

# INPLASY

## Available Psychotherapeutic Interventions for Anxiety and Depression in Latinx Immigrant Adults Living in the United States: A Systematic Review Protocol

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Granemann, L.; Oleas, DS; Gal, M; Staniscia, AC; Silva, IPA; Simon, SS.

**Corresponding author:**  
Lais Granemann

lgranemann@fordham.edu

**Author Affiliation:**  
Fordham University.

### ADMINISTRATIVE INFORMATION

**Support** - N/A.

**Review Stage at time of this submission** - Formal screening of search results.

**Conflicts of interest** - None declared.

**INPLASY registration number:** INPLASY2024120009

**Amendments** - This protocol was registered with the International Platform of Registered Systematic Review and Meta-Analysis Protocols (INPLASY) on 2 December 2024 and was last updated on 2 December 2024.

### INTRODUCTION

**Review question / Objective** 1) What are available psychotherapeutic interventions for anxiety and depression for adult Latinx immigrants living in the United States of America? 2) Are psychological interventions for anxiety and depression effective for first-generation Latinx/e/o adult immigrants living in the United States?

**Condition being studied** Anxiety and depression.

### METHODS

**Search strategy** Databases: PsycINFO, PubMed/MEDLINE, Scopus, and reference lists of eligible studies and review articles.  
Search terms: ("latin\*") AND ("therap\*" OR "intervention\*" OR "treatment\*") AND ("anxiety" OR "depress\*") in the fields Titles OR Abstracts.  
Publication period: 2004 to 2024.  
Searches will be re-run prior to the final analysis.

**Participant or population** Inclusion criteria: First-generation Latinx/e/o adult immigrants living in the United States.

Exclusion criteria: Studies with 20% or more of participants born in the United States (e.g., second and third generation of immigrants) and data is not disaggregated; children and adolescents; Latinx/e/o immigrants living outside of the United States.

**Intervention** Psychotherapeutic interventions  
Exclusion criteria: interventions that are not psychotherapy (e.g., psychosocial support, lifestyle changes, parenting support) and interventions that are self-administered or asynchronous (e.g., mobile applications).

**Comparator** Not applicable.

**Study designs to be included** Clinical trials and pre-post studies.

**Eligibility criteria** Inclusion criteria: Peer-reviewed articles

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Exclusion criteria: Non-peer-reviewed articles (e.g., book chapters, theses, dissertations, editorials, etc.). Review articles (e.g., systematic reviews, meta-analyses).

**Information sources** Electronic databases and the reference lists of eligible studies and review articles.

**Main outcome(s)** Change in mood symptoms from baseline to the last available follow-up.

**Quality assessment / Risk of bias analysis** The Mixed Methods Appraisal Tool (MMAT) will be used. Two members of the review team, who will be blinded to each other's decisions, will evaluate each study independently. Any disagreements will be resolved through discussion with a third member of the review team.

**Strategy of data synthesis** Narrative synthesis of the findings from the included studies.

**Subgroup analysis** If the necessary data are available, subgroup analyses will be done for participant demographics (e.g., regions of origin, ethnoracial status, age, socioeconomic status, and gender/sex) and intervention characteristics (e.g., intervention format, treatment modality). While other subgroup analyses may be an area of interest, it might not be possible to comprehensively determine all groups in advance.

**Sensitivity analysis** We plan to conduct sensitivity analyses based on study quality if there is sufficient variability in study quality.

**Country(ies) involved** United States.

**Keywords** Systematic review; mental health; immigrants; Latinx/e/o; psychotherapy.

#### **Contributions of each author**

Author 1 - Lais Granemann.

Email: lgranemann@fordham.edu

Author 2 - Denise Oleas.

Email: doleas@fordham.edu

Author 3 - Maya Gal.

Email: mg4251@columbia.edu

Author 4 - Ana Staniscia.

Email: ana.staniscia@nyu.edu

Author 5 - Ivana Silva.

Email: ivanapatricia.psi@gmail.com

Author 6 - Sharon Simon.

Email: sharon.sanzsimon@rutgers.edu