



Schaalbare interventies voor psychische stoornissen bij Syrische vluchtelingen

Marit Sijbrandij, VU Klinische Psychologie



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Today, it is the latest symbol
of Syrian suffering. With 18,000 civilians
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is a scene of some of the worst in-
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Incidents of the besieged **Palestinian** camp of Yarmouk causing to restrict food supplies to Damascus. With **18,000** civilians trapped in the area, the camp is scene to some of the **worst incidents of hunger and illnesses.** AP photo

More than 10,000 Syrian children have lost their lives and thousands are fighting hunger and diseases. Many have joined gangs or been forced to perform military service. Some two million Syrian children under the age of 18 risk becoming a lost generation.

One of the places worst affected by the fighting is the Yarmouk Refugee Camp, some 30km from the centre of Damascus. Home to Palestinians since 1948, the Yarmouk Camp was the largest and most developed Palestinian camp until the war. The refugees in Yarmouk live lives not so very different to those of Syrian people until the war broke out. They lived quiet lives in the camps, equipped with thousands of homes, schools, mosques, hospitals, bakeries and coffee houses, as well as beauty salons for women and internet cafes for youngsters. But things changed very quickly and very grimly for them, just like the other residents of Syria.

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China urged to be a 'normal' nation

From Page 16

could be threatened as it was in the late 19th or the early 20th century is nothing but an illusion.

In September, China will hold a military parade to mark the 70th anniversary of its victory over Japan in World War 2. That occasion, the commentary said, provides "the perfect time to bid goodbye to the mentality of victimisation in our society, to build a national sense of self-esteem, and to show our confidence to the world".

Four days later, Global Times published another commentary titled "True music power needs mature mentality", which returned to the theme of overcoming China's "victim mentality".

It recalled that China had "long seen itself as the centre of the world" and referred to people in other countries as barbarians.

Now, it said, China needs to "re-discover our major power mentality" but this "does not mean we will go back to the arrogance of imperial China". Rather, China should "build a mindset that matches our status of being a rising power".

The biggest obstacle to the creation of such a new mindset, it said, is "the victim mentality" as well as "the confusion of the huge contrast between ancient glory and modern humiliation".

"No external forces today can defeat major powers like the United States and China," it said. "We are

Brilliant
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three months because of the siege, although some have finally made it inside in recent days.

UN Relief and Works Agency for Palestine Refugees in the Near East (UNRWA) commissioner general Pierre Krahenbuehl's work following a visit to the camp give an idea of conditions inside. "The first thing I see when I stand here in Yarmouk is a reminder of what war does to people. Meeting with the families that are here at the distribution point is a reminder of the extreme suffering that people have gone through. And I think here the psychological traumas that people go through, and the fact that you have somatic health problems from diabetes to jaundice, to lack of water and to lack of electricity. The situation is extremely critical and the situation in Yarmouk somehow symbolises what Palestine refugees are going through, of course, many Syrians also in this conflict."

Robert Turner, director of the same organisation, describes the conditions in Yarmouk camp saying: "It is impossible not to be touched by the apocalyptic scenes emerging from the Palestinian refugee camp of Yarmouk in Damascus, besieged and cut off for months. The images are at once epic and personal. Row upon row of gaunt faces, scrawled marks of grime, ragged figures, the delicate, hunger-ravaged features of children waiting in line for an UNRWA food parcel, the face of a mother

creased in grief for a deceased child, tears of joy as a father is reunited with a long lost daughter; these are the vignettes of inhumanity that have become the regular fare of nightly news bulletins.

And if the situation was not bad enough for the innocent people trapped there, lawlessness, the Islamic State camp captures, from the preventing humanitarian officials d loss of life, the loss of livelihoods, the psychological traumas that people go through, and the fact that you have somatic health problems from diabetes to jaundice, to lack of water and to lack of electricity. The situation is extremely critical and the situation in Yarmouk somehow symbolises what Palestine refugees are going through, of course, many Syrians also in this conflict."

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Cligg and May head for clash over scope of terror law

CLIQUE COMPUTING



Managing jailed for 35 years for US secrets leak

Chemical attack 'worst since Baghdad' - Videos show thousands of victims

The white... public, req

CLIQUE COMPUTING

DE LA MANIF POUR TOUS A UNE « GÉNÉRATION UMP »?

Cannes: « La Vie d'Adèle », Palme de toutes les audaces

LA MORT DE GUY CARCASSONNE

Syrien - die Schande



Win alle bakken

of a

Le Monde

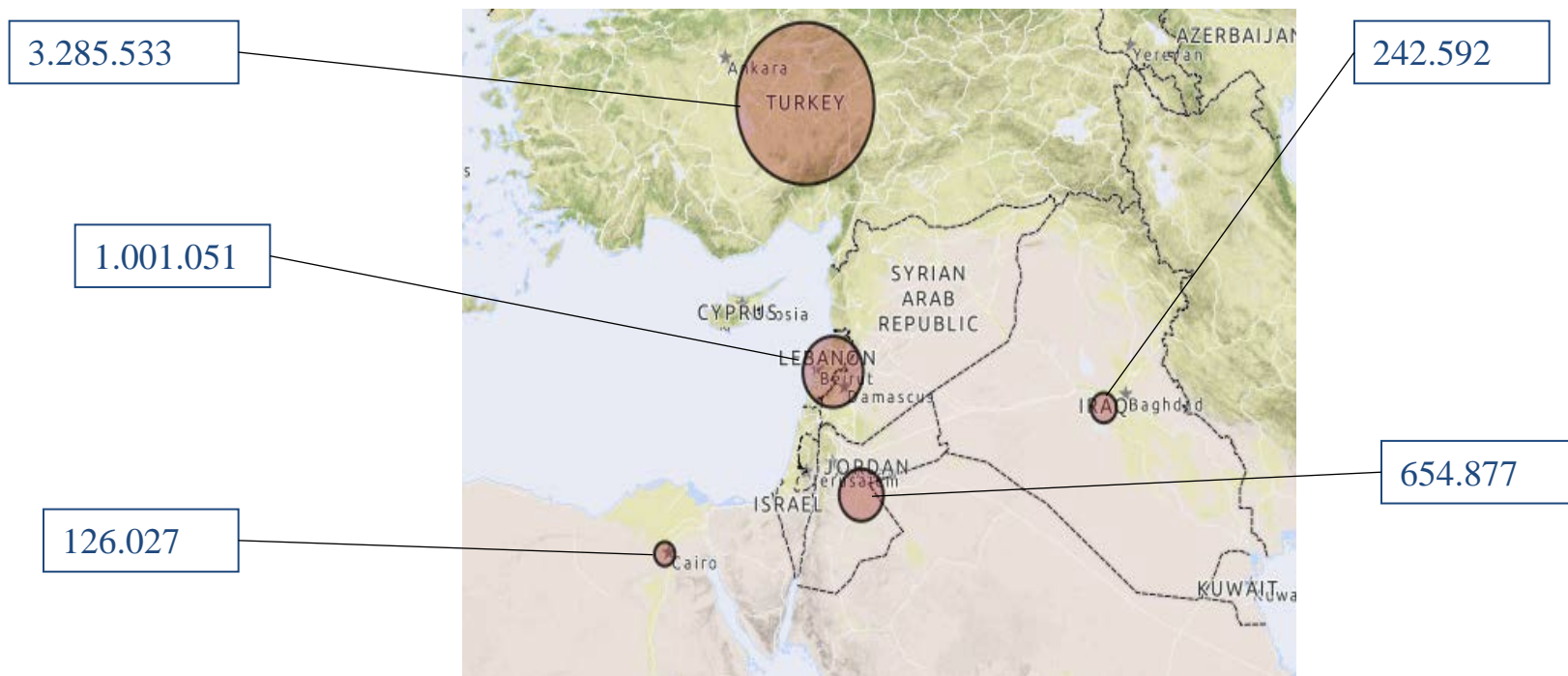
DE LA MANIF POUR TOUS A UNE « GÉNÉRATION UMP »? Cannes: « La Vie d'Adèle », Palme de toutes les audaces LA MORT DE GUY CARCASSONNE

Sur le front de Damas Guerre chimique en Syrie



Classement des journalistes de guerre à Damas, les reporters du « Monde » Jean-Philippe Remy et Laurent Van der Stocke reconstituent les événements

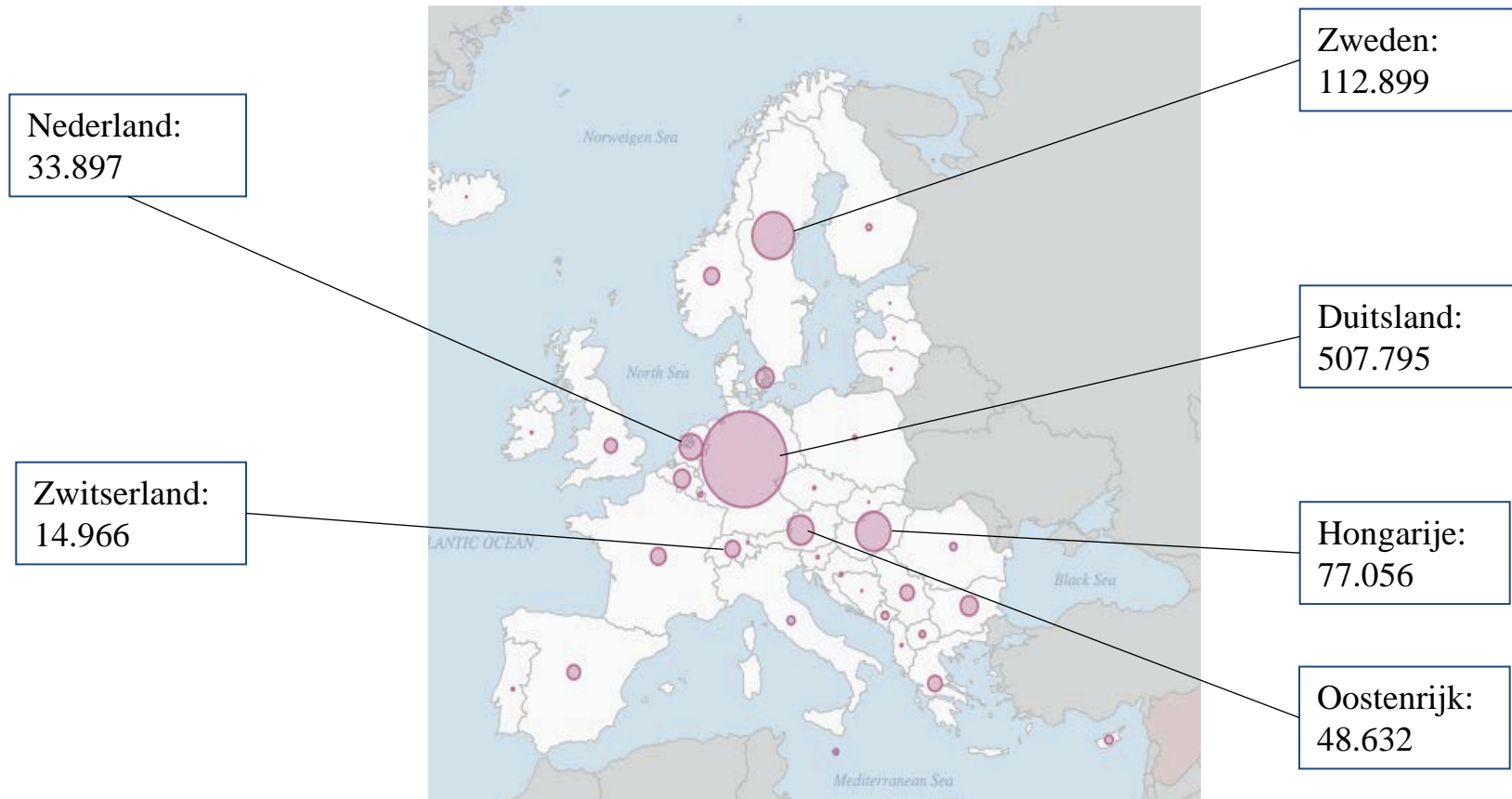
Ongekende toename in vluchtelingen
5.3 miljoen Syrische vluchtelingen geregistreerd bij UNHCR
50% kinderen, vaak ongegeleid



Bron: <http://data.unhcr.org/syrianrefugees/regional.php>;
Nov 5, 2017



Asielaanvragen door Syriërs in Europa: 970.316 (April 2011-Juli 2017)



Bron: <http://data.unhcr.org/syrianrefugees/asylum.php>;
Accessed Nov 9 2017





Psychosociale klachten gerapporteerd door Syriërs:

- Huisvesting (onzeker, overvol)
- Werk (geen werk, beperkingen, lage betaling, exploitatie en misbruik)
- Familie conflicten
- Vrouwen: ongewenste huwelijksaanzoeken, sexuele intimidatie en misbruik, beperkte bewegingsvrijheid
- Kinderen (kinderarbeid, niet naar school, mishandeling op school)
- Beperkte toegang tot instituties



**Veelvoorkomende psychische stoornissen bij
Syrische vluchtelingen**

30-40% Depressie

30% Angst, Posttraumatische Stress Stoornis

Verminderd functioneren

Fysieke symptomen en gezondheidsklachten

Gammouh et al (2015); Naja et al (2016); Tinghog et al (2017)



Psychologische interventies wereldwijd

Psychologische interventies voor volwassenen in laag- en midden inkomenslanden voor depressie ($d = 1.07$) en angst ($d = 1.25$) significant effectiever dan controle groepen¹

Maar **culturele adaptatie** leidt to sterkere effecten ($d=.32/$
 $d=.45$)

¹Van 't Hof et al. (2011); ²Griner & Smith (2006); Benish et al. (2011); Harper Shehadeh et al. (2016),



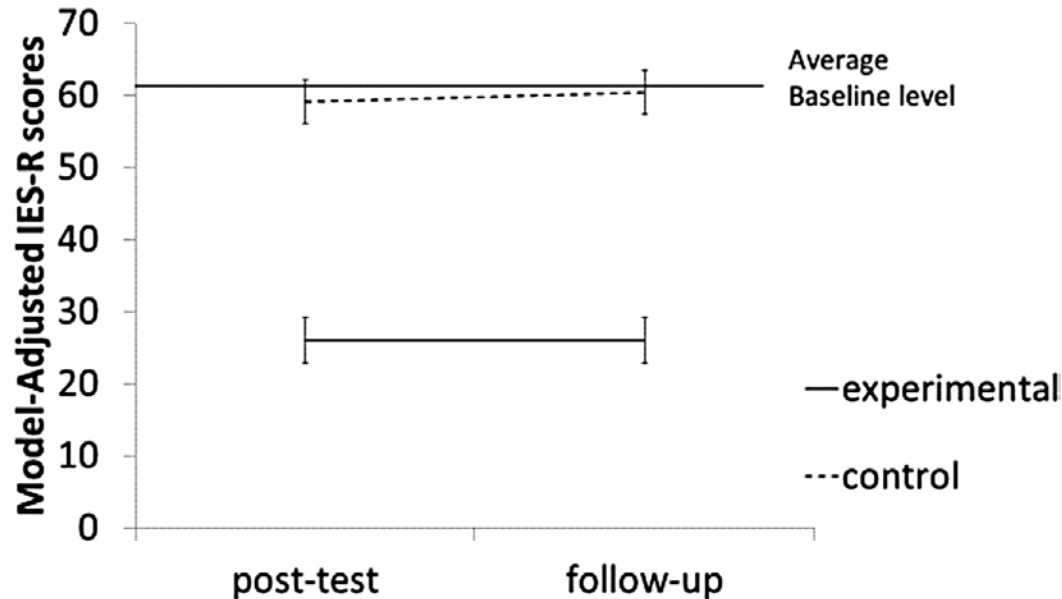
ŞEHİR'LİLERİ TANIYALIM #7

Psikoloji Bölümü Yrd. Doç. Dr. Ceren Acartürk

Boğaziçi Üniversitesi Psikoloji Bölümü mezunu.
Yüksek lisansını Ortadoğu Teknik Üniversitesi,
doktorasını Amsterdam Free Üniversitesi'nde tamamladı.
Araştırma alanları; travma sonrası stres bozukluğu,
kaygı bozuklukları, duygudurum bozuklukları, göç ve akültürasyon.



EMDR voor Syrische vluchtelingen in Kilis vluchtelingenkamp in Turkije



70 Syriërs

Randomly assigned to EMDR or waitlist

Uitkomstmaten:
PTSS symptomen,
depressie

Acarturk, C., Konuk, E., Cetinkaya, M., Senay, I., Sijbrandij, M., Gulen, B., & Cuijpers, P. (2016). *Psychol Med*, 46(12), 2583-2593

Psychologische interventies voor vluchtelingen hergevestigd in hoog-inkomenslanden

14 Gerandomiseerde Gecontroleerde Trials (RCTs):

5 Narratieve Exposure Therapie (NET)

5 Cognitieve gedragstherapie

4 Anders

Effectief in reduceren symptomen van PTSS en depressie,
sterkste evidentie voor NET

Nosè M, Ballette F, Bighelli I, Turrini G, Purgato M, Tol W, et al. (2017)

Probleem: vluchtelingen
ontvangen meestal geen
psychische zorg

Barrières GGZ interventies voor vluchtelingen:

- Weinig Arabisch-sprekende clinici
- Wachlijsten
- Geen programma's aangepast aan Syrische taal en cultuur
- Vluchtelingen verhuizen veel
- Beperkte kennis over aanbod GGZ
- Geografie (Duitsland, Zweden)
- Stigma



- Gebrek aan financiële middelen voor langere behandelingen
- Beperkt aantal clinici
- Beperkte beschikbaarheid evidence-based interventies



Task-shifting

Taken origineel uitgevoerd door klinici (psychiaters/psychologen) worden overgedragen aan **niet-specialistische eerstelijns- of nuldelijnswerkers of leken**

Minder symptomen depressie en PTSS, en verbeterd algemeen en sociaal functioneren

Problem Management Plus (PM+) programma's:

- ✓ Ontwikkeld door World Health Organization (WHO)
- ✓ Kort, schaalbaar (5 sessies van 90 minuten)
- ✓ Transdiagnostisch
- ✓ Niet-professionele hulpverleners (8-daagse training)
- ✓ Probleemoplossen, stress management, gedragsactivatie, en toegang sociale steun

Versions: Individual, group, young-adolescent (EASE), E-health (Step-by-step)

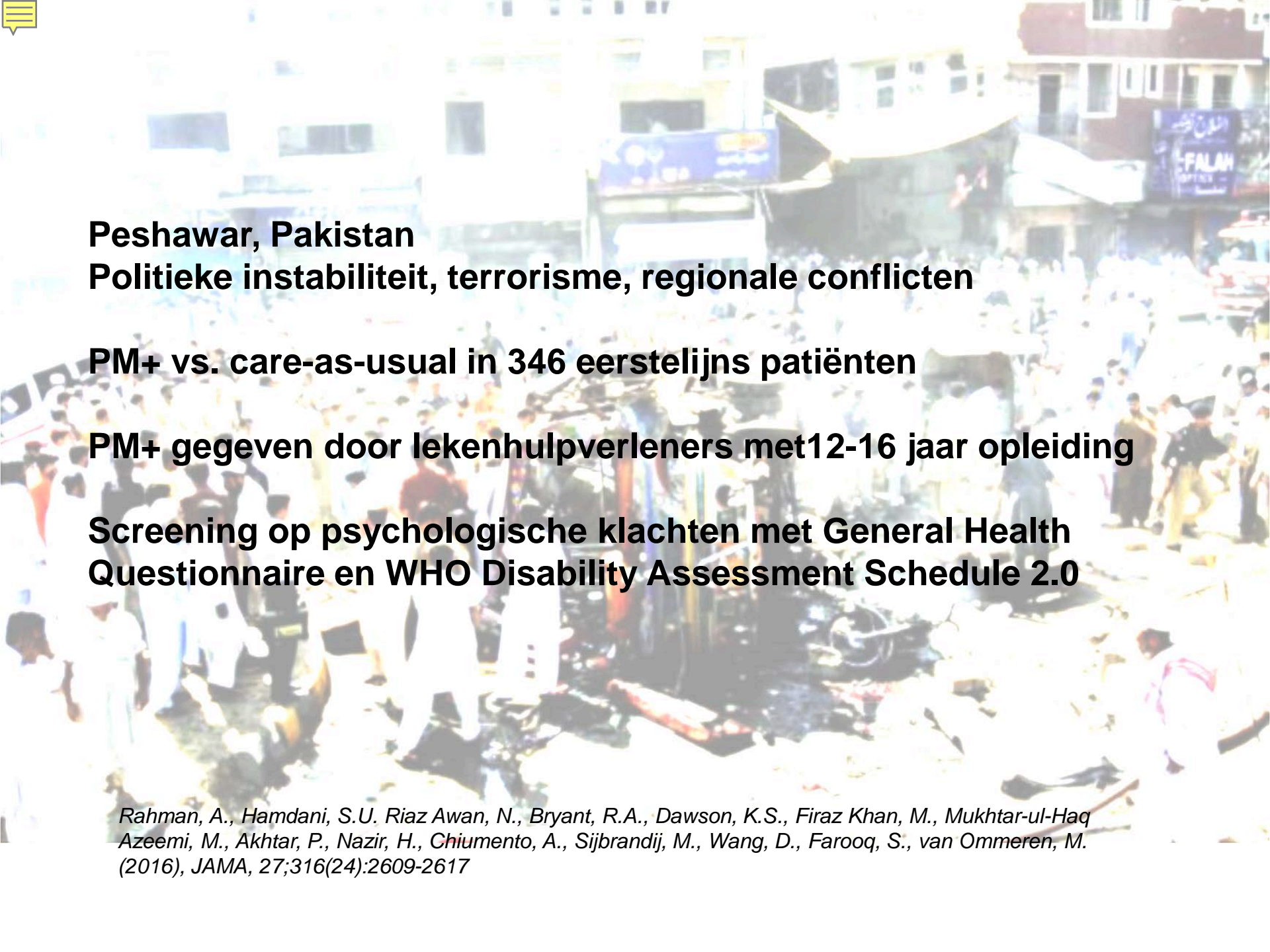


المعالجة المطورة للمشكلات

المساعدة النفسية الفردية للبالغين المتضررين من الضيق في المجتمعات المعرضة للمحن

منظمة الصحة العالمية- تجربة ميدانية عامة - الإصدار ٢٠١٦،١
سلسلة من التدخلات النفسية المنخفضة الحدة - ٢





Peshawar, Pakistan

Politieke instabiliteit, terrorisme, regionale conflicten

PM+ vs. care-as-usual in 346 eerstelijns patiënten

PM+ gegeven door lekenhulpverleners met 12-16 jaar opleiding

Screening op psychologische klachten met General Health Questionnaire en WHO Disability Assessment Schedule 2.0

Rahman, A., Hamdani, S.U. Riaz Awan, N., Bryant, R.A., Dawson, K.S., Firaz Khan, M., Mukhtar-ul-Haq Azeemi, M., Akhtar, P., Nazir, H., Chiumento, A., Sijbrandij, M., Wang, D., Farooq, S., van Ommeren, M. (2016), JAMA, 27;316(24):2609-2617

Resultaten Pakistan (diff. least squares mean/ SD)

Uitkomsten	Posttreatment	Follow-up
Angst (HADS-A)	0.76	0.74
Depressie (HADS-D)	0.91	0.85
Algemeen functioneren (WHODAS 2.0)	0.72	0.67
PTSS symptomen (PCL-5)	0.54	0.63
Zelf-geïdentificeerde problemen (PSYCHLOPS)		0.34



Nairobi, Kenya (sloppenwijk)
Armoede, gender-gerelateerd geweld

**PM+ vs. care-as-usual tested in 421 vrouwen die zijn
blootgesteld aan gender-gerelateerd geweld**

PM+gegeven door nuldelijns werkers

**Resultaten vergelijkbaar met Pakistan, maar minder
uitgesproken**

Bryant, R.A., Schafer, A. Dawson, K.S., Anjuri, D. Mulili, C., Lincoln Ndogoni, L., Koyiet, P., Sijbrandij, M., Ulate, J., Harper, M, van Ommeren, M., 2017, PloS Medicine).

Resultaten Kenia (diff. least squares mean/ SD)

Uitkomsten	Posttreatment	Follow-up
Psychische klachten (GHQ-12)	0.67	0.57
Algemeen functioneren (WHODAS 2.0)	0.44	0.21
PTSS symptomen (PCL-C)	0.37	0.26
Zelf-geïdentificeerde problemen (PSYCHLOPS)	1.00	0.67



**Opschalen van
PM+ voor Syrische
vluchtelingen**



SCALING UP PSYCHOLOGICAL
INTERVENTIONS WITH
SYRIAN REFUGEES

STRENGTHS

STRENGTHS: Syrian REfuGees MeNTal Health Care Systems

- EU Horizon2020 project, 2017-2022
- Implementatie van schaalbare WHO programma's in Syrische vluchtelingen in Europa en Midden-Oosten
- Individueel, Groep, Jong-adolescenten (EASE) en smartphone (Step-by-step) versies
- Uitgevoerd door mede-vluchtelingen
- Evaluatie effecten op gezondheidssysteem



8 trials:

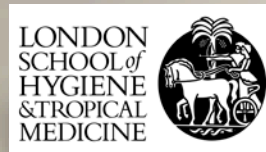
Implementatie uitkomsten
getrouwheid, dosis, bereik

Klinische uitkomsten
Psychische klachten, algemeen functioneren, kosten-effectiviteit

Gezondheidssysteem uitkomsten

STRENGTHS Consortium

Coördinator: VU (Marit Sijbrandij & Pim Cuijpers)





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