Community Health Workers' role in supporting non-western immigrants in the Netherlands to lower cardiometabolic risk

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Background: Self-regulation programs led by Community Health Workers (CHWs) appear promising in lowering cardiometabolic risk in non-western immigrant populations. However, little is known about the specific role of the CHW. Aim of the study was to identify essential competencies and effective behaviour change techniques (BCTs). **Methods:** A needsassessment was performed using focus group and face-to-face interviews among non-western immigrants. Additionally, a systematic review identified CHW tasks, competencies, and effective BCTs. **Findings:** Non-western immigrants reported somewhat different CHW tasks than those emerging from the review. Immigrants stressed the importance of fear arousal and reflecting on own behaviour, whereas the review underlined goal-setting, self-monitoring, and identifying barriers. Both emphasized the importance of integrating care into the social context by mobilising social support, and restructuring the environment. **Discussion:** In a theory and evidence based CHW-led program, CHWs should use effective BCTs and pay special attention to the social context of non-western immigrants.

Health threat beliefs and coping in the context of genetic risk for cancer

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This research examined concerns and coping during assessment for genetic risk of breast cancer. Participants were 301 women undergoing genetic risk assessment. Analysis involved exploration of the relationship between specific beliefs and the use of coping strategies, changes in coping strategies over each of three phases of the assessment process, cluster analysis to identify groups using similar coping strategies, and the relationship between concerns, coping, and changes in negative emotions and frequency of worry. Overall, the data show that participants used one dominant strategy for coping with each concern (limited to positive appraisal, acceptance, and seeking family/social support) and used other coping strategies much less often. Cluster analysis revealed four clusters of coping responses, including the use of positive appraisal as an almost unique coping response. The associations between coping and changes in emotions and worry were modest although statistically significant.

Predicting PTSD following first onset acute coronary syndrome: testing a theoretical model

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