



# DISSEMINATION PLAN FOR PARTICIPANTS

DELIVERABLE 9.8



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## Table of content

1. Overview.....	4
1.1. The STRENGTHS project .....	4
2. Dissemination of group-level results.....	6
2.1. Project summary.....	6
2.1.1. Target audience .....	6
2.1.2. Information provided during the STRENGTHS studies .....	6
2.1.3. Information provided at the end of the STRENGTHS studies.....	6
3. Dissemination of individual level results.....	7

# 1. Overview

In this Dissemination Plan for Participants we describe how results will be disseminated to the research participants during the course of the STRENGTHS project.

For dissemination of information to enrolled research participants during the course of the STRENGTHS we follow guidelines by HRA (Health Research Authority; 2015).<sup>1</sup>

This Dissemination Plan will focus on the information provided to study participants who are enrolled in one of the STRENGTHS studies, and after completion of these studies. The overall STRENGTHS Communication and Knowledge Dissemination Plan (Deliverable 8.1) will be updated with this information.

This Dissemination Plan does not describe the information provided to individuals who are eligible for participating in one of the STRENGTHS studies. These information sheets are part of the informed consent procedures that are described in D9.7. For the information sheets see D9.1 & D9.9.

With respect to dissemination to research participants, we distinguish dissemination during the study, and dissemination of the endings of the research.

## 1.1. The STRENGTHS project

STRENGTHS (*Syrian REFuGees MeNTal Health Care Systems*) is an European Union Horizon2020 funded research project that aims to provide and evaluate effective community-based health care implementation strategies to scale-up the delivery and uptake of effective mental health and psychosocial support interventions for Syrian refugees who are located in Europe and countries bordering Syria.

STRENGTHS will be composed of the a number of multi-country studies centered around the implementation of different version of scalable WHO programmes to reduce psychological distress. Participants (both healthy individuals such as key stakeholders and Syrian refugees with increased psychological distress) will be enrolled in the following studies:

1. A multi-country health systems evaluation (WP2; lead partner: London School of Hygiene and Tropical Medicine; other partner involved: KIT). The overall aim of this health systems evaluation is to analyze the responsiveness of health systems to the scaling-up of the WHO programmes to reduce psychological distress: across European host countries and LMICs bordering Syria in addressing the mental health needs of refugees.

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<sup>1</sup> Health Research Authority (2015). Information for participants at the end of a study: Guidance for Researchers/Sponsors/ Chief Investigators/Principal Investigators. Retrieved from: <http://www.hra.nhs.uk/documents/2015/08/hra-guidance-end-study-pis-v4-1-20-august-2015.pdf>

The evaluation consist of qualitative interviews for mental health systems analysis in all eight project countries (Germany, Switzerland, Sweden, the Netherlands, Egypt, Jordan, Lebanon and Turkey). To obtain these data, health policy stakeholders, as well as relevant people in ministries of health will be interviewed. Partners in WP4, 5 and 6 (WCH, UNSW, VUA, ISU, UHZ, and FUB) will interview adult Syrian refugees on their access and use of health services.

In addition, two in-depth quantitative and qualitative case studies – one in Germany and one in Turkey will be carried out. Approximately 2400 interviews will be conducted in the general population of Syrian refugees on their access to and use of (mental) health services.

**2.** One cultural adaptation study (WP3, lead partner: DRC; other partners involved: UNSW, WCH, VUA, FUB, ISU, UZH).

Data will be gathered concerning the perceptions of health and mental health problems in the Syrian culture and context of Syrian refugees, and the functioning of Syrian refugees and types of support that Syrians access for these types of problems. The data will be collected by partners in WP4, 5 and 6 (WCH, UNSW, VUA, ISU, UHZ, and FUB) in Germany, Switzerland, Sweden, the Netherlands, Egypt, Jordan, Lebanon and Turkey.

**3.** Eight randomized controlled trials (RCTs) evaluating the scalable WHO programmes in Jordan, Lebanon, the Netherlands, Turkey, Switzerland, Germany, Sweden and Egypt (WP4, WP5, and WP6; partners involved: UNSW, WCH, VUA, IPSY, FUB, ISU, RASASA, UZH).

One implementation study of PM+ in refugee camps in Jordan (WP4; partners involved: UNSW, IMC).

For these RCTs and the implementation study, primary data will be gathered in project countries (Jordan, Lebanon, the Netherlands, Turkey, Switzerland, Germany, Sweden and Egypt).

## 2. Dissemination of group-level results

### 2.1. Project summary

#### 2.1.1. Target audience

All research participants in the studies described under 1 (The STRENGTHS project) will be informed at what time they will receive information about the results of the study. The information will be provided at the time of the informed consent or at the final assessment.

At this stage, participants will be given the possibility to be informed about the study results, or they may choose to opt-out. In case they choose to receive the summary of the results, they are also asked how they would like to receive the information (information sheet by regular mail, email, or a link to the website). This information will be recorded on paper by the research assistant who asks informed consent, or conducts the assessment.

Contact details of participants will be noted, including the name and contact details of another significant persons in case the participant may change address, email address or phone number. Note that contact details of participants will always be kept separate from research data (see D.1.1 Data Management Plan).

#### 2.1.2. Information provided during the STRENGTHS studies

During the STRENGTHS project, the STRENGTHS website ([www.strengths-project.eu](http://www.strengths-project.eu)) will continuously be updated with the following relevant information for participants:

- Contact details of the local research partners for participants who are interested to participate.
- Information about the study procedures and data protection across the countries in which the studies will take place. The information on the website will consist of abbreviated versions of the participant information letters.
- Information about the progress and stage of the studies, such as when the enrollment and assessments of participants is expected to end.

#### 2.1.3 Information provided at the end of the STRENGTHS studies

After the data collection has finished and the main results have been analyzed and are accepted for publication, information about the study endings and results on group level will be disseminated to research participants who have chosen to receive it.

A summary of the results will be written in 'lay' language, which will be easy to read without the use of scientific language or unexplained acronyms.

Dissemination of the summary will be done through the following channels:

- An information sheet in Arabic and in the local language of the country in which the

research took place with a brief summary of the study and the main results on a group level will be sent by regular mail to participants who have provided their mailing address, and by email to participants who have provided their email address. Participants will be able to choose which channel they prefer.

- The Arabic and English information sheets will also be published on the STRENGTHS website.
- We will also make two short film clips in both English and Arabic to explain the results of the STRENGTHS studies for study participants who are illiterate or prefer to watch a film clip. The film clip will be put on the STRENGTHS website, and participants will be notified through mail or email when it is online.

### 3. Dissemination of individual level results

Participants will be allowed to see their individual results on the interviews and questionnaires after the final assessment. Data will never be shared with others than the participant, except for research purposes. The conditions under which data are shared and the data protection policies in place for data sharing are outlined in detail in D.1.1 Data Management Plan.

Finally, we will also inform participants how to access the results in more detail at a later stage if they so wish.