Giving Our Daughters What They Never Received: African-American Mothers Discussing Sexual Health Topics with their Daughters

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Disclosure

• Nothing to disclose
Objectives

• Describe examples of evidence-based research or innovative patient care and/or teaching practices related to family planning or reproductive health.
Presentation Overview

• Overview and Study Relevance
• Methods
• Results
• Implications to Nursing and Public Health Practice
• Summary
Overview & Study Relevance

• Despite the decline in teen pregnancy, rates of pregnancy remain disproportionate in African-American communities (2, 3).

• Why are innovations that have proven successful in the mainstream not transferring to minority populations? (4).

• Limited research has been conducted that cultural/ethnic identify strongly influences a mother’s attitude to intention to communicate about sexual health topics with her daughters at any age (5).

• Research is needed to explore this void in the literature addressing a how African-American mother-daughter sexual health communication can be best supported (6, 7).
Methods

• **Population/Setting:** 19 African-American mothers and mother-figures with direct contact to pre-adolescent girls between the ages of 9-14 years

• **Theoretical Framework:** Theory of Planned Behavior (8).
  • Primary theoretical constructs of focus:
    • Attitude
    • Subjective Norms
    • Perceived Behavioral Control
    • Intention
    • Behavior

• **Research Question:** How are the selected constructs of the Theory of Planned Behavior and the personal characteristics of African-American mothers related to their intentions to communicate sexual health topics with their adolescent daughters?
## Results

<table>
<thead>
<tr>
<th>Construct 1: Attitudes</th>
<th>Examples</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Theme 1:</strong> Faith/Values/Religiosity</td>
<td>What do you believe are the advantages of routinely talking to your daughter about sexual health topics?</td>
</tr>
<tr>
<td><strong>Theme 2:</strong> Barriers to sexual health communication</td>
<td>What are some ways that mother’s can disarm their daughters to discuss sexual health topics?</td>
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## Results

<table>
<thead>
<tr>
<th>Construct 2: Perceived Behavioral Control</th>
<th>Examples</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Theme 3</strong>: Mother’s Comfort to discuss sexual health topics</td>
<td><em>What factors or circumstances would enable you to routinely talk to your daughter about sexual health topics?</em></td>
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### Results

<table>
<thead>
<tr>
<th>Construct 3: Subjective Norms</th>
<th>Examples</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Theme 4:</strong> Own Mother’s Influence</td>
<td><em>How has your relationship with your mother influenced how you talk to your daughter about sexual health topics?</em></td>
</tr>
<tr>
<td><strong>Theme 5:</strong> Other Important People</td>
<td><em>Are there individuals or groups who would disapprove of you routinely talking to your daughter about sexual health topics?</em></td>
</tr>
<tr>
<td><strong>Theme 6:</strong> Teaching Faith and Values</td>
<td><em>How does your faith/values influence how you talk about sexual health topics with your daughter?</em></td>
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</tbody>
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## Results

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<tr>
<th>Construct 4: Intention to Communicate</th>
<th>Examples</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Theme 7</strong>: Daughter’s Readiness to Talk</td>
<td>What factors would contribute to helping you to feel comfortable to talk to your daughter about sexual health topics?</td>
</tr>
<tr>
<td><strong>Theme 8</strong>: Daughter’s Development—Changes in Behavior</td>
<td>What factors make it difficult or impossible for you to talk to your daughter about sexual health topics?</td>
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Results

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<tr>
<th>Construct 5: Behavior</th>
<th>Examples</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Theme 9:</strong> Sexual Health Topics Discussed</td>
<td><em>Do you routinely talk to your daughter about sexual health topics?</em></td>
</tr>
<tr>
<td><strong>Theme 10:</strong> Life Skills Through Personal Life Experience</td>
<td><em>What are the life lessons I want to share with my daughter as she is growing up?</em></td>
</tr>
</tbody>
</table>
Implications to Public Health Nursing Practice

- Nurses who have access to both mothers and daughters should educate both populations with medically accurate and culturally acceptable language of sexual health facts.
  - As Health Champions, our influence and knowledge of culturally appropriate resources is critical (9, 3).

- Nurses who have direct access to parents can partner with parents to increase their self-efficacy to prepare their daughters for womanhood.
Summary and Next Steps

• Mothers are the first teacher of their daughters for safety and life skills (10).

• Having these conversations will enhance sexual health, protective factors and reduce unintended pregnancy and sexually transmitted infections in African-American adolescents.

• Mothers desire medically accurate education and self-efficacy to instill their faith and values to their daughters
  • Often no prior education/exposure prohibits this from occurring

• More research needs to be conducted to better understand how racial/cultural difference influence how these conversations occur within the family.
References


