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Puheenvuoro

Eettisiä näkökulmia turvapaikanhakijoita ja pakolaisia koskevassa mielenterveyden tutkimuksessa

Turvapaikanhakijat ja pakolaiset on tunnistettu haavoittuvaksi tutkimusryhmäksi. Haavoittuvaisuuden syytä ovat niin vaikeat elämäkokemukset kuin kielen ja kulttuurin erot. Tämän takia turvapaikanhakijoihin ja pakolaisiin kohdistuvan tutkimuksen tarpeellisuus, osallistujille aiheutuvat hyödyt ja haitat sekä tutkimuksen toteutuksen eettisyys on arvioitava erityisen huolellisesti.

Tella Lantta, sairaanhoitaja, TtT, tutkijatohtori (Suomen akatemia), Turun yliopisto, hoitotieteen laitos, tella.lantta@utu.fi

Minna Anttila, TtT, dosentti, erikoistutkija, Turun yliopisto, hoitotieteen laitos, minna.anttila@utu.fi

Kirsi Hipp, sairaanhoitaja, TtM, projektitutkija, Turun yliopisto, hoitotieteen laitos, kirsi.hipp@utu.fi

Maritta Välimäki, erikoissairaanhoitaja, TtT, dosentti, professori, Turun yliopisto, hoitotieteen laitos; School of Nursing, Hong Kong Polytechnic University, Hong Kong (Kiina EHA), maritta.valimaki@utu.fi

Lantta T, Anttila M, Hipp K & Välimäki M. 2020. Eettisiä näkökulmia turvapaikanhakijoita ja pakolaisia koskevassa mielenterveyden tutkimuksessa. Tutkiva Hoitotyö 18(1), 36–38.

A recent Finnish publication related to the RE-DEFINE -project. It focuses on ethical issues in mental health research among asylum seekers and refugees.

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

Dear Reader,

This newsletter (2/2020) '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 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, based on audios and run in groups, and 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 besides Finland are Italy, Austria, UK, Germany, and Turkey.



RE-DEFINE

The realisation of the study

The project started in 9/2018 after the preliminary phases and piloting. **The recruitment finished in 11/2019 when we reached the aimed 100 eligible participants from Finland.**

We recruited Arabic speaking adult refugees and asylum seekers from Helsinki Metropolitan Area, South-West Finland, and Tavastia Proper. Participants who met the inclusion criteria were interviewed about her/his current situation. Then s/he was randomized either to the SH+ intervention group or to the group that received usual social and health care services.

RE-DEFINE Partners



What is currently going on with the RE-DEFINE -project?

We arranged seven SH+ groups, each consisting of five sessions. **Post-intervention interviews have been conducted** and **the project continues till the end of the year 2020**. Until then, all the 6 months and 12 months follow-up interviews will be done to the extent that participants are reached and willing to be interviewed.

At the beginning of this year, an article about ethical issues relating to the project themes was published in Finnish in the *Tutkiva hoitotyö* journal. The international research team's research report about testing the SH+ intervention in South Sudan, published in the *Lancet Global Health* journal, was also sent to the Finnish co-operation sites along with the Finnish article.

**Warm thanks to all
who have participated
in the study!**

Email: REDEFINE@utu.fi
Tel/sms/wa: +358469232532 and
+358504766116
<http://re-defineproject.eu/>