



**VII International Congress on Migration & Mental Health  
Youth & Families Wellbeing matters in the context of Migration**

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Familles du Monde, asbl & The Athena Network

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**LOW INTENSITY PSYCHOSOCIAL INTERVENTIONS FOR PREVENTING MENTAL DISORDERS  
IN REFUGEE POPULATIONS IN EUROPE**



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**Objectives:** RE-DEFINE (Refugee Emergency: DEFining and Implementing Novel Evidence-based psychosocial interventions) is an EU funded project, which aims to implement effective psychosocial interventions for preventing the onset of common mental disorders in refugees and asylum seekers with psychological distress resettled in middle-income and high-income countries.

**Methods:** The project consists on adaptation, testing, and implementation of Self Help Plus, a novel trans-diagnostic self-help preventive psychosocial intervention specifically developed by the World Health Organization to respond to humanitarian crises. The cost-effectiveness of SH+ will be tested in two large, multicentre, pragmatic randomised studies, one conducted in Europe, and a second one in Turkey. The dissemination plan will include structured activities such as an Individual Participant Data meta-analysis of all randomised data available on SH+, in order to identify specific predictors of intervention's effects that will facilitate its uptake and long-term implementation in European and non-European countries.

**Results:** RE-DEFINE is expected to generate a strong evidence-base for the low-intensity indicated preventive psychosocial intervention SH+, and to create a scientific framework to adapt and equip health care systems in countries inside and outside Europe with such low intensity intervention to provide sustainable and cost-effective preventive interventions to refugees and asylum seekers.

**Conclusions:** The implementation of effective preventive strategies will represent a crucial step towards optimising the responsiveness of health systems to humanitarian emergencies, and for promoting accessibility of evidence-based psychosocial interventions for vulnerable population groups. RE-DEFINE will additionally be of paramount relevance to human rights, health and gender equity, and accessibility to high quality mental health services.

**Keywords:**

psychosocial intervention, refugee, asylum seeker, randomised controlled trial



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