

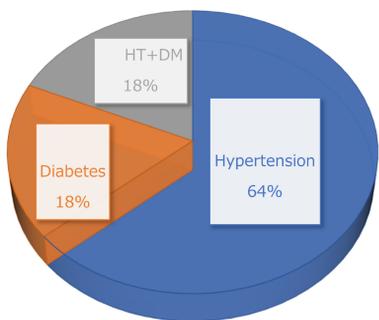
# R2HC

## RESEARCH FOR HEALTH IN HUMANITARIAN CRISES



### BASELINE INFORMATION

Patients with **diabetes, financial and behavioral issues**, as well as **non-Karen patients**, have **twice** the risk of developing **moderate or severe mental health symptoms**. Additionally, those with **higher sleep problem scores** are **3-9 times** more likely to develop **moderate or severe mental health symptoms**.

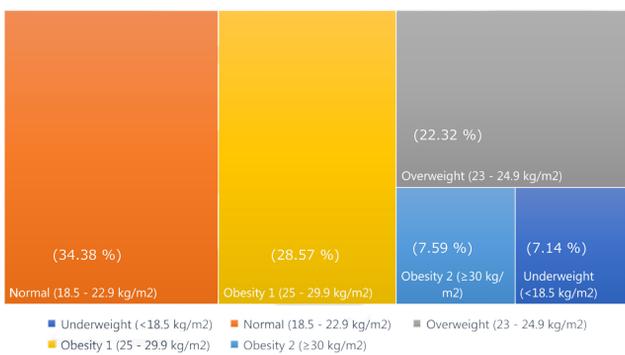
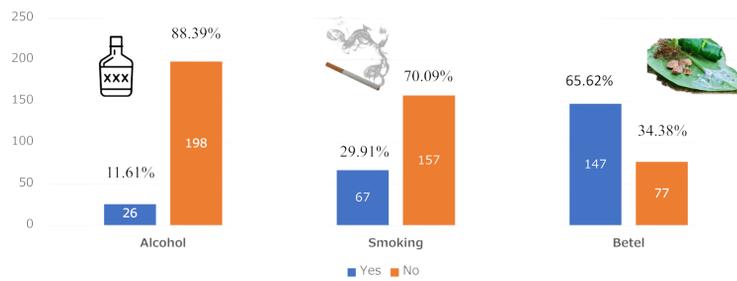


#### Participants Information

Total recruited (n=224)  
 Intervention group = 112; Waitlist = 112  
 Female = 159; Male = 65  
 Hypertension (n=143)  
 Diabetes (n=40)  
 Comorbid - HT+DM (n=41)

#### Substance use in the past two weeks

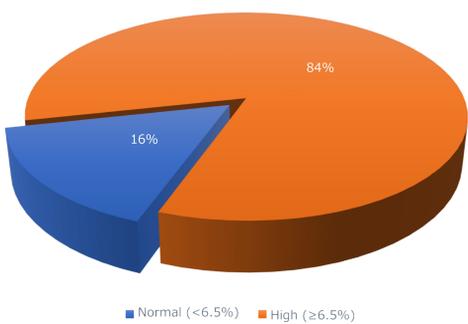
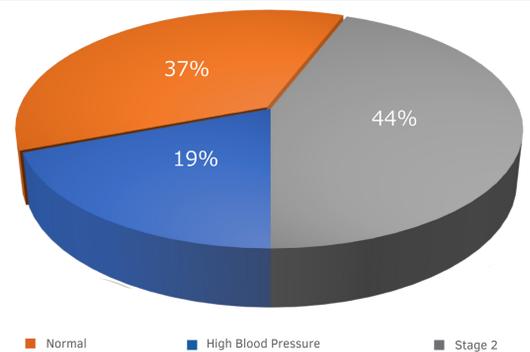
Among three substances (alcohol, tobacco, and betel nuts), participants reported to use betel nuts the most.



#### Body Mass Index (BMI)

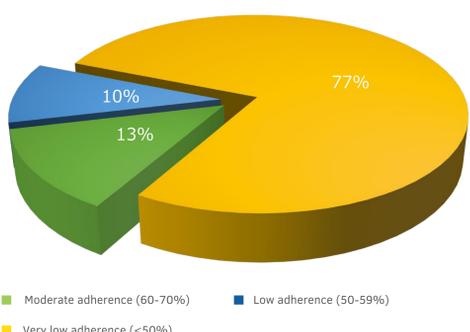
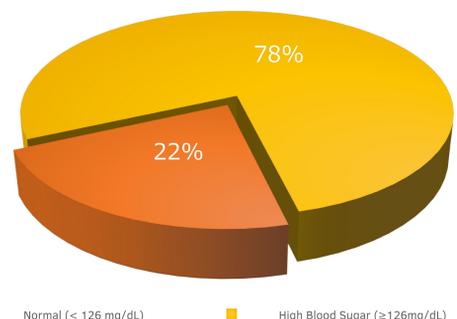
131 out of 224 (58%) are overweight or obese.

Blood pressure  $\geq$  140/90 mmHg  
 181 out of 224 (81%) had high blood pressure.



HbA1c (Diabetes -  $\geq$  6.5%)  
 68 out of 81 diabetic participants (84%) had high HbA1c.

Fasting Blood Sugar (FBS)  $\geq$  126 mg/dL  
 63 out of 81 diabetic participants (78%) had high FBS.



Pill Count  
 173 out of 224 participants (77%) had poor adherence (<50%)

Mental Health  
 86 out of 224 participants (38.39%) had moderate or severe mental health symptoms.

