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## TITLE

Assessing the Need for Culturally Tailored Care Among South Asian Women with Breast Cancer and Their Caregivers

## ABSTRACT

The South Asian (SA) population is growing rapidly in the United States. SA culture may have special salience; however, these cultural dimensions remain understudied and unaddressed in healthcare settings. With the support of a Community Advisory Board and organizations like, India Community Center (<https://www.indiacc.org>) and Crack the Wellness Code (<https://crackthewellnesscode.org>), the South Asian Family Approaches to Disease (SAFAD) aims to understand the unmet psychosocial and community needs of SA breast cancer survivors and their caregivers. SAFAD is an ongoing mixed methods study. SA breast cancer survivors and their informal caregivers (relatives/friends) are recruited from the Bay Area and screened for eligibility. Participants complete a 1-hr semi-structured interview and demographic and psychosocial survey. The interview guide and survey tools assess emotional reaction to diagnosis; fear of cancer recurrence; mortality; coping strategies; availability of caregiver and roles; use of complementary medicine; and need for and access to culturally appropriate resources within the community.

All participants (13 survivors; 13 caregivers) have completed interviews and 20 participants (11 survivors; 9 caregivers) have completed the survey. Survivors were on average 47.9 yr (SD = 9.1) and identified as female. Caregivers were on average 43.9 yr (SD = 14.8) and included 6 husbands, 1 wife, 3 children, 2 siblings, and 1 friend. Rigorous thematic analyses and survey analyses are underway.

Preliminary results of this ongoing study indicate the unique psychosocial and community needs of SA breast cancer survivors and their caregivers. Potential interventions may include SA support groups and curated information about breast cancer and treatment.

Preliminary analyses of the interviews with survivors suggest the following themes: 1) trust in medical care in the US while noting that cultural needs are unaddressed; 2) knowledgeable about breast cancer, while feeling overwhelmed with the amount of information; 3) unmet psychosocial needs around the ambiguity of the cause of disease; 4) a desire to connect with other SA breast cancer survivors; and 5) having a positive attitude throughout the cancer journey is vital. Preliminary analyses of the interviews with caregivers suggest the following themes: 1) although caregivers feel their opinion matters to the care team, they are not asked what they need to care for the survivor by the care team; 2) trust in the medical care the survivor receives; 3) a need for emotional and social support; 4) a need to find ways to cope with feeling overwhelmed throughout cancer experience; and 5) having a positive attitude throughout the cancer journey is vital.

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## COMMUNITY PARTNER

[Crack the Wellness Code](https://crackthewellnesscode.org)

## CATEGORY

Improving Health Equity, Healthcare Access, Service, and Quality