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Efficacy and acceptability of psychosocial interventions in asylum seekers and refugees: systematic review and meta-analysis

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Effectiveness and cost-effectiveness of Self-Help Plus (SH+) for preventing mental disorders in refugees and asylum seekers in Europe and Turkey: study protocols for two randomised controlled trials

JULY 3/2019

This issue contains:
Realisation, phase and progress
of the study

REFUGEE EMERGENCY - DEFINING AND IMPLEMENTING NOVEL EVIDENCE-BASED PSYCHOSOCIAL INTERVENTIONS

Dear reader,

This newsletter (3/2019) 'RE-DEFINE Finland' deals with the European Commission funded project. The aim of the project is to evaluate the efficacy of a new psychological intervention for preventing the onset of mental disorders in asylum seekers and refugees.

The newsletter aims to share the progress of the project. It will be delivered in every 3 months with the co-operation sites in Finland.

The project studies the effectiveness of the Self Help Plus (SH+), developed by the World Health Organization (WHO). SH+ is a guided self-help intervention developed to respond to the humanitarian crises.

The project funded by EU commission is realized at the same time in six different countries. Other participating countries beside Finland are Italy, Austria, UK, Germany, and Turkey.



Realisation of the study

The project started after the pilot phase in September 2018. At that time participants were recruited at the Helsinki Metropolitan Area. From the beginning of year 2019, the study has been expanded in Turku city area.

If the participant is eligible for the study (fills the inclusion criteria), s/he will be randomized to participate in the SH+ intervention group or in the group of treatment as usual.

All the included participants will be interviewed about their current situation. They all will be interviewed at the time when the SH+ intervention finish and at follow-ups at the time points of 6 and 12 months from the randomization.

Warm thanks to all who have participated in the realization of the study!



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Progress of the study

We have run 4 SH+ intervention groups, 3 in the Helsinki Metropolitan Area and 1 in Turku city area. At the moment we are delivering post-intervention interviews after the SH+ groups and 6 month follow-up interviews.

So far, 53 participants has been eligible for the study and participated in baseline interviews. Aim is to reach 100 eligible participants in Finland.

Recruitment goes on and new participants and co-operation sites are searched for.

Scientific publications:

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More information about the study:

<http://re-defineproject.eu/>

RE-DEFINE Partners

All involved partners have a strong track record in mental health and psychosocial support in the humanitarian crisis. Moreover, it is important for the success of this project that the consortium partners not only be leading experts in their field but also cover key positions in countries where the scaling-up is carried out. This will facilitate relationships with stakeholders and end-users and dissemination.