

## Introduction

- Significant unmet need for effective mental health treatment for youth of color and lower-income youth
- Ex-CBT is the leading evidence-based practice for treating patients with Anxiety and Obsessive-Compulsive Disorder (OCD), but due to its origins in samples of predominantly white patients, must account for individual cultures and contexts to be effective for others
- Project RESPECT, or Revamping Evidence-based Supports to Promote Effective Culturally-responsive Treatment, seeks to understand how to best apply person-centered culturally responsive adaptations to Ex-CBT for youth with OCD and anxiety
  - Aim 1 of the pilot study: a three-year retrospective chart review of youth who received anxiety or OCD treatment through the Pediatric Anxiety Treatment Center at Hall-Mercer (or PATCH)

## Methods

- Retrospective chart review of an initial 113 clients from the PATCH clinic enrolled for treatment between January 1, 2018 and July 1, 2021
  - 3099 patient sessions in total
- Primary content: what strategies are clinicians using currently?
  - Other content: parental involvement, suicidal ideation, trauma discussion, homework assignment, etc.
- All primary data was abstracted and compiled in REDCap (Research Electronic Data Capture), a HIPAA compliant web-based survey platform

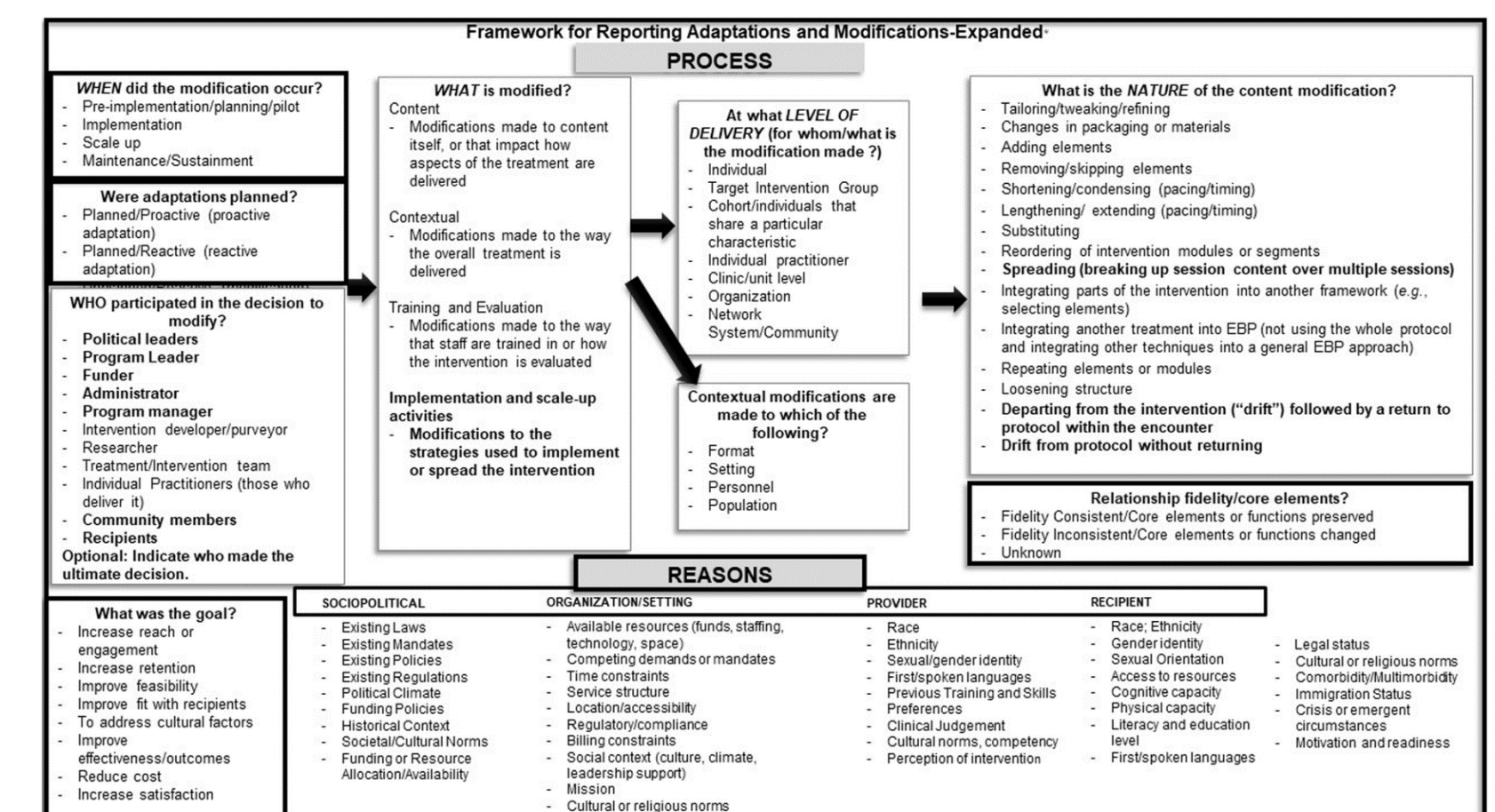


## Coding

- 1,626 sessions coded since my start date, May 16<sup>th</sup>
- 67%, or 2,095 out of 3,099 sessions coded
- 24 strategy codes, including for cultural and contextual factors and general life events
  - Developed from the FRAME model

- Will help us examine the relationship between what treatment strategies are used and treatment length, attendance, dropout, and successful graduation
  - Which strategies are effective
  - Which strategies need the most adaptation
  - Which adaptations are already naturally occurring

**Reliability (as of mid-summer 2022)**  
Cohen's Kappa = 0.735  
Percent Agreement = 0.934



The FRAME Model

## Conclusion and Future Directions

- Integrated with information from qualitative interviews with clinicians, youth, and parents, this pilot data will guide the development of a toolkit of strategies to improve the cultural responsiveness of services for youth with OCD, anxiety, and related disorders
- Will continue to calculate Cohen's Kappa and Percent Agreement to maintain reliability throughout the coding process
- RESPECT aims to begin closing the gap in our current understanding of how to reduce inequities in youth mental health care and make it more person-centered and culturally responsive

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