

# MHPSS Evidence-Building Toolkit



	ONLINE LINK	SUMMARY
<b>ADVOCATING FOR EVIDENCE-BUILDING</b>		
1. Advocacy messages and processes to support MHPSS evidence-building	Not available online (created for this repository)	This document contains messages which may be helpful when advocating for evidence-building activities in general, and in relation to MHPSS in particular. These messages were all shared by people working within the RCRC Movement, who have found them helpful in their context. The document also includes learning from within the Movement in relation to approaches to advocacy which have been effective in different contexts.
2. Advocacy case studies: MHPSS evidence which contributed to change	Not available online (created for this repository)	Descriptions of MHPSS evidence which has been used to create change within and beyond NSs.
<b>BUILDING PARTNERSHIPS TO FACILITATE EVIDENCE-BUILDING</b>		
3. RCRC Movement Evidence-Building Actors with some focus on MHPSS	Not available online (created for this repository)	A list of Movement entities with involvement in MHPSS-related evidence-building activities. Includes a brief description of the activities of each entity, and a link to further information.
4. Developing effective partnerships with research institutions	Not available online (created for this repository)	This guidance focuses on the initial stages of developing a partnership with a research institution, such as a university. It draws on interviews with key informants for this project, plus the <i>Elrha Guide to Constructing Effective Partnerships and the Elrha-R2HC Partnerships Review Summary (2019)</i> .
5. ELRHA Guide to Constructing Effective Partnerships	<a href="https://www.elrha.org/wp-content/uploads/2015/01/effective-partnerships-report.pdf">https://www.elrha.org/wp-content/uploads/2015/01/effective-partnerships-report.pdf</a>	This guide aims to support collaboration between humanitarian and academic organisations. Based on the experiences and lessons learned by people in both communities, it is a practical guide to the opportunities and challenges specific to humanitarian-academic collaboration.
<b>BUILDING GOOD EVIDENCE</b>		
6. How to develop a research question	Not available online (created for this repository)	An adaptation of a handout used for a social research methods module delivered to undergraduates in Sierra Leone. It describes one way (not the only way) to develop ideas for a research project, and to generate specific, realistic and useful research questions.
7. Ethical evidence-building	Not available online (created for this repository)	A summary of key issues in ethical MHPSS research and evaluation.
8. IASC Recommendations for conducting ethical MHPSS research in emergency settings (2014)	<a href="https://interagencystandingcommittee.org/system/files/1._iasc_recommendations_for_ethical_mhpss_research_in_emergency_settings_0.pdf">https://interagencystandingcommittee.org/system/files/1._iasc_recommendations_for_ethical_mhpss_research_in_emergency_settings_0.pdf</a>	Outline of key concepts in conducting ethical MHPSS research in emergency settings, followed by a discussion of six recommendations.
9. Most Significant Change technique: A Guide to its use (2005)	<a href="https://www.betterevaluation.org/tools-resources/most-significant-change-technique-guide-its-use">https://www.betterevaluation.org/tools-resources/most-significant-change-technique-guide-its-use</a>	A detailed guide to using a structured, qualitative method to assess the effects of an intervention or programme.
10. Analysing qualitative data	Not available online (created for this repository)	A description of a simple way to analyse qualitative data, such as stories of change or testimonies, with examples.

	ONLINE LINK	SUMMARY
<b>SHARING RESULTS OF EVIDENCE-BUILDING ACTIVITIES</b>		
11. Reporting evidence template	Not available online (created for this repository)	A template for reporting evidence in a way that programmers find accessible and useful. Based on the work of the Health Intelligence Research and Development Unit, Canadian Red Cross, and their colleagues.
11a. Reporting evidence example – Portuguese Red Cross	Not available online (created for this repository)	An example from the Portuguese Red Cross of how the reporting template can be used to communicate MHPSS evidence (relating to research on staff wellbeing) in a simple, programme-oriented way.
12. Sharing results of evidence-building activities	Not available online (created for this repository)	A summary of different ways to share evidence with different audiences, including links to further information.
13. R2HC Guidance Note: Presenting research effectively in online meetings (Jan 2023)	<a href="https://www.elrha.org/wp-content/uploads/2023/01/R2HC-Research-Impact-Guidance-Note_Effective-online-research-presentations.pdf">https://www.elrha.org/wp-content/uploads/2023/01/R2HC-Research-Impact-Guidance-Note_Effective-online-research-presentations.pdf</a> R2HC	Key elements to consider when planning to present research or evaluation findings online. It also provides tips and resources to maximise impact of virtual presentations contributed by grantees of Elrha’s Research for Health (R2HC) in Humanitarian Crises programme.
14. R2HC Policy brief template guidance & Policy brief template	<a href="https://www.elrha.org/researchdatabase/policy-briefing-template/">https://www.elrha.org/researchdatabase/policy-briefing-template/</a>	A template and guidance to help create an evidence-based briefing for programme teams and policymakers on their options in a particular context and to influence policy decisions.
15. R2HC Research snapshot guidance and template	<a href="https://www.elrha.org/researchdatabase/research-snapshot-guidance/">https://www.elrha.org/researchdatabase/research-snapshot-guidance/</a>	A template and guidance which can help create a 2-page summary of research or evaluation findings for non-technical, non-academic audiences. Template adapted from that provided by the Elrha R2HC programme.
16. 16a. Example Research Snapshot: Psychological First Aid with children (Portuguese Red Cross)	Not available online (created for this repository)	Five examples of the findings of MHPSS-related research projects communicated using the Research Snapshot format. Four were created specifically for this repository by the Portuguese Red Cross and the Serbian , to communicate the findings of an evaluation of a children’s peer-support programme.
16b. Example Research Snapshot: Child Friendly Spaces	<a href="https://www.elrha.org/researchdatabase/do-we-need-to-rethink-child-friendly-spaces/">https://www.elrha.org/researchdatabase/do-we-need-to-rethink-child-friendly-spaces/</a>	
16c. Example Research Snapshot: Mental Health of Informal Caregivers (Serbia Red Cross)	Not available online (created for this repository)	
16d. Example Research Snapshot: Long-Term Care of older persons and persons with disabilities (Serbia Red Cross)	Not available online (created for this repository)	
16e. Example Research Snapshot: Violence Against Older Women (Serbia Red Cross)	Not available online (created for this repository)	
17. Momartin, S., da Silva Miranda, E., Aroche, J., & Coello, M. (2018). Resilience building through alternative intervention: ‘STARTTS “Project Bantu Capoeira Angola” on the road to recovery. <i>Intervention</i> , 16(2),154-160.	<a href="https://www.interventionjournal.org/article.asp?issn=1571-8883;year=2018;volume=16;issue=2;spage=154;epage=160;aulast=Momartin">https://www.interventionjournal.org/article.asp?issn=1571-8883;year=2018;volume=16;issue=2;spage=154;epage=160;aulast=Momartin</a>	

	ONLINE LINK	SUMMARY
<b>GENERAL RESOURCES</b>		
18. RCRC Movement MHPSS research	Not available online (created for this repository)	A spreadsheet of 30+ published research papers in the MHPSS field, in which at least one Movement entity has been involved. This list is not exhaustive, but it is illustrative.
19. Blanchet K, Allen C, Breckon J, Davies P, Duclos D, Jansen J, Mthiyane H, Clarke M. (2018) <i>Using Research Evidence in the Humanitarian Sector: A practice guide</i> . London, UK: Evidence Aid, London School of Hygiene and Tropical Medicine and Nesta (Alliance for Useful Evidence).	<a href="https://www.alnap.org/help-library/research-evidence-in-the-humanitarian-sector-a-practice-guide">https://www.alnap.org/help-library/research-evidence-in-the-humanitarian-sector-a-practice-guide</a>	A guide created by several agencies, including ICRC, with the intention of helping humanitarian decision-makers and practitioners to 'find and use evidence on interventions, actions and strategies that might help you make informed choices and decisions. It is divided into four sections: <ol style="list-style-type: none"> <li>1. What is evidence-informed decision making, and why focus on research?</li> <li>2. When can evidence help you?</li> <li>3. What evidence should you choose?</li> <li>4. Where should you look for evidence?</li> </ol>
20. Carden, F., Hanley, T., Paterson, A. (2021) <i>From knowing to doing: evidence use in the humanitarian sector</i> . Elrha: London	<a href="https://www.elrha.org/researchdatabase/from-knowing-to-doing-evidence-use-in-the-humanitarian-sector/">https://www.elrha.org/researchdatabase/from-knowing-to-doing-evidence-use-in-the-humanitarian-sector/</a>	This resource will be of or interest to those interested in understanding more about the barriers to humanitarian organisations taking an evidence-based approach, and what can be done to overcome these barriers.

## General MHPSS M&E Resources

TITLE	DATE	AUTHORS	LANGUAGES	LINK	SUMMARY
Inter-agency Guide to Evaluation of Psychosocial Programming in Emergencies	2021	UNICEF	English	<a href="https://pscentre.org/wp-content/uploads/2018/03/Inter-AgencyGuidePSS.pdf">https://pscentre.org/wp-content/uploads/2018/03/Inter-AgencyGuidePSS.pdf</a>	This guide aims to produce understandable, accessible guidance and tools for the field on how to conduct psychosocial evaluations. It includes simple guidance on evaluation planning, methodologies, analysis of data and sharing and using findings.
Mental Health and Psychosocial Support Assessment Guide	2012	Inter-agency Standing Committee (IASC) MHPSS Reference Group	English, Hungarian, Polish, Romanian, Ukrainian	<a href="https://interagencystandingcommittee.org/iasc-reference-group-mental-health-and-psychosocial-support-emergency-settings/iasc-reference-group-mental-health-and-psychosocial-support-assessment-guide-2013">https://interagencystandingcommittee.org/iasc-reference-group-mental-health-and-psychosocial-support-emergency-settings/iasc-reference-group-mental-health-and-psychosocial-support-assessment-guide-2013</a>	Information on collecting MHPSS-related information in assessments, including assessments conducted by other sectors. Includes information on ethical assessments, and details on three tools for use in assessments (desk review; information from general community members; information from key informants)
Monitoring and evaluation framework for psychosocial support interventions	2017	IFRC Psychosocial Centre	English, Dari	<a href="https://pscentre.org/?resource=emergency-me-framework&amp;wpv_search=true&amp;selected=single-resource">https://pscentre.org/?resource=emergency-me-framework&amp;wpv_search=true&amp;selected=single-resource</a> (English) <a href="https://pscentre.org/?resource=ifrc-monitoring-and-evaluation-framework-for-psychosocial-support-interventions-toolbox-dari&amp;wpv_search=true&amp;selected=single-resource">https://pscentre.org/?resource=ifrc-monitoring-and-evaluation-framework-for-psychosocial-support-interventions-toolbox-dari&amp;wpv_search=true&amp;selected=single-resource</a> (Dari)	The Framework materials consist of a Guidance Note, Indicator Guide and Toolbox. These aim to support NS in designing relevant M&E systems for psychosocial programmes; in programme planning and the development of PS strategies; and in mainstreaming global reporting of progress on PS programmes.

TITLE	DATE	AUTHORS	LANGUAGES	LINK	SUMMARY
ICRC Guidelines on Mental Health and Psychosocial Support	2018	ICRC	English, French, Arabic, Spanish, Portuguese, Russian	<a href="https://www.icrc.org/en/publication/4311-guidelines-mental-health-and-psychosocial-support">https://www.icrc.org/en/publication/4311-guidelines-mental-health-and-psychosocial-support</a>	Section on evidence-based M&E, and M&E guidance on each thematic area of ICRC's MHPSS work.
Project/programme monitoring and evaluation (M&E) guide	2011	IFRC	English	<a href="https://www.ifrc.org/document/projectprogramme-monitoring-and-evaluation-guide">https://www.ifrc.org/document/projectprogramme-monitoring-and-evaluation-guide</a>	Not MHPSS-specific but gives practical guidance on project/programme M&E.
Assessing Mental Health and Psychosocial Needs and Resources: Toolkit for Humanitarian Settings.	2012	WHO & UNHCR	English, Arabic, French, Italian, Russian, Spanish	<a href="https://www.who.int/publications/i/item/assessing-mental-health-and-psychosocial-needs-and-resources">https://www.who.int/publications/i/item/assessing-mental-health-and-psychosocial-needs-and-resources</a>	Twelve tools which can be used to assess MHPSS needs and resources in humanitarian settings. Also includes guidance on assessment methodology and how to translate assessment results into action.
Monitoring & Evaluation for MHPSS Programmes Training: Facilitator Notes and training materials	2023	IFRC Psychosocial Centre	English	<a href="https://pscentre.org/?resource=monitoring-evaluation-for-mhpss-programmes-training-facilitator-notes&amp;wpv_search=true&amp;selected=single-resource">https://pscentre.org/?resource=monitoring-evaluation-for-mhpss-programmes-training-facilitator-notes&amp;wpv_search=true&amp;selected=single-resource</a>	Comprehensive set of materials to be used to facilitate a 3-day training workshops focusing on applying the IFRC Monitoring and Evaluation Framework for Psychosocial Support Interventions. The training aims to build capacity in setting up and implementing systematic M&E systems in relation to PSS interventions. M&E principles, methods and tools are presented in a series of interactive training sessions, which enable participants to apply learning to their own work context.
Common Monitoring and Evaluation Framework for Mental Health and Psychosocial Support in Emergency Settings: With means of verification (Version 2.0)	2021	Inter-agency Standing Committee (IASC) MHPSS Reference Group	English, Arabic, French, Spanish, Ukrainian	<a href="https://interagencystandingcommittee.org/iasc-reference-group-mental-health-and-psychosocial-support-emergency-settings/iasc-common-monitoring-and-evaluation-framework-mental-health-and-psychosocial-support-emergency">https://interagencystandingcommittee.org/iasc-reference-group-mental-health-and-psychosocial-support-emergency-settings/iasc-common-monitoring-and-evaluation-framework-mental-health-and-psychosocial-support-emergency</a>	A comprehensive document providing a series of goal-level and outcome-level indicators for MHPSS programmes, plus recommended qualitative and quantitative means of verification. It also includes information on data collection, reporting data and sharing findings and lessons learned.

## Free Online Courses

There are several organisation-specific online MHPSS courses (e.g. developed by IOM and WHO) which include modules or units focusing on assessment, monitoring and evaluation of MHPSS programmes. These have not been included in this repository because, although they contain useful information and guidance, they are targeted at the organisations own staff and programming priorities, so are not entirely relevant for RCRC Movement staff and volunteers. Two of the three courses recommended below do not focus on MHPSS specifically, but give a useful general understanding which can be applied to MHPSS. The third is a very simple introduction to community-based psychosocial approaches, including the development of relevant indicators for projects which have MHPSS approaches or components integrated within them.

COURSE TITLE	HOW TO ACCESS	DESCRIPTION
Operational Research for Humanitarians by University of Geneva (in collaboration with the ICRC)	<a href="http://www.coursera.org">www.coursera.org</a> (search for Operational Research for Humanitarians)	<p>This 12.5 hour course will help you better engage with research in the humanitarian field. In particular, it will provide you with the fundamental knowledge and skills to understand what evidence is relevant to our circumstances, where to find it, and how to assess its quality. It has been developed with a humanitarian professional in mind. The course moves through the core research concepts one-at-a-time and does not require any prior knowledge or experience.</p> <p>Content highlights:</p> <ul style="list-style-type: none"> <li>• How can research be used for humanitarian practice?</li> <li>• What are the most appropriate research methods?</li> <li>• How can I judge the quality of the evidence and whether it is applicable to the context I work in?</li> <li>• How can populations in a situation of vulnerability be protected during a study?</li> </ul> <p>This course - co-developed in a partnership between academic and humanitarian institutions - is strongly positioned to give you the needed skills and knowledge to build a bridge between research and practice.</p>
Introduction to Monitoring and Evaluation	<a href="http://www.ifrc.org/learning-platform">www.ifrc.org/learning-platform</a> Register with the learning site, then search for 'Introduction to Monitoring and Evaluation'.	<p>This four-hour course is linked to the IFRC Project/programme monitoring and evaluation (M&amp;E) guide. The course goal is to develop your understanding of how to use Monitoring &amp; Evaluation (M&amp;E) to better help vulnerable people. The main topics include:</p> <ol style="list-style-type: none"> <li>1. Describe the meanings of the key M&amp;E concepts as we use them in the IFRC.</li> <li>2. Describe the key steps necessary to develop an appropriate M&amp;E system for a project or programme.</li> <li>3. Explain what are the key M&amp;E tools and practices necessary to implement an appropriate M&amp;E system for a project or programme.</li> <li>4. Apply the key M&amp;E concepts, steps, tools and practices to the definition and development of an M&amp;E system for your own work.</li> </ol>
Applying and integrating Community-Based Psychosocial Support into projects	<a href="http://fabo.org">fabo.org</a> Register with the learning site, then search for CBPS. You will see three CBPS modules, select Module 3.	<p>Three modules provide an introduction to community-based psychosocial support (CBPS).</p> <ul style="list-style-type: none"> <li>• <b>MODULE 1:</b> Why CBPS? (English, Spanish and French) why a CBPS approach is important in humanitarian response work and development projects.</li> <li>• <b>MODULE 2:</b> What is CBPS? (45 min) (English, Spanish and French) what CBPS is in practical terms and how projects can benefit from integrating CBPS into activities to make them more sustainable and participatory.</li> <li>• <b>MODULE 3:</b> Applying and integrating CBPS into projects (60 minutes) (English and Spanish) Gives concrete examples on how to apply and integrate a CBPS approach to existing programmes and projects. After completing the module, you will be able to apply the six core principles of CBPS and integrate CBPS indicators into reporting and evaluation of programmes and projects.</li> </ul>