



## ACROSS Seminar Presentation Overview

Thursday 24<sup>th</sup> April 2025

### **Title: What are the barriers and facilitators to group interventions for people living with long-term conditions in South Asia? Findings from a systematic review**

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We have explored barriers and facilitators to group interventions for people living with long-term conditions in South Asia using Noblit and Hare's (1988) meta-ethnography method, informed by the eMERGe Reporting Guidance (France et al., 2019). Our systematic search identified 5 papers that met our inclusion criteria for qualitative studies including adults living with diabetes, cardiovascular disease, or COPD, in South Asia, that have explored views, experiences, opinions and attitudes about group treatments for long-term conditions.

Our preliminary findings suggest that access and engagement with group interventions in this context are shaped by several aspects. The desire to participate is central to people's decision but this is influenced by practical challenges like transport and health limitations, stigma around illness, financial burdens, and cultural expectations such as gender roles. Trust and communication play a crucial role, including confidence in healthcare providers and language barriers. Knowledge — about illness, treatment, and self-efficacy — was the strongest facilitator, supporting engagement across all other themes. Ultimately findings highlight the need for culturally informed strategies to improve access and participation in such interventions.

*This systematic review with meta-synthesis has been conducted as a collaboration between two NIHR funded projects, Saans: COPD Health (NIHR RfPB 205340) and ACROSS (NIHR RIGHT Call 205540).*

