

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

Gepubliceerd: 10-04-2020 Laatst bijgewerkt: 15-05-2024

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

Ethische beoordeling	Positief advies
Status	Werving gestart
Type aandoening	-
Onderzoekstype	Interventie onderzoek

Samenvatting

ID

NL-OMON24895

Bron

NTR

Verkorte titel

TBA

Aandoening

Symptoms of posttraumatic stress disorder and/of depression

Ondersteuning

Primaire sponsor: ARQ Centrum'45

Overige ondersteuning: Asylum, Migration, and Integration Fund

Onderzoeksproduct en/of interventie

Uitkomstmaten

Primaire uitkomstmaten

Symptoms of posttraumatic stress disorder

Toelichting onderzoek

Achtergrond van het onderzoek

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 URMs that address these issues. The current study evaluates a culturally-sensitive trauma-informed approach for URMs. 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 URMs 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, URMs 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 URMs. 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).

Doel van het onderzoek

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

Onderzoeksopzet

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

Onderzoeksproduct en/of interventie

The approach aims to address the specialized, individual needs of URMs and which corresponds with the daily practice of working with URMs. Based on our experience offering trauma-focused therapy to URMs, 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.

Contactpersonen

Publiek

ARQ Centrum'45

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Wetenschappelijk

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Deelname eisen

Belangrijkste voorwaarden om deel te mogen nemen (Inclusiecriteria)

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.

Belangrijkste redenen om niet deel te kunnen nemen (Exclusiecriteria)

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

Onderzoeksopzet

Opzet

Type:	Interventie onderzoek
Onderzoeksmodel:	Anders
Toewijzing:	N.v.t. / één studie arm
Blinding:	Enkelblind
Controle:	N.v.t. / onbekend

Deelname

Nederland	
Status:	Werving gestart
(Verwachte) startdatum:	01-09-2019
Aantal proefpersonen:	10
Type:	Verwachte startdatum

Voornemen beschikbaar stellen Individuele Patiënten Data (IPD)

Wordt de data na het onderzoek gedeeld: Nee

Ethische beoordeling

Positief advies	
Datum:	10-04-2020
Soort:	Eerste indiening

Registraties

Opgevolgd door onderstaande (mogelijk meer actuele) registratie

ID: 48643

Bron: ToetsingOnline

Titel:

Andere (mogelijk minder actuele) registraties in dit register

Geen registraties gevonden.

In overige registers

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

Resultaten