

Examining the cultural relevance among Asian minority groups of an internet delivered cognitive behavioural therapy intervention for depression and anxiety

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There has been little if any research conducted on the usage of internet-delivered cognitive-behavioral therapy (CBT)-based interventions, particularly for non-acculturated Asian minority groups living in the West. This study aimed to examine the cultural

relevance, among Asian international students in Dublin, of an internet-delivered CBT intervention implemented by SilverCloud health for depression and anxiety. A descriptive quantitative and qualitative research design was utilized. Eleven Asian international students were recruited using an advertisement poster distributed around Trinity College Dublin. A theoretically informed cultural relevance questionnaire (CRQ) provided to participants intended to measure the cultural sensitivity and ecological validity of the CBT intervention, followed by an open-ended semi-structured

focus group discussion guided by the questionnaire items and providing in-depth qualitative feedback. Five participants completed and returned the CRQ and two participants from among these were able to participate in the focus group. Quantitative data from the CRQ was analyzed using parametric and non-parametric statistical tests. Qualitative data from both the CRQ and the focus group was analyzed using deductive thematic analysis. Results concluded that this intervention is not fully suitable for Asian minorities living in the West; the implications for which have been discussed in this paper.