



Familles du Monde, a.s.b.l.



**VII International Congress on Migration & Mental Health  
Youth & Families Wellbeing matters in the context of Migration**

20<sup>th</sup> October 2018 – Brussels

Familles du Monde, asbl & The Athena Network

**EFFICACY AND ACCEPTABILITY OF PSYCHOSOCIAL INTERVENTIONS IN ASYLUM SEEKERS AND  
REFUGEES WITH OR WITHOUT MENTAL DISORDERS: SYSTEMATIC REVIEW AND META-ANALYSIS**



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**Background:** Refugees and asylum seekers have been shown to experience high rates of some mental health conditions, including PTSD, depression and anxiety. The aim of the present study was to ascertain the efficacy of psychosocial interventions on PTSD, depression and anxiety, in both adults and children asylum seekers and refugees with or without a mental disorder.

**Methods:** Included studies were: randomised controlled clinical trials; comparing psychosocial interventions with treatment as usual, no treatment, waiting list or psychological placebo; reporting of PTSD, depressive or anxiety symptom outcomes; including refugees and asylum seekers living in high, middle and low income countries. PTSD, depressive and anxiety symptoms at post-intervention were the primary outcomes. We computed standardized mean differences with 95% confidence intervals. This study is registered with PROSPERO: CRD42017071523.

**Findings:** Twenty-six studies were included in the systematic review. Psychosocial interventions were effective in decreasing PTSD, depression and anxiety symptoms relative to control groups, and results did not change in subgroup analyses.

**Interpretation:** Overall, we found moderate quality evidence that psychosocial interventions have a beneficial effect on PTSD, depressive and anxiety symptoms. In addition, this beneficial effect was maintained at follow-up, which is particularly relevant for populations exposed to ongoing post-migration stressors. Based on the results of this review, specific evidence-based guidelines and implementation packages should urgently be developed.

**Keywords:**

Psychosocial interventions, refugees, asylum seekers, mental health

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