

ABSTRACT

Background: Values affirmation interventions target stereotype threat and can improve patient-clinician communication among African American/Black (AAB) patients.

Understanding values chosen, reasons these values are important, and value differences by race may uncover how values could be discussed during visits.

Objective: To understand patient values and how they differ among AAB, American Indians/Alaskan Natives (AI/AN) and White patients.

Design: Secondary data analysis using a multiple methods approach, including quantitative Poisson regression models and qualitative content analysis.

Participants: A convenience sample of 387 writing exercises were analyzed from two trials comparing a values affirmation or control writing exercise deployed before clinic visits. The sample included 153 non-Hispanic AAB, 181 White, and 53 AI/AN participants balanced by study site and intervention arm.

Interventions: Participants selected their most (intervention) or least (control) important values and explained the importance of these values to themselves (intervention) or others (control).

Approach: Multivariable Poisson models examined race as a factor in patients' probability of selecting each value, adjusting for age, gender, employment and marital status. Common themes were derived from transcribed writing exercises through qualitative content analysis.

Key Results: Relationships with friends and family, independence, and religion were important among all groups. Social relationships and religion were more important among AAB and AI/AN. Guiding behavior, managing stress, providing a source of inner

strength or a sense of life meaning, and facilitating better life quality are themes derived for reasons values are important to patients.

Conclusions: Understanding patient values may help clinicians appreciate patient perspectives and improve patient-clinician communication.