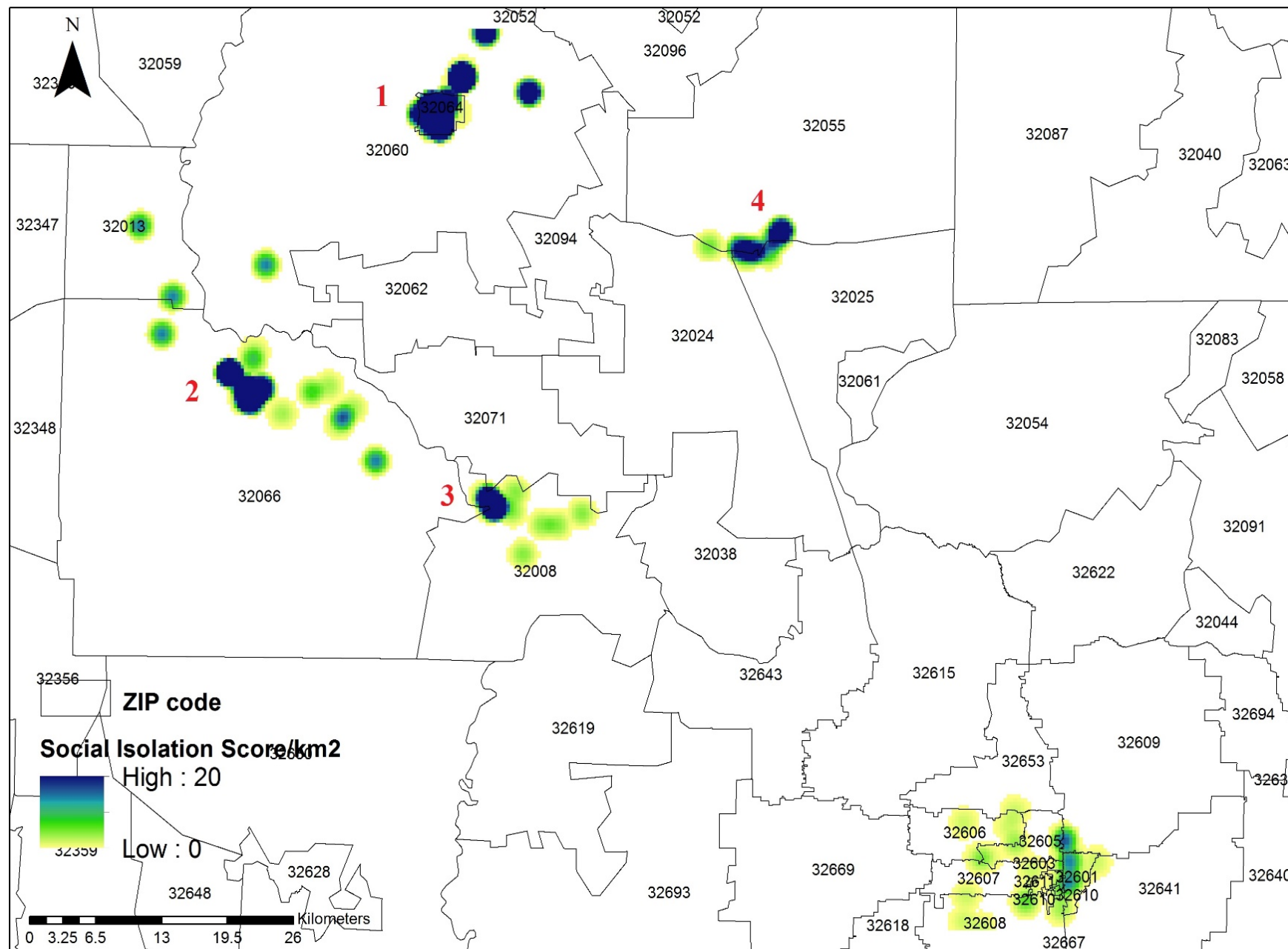
# Development of Rural Measure

- Our research uses new individual-based rurality as the weighted sum of rurality degrees within the activity space of an individual (home rurality and travel rurality)
- Rurality - Linear Combination of Macro components: demography socio-economy, and accessibility and Individual activity spaces: home location, geo-referencing of reported places.
- *Rurality* is defined as the social and environmental rural space in which rural Latino immigrants live and travel to.

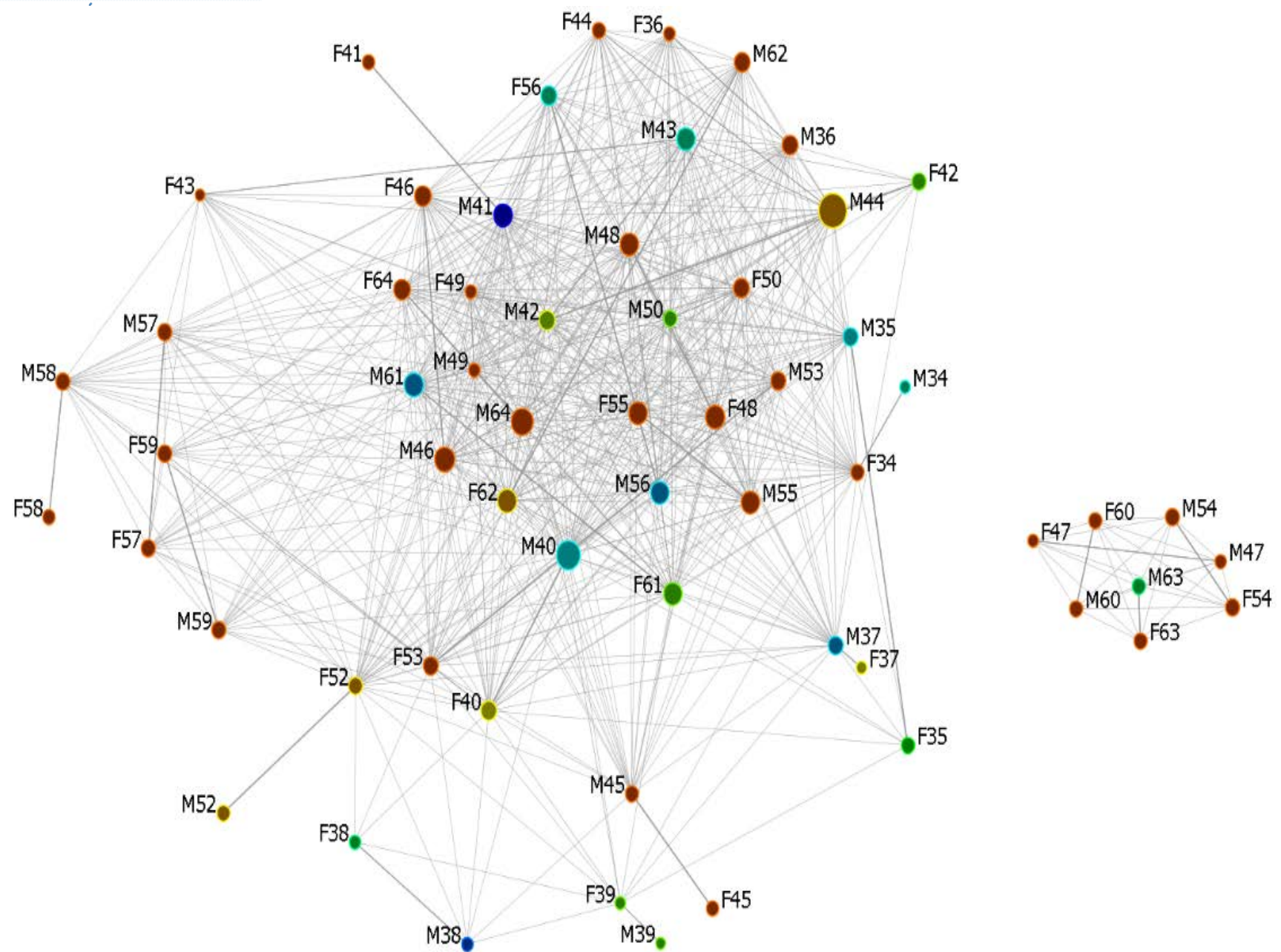
# Rurality Index and Traveling Pattern: Relation with Social Isolation



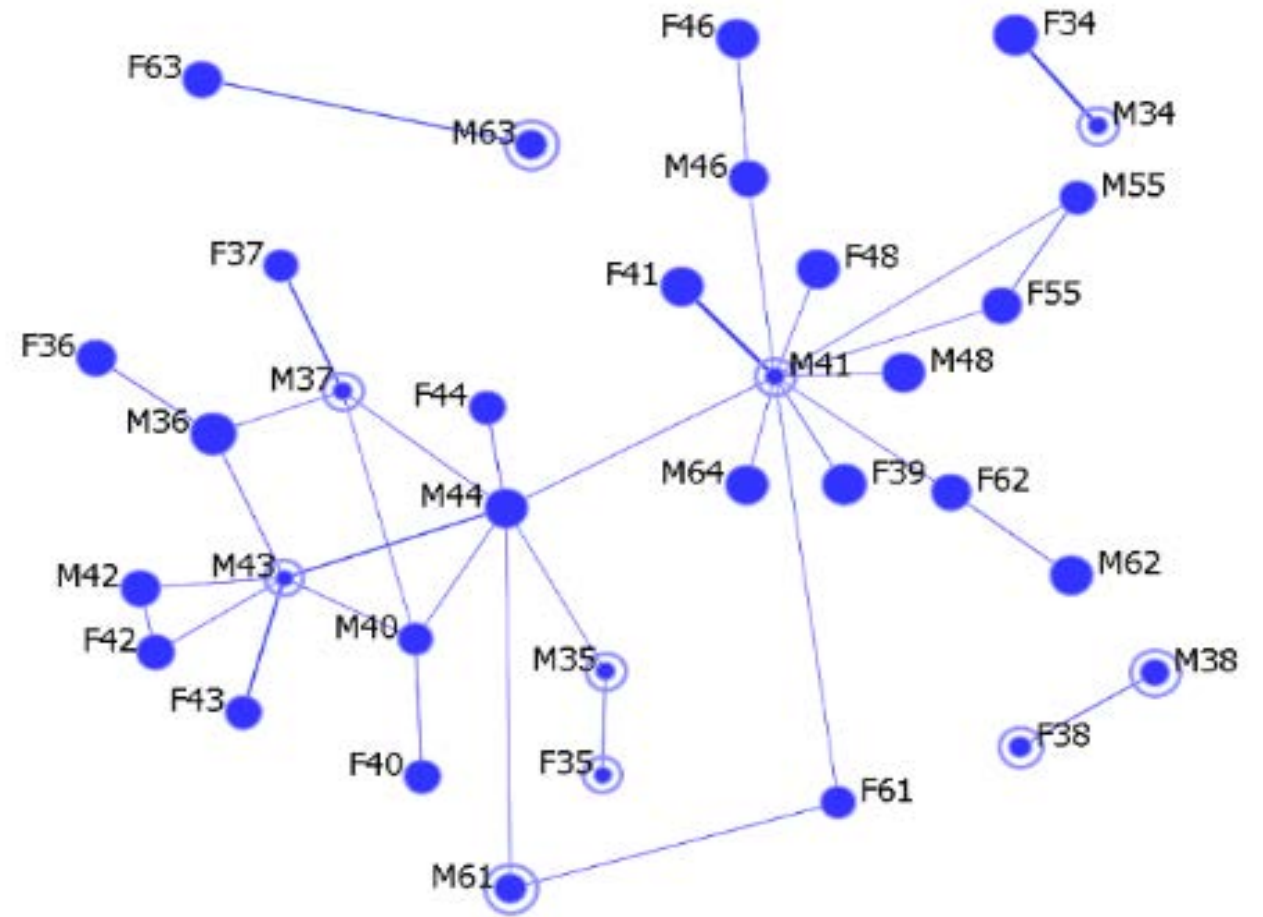
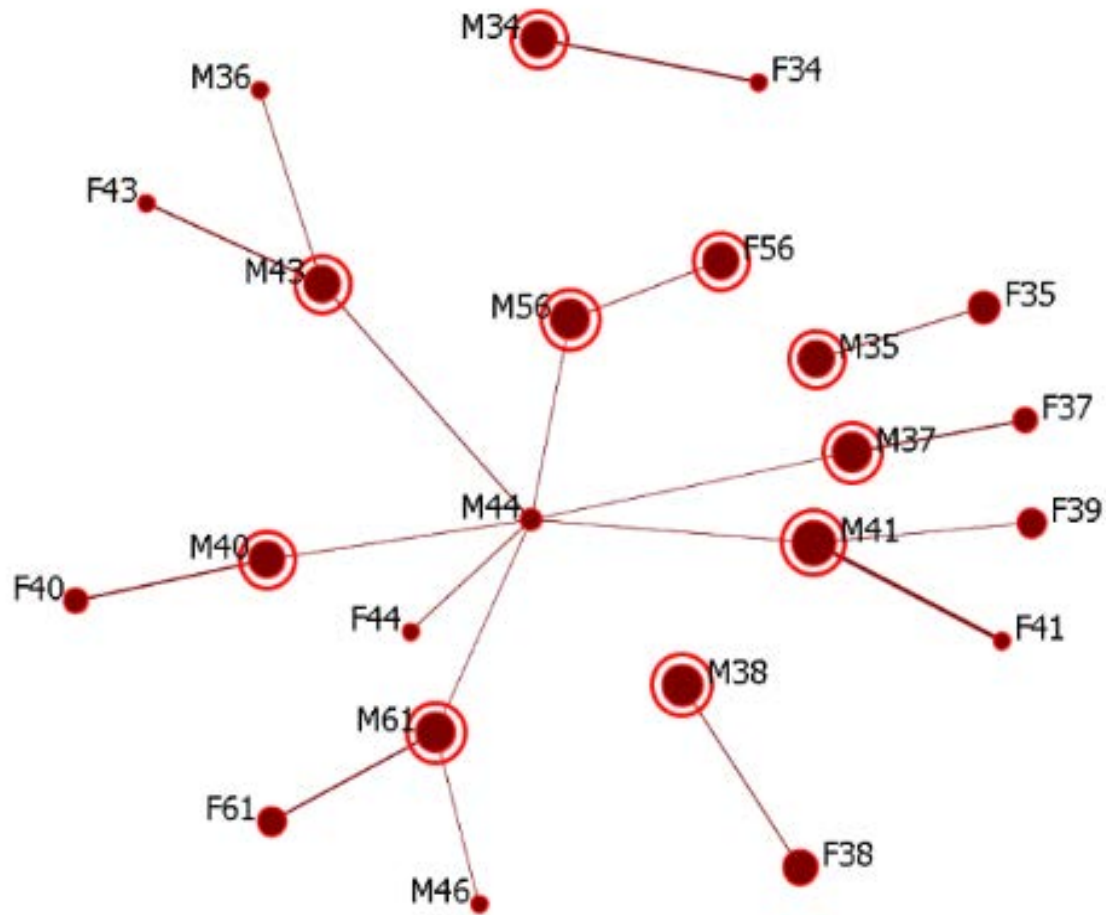
Places where  
people  
“socially  
isolated”  
visited



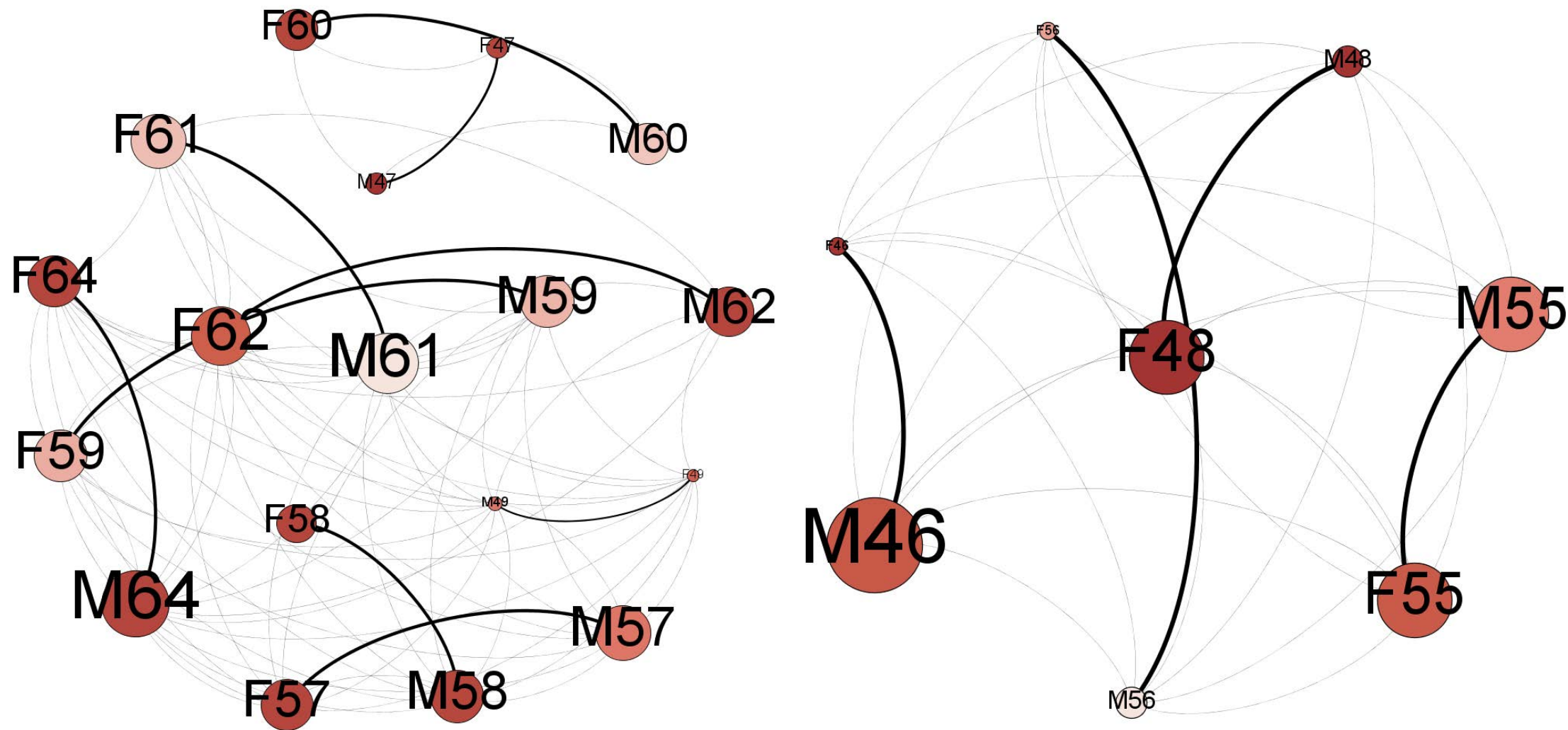
# Likelihood of face-to-face meeting



(Stacciarini, Vacca, Mao, 2018; Liang, Stacciarini, Smith, & Weins, B. (2015))



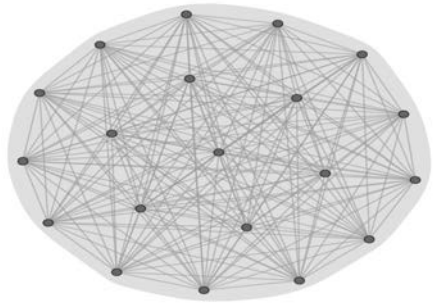
**Connections: participants with poor and good well-being scores**



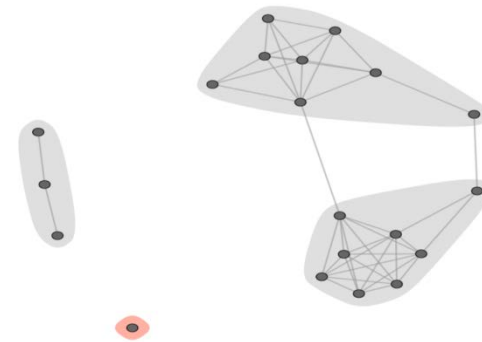
**Potential community leaders with high degree centrality with good well-being scores**

# Social Networks

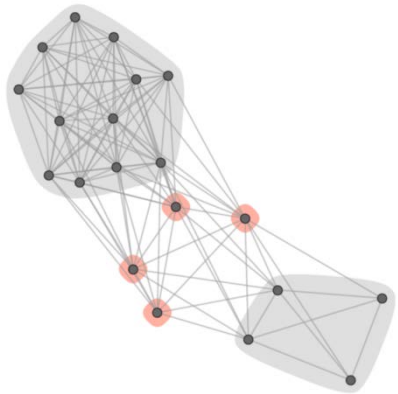
## SNA – Closed Community



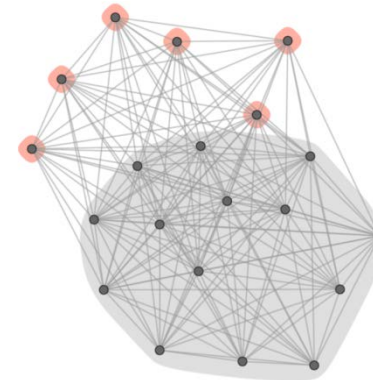
## SNA – Factional



## SNA – Core Periphery



## SNA – Hybrid



# Social Networks

- The alters are mostly **local networks**, 98% of the alters are people with whom the respondent interacts in person, as opposed to telephone or online and 67% of the alters in the average network have ***daily or weekly*** communications with the Ego.
- In terms of contexts of sociability, ***family is the dominant environment*** where respondents maintain social relationships.
- 20% alters related to school in the average personal network for the adolescents

# Social Networks

- Personal networks tend to be **trustworthy**, but not **supportive**.
- The level of trust between respondents and their personal contacts is fair, with the mean level of trust for alters being 3 (on a 1-to-5 scale) in the average personal network.
- **Support tends to be lower**; the average support measures are consistently 2 or lower, revealing that on average respondents “Never” (value= 1) or “Rarely” (value = 2) obtain support from their network.

# Results...all studies

- **Social isolation** can be related to cultural, linguistic and geographic aspects.
- Social isolation seems to be an overarching theme and a considerable social risk factor for mental wellbeing among mothers, fathers and adolescents.
- 30% of rural Latino women had higher scores of social isolation and 31% had lower scores of mental well-being compared to women in the general US population.

## Results...all studies

- In rural Latino couples, women had significantly higher scores of social isolation and lower scores of mental well-being than those of their partners, even when sharing the same rural residence.
- Social isolation was found to be significantly related to mothers' wellbeing and also an explanatory variable of adolescents' wellbeing.
- Churches are considered safe place

(Stacciarini et. al. 2014, Stacciarini et. al. 2015)

# Rural: Photovoice



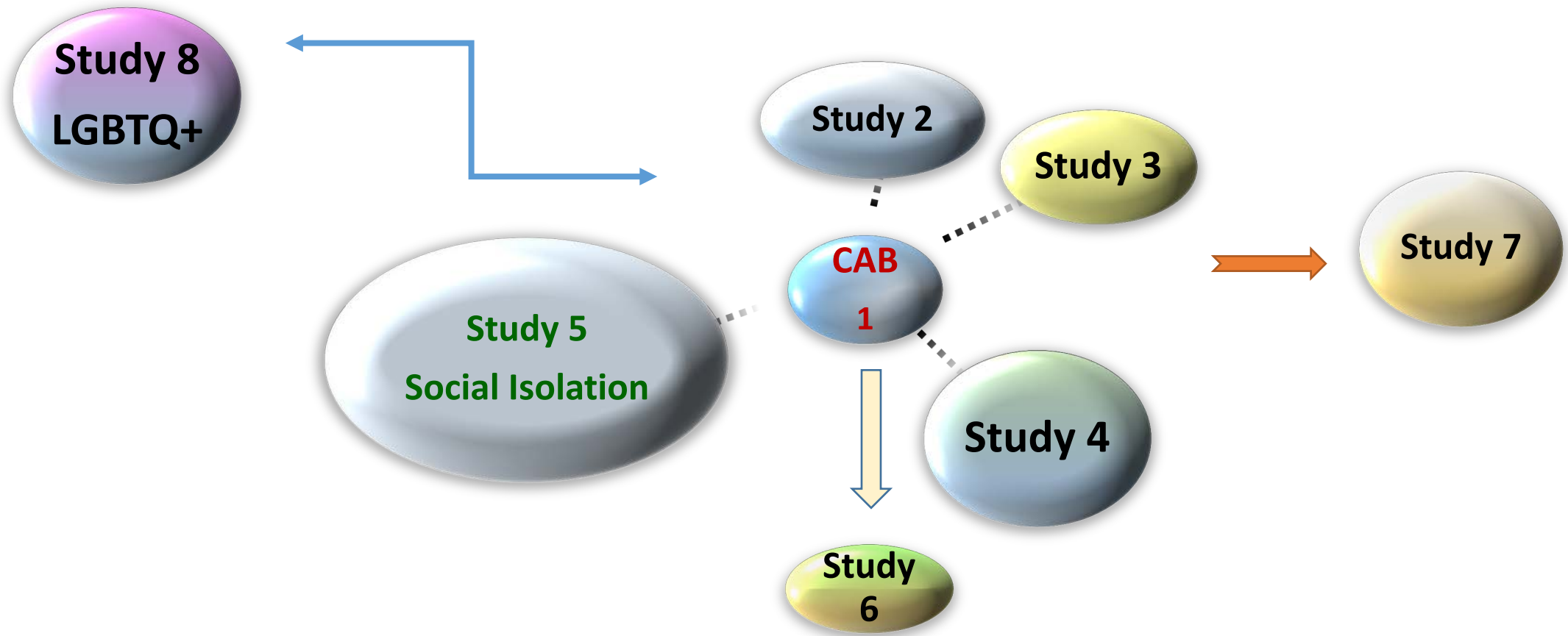
## Study 6: Church-based (not religious) SHDs intervention - Key Points

- To rescue and honor cultural knowledge
- To respond to and prevent suffering- refuse to medicalization of social problems,
- To create a participatory model for responding to SHDs (isolation),

## Study 6: Church-based (not religious) SHDs intervention - Key Points

- Looking for participatory solution which enhances solidarity networks,
- To move from dependence to autonomy
- To move beyond professionalization,
- Medical care alone cannot adequately improve health overall or reduce health disparities without also addressing where and how (relations) people live.

# Research: CBPR for Promoting Mental Health in Rural Minority Populations



# Questions?

