

## **Conducting cultural competent/relevant research**

- lessons learned from a qualitative research project in two multiethnic communities in Copenhagen, Denmark

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**Introduction:** Researchers and practitioners often find it difficult to include ethnic minority citizens in interview surveys due to language barriers, notions of cultural barriers etc. This poster describes some of the lessons learned from a research project concerning possibilities and barriers to utilize dietary and exercise interventions among ethnic minority citizens. We conducted 12 qualitative single and group interviews among Turkish, Somali, and Pakistani migrants living in two multiethnic communities in Copenhagen.

**Methods:** Six semistructured group interviews and 6 semistructured single interviews with men and women of Pakistani, Turkish or Somali background were conducted. The participants were recruited through link workers with connection to the two communities. Some participants were recruited directly through the link workers, others were recruited through a meeting held in the community or through snowballing via other participants and key persons known to the researchers. The interviews were separated by sex and ethnicity and took place in participants' homes or shared facilities in the community.

**Results and discussion:** Lessons learned from the project include among other aspects:

- A community approach gives access to valuable knowledge about the social context in which participants live. The approach facilitates trust and dialogue between the community inhabitants and researchers
- As far as possible, the researchers should be directly involved in the recruitment of participants. When using link workers, it's important to realize that they are not necessarily accepted by all members of the local community. Therefore, recruitment via different channels is recommended
- It is important to identify barriers for participating in the interviews and take measures to overcome these barriers, e.g. providing childcare
- Recruitment of participants takes time and enough time for this is therefore crucial
- Allow enough time for the participants to engage in small-talk before and after each interview. Also, it is needed to talk with the participants about potential personal or community issues after the interview
- Acknowledge the communities' contribution to the project e.g. by offering to present the results and future health policy plans to the community