2020 DART Virtual Summer Research Day

Demographic Predictors of Engagement with a Technology-based Treatment for Depression Among Monolingual Spanish Speakers

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Background: Among Latinx adults with limited English proficiency (LEP), 27.3% report symptoms of depression, but only 22% of those symptomatic receive treatment. To extend treatment reach, recent studies have developed and evaluated mHealth depression treatments. Yet, predictors of mHealth treatment engagement are unclear. Examining treatment engagement predictors is important to identify subgroups most and least likely to benefit from an mHealth-based treatment and forms the basis for the present study. **Methods:** As part of a larger trial examining the efficacy of a mobile app for depression treatment (¡Aptívate!), present study data were collected from 22 participants that received ¡Aptívate!. Demographic predictors included: gender, education, employment, income, relationship status, rurality, age, and symptoms of depression and anxiety. Treatment engagement metrics included: total app sessions, retention at weeks 4 and 8, and time using the app. Given the exploratory nature of this analysis, individual Chi-square and ANOVA analyses were used to examine associations between each demographic predictor and engagement metric. **Results:** Residents of more rural areas and older participants were more likely to engage with ¡Aptívate! including frequency of app sessions ($B = 0.64$, $p = 0.004$; $B = 0.72$, $p = 0.00$); higher 4-week ($B = 0.50$, $p = 0.04$; $B = 0.49$, $p = 0.02$) and 8-week retention ($B = 0.49$, $p = 0.04$; $B = 0.66$, $p = 0.001$); and greater total time using the app ($B = 0.65$, $p = 0.003$; $B = 0.77$, $p = 0.00$). There was a trend toward significance where participants with greater anxiety at baseline had more sessions ($B = 0.37$, $p = 0.09$) and higher 4-week retention ($B = 0.39$, $p = 0.07$). **Conclusion:** ¡Aptívate! potentially offers an alternative approach to reduce health disparities and provide evidence-based depression treatment for older Latinx adults with LEP who reside in more rural areas.