

Mental Health and Psychosocial Support (MHPSS) Research in Humanitarian Settings


We fund research to learn which health interventions work best for people affected by crises

WHY DO PEOPLE NEED MHPSS?

1 in 5

affected by conflict

EXPERIENCE a MENTAL DISORDER




Nearly ALL PEOPLE

EXPERIENCE

PSYCHOLOGICAL

DISTRESS

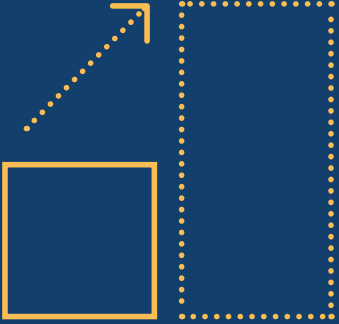


COMMON

MENTAL

DISORDERS

DOUBLE




LACK OF

ACCESS to

SUPPORT has

LONG TERM

EFFECTS




WOMEN, CHILDREN, ADOLESCENTS,

PEOPLE with DISABILITIES

and OLDER PEOPLE are

PARTICULARLY VULNERABLE




WHAT HAVE WE FUNDED?

28

RESEARCH

STUDIES




8

STUDIES

INTEGRATED MHPSS

with other HEALTH SERVICES




5

STUDIES

FOCUSED on

WOMEN and/or GIRLS




4

STUDIES

FOCUSED on

CHILDREN




6

STUDIES

FOCUSED on

ADOLESCENTS



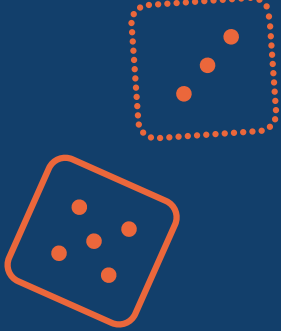
RIGOROUS RESEARCH IS POSSIBLE IN HUMANITARIAN SETTINGS

22

RANDOMISED

CONTROLLED

TRIALS




Including four feasibility RCTs

100%


MIXED

METHODS



QUALITATIVE APPROACHES


- PROCESS EVALUATIONS
- ETHNOGRAPHIC RESEARCH
- CULTURAL ADAPTIONS



68%

ADAPTED RECOGNISED

MHPSS INTERVENTIONS




16

STUDIES TESTED

INTERVENTIONS for

DELIVERY by NON-SPECIALISTS



WHERE DO WE FUND RESEARCH?

31%

MIDDLE EAST & NORTH AFRICA

37%

SUB-SAHARAN AFRICA

26%


ASIA

Including in some of the most challenging humanitarian settings:


- ◆ Somalia
- ◆ Afghanistan
- ◆ Iraq
- ◆ Myanmar

INTERVENTIONS FOUND TO BE EFFECTIVE SO FAR...


Problem Management Plus (PM+) is a WHO-approved cost-effective intervention for people in need of psychological support.



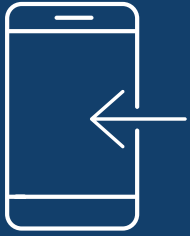
Psychological First Aid provides skills for non-specialists to deliver psychosocial support in emergencies.




The WHO intervention, **Early Adolescent Skills for Emotions** reduces internalising problems in young adolescents.




The **Common Elements Treatment Approach** adapted for delivery over the phone (t-CETA) is a feasible approach to reduce mental health symptoms in children.




A group-based **intervention for conflict-affected adolescents** can be effective at reducing feelings of both psychosocial and physical stress.



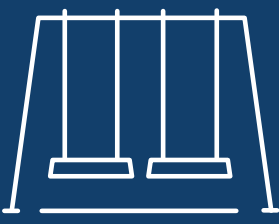
A Community-Based Disaster Mental Health intervention effectively decreased mental health symptoms and increased coping mechanisms.



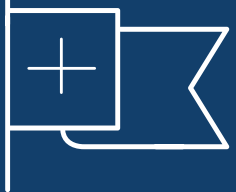
'Step-by-Step' is an effective intervention for improving adult mental health, especially when culturally adapted.




Child Friendly Spaces have psychosocial benefits for young people. Complementary programming can strengthen child protection and sustain their impact.



A novel **mental health and substance misuse intervention** is ready for testing through a randomised controlled trial.



HESPER Web is an easy to use, quick alternative to collect data on perceived needs, including mental and psychosocial health.



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