

This project has received funding from the European Union's Horizon 2020 research and innovation programme under grant agreement No 779255



**KOKEMUKSIA  
TURVAPAIKANHAKIJOITA JA  
PAKOLAISIA KOSKEVAN  
MIELENTERVEYSTUTKIMUKSEN  
TOTEUTTAMISESTA SUOMESSA**

XVI kansallinen hoitotieteellinen konferenssi 1.10.2020

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**TURUN  
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This newsletter includes greeting from a national conference organized by the Nursing Science Research Association on 1st Oct 2020.

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

This newsletter (4/2020) '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 continues until the end of this year; thus this newsletter is next to last.

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

## Recruitment of participants and utilisation of the study

We recruited participants in 9/2018–11/2019 and **reached the aim of 100 eligible participants** from Finland. We recruited Arabic speaking adult refugees and asylum seekers. Participants who met the inclusion criteria were interviewed about her/his current situation. Then the participant was randomized either to the group that received usual social and health care services or to the group with a possibility to participate SH+ intervention.

**We arranged seven SH+ groups**, each consisting of five sessions. After the SH+ groups, all the participants were invited for post-intervention interviews. **The follow-up interviews are done 6 months and 12 months** from the randomization.

## The current phase of the RE-DEFINE - project

**All the 6 months follow-up interviews have been done and currently we are doing the last 12 months follow-ups** to the extent that participants are reached and willing to be interviewed. During the Covid-19-pandemic, all the interviews have been conducted on the phone.

## Experiences from the project

In October, we presented our experiences of the project in the conference organised by the Nursing Science Research Association. The project has demonstrated the viability of large-scale mental health project among asylum seekers and refugees. It is crucial, however, that the participants' engagement to the study intervention is achieved. In this target group, reaching the participants for follow-up interviews can have special challenges, such as varying contact information and emigration. Succeeded realization of the research requires flexible approaches.

Conference participants found the project important. They were interested on how to reach this target group and highlighted the need to disseminate the experiences from international projects.

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

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## RE-DEFINE Partners



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