**BACKGROUND**
- South Asian population (Bangladesh, Bhutan, India, Maldives, Nepal, Pakistan, and Sri Lanka) is growing rapidly in the United States.
- Cultural mores are salient in breast cancer e.g., cancer is stigmatized, caregiving roles are gendered, and emotional needs are not discussed.
- Cultural dimensions are understudied, and unaddressed in healthcare settings.

**PURPOSE**
The objective of the South Asian Family Approaches to Disease (SAFAD) study is to understand the cultural and psychosocial needs of South Asian survivors of breast cancer, and their informal caregivers (i.e., family and friends).

**COMMUNITY PARTNERS**
- **CRACK THE WELLNESS CODE**
  - An organization that aims to improve the wellbeing of South Asians in the San Francisco Bay Area through initiatives to educate, inspire, empower, and impact others.
  - [https://crackthewellnesscode.org](https://crackthewellnesscode.org)

- **INDIA COMMUNITY CENTER**
  - An organization that aims to promote Indian culture and values by providing social, cultural, recreational and community programs.
  - [https://www.indiaccc.org](https://www.indiaccc.org)

- **COMMUNITY ADVISORY BOARD (CAB)**
  - A group of 8 South Asians who are diverse in occupations and are from the San Francisco Bay Area serve on the SAFAD study’s CAB. CAB supports and guides the study to ensure that the study meets the needs of the community and is culturally appropriate.
  - [https://safadstudy.sites.stanford.edu/community-advisory-board](https://safadstudy.sites.stanford.edu/community-advisory-board)

**STUDY DESIGN**
- Mixed methods involving semi-structured interviews and surveys
- Structured interviews and surveys
- Community talks through our partners

**STUDY POPULATION**
- Breast Cancer Survivors
- Survivors: Individuals who have had a breast cancer diagnosis, ≥18 years old, who self-identified as South Asian, received medical care in the California Bay Area.
- Informal Caregivers
- Survivors: Significant others, destinations for someone with a breast cancer diagnosis, ≥18 years old, who self-identified as South Asian.

**SEMI-STRUCTURED INTERVIEW DOMAINS**
- Cancer
  - The history and diagnosis of breast cancer, the treatments considered, undergone, and planned, thoughts of mortality, and the participants’ concerns of the future.
- Caregiving
  - Survivor-caregiver relationship, caregiving in the US versus in South Asia, perceptions of past care.
- Coping
  - Coping strategies around breast cancer diagnosis, treatment, and experiences.
- Cultural Background & Medical Care
  - The cultural needs, support, and experiences of participants in a healthcare setting.
- Home- & Community-Based Supports
  - The home- and community-based resources used by participants when managing breast cancer.

**STUDY OBJECTIVES**
- The objective of the SAFAD study is to understand the cultural and psychosocial needs of South Asian survivors of breast cancer, and their informal caregivers (i.e., family and friends).
- The study meets the needs of the community and is culturally appropriate.
- Community talks through our partners.

**OUTCOMES**

**LENS LEARNED**
- Breast cancer among South Asians is challenging to study partially due to stigma.
- Community talks through our partners.
- Developing a study-specific advisory board was crucial to the study’s success.

**RECOMMENDATIONS**
- Create culturally tailored, curated information around cancer.
- Develop programs to facilitate emotional support for South Asian breast cancer survivors.
- Educate care teams in the importance of assessing unmet needs of caregivers.
- Develop public health programs to reduce stigma.

**ACKNOWLEDGEMENTS**
This project was funded by the Sojourn Scholars Leadership Program of the Cambia Health Foundation and the Khuller Family Cancer Seed Grant through Stanford CARE, both awarded to Dr. Ranak Trivedi. We thank the participants for their generosity of time.

**CONTACT**
Reach Dr. Ranak Trivedi via email at ranak8@stanford.edu.
Follow Dr. Ranak Trivedi on Twitter @ranaktrivedi.

**PROJECT WEBSITE**
- Visit the Family & Mental Health Lab Website
  - [https://framilymentalhealth.Stanford.edu](https://framilymentalhealth.Stanford.edu)

**LEARN MORE ABOUT THE SAFAD STUDY**
- [https://safadstudy.sites.stanford.edu](https://safadstudy.sites.stanford.edu)

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**Table 1. Demographic Characteristics of Survivors (N=13)**

<table>
<thead>
<tr>
<th>Characteristics</th>
<th>Sample</th>
<th>Characteristics</th>
<th>Sample</th>
</tr>
</thead>
<tbody>
<tr>
<td>Age, y</td>
<td>47.9 ± 9.1</td>
<td>Age, years</td>
<td>43.9 ± 14.8</td>
</tr>
<tr>
<td>Women (%)</td>
<td>13 (100.0)</td>
<td>Women (%)</td>
<td>5 (38.5)</td>
</tr>
<tr>
<td>Acculturation, %</td>
<td>9 (69.2)</td>
<td>Acculturation (%)</td>
<td>7 (53.4)</td>
</tr>
<tr>
<td>1&lt;sup&gt;st&lt;/sup&gt; generation</td>
<td>2 (15.4)</td>
<td>2&lt;sup&gt;nd&lt;/sup&gt; generation</td>
<td>2 (15.4)</td>
</tr>
<tr>
<td>Did not report</td>
<td>2 (15.4)</td>
<td>Did not report</td>
<td>4 (30.8)</td>
</tr>
<tr>
<td>Breast Cancer Stage (%)*</td>
<td>1 (7.7)</td>
<td>Relation to Survivor (%)</td>
<td>7 (53.4)</td>
</tr>
<tr>
<td>0</td>
<td>1 (7.7)</td>
<td>Significant Other</td>
<td>7 (53.4)</td>
</tr>
<tr>
<td>1</td>
<td>5 (38.5)</td>
<td>Sibling</td>
<td>2 (15.4)</td>
</tr>
<tr>
<td>2</td>
<td>6 (46.2)</td>
<td>Child</td>
<td>3 (23.1)</td>
</tr>
<tr>
<td>4</td>
<td>3 (23.1)</td>
<td>Friend</td>
<td>1 (7.7)</td>
</tr>
</tbody>
</table>

*Note: 2 survivors were diagnosed with breast cancer twice.

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**Table 2. Demographic Characteristics of Caregivers (N=13)**

<table>
<thead>
<tr>
<th>Characteristics</th>
<th>Sample</th>
<th>Characteristics</th>
<th>Sample</th>
</tr>
</thead>
<tbody>
<tr>
<td>Relation to Survivor (%)</td>
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<td></td>
<td></td>
</tr>
<tr>
<td>Significant Other</td>
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<td></td>
</tr>
<tr>
<td>Child</td>
<td>3 (23.1)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Friend</td>
<td>1 (7.7)</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

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**Key findings**

**South Asian survivors:**
- Desire to connect with other South Asian survivors
- Are knowledgeable about their health condition
- Desire curated information from their care team
- Desire culturally tailored materials in native languages

**Informal caregivers:**
- Are the primary information gatherers in the family
- Desire greater emotional and social support
- Should be asked about emotional needs by care teams

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**Breast Cancer Stage (%)*

<table>
<thead>
<tr>
<th>Stage</th>
<th>Number</th>
</tr>
</thead>
<tbody>
<tr>
<td>0</td>
<td>1 (7.7)</td>
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