

# **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:**

research & trust.

Language, misconceptions of

#### **Researcher:**

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

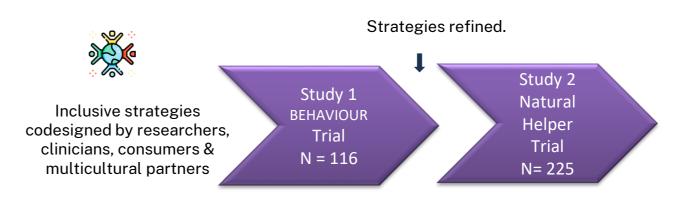


**Clinicians:** Bias, communication & cultural responsiveness

### 2. Aim

To engage CALD patients (those who were not

### 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



#### The BEHAVIOUR Trial

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 Natural Helper Project**

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

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, MW., 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).

**2%** used multicultural health pathway 100% used multicultural health pathway

Train Physiotherapists to incorporate

practice to increase Physical Activity.

Physical Activity Counselling in routine

### 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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