

CALD community engagement in clinical research: Evaluation of strategies adopted by two behavioural clinical trials in SWSLHD

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1. Background

Culturally and linguistically diverse (CALD) communities in Australia have lower rates of research participation resulting in health services that may not align with their beliefs & values. Challenges engaging CALD communities in research are ^{1,2}:

Participants:

Language, misconceptions of research & trust.

Researcher:

Availability of resources & translated material, lack of culturally matched staff



Clinicians:

Bias, communication & cultural responsiveness

2. Aim

To engage CALD patients (those who were not born in Australia and speak a language other than English at home), in research by addressing known barriers and evaluating the impact of these strategies on recruitment and retention across two trials.

5. Discussion

- Where CALD participation isn't a focus of the trial, participation is lower
- Clinicians as 'gatekeepers' to trial participation is potentially problematic for ensuring equitable opportunity for participation
- A multicultural health pathway, when used purposefully was the most effective strategy for engaging CALD participants

References

1. Waheed, W., Hughes-Morley, A., Woodham, A., Allen, G., & Bower, P. Overcoming barriers to recruiting ethnic minorities to mental health research: a typology of recruitment strategies. *BMC Psychiatry* Vol 15, (2015).
2. Masood, Y., Bower, P., Waheed, M.W., Brown, G., & Waheed, W. Synthesis of researcher reported strategies to recruit adults of ethnic minorities to clinical trials in the United Kingdom: A systematic review. *Contemporary Clinical Trials*, Vol 78, (2019).

3. Methods



Stakeholder, participant surveys/interviews used throughout the process. CALD recruitment and retention rates were used to evaluate the approaches.

4. Results

Adopted strategies to overcome barriers to CALD engagement

Translated, cross cultural adaptation of IPEQ & PROMIS



In language videos of multicultural health colloquially discussing the project with a patient



Multicultural Health Officer pathway for recruitment & case management through the trial



The BEHAVIOUR Trial

Train Physiotherapists to incorporate Physical Activity Counselling in routine practice to increase Physical Activity.

2% used multicultural health pathway

The Natural Helper Project

Improve self-management of CALD patients by pairing with a mentor of the same culture & health condition.

100% used multicultural health pathway

Success of strategies for achieving CALD participation

	'BEHAVIOUR' Trial	'Natural Helper'
Born overseas	50%	97%
Language other than English	28%	88%
CALD Drop-out at 6-months	41%	9%

6. Conclusion

- A multi-faceted approach that engages consumers in the trial design and is implemented across all stages of the research project is recommended for optimising CALD recruitment to trials.
- Purposeful resourcing is needed to ensure engagement strategies are utilised at the appropriate times and as intended.
- Optimising CALD participation is critical for ensuring health services have relevance for CALD communities.

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