

Community-based psychosocial support interventions for populations affected by conflict and displacement: Lessons from a multinational collaborative study

AUTHORS

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THE STUDIES



Baby Friendly Spaces

Bangladesh

Implementing Partner:
Action contre la Faim (ACF)

Research Partner:
University of Virginia (UVA)
Johns Hopkins University (JHU)



Nurturing Families

Jordan

Implementing and Research Partner:
War Child Holland (WCH)

Collateral Repair Project (CRP)



Journey of Life

Uganda

Implementing Partner:
Transcultural Psychosocial Organization (TPO)

Research Partner:
Washington University in St. Louis (WUSTL)



Community Support Groups

Colombia

Implementing Partner:
Heartland Alliance International (HAI)

Research Partner:
Universidad de los Andes



Entre Nosotras

Panama & Ecuador

Implementing Partner:
HIAS

Research Partner:
Columbia University
University of Copenhagen

INTERVENTION CHARACTERISTICS

Intervention	Population	Setting	Provider	Components	Groups
Baby Friendly Spaces (Bangladesh)	Lactating women with at least one malnourished child under two	Refugee camp	Psychosocial worker and psychologists	<ul style="list-style-type: none"> Psychosocial stimulation through breastfeeding, nutrition, baby play Maternal self-care and individual MHPSS for mothers with specific needs 	<p>IG Implementation-enhanced BFS (standardized curriculum, additional training and implementation supports) (n=302)</p> <p>CG Standard BFS (n=298)</p>
Nurturing Families (Jordan)	Jordan, Syrian, and Iraqi families living in an urban setting with a large refugee population	Non-refugee camp	Lay/peers (non-specialist facilitators)	<ul style="list-style-type: none"> Family skills (e.g., communication, problem solving, emotion regulation, and conflict management) Positive parenting skills 	<p>IG Immediate intervention plus enhanced Usual Care (n=30)</p> <p>CG Enhanced Usual Care only (provision of list of services, referral to case management, invitation to financial literacy course) (n=30)</p>
Journey of Life (Uganda)	Residents who live with or have caregiving responsibilities for a child <18 years old	Refugee camp	Social workers (non-specialized humanitarian workers)	<ul style="list-style-type: none"> Psychoeducation Self-care Positive parenting Problem-solving Understanding children's needs and strengths 	<p>IG Immediate intervention (n=676)</p> <p>CG Wait-list control (n=134)</p>
Community Support Groups (Colombia)	Afro-Colombian and indigenous community members and migrant Venezuelan individuals exposed to armed conflict	Non-refugee camp	Lay/peers (community agents)	<ul style="list-style-type: none"> Expressive components based on cultural practices Collaborative problem-solving Social skills 	<p>IG Immediate intervention (n=134)</p> <p>CG Wait-list control (n=631)</p>
Entre Nosotras (Panama and Ecuador)	Adult, female Colombian, Cuban, Salvadoran, Nicaraguan, and Venezuelan refugees, migrants, and asylum seekers	Non-refugee camp	Lay/peers (female facilitator pairs)	<ul style="list-style-type: none"> Psychoeducation Peer support Individual and community problem solving Social skills Stress management 	<p>IG Community-based participatory women's group sessions + stress management (n=121)</p> <p>CG Community-based participatory women's group sessions only (n=104)</p>

FINDINGS

Table 1. Effects of PSS Interventions on Harmonized Outcomes

Outcome	Comparison Group	Baby Friendly Spaces*	Nurturing Families*	Journey of Life	Community Support Groups	Entre Nosotras*
Distress (Kessler-6)	between baseline and post-intervention	p<0.05	p<0.05	p<0.01	p<0.001	p>0.05
	between intervention and control	p<0.05	-	p<0.001	p>0.05	p>0.05
Wellbeing (Personal Wellbeing Index)	between baseline and post-intervention	p<0.05	-	-	p>0.05	p<0.05
	between intervention and control	p<0.05	-	-	p>0.05	p>0.05
Functioning (12-Item WHODAS)	between baseline and post-intervention	p<0.01	-	p>0.05	p>0.05	p>0.05
	between intervention and control	p>0.05	-	p<0.001	p>0.05	p>0.05
Coping (Brief COPE)	between baseline and post-intervention	p>0.05	-	-	p<0.05	p<0.01
	between intervention and control	p>0.05	-	-	p>0.05	p<0.05

Legend | - Not measured | * control group received enhanced care as usual or treatment as usual

Table 2. Effects of PSS Interventions on Other Outcomes

Outcome	Baby Friendly Spaces	Nurturing Families	Journey of Life	Community Support Groups	Entre Nosotras
Key Psychosocial Outcomes Using Other Measures	Depression*	Caregiver-reported adolescent distress*	-	Depression* Anxiety* Post-traumatic stress disorder*	-
Other Psychosocial Outcomes	-	Family functioning** Parenting practices** Emotional regulation** Impact of self-defined problems**	Social support*** Parental warmth*** Undifferentiated rejection*** Violence against children attitudes***	-	Sense of safety Community connectedness

Legend | *p<0.05; **p<0.01; ***p<0.001

KEY TAKEAWAYS

- ✓ **Stronger effects were seen for distress outcomes.** Differences between control and intervention groups were less consistent for wellbeing, functioning, and coping.
- ✓ **Most interventions were intended to directly target distress more than the other outcomes.** There is a need to strengthen intervention components that also target changes in psychosocial skills.
- ✓ Statistically significant results were found for other outcomes, including social support, parental practices, anxiety, depression, and post-traumatic stress disorder.
- ✓ Qualitative data collected from participants indicate positive impacts of the intervention on participants and help illuminate discrepancies in cross-site comparisons.