



Digital Storytelling as a Tool for Engagement in Facilitated Discussions

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Background

- High incidence of type 2 diabetes mellitus (T2DM) and worse diabetes-related outcomes among immigrants and refugees in the U.S.
- Storytelling has been used to address chronic disease management for many years
- Digital storytelling is a promising mechanism to scale the impact
- Facilitated storytelling may be able to extend digital storytelling benefits

Rochester Healthy Community Partnership

- Mission: Promote health and well-being among the Rochester population through
 - community-based participatory research
 - education, and civic engagement
 - to achieve health equity



Clinic Partnerships

Center Clinic

- Dodge Center, MN

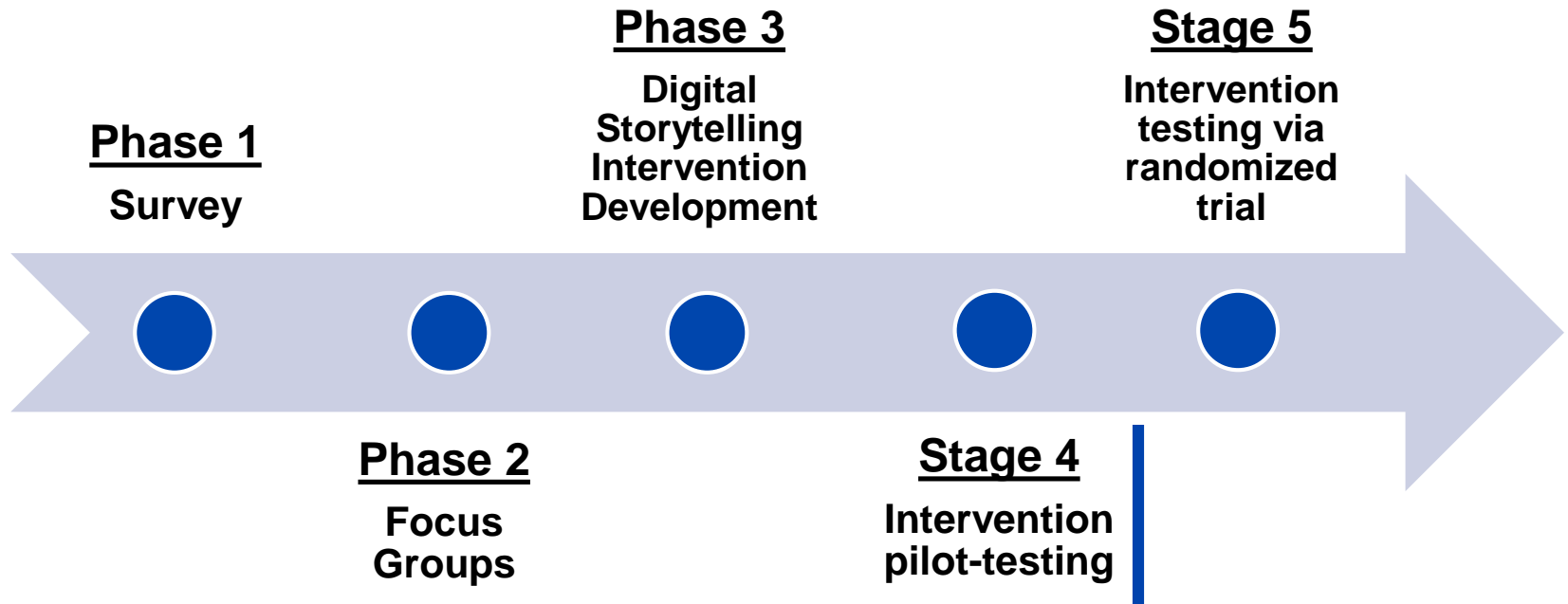


Our Lady of Guadalupe

- Worthington, MN



Development of S4C Digital Stories



STORIES4CHANGE
DIABETES

Methods

- Twenty Latino adults with T2DM
- Three facilitated storytelling discussions
- Bilingual facilitator
- Assessment:
 - Pre- and post-intervention surveys
 - Observations
 - Post-intervention focus groups

Participants

| Characteristic | n = 20 |
|--|-------------|
| Age, mean years (SD) | 47.1 (11.1) |
| Female, n (%) | 13 (65) |
| Country of birth, n (%) | |
| Mexico | 12 (60) |
| Guatemala | 5 (25) |
| El Salvador | 3 (15) |
| Duration of time in United States, mean years (SD) | 15.6 (9.2) |
| Primary language in home, n (%) | |
| Spanish | 19 (95) |
| Mam (Mayan dialect) | 1 (5) |
| Education level, n (%) | |
| Less than completed high school | 13 (65) |
| Completed high school | 7 (35) |
| Duration of diabetes diagnosis, mean years (SD) | 6.5 (5) |
| Diabetes management, n (%) | |
| Pills | 18 (90) |
| Insulin | 4 (20) |
| Home blood sugar checks | 13 (65) |

Intervention Acceptability

- General reaction
 - 95% very acceptable
 - 5% somewhat acceptable
- Does the discussion get your attention?
 - 85% very much
 - 15% somewhat
- Is the discussion interesting? Useful?
 - 100% very much
- Would you share it with family or friends who have diabetes?
 - 100% yes

Intervention Value

- Reflection on the videos
- Share personal stories
- Offer support, information, motivation to each other

Effect on Psychosocial Constructs

- Does participating in the discussion make you want to do anything different to manage your diabetes?
 - 100% yes
- Pre-/ post-survey constructs
 - Motivation 76.8% to 94.5% ($p=0.001$)
 - Confidence 82.8% to 93.8% ($p=0.017$)
 - Further emphasized in qualitative analysis

Participant Suggestions

- Address weight loss
- Address mental health
- Develop multi-session storytelling intervention

Next Steps

- Diabetes support group
- Multi-center randomized control trial of digital stories

Conclusions

- Incorporation of group facilitated discussion alongside digital stories was acceptable and effective in Latino populations
- Unique benefits of facilitated discussion
- Further testing in longer-term group support and story sharing is needed

Thank you!



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