

A Training Sponsored by
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Recruitment and Retention of Latino and Asian American Youth in Research

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By 2050, Latino and Asian Americans will comprise 29% and 9% of the U.S. population, respectively. These population projections underscore the importance of research that includes Latino and Asian participants, who remain understudied in psychological research and underserved in mental health systems. In this presentation, Drs. Bámaca-Colbert and Lau will discuss strategies for the recruitment and retention of Latino and Asian Americans into research using various methodologies. Dr. Bamaca will discuss lessons she has learned from recruiting Latino youth and families to participate in survey, focus group, and ecological momentary assessment and GPS studies. Dr. Lau will discuss strategies to promote the engagement of Asian American youth in observational and intervention research. Topics will include: recruitment and retention strategies to consider for different methodologies, gatekeeping and strategies to engage community partners to access a population, degree of engagement with participants and considerations for data collection that can increase participant involvement and retention. Drs. Bámaca-Colbert and Lau will use case examples of completed or ongoing projects to illustrate specific points addressed. Dr. Lau will also discuss the potential roles of research funding, in-kind contributions, community advocacy, and social marketing. **Attendees are encouraged to ask questions pertaining to their program of research and discuss these issues in the group setting.**

Anna S. Lau is trained as a Clinical Psychologist and she is Associate Professor of Psychology at the University of California, Los Angeles. Her research spans across the areas of mental health disparities, evidence-based psychotherapy for ethnic minority youth and families, child and adolescent adjustment in immigrant families, and cultural variability in emotion regulation. Dr. Lau and her colleagues are currently concluding a cross-cultural study of stress and coping in adolescence in the United States and Vietnam. This work is informing current efforts to pilot school based preventive interventions for adolescents at risk of depression. Another major collaborative project involves understanding factors that promote sustained implementation of evidence based mental health treatments for diverse youth and families in community mental health clinics in Los Angeles County.

Mayra Y. Bámaca-Colbert is an Assistant Professor in Human Development and Family Studies at the Pennsylvania State University. Her research focuses on the intersection of culture, contexts of development, and individual factors that contribute to Latino and immigrant children's psychological and behavioral outcomes (e.g., depressive symptoms, sexual behaviors, academics). She has collaborated in studies conducted with Latinos residing in different areas of the U.S. (California, Illinois, Arizona, and Pennsylvania). Her current collaborations are focusing on 1) Latinos residing in Northern California and Pennsylvania 2) youth living on their own residing in Tucson, AZ, and 3) immigrant youth and families residing in Spain.

Please RSVP to mirranda.salas@csun.edu