

# A Tale of Two Countries: Study Prospectus for Understanding the Role of Acculturation in Substance Abuse Treatment for Residents Along the U.S. – Mexico Border



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## INTRODUCTION

Among the sustainable development goals listed from the World Health Organization is the consideration of substance abuse as a target for improved prevention and treatment strategies<sup>1</sup>.

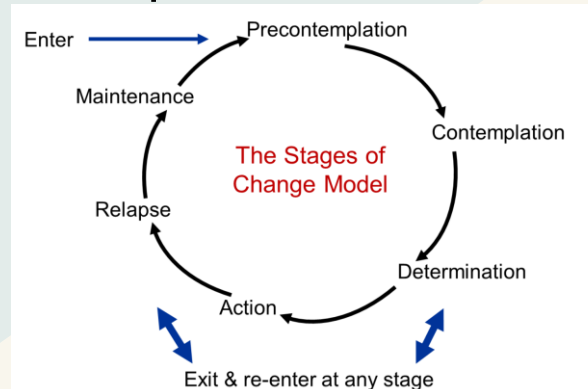
According to data from 2013, the number of reported individuals as problem users has held steady at 27 million since 2008; further, illicit drug use increased 10% between 2006 and 2013 to 246 million individuals<sup>1</sup>. In comparison to the global rate, in Mexico the increase was 87%<sup>2</sup>. With this in mind, we propose that considering methods for substance abuse reduction that target drug use disorders could have an amplifying effect on reducing substance abuse rates. Our study will survey participants' perceived and experienced barriers to treatment, motivations for seeking treatment, and treatment progress. By focusing on the population along the U.S.-Mexico border, we will target a population more at risk for substance abuse as a result of socioeconomic and cultural factors related to location<sup>2, 3</sup>.

Considering the pillars of public health of prevention, treatment, harm reduction and public safety makes substance abuse a valid concern for public health officials.

## METHODS

Consenting participants will be selected from existing private treatment centers, called *anexos*, and government-funded centers in Tijuana and Chihuahua, Mexico and El Paso, Texas, Chula Vista, California, and San Diego, California

We anticipate developing figures that illustrate the role of predictive factors in designing treatment programs, particularly along the U.S.-Mexico border, and intend to use this information to inform regulation policies and public education initiatives in Mexico.



### Transtheoretical Model<sup>4</sup>

The transtheoretical model, also known as the stages of change, can help curate a targeted intervention for Mexico's substance abuse patients

## SURVEY

### Instructions (abbreviated)

The purpose of this survey is to understand cultural factors in seeking substance abuse treatment in order to measure how effectively treatment centers are providing services. We will use this information to improve regulation of the treatment centers and the information provided to the public.

The questions will focus on your motivations for change and effectiveness of the services you experienced.

These instructions and questions will be available to the consenting participants in Spanish and English and provided according to their language preferences.

### Sample Survey Questions

1. How many times have you sought treatment in a center?
2. What type of treatment center did you enter each time? (i.e. private, *anexo*, government-funded, hospital-based)
3. Did you make the decision(s), personally, to enter treatment?
4. What methods or services have you most benefited from at this center?
5. Have you ever left treatment early? If so, why?

## INTERNATIONAL RESEARCH AND CONSENT

WSU IRB requires international research to provide potential participants with study materials and consent information in a language familiar to the participant.

Further, the research team should have at least two individuals fluent in English and Spanish to follow regulations. WSU IRB requires the consent form to be signed by several individuals when the participant(s) is a/are non-English speaker(s): the potential participant, the translator, and a witness fluent in both languages who is not the translator.

Below is a sample of the approved short form in Spanish

### Forma breve de consentimiento para participar en una investigación

Se le pide que participe en un estudio de investigación. Antes de aceptar participar en el estudio, es importante que reciba una explicación clara de éste en un lenguaje que pueda entender. La siguiente es una lista de las cosas con las que estará de acuerdo cuando firme esta forma de consentimiento.

Un traductor, que es uno de los investigadores que conduce el estudio o uno de sus representantes, le ha explicado (1) los objetivos de la investigación, los procedimientos y cuánto durará la investigación; (2) los procedimientos que son experimentales; (3) los riesgos razonablemente predecibles (posibles riesgos que se conocen hasta ahora), molestias y beneficios de la investigación; (4) procedimientos o tratamientos alternativos posiblemente beneficios; y (5) cómo se mantendrá la confidencialidad.

## Normalization and Cross-Border Access



Theoretical framework with physical and social structure contribute to the risk environment<sup>5</sup>



Consideration for risk and protective factors on both sides of the border<sup>6</sup>

## REFERENCES

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