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Workshop titel: How can we build sustainable systems for community-based interventions for post-traumatic stress symptoms in refugee youth?

Objectives: The workshop aims to discuss using available community resources to implement a stepped care model for symptoms of post-traumatic stress in refugee youth

Content and objective of the workshop (ca. 250 words):

Background. In 2015, a total of 35 369 unaccompanied refugee minors (URMs) sought asylum in Sweden. In a previous study of 208 URMs, we found that 76% screened positive for PTSD.

Aim. This study aimed to (1) evaluate the indicated prevention program Teaching Recovery Techniques (TRT) in a community setting and describe the program's effects on symptoms of PTSD and depression in URMs; and (2) examine participants' experiences of the program.

Methods. The study included 10 groups. Methods for evaluation included the Children's Revised Impact of Event Scale (CRIES-8) and the Montgomery-Åsberg Depression Rating Scale Self-report (MADRS-S) at baseline and at post-intervention. Qualitative interviews were conducted with 22 participating URMs to elicit their experiences.

Results. Pre- and post-measures were available for 46 participants (84%). At baseline, 83% of the participants reported moderate or severe depression and 48% suicidal ideation or plans. Although more than half (62%) of the participants reported negative life events during the study period, both PTSD (CRIES-8) and depression (MADRS-S) symptoms decreased significantly after the intervention ( $p=0.017$ , 95% CI -5.55; -0.58; and  $p<0.001$ , 95% CI -8.94; -2.88, respectively).

The qualitative content analysis resulted in six overall categories: social support, normalisation, valuable tools, comprehensibility, manageability, and meaningfulness when the youth described their experiences of the program, well reflecting TRT's program theory.

Conclusions. Overall, results indicate that TRT, delivered in a community setting, is a promising indicated preventive intervention for URMs with PTSD symptoms.