

Trauma-informed approach for unaccompanied refugee minors: A multiple baseline case series

No registrations found.

Ethical review	Positive opinion
Status	Recruiting
Health condition type	-
Study type	Interventional

Summary

ID

NL-OMON24895

Source

NTR

Brief title

TBA

Health condition

Symptoms of posttraumatic stress disorder and/of depression

Sponsors and support

Primary sponsor: ARQ Centrum'45

Source(s) of monetary or material Support: Asylum, Migration, and Integration Fund

Intervention

Outcome measures

Primary outcome

Symptoms of posttraumatic stress disorder
Symptoms of depression

Secondary outcome

Qualitative exploration of how URM's define their request for help.

Study description

Background summary

Unaccompanied refugee minors (URMs) are at increased risk of developing mental health issues, such as symptoms of posttraumatic stress disorder (PTSD) and depression. However, few studies have evaluated trauma-informed interventions for URM's that address these issues. The current study evaluates a culturally-sensitive trauma-informed approach for URM's. The primary objective of this study is to establish whether symptoms of PTSD and depression change during the trauma-informed approach. The secondary objective is to explore how URM's define their request for help. The current study design concerns a non-concurrent multiple baseline design in which repeated assessments will be conducted during a randomized waiting period, during treatment, and during follow-up. Main study parameters are standardized questionnaires measuring symptoms of posttraumatic stress and depression. These measures will be employed during the waiting period, treatment and follow-up. Moreover, URM's will be asked to define their request for help.

URMs (N=10) between 13 and 19 years of age with posttraumatic stress symptoms will receive seven sessions of a culturally sensitive trauma-informed approach for URM's. The approach includes elements from KIDNET, EMDR and CBT - frequently used treatments for treating symptoms of PTSD and depression. For this study, participants will receive the trauma-informed approach with a randomized waiting period (4, 5, 6, 7 or 8 weeks).

Study objective

We hypothesize that the intervention results in a decrease of symptoms of PTSD and/or depression.

Study design

Weekly measurements during waiting period (4, 5, 6, 7 or 8 weeks), intervention and follow-up (4 weeks).

Intervention

The approach aims to address the specialized, individual needs of URM's and which corresponds with the daily practice of working with URM's. Based on our experience offering trauma-focused therapy to URM's, a culturally-sensitive, trauma-informed eclectic approach is offered by therapists from Centrum '45. Within this trauma-informed approach, cognitive

behavioral oriented therapies, such as Narrative Exposure Therapy (NET), Cognitive Behavioral Therapy (CBT), and Eye Movement Desensitization and Reprocessing (EMDR) are conducted.

The culturally-sensitive, trauma-informed approach is:

Short term;

Performed on the living location of the minor;

Culturally sensitive, for example by collaborating with Intercultural Mediators (ICM's). ICM's are men and women close to the minors in experience, and familiar with Dutch as well as the minor's native society and culture. They aid in translating as well as in bridging the cultural gap.

The trauma-informed approach aims to:

Foster resilience;

Help understand mental health responses to experiences ;

Be trauma-informed, prevent chronic difficulties;

Create clear expectancies about mental health care in the Netherlands.

Contacts

Public

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Scientific

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Eligibility criteria

Inclusion criteria

Being a URM under the guardianship of Nidos, living in the Netherlands;

Aged between 13 and 19 years old;

With traumatic stress symptoms;

With consent to participate in the study from the minor and her/his guardian.

Exclusion criteria

Acute suicidality;
Acute psychosis;
If the participant will relocate/move house soon.

Study design

Design

Study type:	Interventional
Intervention model:	Other
Allocation:	Non controlled trial
Masking:	Single blinded (masking used)
Control:	N/A , unknown

Recruitment

NL	
Recruitment status:	Recruiting
Start date (anticipated):	01-09-2019
Enrollment:	10
Type:	Anticipated

IPD sharing statement

Plan to share IPD: No

Ethics review

Positive opinion	
Date:	10-04-2020
Application type:	First submission

Study registrations

Followed up by the following (possibly more current) registration

ID: 48643

Bron: ToetsingOnline

Titel:

Other (possibly less up-to-date) registrations in this register

No registrations found.

In other registers

Register	ID
NTR-new	NL8519
CCMO	NL66525.058.18
OMON	NL-OMON48643

Study results