



Scaling up psychological interventions in Switzerland

PD Dr. Naser Morina

International Symposium: Scalable psychological interventions: Quo vadis?

January 18, 2024, Zurich

Switzerland: Mental Health Treatment Gap

WHO's and adapted scalable interventions in Switzerland

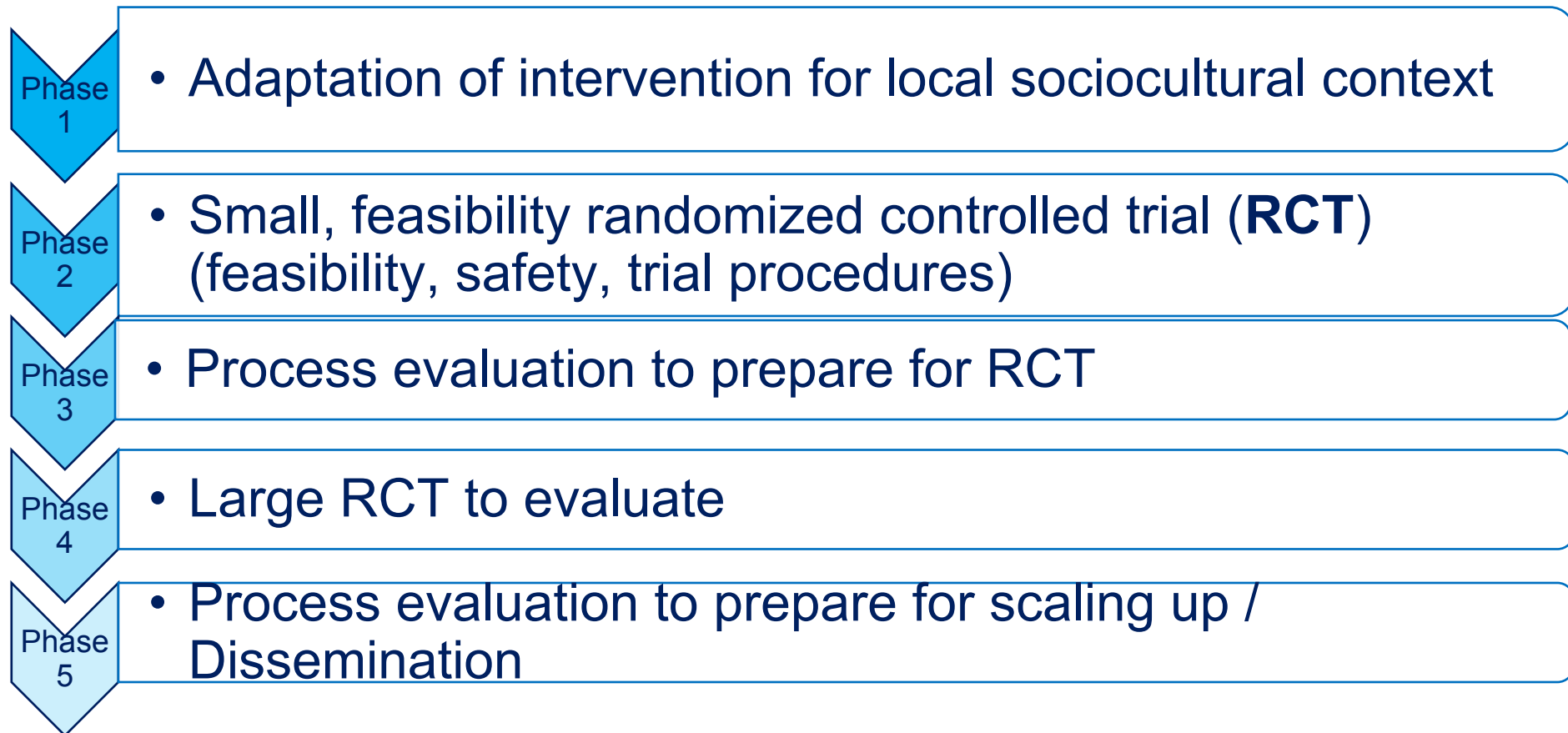


PROBLEM MANAGEMENT PLUS (PM+)
Individual psychological help for adults impaired by distress in communities
exposed to adversity

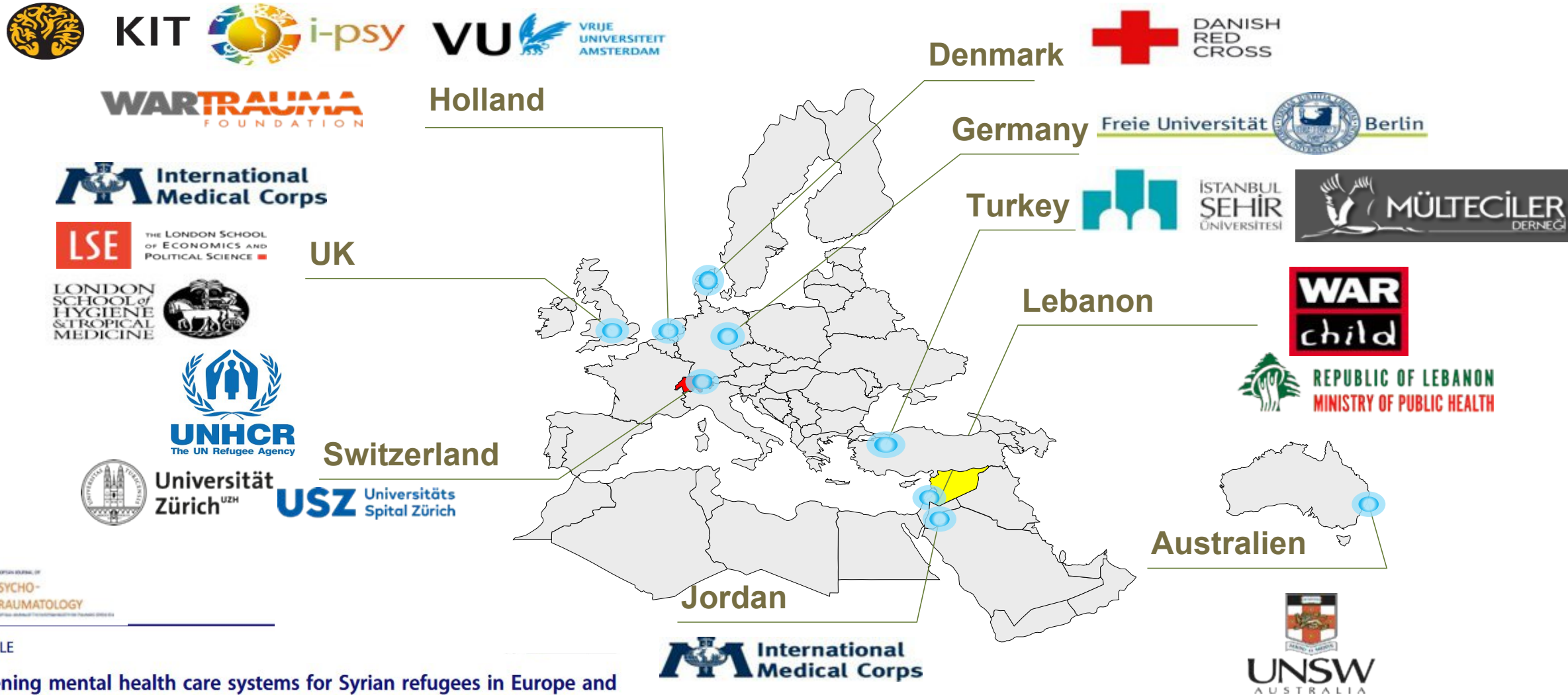
WHO Geneva, 8th April 2014
Series on Low-Intensity Psychological Interventions – 1



WHO's 5 Phase Evaluation Model



Horizon2020: STRENGTHS

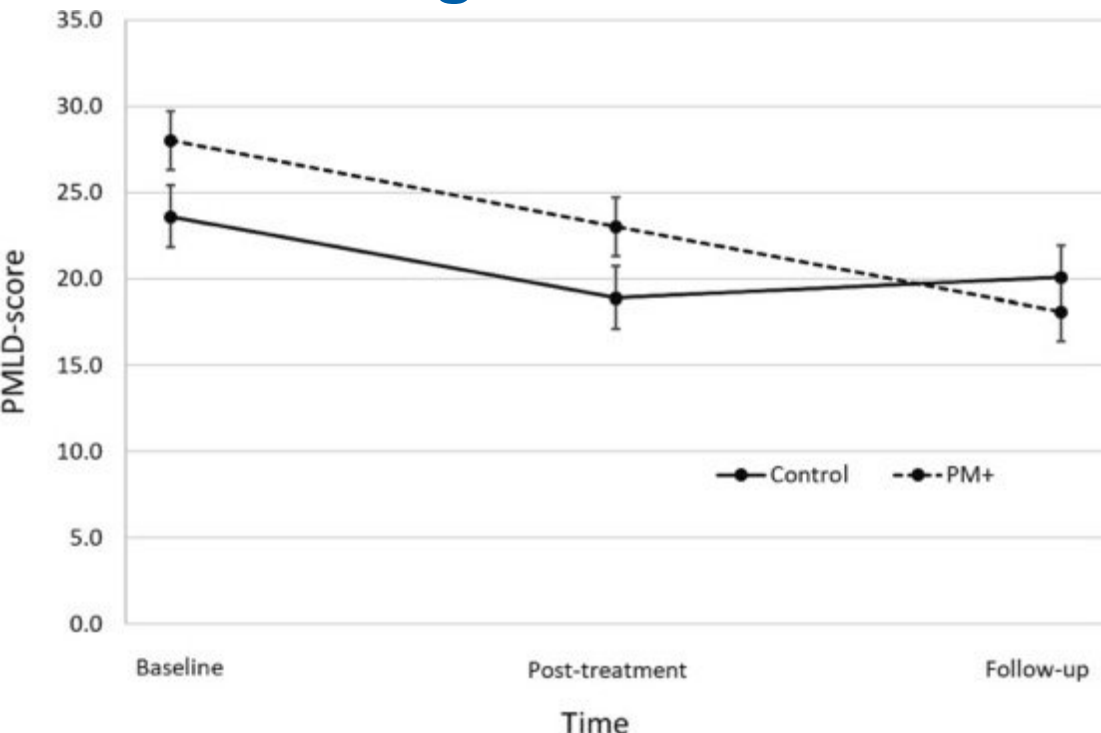


REVIEW ARTICLE

Strengthening mental health care systems for Syrian refugees in Europe and the Middle East: integrating scalable psychological interventions in eight countries

Marit Sijbrandij^a, Ceren Acarturk^b, Martha Bird^c, Richard A Bryant^d, Sebastian Burchert^e, Kenneth Carswell^f, Joop de Jong^g, Cecilie Dinesen^c, Katie S. Dawson^d, Rabih El Chammay^{h,i}, Linde van Ittersum^j, Mark Jordans^{k,l}, Christine Knaevelsrud^e, David McDaidⁿ, Kenneth Miller^b, Naser Morina^m, A-La Park^o, Bayard Roberts^o, Yvette van Son^p, Egbert Sondorp^q, Monique C. Pfaltz^m, Leontien Ruttenberg^r, Matthis Schick^{o,m}

Resultate: PM+ auf post-migratorische Belastungen



The effect of a low-level psychological intervention (PM+) on post-migration living difficulties – Results from two studies in Switzerland and in the Netherlands

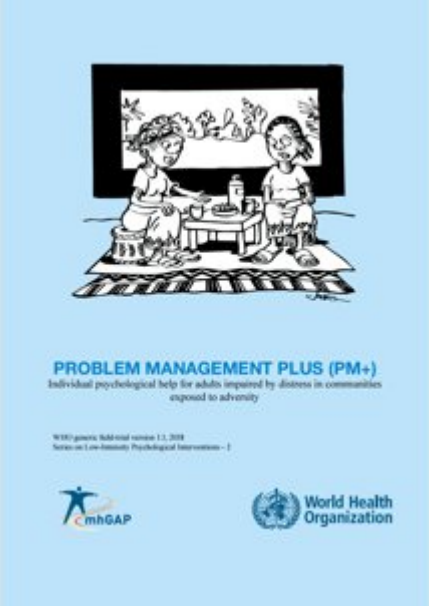
Julia Spaaij^a, Anne M. de Graaff^b, Aemal Akhtar^{c,d}, Nikolai Kiselev^{a,c,f}, David McDauid^g, Hanspeter Moergeli^h, Monique C. Pfaltz^{a,h}, Matthis Schick^a, Ulrich Schnyderⁱ, Richard A. Bryant^c, Pim Cuijpers^b, Marit Sijbrandij^b, Naser Morina^{a,i}, on behalf of the STRENGTHS consortium

Table 2

Change in post-migration living difficulties rated as moderately serious to very serious in the PM+ condition (N = 49).

PMLD type	n (%)		P ^{a,b}
	T1	T3	
Communication difficulties	29 (59.2%)	20 (40.8%)	0.049
Discrimination	15 (30.6%)	11 (22.4%)	0.388
Conflicts with your own / other ethnic groups in host country	10 (20.4%)	4 (8.2%)	0.109
Separation from family	34 (69.4%)	21 (42.9%)	< 0.001
Worries about family back home	39 (79.6%)	25 (51.0%)	< 0.001
Unable to return home in emergency	30 (61.2%)	24 (49.0%)	0.210
Difficulties with employment	35 (71.4%)	23 (46.9%)	0.023
Difficulties in interviews with immigration officials	12 (24.5%)	4 (8.2%)	0.021
Conflicts with social workers / other authorities	9 (18.4%)	5 (10.2%)	0.219
Not being recognized as a refugee	5 (10.2%)	8 (16.3%)	0.250
Being fearful of being sent back to your country of origin in the future	28 (57.1%)	15 (30.6%)	0.002
Worries about not getting access to treatment for health problems	20 (40.8%)	10 (20.4%)	0.013
Not enough money to buy food, pay the rent or buy necessary clothes	24 (49.0%)	17 (34.7%)	0.039
Difficulties obtaining financial assistance	15 (30.6%)	5 (10.2%)	0.006
Loneliness, boredom, or isolation	26 (55.3%)	19 (40.4%)	0.118*
Difficulties learning one of the national languages	34 (70.8%)	24 (50.0%)	0.021**
Difficulties obtaining appropriate accommodation	33 (67.3%)	18 (36.7%)	< 0.001

WHO's and adapted scalable interventions in Switzerland



EASE

Early Adolescent Skills for Emotions



Training & Adaptation

Ukrainians

12 Facilitators

2 Supervisors



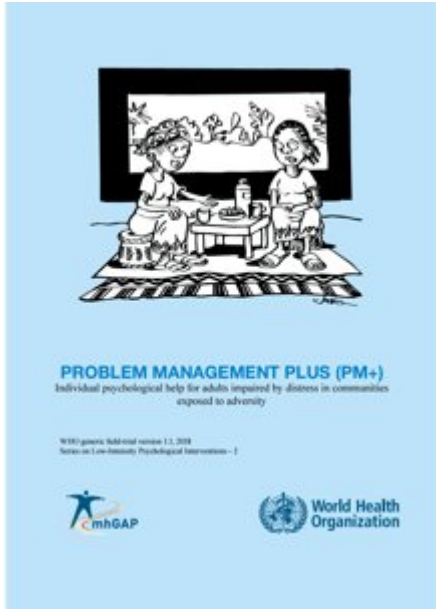
Adaptation



Environment



WHO's and adapted scalable interventions in Switzerland



RECHARGE:

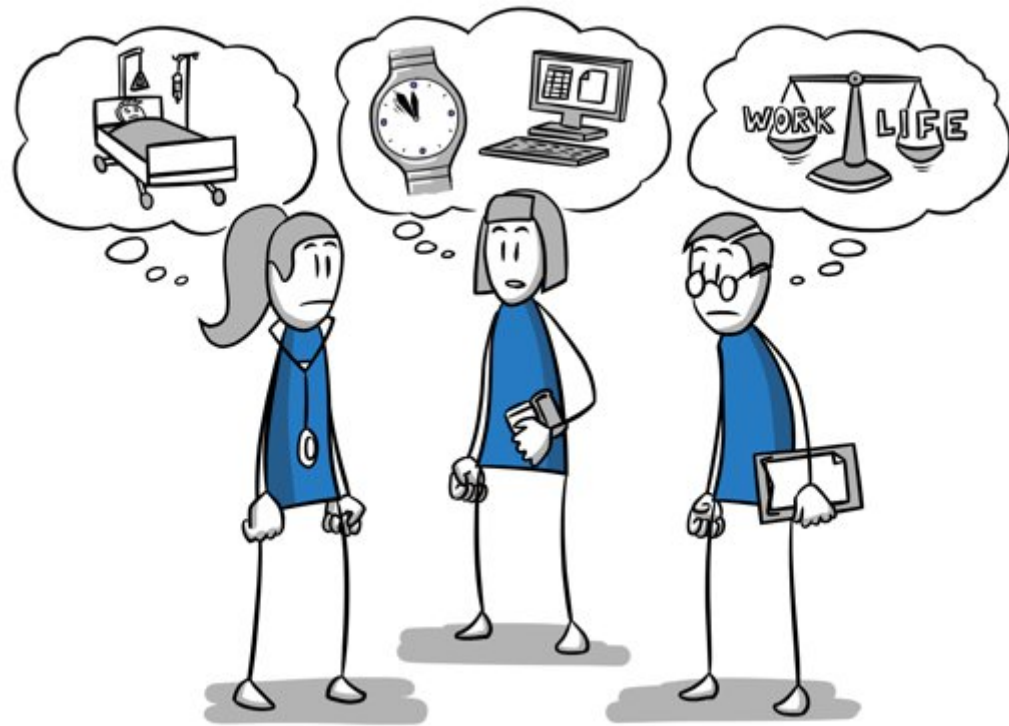
A brief psychological program for healthcare workers



Acknowledgements

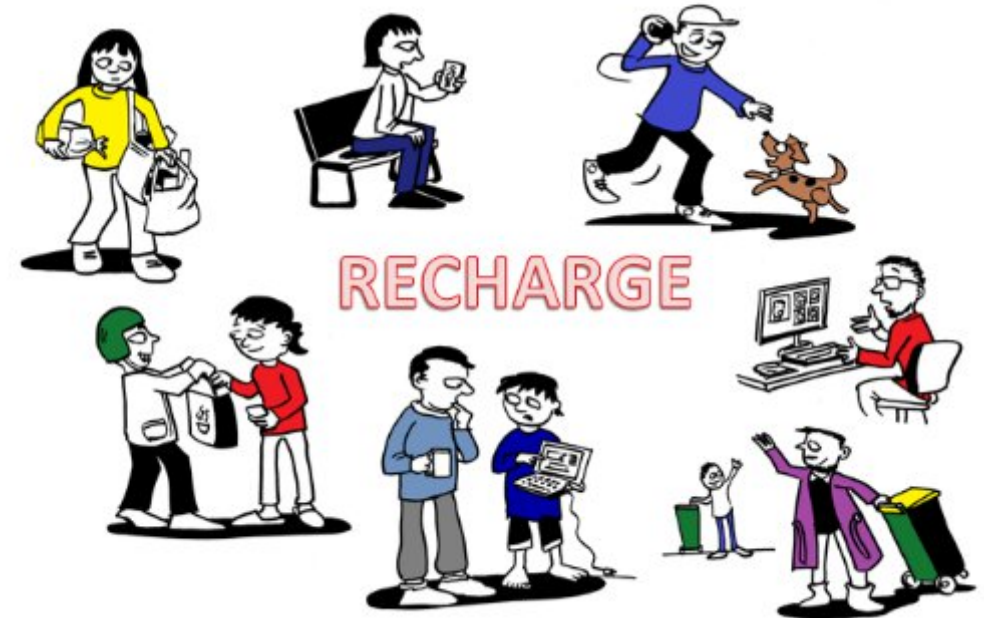
This manual was written by Dr Katie Dawson and Professor Richard Bryant (University of NSW, Australia) and Dr Naser Morina (University Hospital Zurich). The illustrations were completed by Julie Smith (poolymth@gmail.com).

RECHARGE: Health Care Workers



RECHARGE:

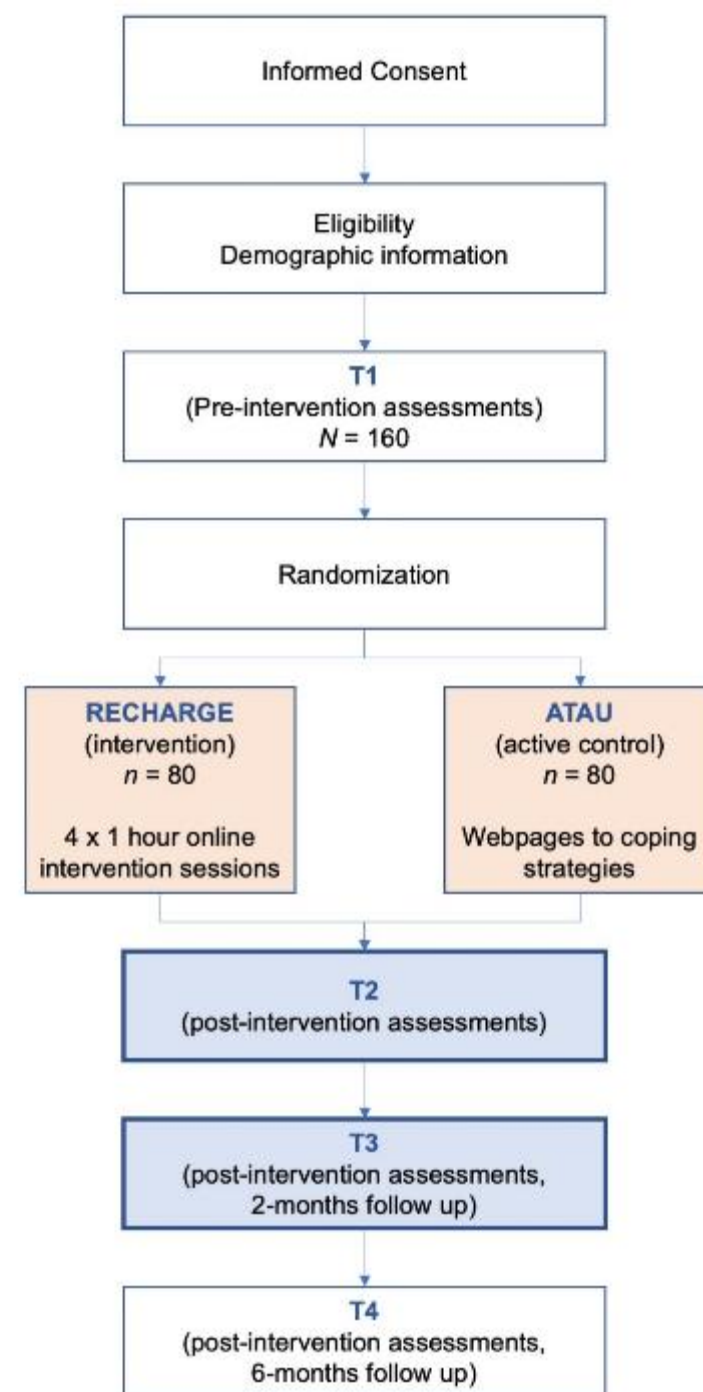
Ein psychologisches Kurzprogramm für Gesundheitsfachpersonen



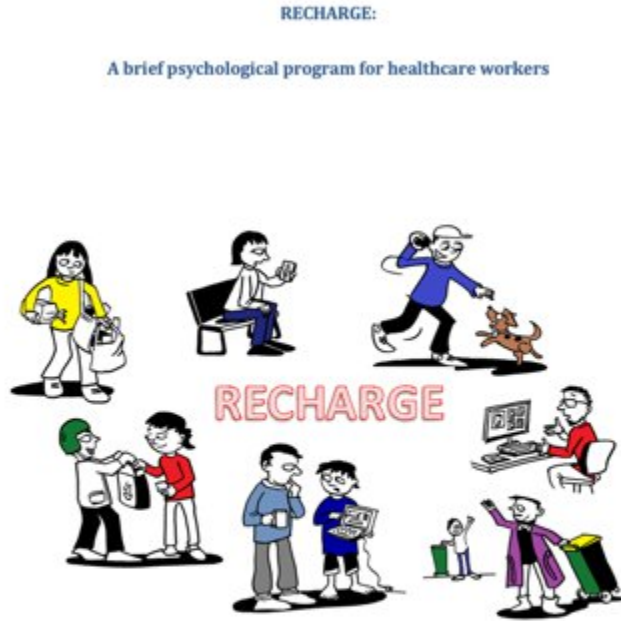
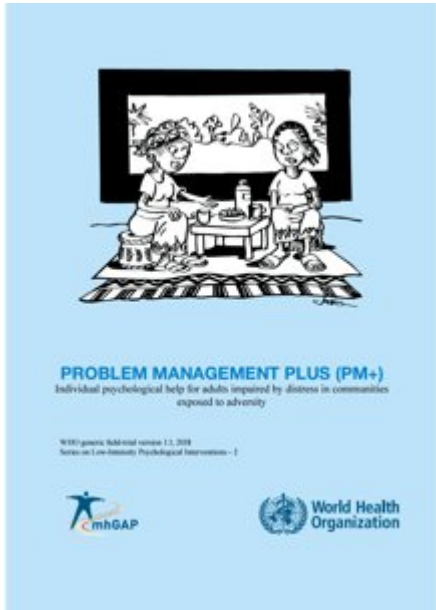
Dieses Manual wurde von Dr. Katie Dawson, Professor Richard Bryant (Universität NSW, Australien) und Dr. Naser Morina (Universitätsspital Zürich) verfasst. Die Illustrationen stammen von Julie Smith (joolysmith@gmail.com).

RECHARGE- Methods & Results

Primary and secondary outcomes	Visit	Descriptive statistics		Mixed model analysis			
		RECHARGE		ATAU	Difference in LS mean (95%CI)	P-value	Effect size ^a
		Estimated Mean (SE)	Estimated Mean (SE)	Estimated Mean (SE)			
Primary Outcome							
K10	Baseline	21.95 (.57)	22.43 (.58)				
	5 weeks	19.31 (.59)	21.39 (.62)	1.60 (0.14, 3.07)	0.03	0.32	
	2 months	18.59 (.60)	20.93 (.65)	1.86 (0.28, 3.44)	0.02	0.37	
	6 months	19.06 (.61)	20.73 (.66)	1.20 (-0.42, 2.83)	0.15	0.24	
Secondary Outcomes							
PCL	Baseline	3.35 (.29)	3.86 (.30)				
	5 weeks	2.66 (.31)	3.08 (.32)	-0.07 (-0.80, 0.65)	0.84	-0.02	
	2 months	2.37 (.31)	2.89 (.33)	0.01 (-0.76, 0.78)	0.98	0.00	
	6 months	2.51 (.31)	2.71 (.34)	-0.31 (-1.10, 0.49)	0.45	-0.11	
GAD	Baseline	7.02 (.36)	7.59 (.37)				
	5 weeks	5.21 (.38)	6.45 (.40)	0.67 (-0.29, 1.63)	0.17	0.20	
	2 months	4.77 (.38)	6.52 (.42)	1.18 (0.11, 2.25)	0.03	0.36	
	6 months	4.92 (.39)	5.57 (.43)	0.09 (-1.02, 1.20)	0.88	0.03	
HADS: Anxiety	Baseline	7.63 (.36)	8.27 (.37)				
	5 weeks	6.38 (.37)	7.26 (.39)	0.25 (-0.59, 1.09)	0.56	0.08	
	2 months	5.81 (.38)	6.80 (.40)	0.36 (-0.57, 1.29)	0.45	0.11	
	6 months	5.87 (.38)	6.57 (.41)	0.07 (-0.91, 1.03)	0.89	0.02	
HADS: Depression	Baseline	6.00 (.35)	6.49 (.36)				
	5 weeks	4.64 (.37)	5.70 (.38)	0.57 (-0.21, 1.37)	0.15	0.18	
	2 months	4.50 (.37)	5.49 (.40)	0.50 (-0.43, 1.42)	0.29	0.16	
	6 months	4.37 (.38)	5.28 (.41)	0.42 (-0.56, 1.41)	0.40	0.14	
MIAS: Moral Injury	Baseline	1.04 (.08)	0.98 (.08)				
	5 weeks	0.82 (.08)	0.70 (.08)	-0.06 (-0.27, 0.15)	0.57	-0.08	
	2 months	0.65 (.08)	0.81 (.09)	0.22 (0.00, 0.45)	0.04	0.30	
	6 months	0.76 (0.08)	0.84 (0.09)	0.14 (-0.10, 0.36)	0.24	0.19	
MBIW: Burnout	Baseline	6.16 (0.29)	6.62 (0.29)				
	5 weeks	4.73 (0.30)	6.12 (0.31)	0.94 (0.18, 1.70)	0.01	0.40	
	2 months	4.53 (0.30)	5.95 (0.33)	0.97 (0.10, 1.84)	0.03	0.40	
	6 months	4.89 (0.31)	5.50 (0.33)	0.15 (-0.76, 1.07)	0.74	0.06	
Work Ability	Baseline	30.80 (0.46)	29.76 (0.48)				
	5 weeks	31.68 (0.48)	30.44 (0.50)	-0.20 (-1.34, 0.94)	0.73	-0.05	
	2 months	31.88 (0.49)	30.02 (0.53)	-0.82 (-2.09, 0.45)	0.20	-0.20	
	6 months	30.97 (0.50)	30.95 (0.54)	1.02 (-0.29, 2.34)	0.13	0.25	



WHO's and adapted scalable interventions in Switzerland



Acknowledgements
This manual was written by Dr Katie Dawson and Professor Richard Bryant (University of NSW, Australia) and Dr Naser Morina (University Hospital Zurich). The illustrations were completed by Julie Smith (jooolymth@gmail.com).

RECHARGE:

A brief psychological program for healthcare workers

PRIŞMA

Prison Stress Management:

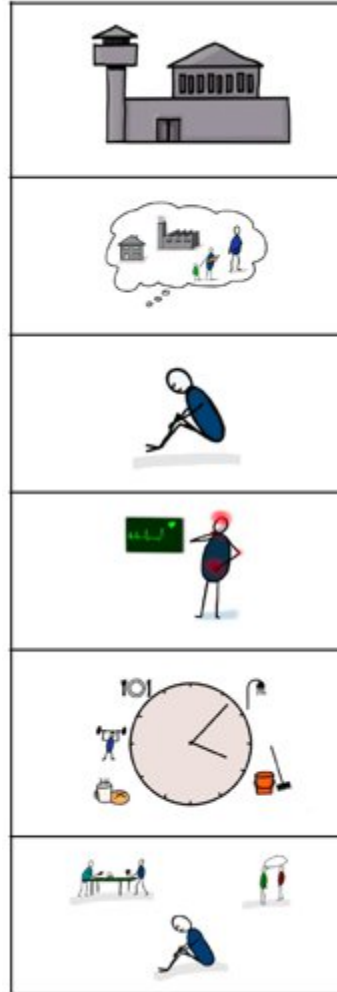
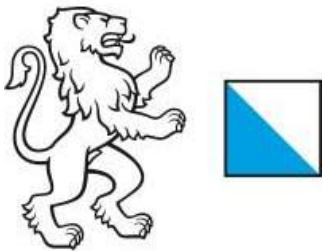
A Brief Psychological Program for Prisoners

Acknowledgements

This manual was conceptualized and written by Dr Dharani Keyan, Dr Katie Dawson, Professor Richard Bryant (University of NSW, Australia) and Dr Naser Morina (University Hospital Zurich, University of Zurich, Switzerland) in collaboration with [Kerrin Hoeffler](#), Dr Thomas Noll, Dr Gianandrea Pallich and Dr Stefan Tobler (all [Justizvollzug und Wiedereingliederung](#), Zürich, Switzerland).

Model Trial Pretrial Detention

4 sessions
2 weeks



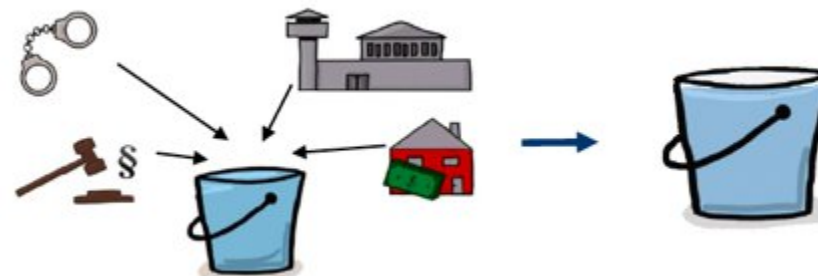
PRIŞMA

Prison Stress Management:

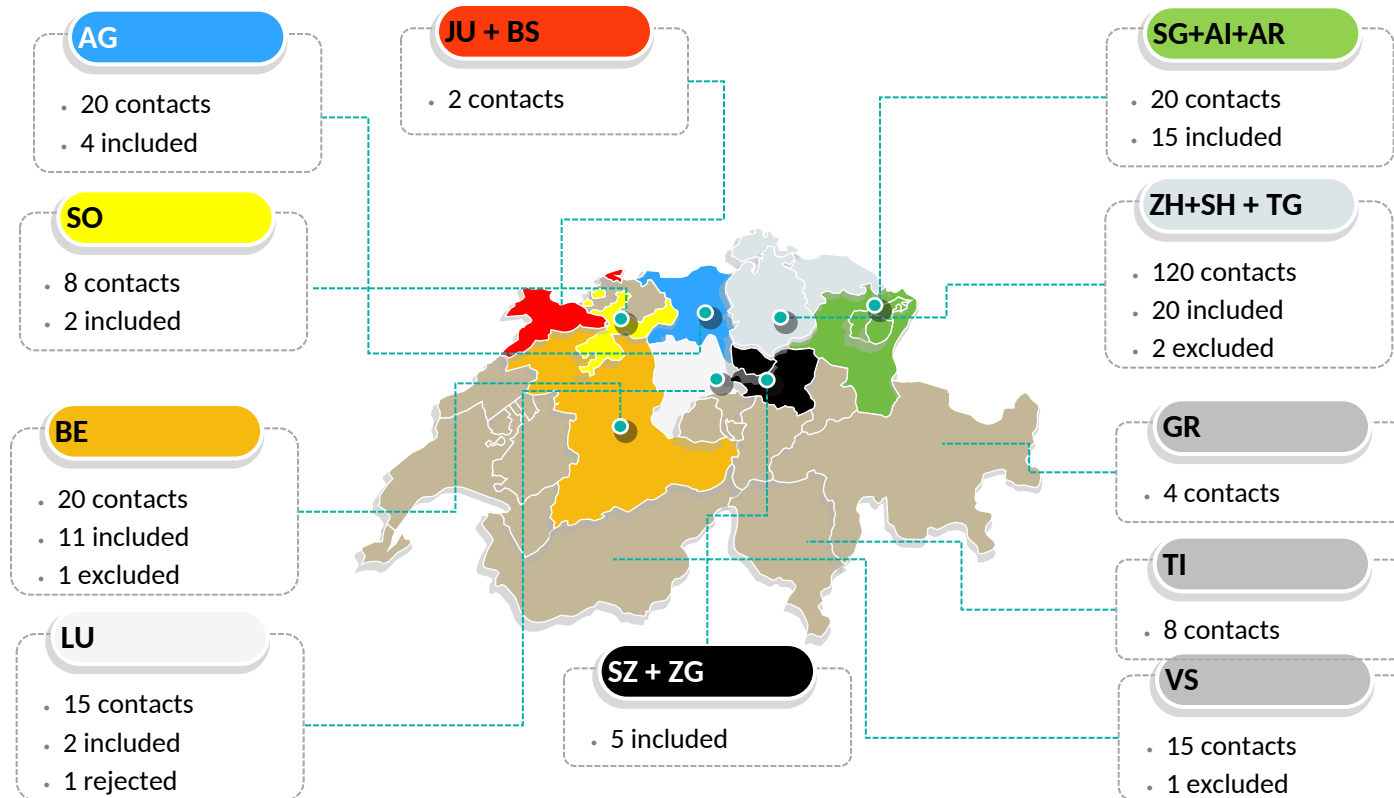
A Brief Psychological Program for Prisoners

Acknowledgements

This manual was conceptualized and written by Dr Dharani Keyan, Dr Katie Dawson, Professor Richard Bryant (University of NSW, Australia) and Dr Naser Morina (University Hospital Zurich, University of Zurich, Switzerland) in collaboration with Kerrin Hoeffler, Dr Thomas Noll, Dr Gianandrea Pallich and Dr Stefan Tobler (all Justizvollzug und Wiedereingliederung, Zürich, Switzerland).



STRENGTHS: contacts and inclusion in study



SP|RIT

SCALING-UP PSYCHOLOGICAL INTERVENTIONS
IN REFUGEES IN SWITZERLAND

USZ Universitäts
Spital Zürich



**Universität
Zürich** UZH



Gesundheitsförderung Schweiz
Promotion Santé Suisse
Promozione Salute Svizzera

Nationale Partner

Staatssekretariat für Migration SEM



Schweizerische Eidgenossenschaft
Confédération suisse
Confederazione Svizzera
Confederaziun svizra

Bundesamt für Gesundheit BAG

Schweizerisches Rotes Kreuz



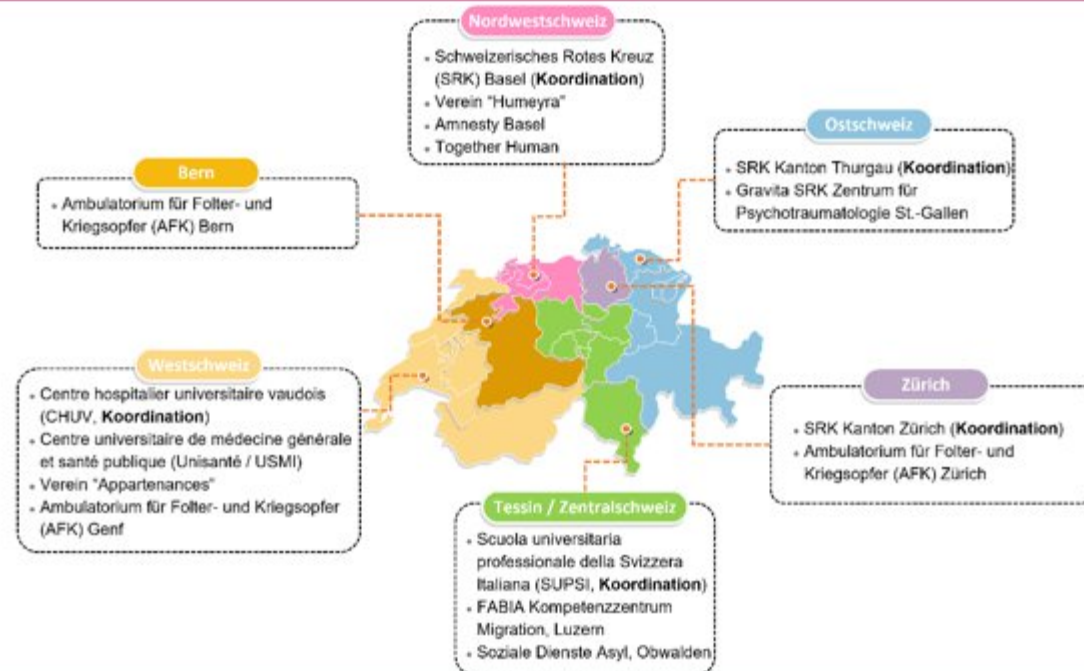
Wissenschaftliche Partner

ETH zürich

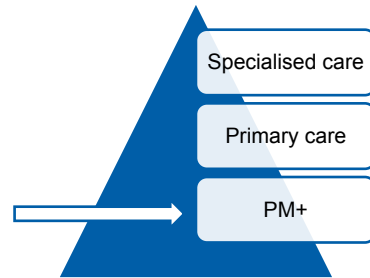
KOF **ipl** immigration policy lab
Stanford | Zürich



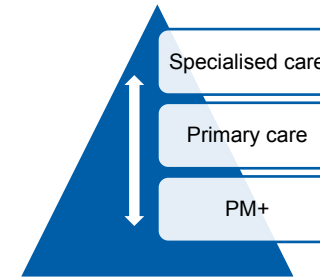
Regionale Partner



Objectives



By implementing PM+ in Switzerland, SPIRIT aims at improving the resilience of refugees and providing them with access to adequate health care



SPIRIT aims at establishing PM+ as the foundation of a stepped care model and at building local networks within the (mental) health care system

Subgoals

- Awareness campaign for refugees and professionals working with refugees
- Systematic mental health screenings and Triage throughout Switzerland
- Implementation of PM+
- Establishment of local care networks linking PM+ with standard care

Goal 1: Awareness

Instagram

Anmelden Registrieren



spirit_projekt_ch Folgen Nachricht senden

4 Beiträge 42 Follower 0 Gefolgt

SPiRIT Projekt

SPiRIT -> SCALING-UP PSYCHOLOGICAL INTERVENTIONS IN REFUGEES IN SWITZERLAND
www.spirit-network.ch

BEITRÄGE MARKIERT

scable psychological interventions: Quo vadis?
International symposium on the effectiveness, challenges, implementation
future developments of scable psychological interventions

SPiRIT Symposium
Prof. Ulrich Schreyer, University of Zurich
Dr. Ines Herzig, Prof. Beatrice Bach, University Hospital Zurich/University of Zurich
Prof. Dr. Ines Herzig, World Health Organization
Prof. Dr. Ines Herzig, World Health Organization
Prof. Dr. Ines Herzig, World Health Organization
Prof. Dr. Ines Herzig, World Health Organization
Prof. Dr. Ines Herzig, World Health Organization
Prof. Dr. Ines Herzig, World Health Organization

Wie funktioniert Problem Management Plus (PM+)?

Wie läuft das Programm ab? DAS PM+ PROGRAMM BERNHALTET 5 EINZELGESPRÄCHE À 90 MINUTEN.

Wer leitet das Programm an? GESCHULTE MITARBEITENDE FÜHREN PM+ IN DEINER ERSTSPRACHE DURCH.

Was ist SPiRIT?

- 1 SPiRIT steht für «Scaling-up Psychological Interventions in Refugees in Switzerland».
- 2 Das SPiRIT Projekt verwendet die von der WHO entwickelte psychologische Kurzintervention «Problem Management Plus» kurz PM+ genannt.
- 3 Für die Teilnehmenden ist das Programm kostenlos.

Wer kann sich bei SPiRIT anmelden?

Alter
Personen ab 18 Jahren

Aufenthaltslaubnis
Flüchtlingsstatus (Genuss, N, F, E oder B)
Vollbürgler

Kanton
Zürich, Thurgau, Schaffhausen, Appenzell Aargau, Appenzell AU, St. Gallen, Graubünden, Valais, Schwyz, Lucerne und Uri

facebook

E-Mail-Adresse oder Hi: Passwort Anmelden Kontoinfo v



Spirit Projekt

24 „Gefällt mir“-Angaben · 25 Follower

Beiträge Info Fotos Videos

Steckbrief

Menschen mit Flucht-hintergrund brauchen oft psychosoziale Unterstützung.

SPiRIT setzt hier an und hat zum Ziel, die Resilienz von Geflüchteten zu verbessern und

Spirit Projekt
1 Tage · 🌐

Das Programm für das SPiRIT Symposium: "Scalable psychological interventions: Quo vadis?" am 18. Januar, 2024!
Ein internationales Symposium über die Wirksamkeit, Herausforderungen, Implementierung und zukünftige Entwicklungen

<https://www.facebook.com/people/Spirit-Projekt/>

STRENGTHS

HOME DAS PROJEKT MITWACHEN TEAM NEWS KONTAKT DEUTSCH

« Wir sprechen Deine Sprache und verstehen Deine Probleme. »
سوف نتحدث لغتك وسوف تفهم مشاكلك
Kannst du helfen im STRENGTHS Projekt?

Die Universität Zürich untersucht ein neues Programm, welches Personen im Umgang mit Alltagsbelastungen unterstützt.
Das Programm wurde speziell für Menschen aus arabischsprachigen Ländern entwickelt und findet in Zürich, Bern und St. Gallen sowie auf Deutsch auch online statt.
Den Teilnehmenden werden von speziell geschulten Arabisch-sprechenden Personen einfache Strategien zum Umgang mit Belastungen im Alltag vermittelt.
Wie Sie davon profitieren können? Sie werden neue Strategien und Fähigkeiten erlernen, wie Sie sich selbst, ihren Angehörigen und Freunden im Alltag noch besser helfen und sie unterstützen können.
MÖCHTEN SIE UNS BEI DIESEM PROJEKT UNTERSTÜTZEN ODER HABEN WEITERE FRAGEN?
DANN MELDEN SIE SICH BITTE BEI UNS!
STRENGTHS Projekt
strengths@usz.ch | +41 79 913 24 69
KENNEN SIE JEMANDEN, DER ETWAS ÄHNLICHES ERLEBT HAT UND VIELLEICHT UNTERSTÜTZUNG BRAUCHT?

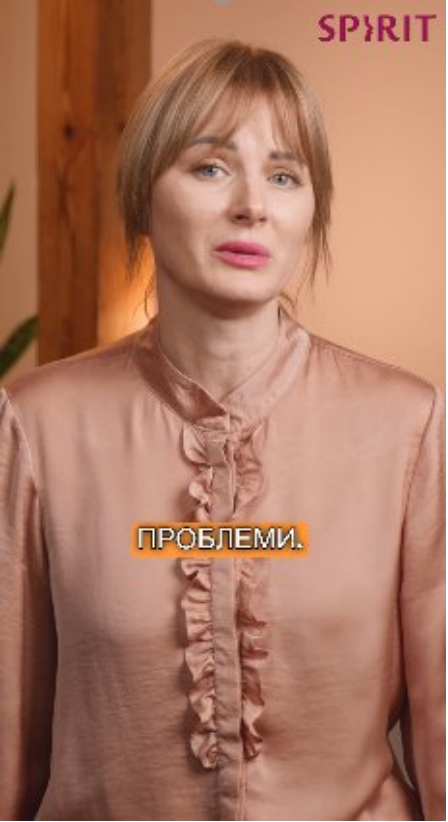
https://www.instagram.com/spirit_projekt_ch/

Video: Social media

Farsi



Ukrainian




Goal 2: Screening-Assessment-Triage: Patient-reported outcome measures

Systematic screenings

Digital tool: certified as medical product

Triage



Sign in

Email address

Password

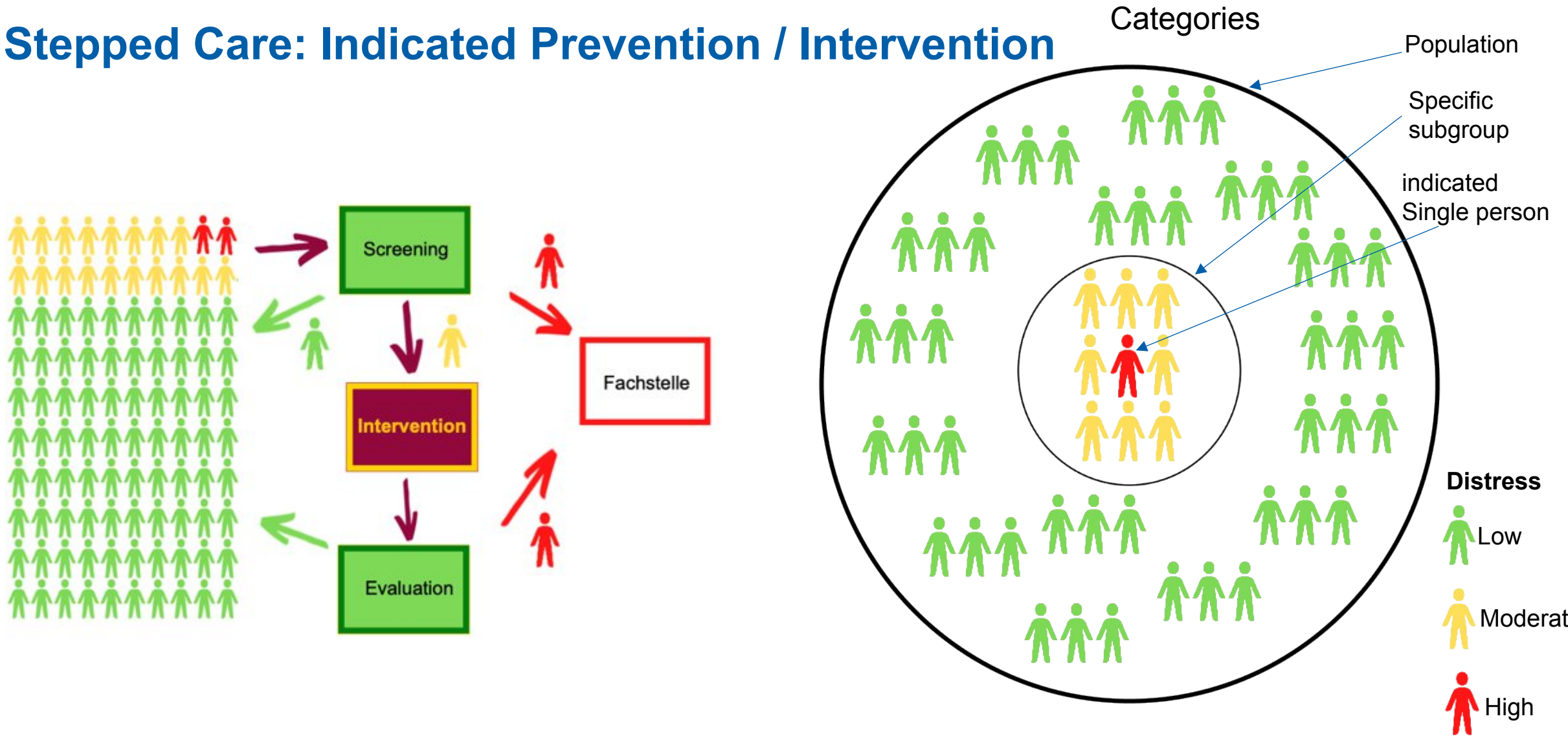
[Forgot password?](#)

SIGN IN

**Welcome to our
community**

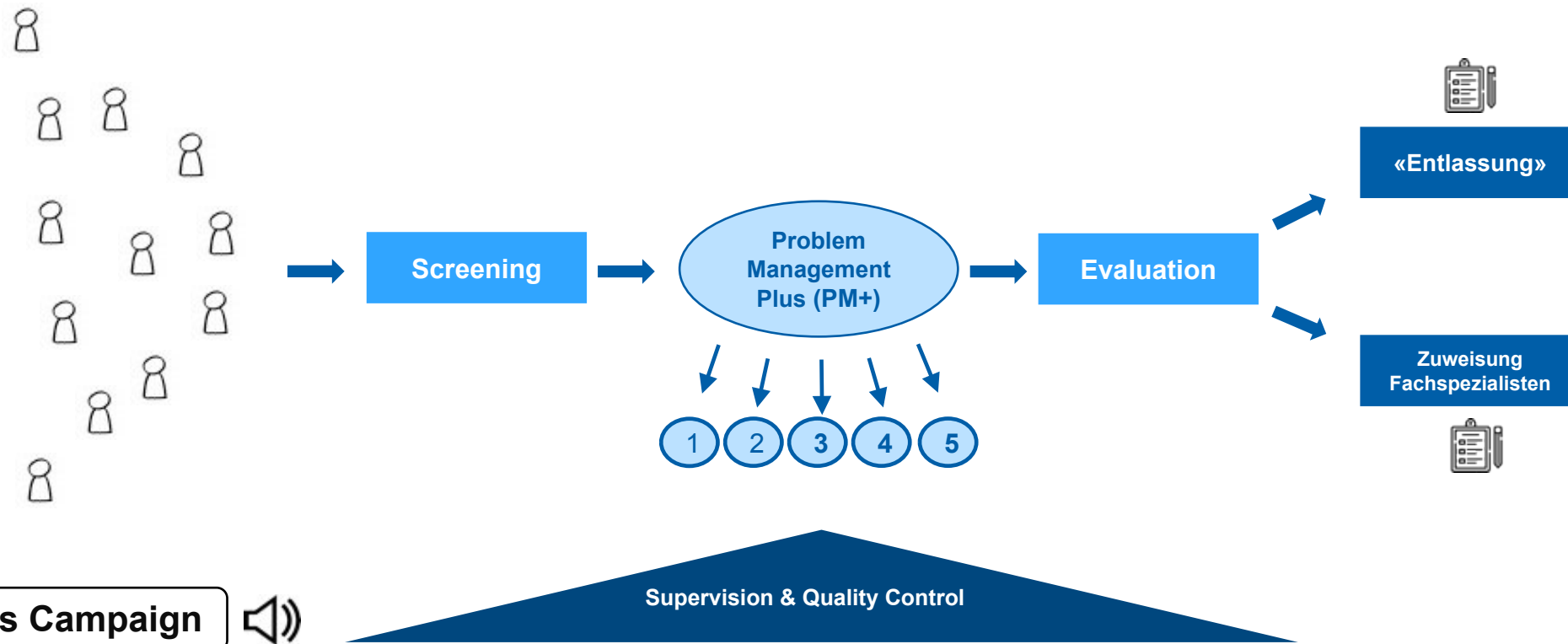
Enter your details and start your journey with us.

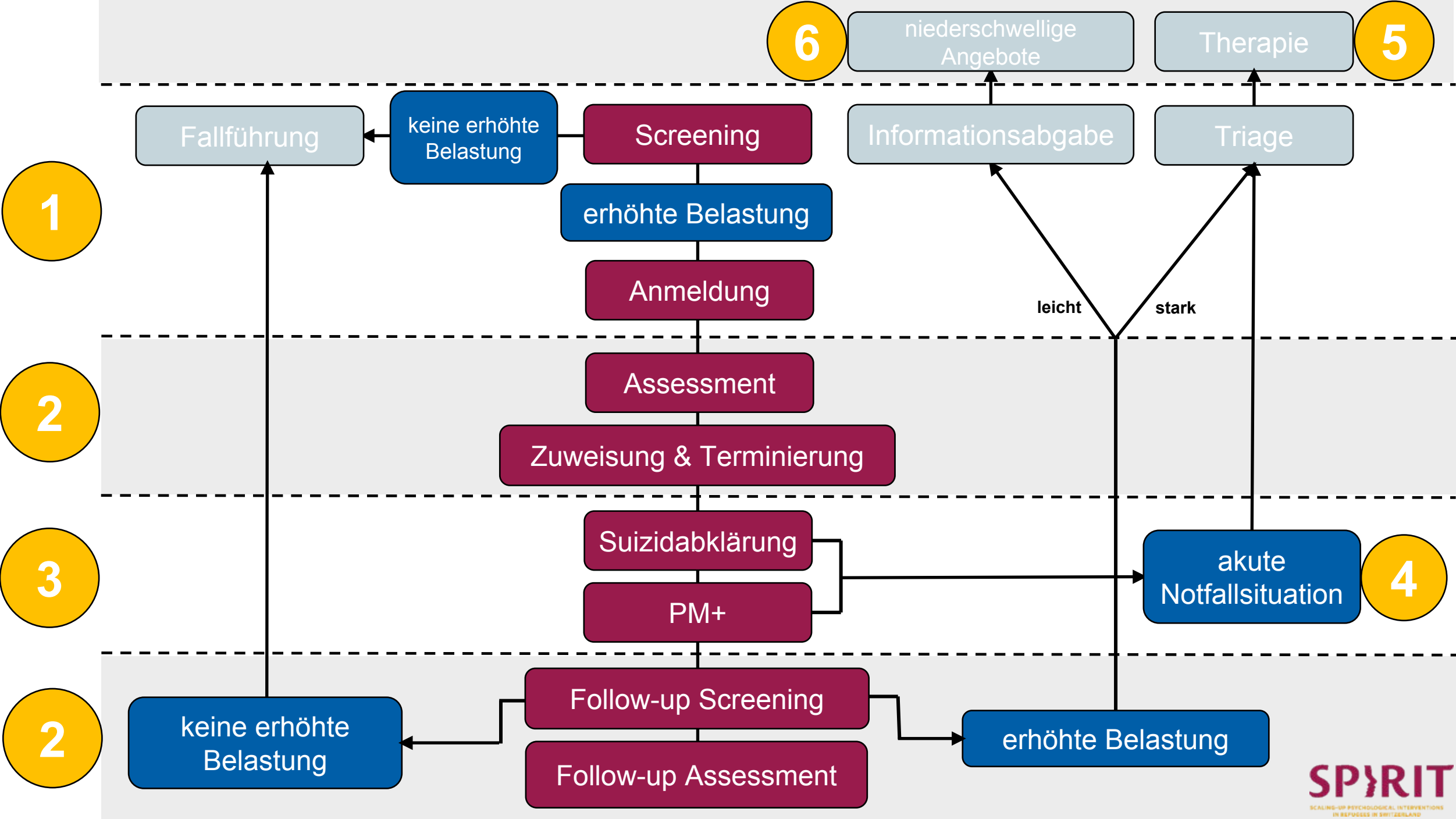
Stepped Care: Indicated Prevention / Intervention



(vgl. Artikel zur Prävention von PTSD von Bisson et al, (2021), Clin Psychol Rev, 86 102004)


PM+ intervention: Standard procedures and triage







Languages

- Ukrainian
 - Arabic
 - Tamil
 - Kurdish
 - Farsi
 - Pashto
 - Turkish
 - Tigrinya
 - Russian
-
- German – French - English

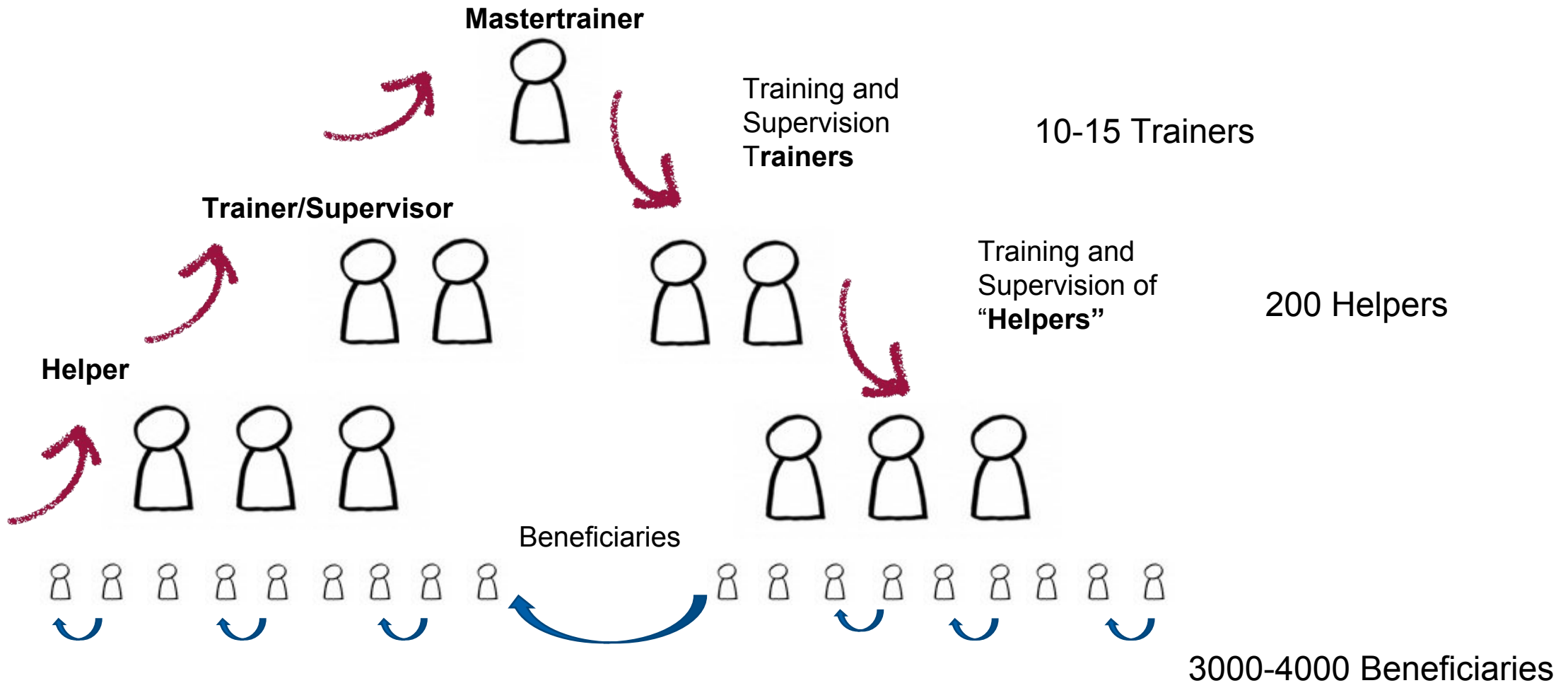


PROBLEM MANAGEMENT PLUS (PM+)
Individual psychological help for adults impaired by distress in communities exposed to adversity

WHO generic field-trial version 1.1, 2008
Series on Low-Intensity Psychological Interventions - 2



Goal 3: Scale-up



Goal 3: Process of Training

```
graph LR; A[Pre-EQUIP] --> B[Training]; B --> C[Practice Cases]; C --> D["(ongoing) Supervision"]; D --> E[Post-EQUIP]
```

Pre-EQUIP

Training

Practice
Cases

(ongoing)
Supervision

Post-EQUIP

Video Training

PM+ Training Video

SP|RIT
SCALING-UP PSYCHOLOGICAL INTERVENTIONS
IN REFUGEES IN SWITZERLAND

Loslegen, dranbleiben

Eine Aktivität aufschlüsseln



Zertifikat

zum Abschluss der Ausbildung als «PM+ Helper» für das SPIRIT Projekt

Das SPIRIT Projekt führt Trainings für die niederschwellige Intervention «Problem Management Plus (PM+)» durch. PM+ wurde von der Weltgesundheitsorganisation (WHO) entwickelt und zielt darauf ab, das Stressniveau von Geflüchteten und Asylsuchenden zu senken und ihre Resilienz zu fördern.

Hiermit bestätigen wir, dass

NAME

im Zeitraum von DATUM – DATUM|
die Ausbildung als «Helper» im Rahmen des SPIRIT Projekts
erfolgreich abgeschlossen hat.



PD Dr. phil. Naser Morina,
Projektleiter
Klinik für Konsiliarschichtrie und
Psychosomatik
Universitätsspital Zürich

06.06.2023, Zürich

SPIRIT

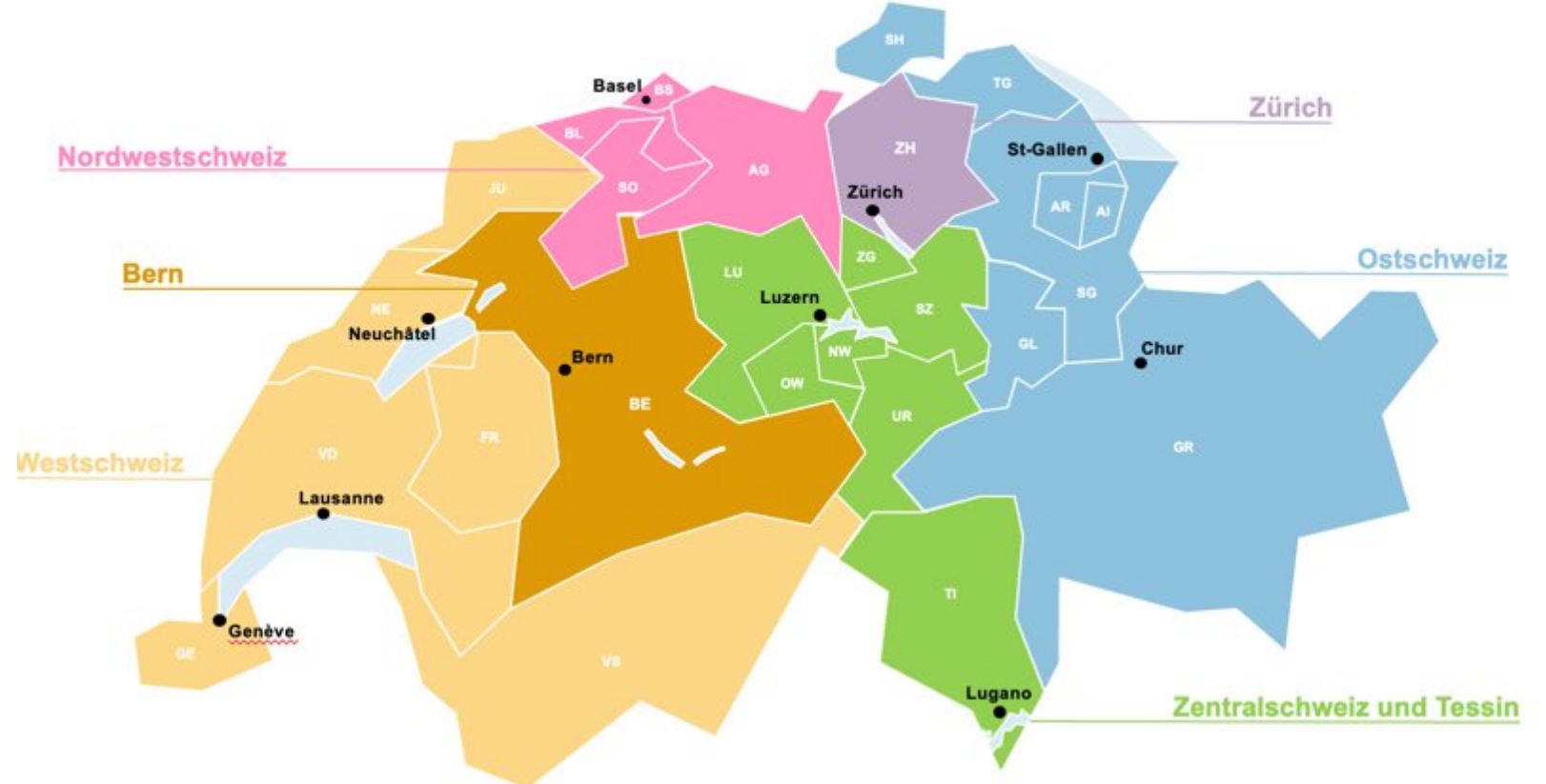
SCALING-UP PSYCHOLOGICAL INTERVENTIONS
IN REFUGEES IN SWITZERLAND

Goal 4: Mapping and Network

Collaboration accross

- disciplines
- agencies
- stakeholders

Mapping of social, public health, and migration organisations and institutions in Switzerland



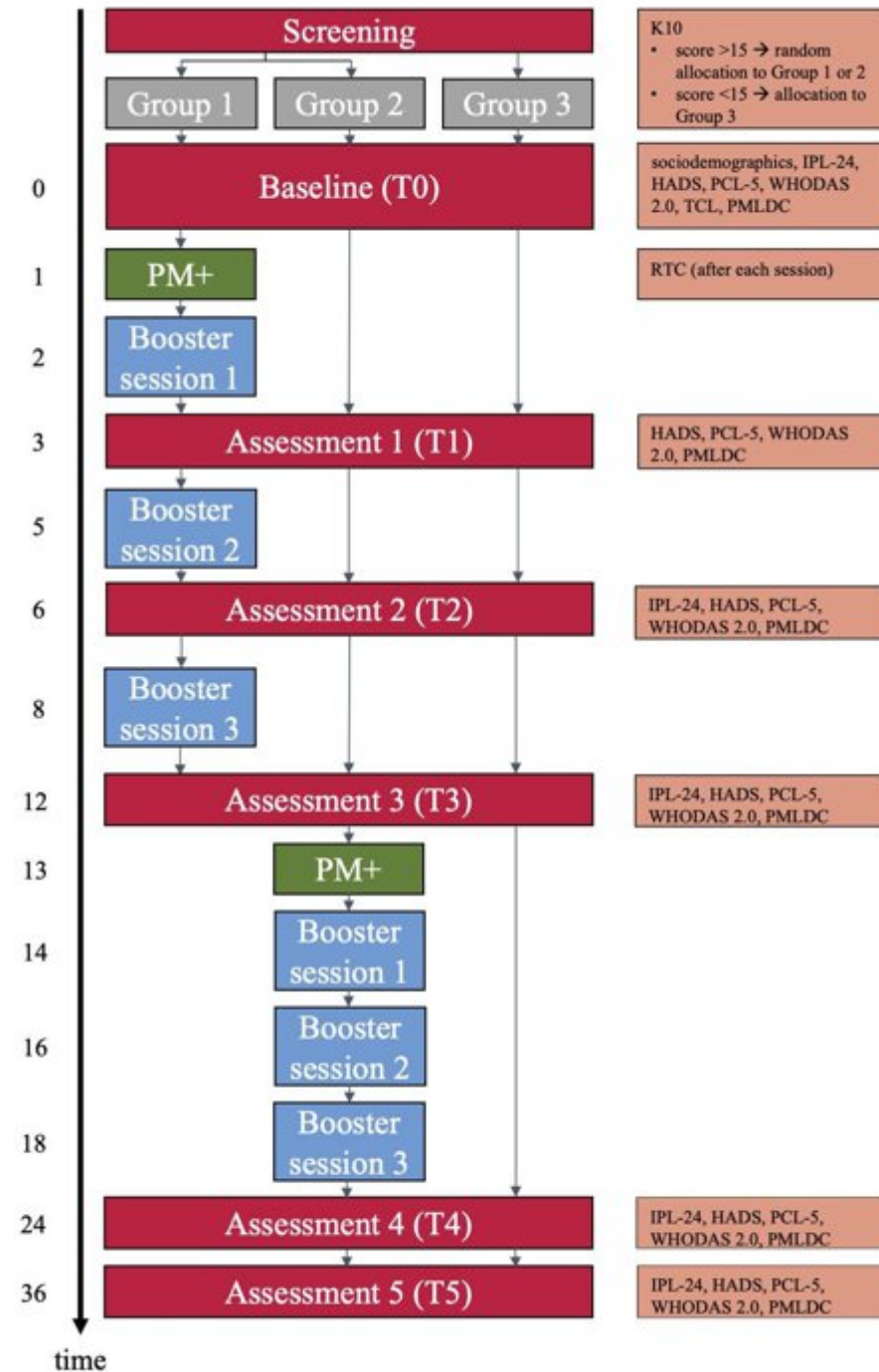
Swiss Science Nationale Foundation: Sinergia

Boosting Refugee Integration Through Psychological Intervention

- **largescale representative survey** among refugees and asylum seekers in Switzerland to describe this population in terms of mental health and integration problems, assess their correlation, and identify the predictors thereof
- **Adapted PM+**: using a stepped wedge randomised-controlled trial in 1.500 refugees and asylum seekers across Switzerland to provide evidence on i) its effectiveness to reduce mental distress, ii) potential underlying mechanisms contributing to its mental health benefits, and iii) adherence among recipients
- **Benefits of PM+** in social, political, economic, and navigational dimensions of integration of refugees and asylum seekers into Swiss society

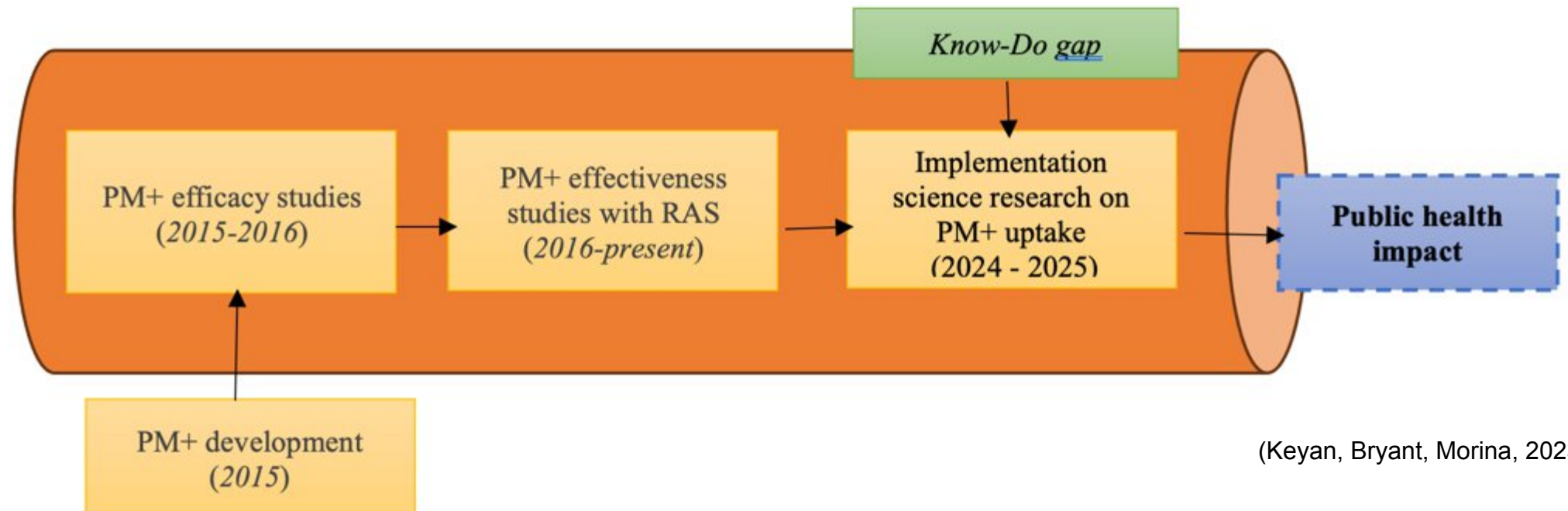
BRIGHT: Design

- Psychological Outcomes
- Facial Expression
- Social security
- Integration index
- Health insurance data



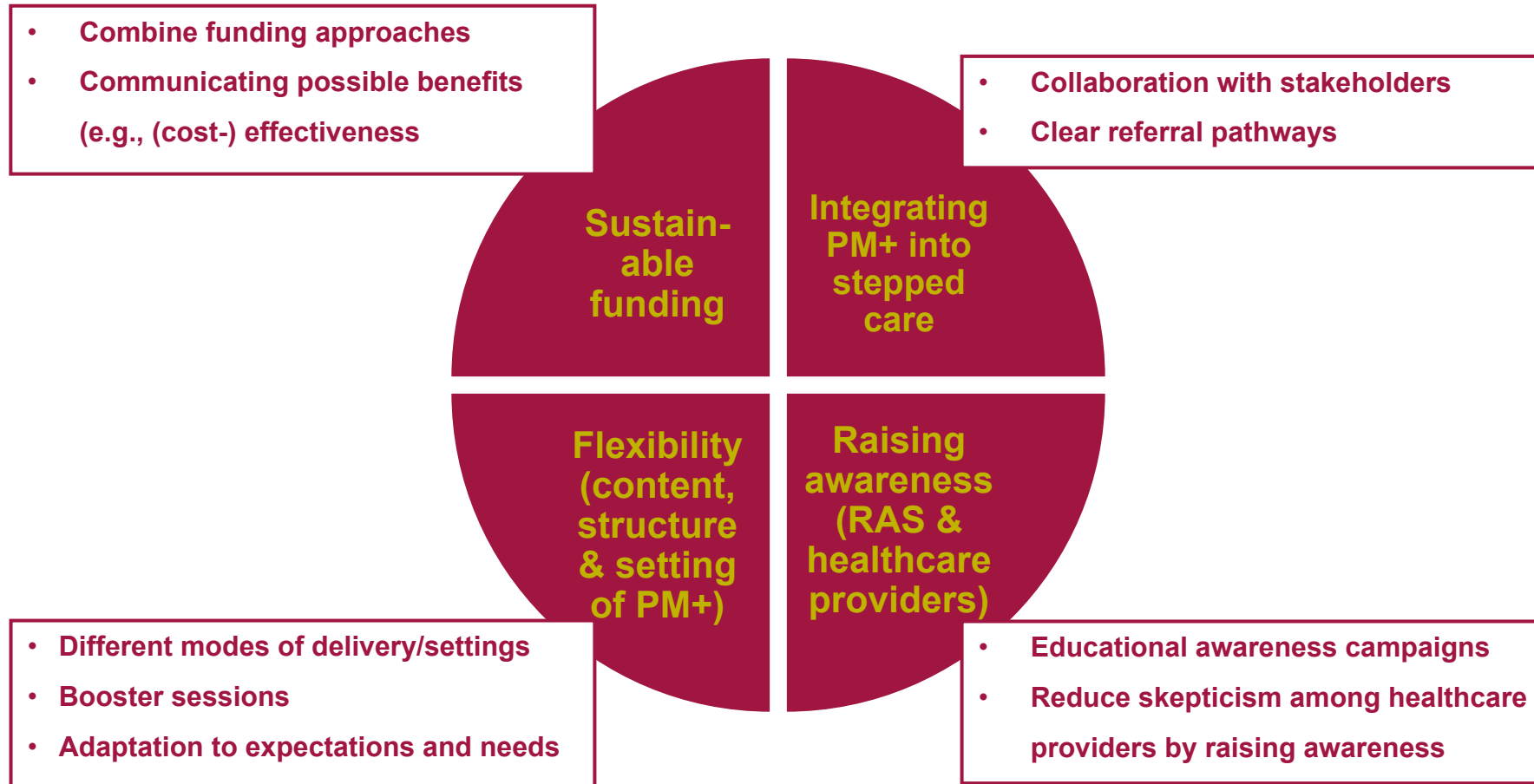
Implementation Framework

1. *What are the contextual determinants of PM+ implementation?*
2. *What are the uptake barriers and enablers of key individuals (at policy, organizational, provider and service user levels) implementing PM+?*
3. *What are the return on investment needs from PM+ service delivery as prioritised by key stakeholder groups (i.e., policy, organizational, provider and service user levels)?*



(Keyan, Bryant, Morina, 2023)

Lessons learned: Challenges and Implications to scaling-up PM+ in Switzerland



Thank you for your attention!

Merci pour votre attention!

**Vielen Dank für Ihre
Aufmerksamkeit!**

Grazia fitg per l'attenziun!

Molte grazie per la vostra attenzione!

naser.morina@usz.ch

USZ Universitäts
Spital Zürich



Universität
Zürich^{UZH}



Horizon 2020
European Union Funding
for Research & Innovation



FONDS NATIONAL SUISSE
SCHWEIZERISCHER NATIONALFONDS
FONDO NAZIONALE SVIZZERO
SWISS NATIONAL SCIENCE FOUNDATION



Schweizerische Eidgenossenschaft
Confédération suisse
Confederazione Svizzera
Confederaziun svizra



Gesundheitsförderung Schweiz
Promotion Santé Suisse
Promozione Salute Svizzera

SP|RIT

SCALING-UP PSYCHOLOGICAL INTERVENTIONS
IN REFUGEES IN SWITZERLAND

BR|R|GHT

BOOSTING REFUGEE INTEGRATION
THROUGH PSYCHOLOGICAL INTERVENTION