Overview of the RE-DEFINE project

Bangkok, November 14, 2019
There is a gap in evidence-based mental health and psychosocial support interventions in emergency situations both in LMICs and in HICs.
Refugee Emergency: DEFining and Implementing Novel Evidence-based psychosocial interventions

Objectives

GHQ ≥ 3
MINI negative

MINI?

SELF HELP PLUS
Study design

Randomized controlled trials in Europe and Turkey

Preliminary assessment of migration flows

Translation/adaptation of intervention material according to WHO protocol

Objective 1

Objective 2

Objective 3

SH+ intervention

GROUP 1

Outcome

GROUP 2

Usual care

Outcome

Cost-effectiveness evaluation
**Study design**

- **Situational analysis**
  - January 2018

- **Translation and adaptation of SH+**
  - WP2
  - WP3
  - Translation and adaptation of SH+
  - December 2020

- **First SH+ group**
  - September 2018

- **Recruitment**
  - September 2018

- **Follow-up**
  - 0-2 weeks after SH+
  - 6 months after randomization
  - 12 months after randomization
  - WP4
  - WP5

- **Cost-effectiveness analysis**
  - November 2020
  - WP6
Incidence of mental disorders
Challenges

➢ Recruitment of trials’ participants

➢ Availability of participants to attend assessments and SH+ sessions

➢ Access to facilities hosting asylum seekers and refugees

Successes

✓ High number of participants recruited

✓ All WPs activities and planned deliverables and milestones performed/reached as planned

✓ SH+ adapted into different cultures

✓ Scientific publications

✓ Consortium working efficiently
Preliminary results

- Situational analysis of migration flows in European and bordering countries
- Self Help Plus culturally adapted into: Dari, Arabic, Urdu, Pidgin English, English
- Training of 17 trainers and training of 45 facilitators across Europe and Turkey
- Recruitment of participants for the two largest randomized trials worldwide on a mental health intervention for asylum seekers and refugees with a preventative aim

**Randomizations per institute (WP4 and WP5)**

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<th>Institute</th>
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<td>University of Ulm</td>
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</tr>
</tbody>
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= 362 in Europe
520 in Turkey
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

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Thank you!
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RE-DEFINE mid-term meeting on February 2019 at WHO Headquarters in Geneva