

Adapting Prevention Interventions to Better Serve People Who Are Under-Resourced

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PTTC

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WHAT IS INTERVENTION ADAPTATION?^{1,2}

Adaptation is the practice of modifying evidence-based programs and practices to better meet the needs of specific people or groups. Interventions can require adaptation for many reasons, particularly to ensure cultural responsiveness. Although challenging, adaptation can be vital to addressing health disparities. Adaptation can improve the reach and effectiveness of prevention interventions for populations that are under-resourced. Prevention stakeholders can rely on existing frameworks and design materials to guide them through the adaptation process.

WHY ADAPTATION IS NEEDED^{3,4}

Communities that are under-resourced are more likely to experience poor health outcomes and less likely to have access to adequate healthcare. Adapting interventions can mitigate health disparities⁵ and advance health equity by:

- Improving data collection
- Facilitating effective evaluation design
- Developing culturally appropriate messages and content
- Incorporating cultural strengths
- Ensuring service accessibility

HEALTH DISPARITIES are differences closely linked with social, economic, or environmental disadvantages that are often the result of systematic adversities and obstacles

HEALTH EQUITY means valuing all members of society equally and ensuring that they have fair and just opportunities to achieve the highest level of health possible

EIGHT DIMENSIONS OF ADAPTATION⁶

Prevention stakeholders should consider eight (8) dimensions when adapting an intervention to culturally align with a population of interest.

1. Translation of the program with consideration for equivalence of meaning

Language
1

Persons
5

5. Cultural understanding of the program participant-facilitator relationship

2. Cultural understanding of symbols, sayings, and concepts

Metaphors
2

Content
6

6. Incorporation of values, customs, and traditions of a cultural group

3. Activities and procedures for achieving program goals.

Methods
3

Concepts
7

7. Conceptualization and communication of theoretical constructs to program participants

4. Socioeconomic background of program participants

Context
4

Goals
8

8. Participants' understanding of intended program goals



THE CONTINUUM OF ADAPTATION⁷

Adaptation can be time consuming and resource intensive. It must be balanced against capacity constraints. Smaller modifications can be transitional steps to more robust redesigns.

Surface Structure

Minor program modifications to images, phrases, and concepts

Deep Structure

Infusing a program with culturally aligned beliefs, values, and behaviors

Grounded

Designing a program from the “ground up,” placing cultural and social context at the forefront

INTERVENTION ADAPTATION RESOURCES

Adapting interventions is complex, requiring in-depth knowledge of numerous topics. The following resources were used in the development of this product and can provide additional information to prevention professionals interested in adaptation.

1. SAMHSA (2014). A Treatment Improvement Protocol: Improving Cultural Competence. <https://store.samhsa.gov/sites/default/files/d7/priv/sma14-4849.pdf>
 2. SAMHSA (2019). A Guide to SAMHSA's Strategic Prevention Framework. <https://www.samhsa.gov/sites/default/files/20190620-samhsa-strategic-prevention-framework-guide.pdf>
 3. SAMHSA (2019). A Guide to SAMHSA's Strategic Prevention Framework. <https://www.samhsa.gov/sites/default/files/20190620-samhsa-strategic-prevention-framework-guide.pdf>
 4. PTTC Data-Informed Decisions Workgroup (2021). Primary Data Collection Methods: A Review Sheet https://pttcnetwork.org/sites/default/files/2021-09/Primary_Data_Collection_Methods.pdf
 5. HHS (n/d). Health Equity in Healthy People 2030. <https://health.gov/healthypeople/priority-areas/health-equity-healthy-people-2030>
 6. O'Connor, T.M., et al. (2020). Cultural Adaptation of 'Healthy Dads, Healthy Kids' for Hispanic Families: Applying the Ecological Validity Model. *Int J Behav Nutr Phys* 17(53) doi: 10.1186/s12966-020-00949-0
 7. Okamoto, S.K. et al. (2014). A Continuum of Approaches Toward Developing Culturally Focused Prevention Interventions: From Adaptation to Grounding. *J Prim Prev* 35(2), 103-112.
- * Foronda, C., et al. (2016). Cultural Humility: A Concept Analysis. *J Transcult Nurs*, 27(3), 210-217.
 - * American Psychological Association (2013). Reflections on Cultural Humility. <https://www.apa.org/pi/families/resources/newsletter/2013/08/cultural-humility>
 - * Coppage, C. et al (n/d). What is Cultural Humility? <https://study.com/learn/lesson/what-is-cultural-humility.html>.
 - * SAMHSA (2022). Adapting Evidence-Based Practices for Under-Resourced Populations. https://store.samhsa.gov/sites/default/files/SAMHSA_Digital_Download/pep22-06-02-004.pdf

