

# Effectiveness of a prevention program for refugees in the Netherlands

<b>Submission date</b> 20/06/2024	<b>Recruitment status</b> No longer recruiting	<input type="checkbox"/> Prospectively registered <input type="checkbox"/> Protocol
<b>Registration date</b> 20/06/2024	<b>Overall study status</b> Completed	<input type="checkbox"/> Statistical analysis plan <input type="checkbox"/> Results
<b>Last Edited</b> 20/06/2024	<b>Condition category</b> Other	<input type="checkbox"/> Individual participant data <input type="checkbox"/> Record updated in last year

## Plain English summary of protocol

### Background and study aims

Few studies have explored the effects of mental health and psychosocial support programs among refugees who are residing at asylum centers. The aim of this study was to assess the impact and feasibility of a positive psychology intervention, BAMBOO, among refugees temporarily residing at asylum centers in the Netherlands.

### Who can participate?

Residents of asylum centers, aged 18 years or older.

### What does the study involve?

Since January 2020, BAMBOO has been available at all asylum seekers centers in the Netherlands. The program is a multicomponent PPI that consists of five weekly two-hour sessions. Each session and its activities were centered around a specific topic, namely: (i) resilience; (ii) emotions; (iii) strengths; (iv) gratitude; and (v) goal setting. The program has versions for children, youths, and adults. The current study collected data among at 35 refugees centers during programs that were conducted for adults.

### What are the possible benefits and risks of participating?

Expected benefits of the program are increased resilience and mental wellbeing. Data collection during the trial may be associated with mild emotional discomfort due to the discussion of sensitive topics. Adverse effects are not expected.

### Where is the study run from?

GZA Healthcare (Netherlands)

### When is the study starting and how long is it expected to run for?

March 2020 to February 2023

### Who is funding the study?

ZonMW (Subsidy round Care and support for refugees in the Netherlands - practice project. Dossier number: 60-63605-98-207)

Who is the main contact?

Dr Tom Hendriks, T.Hendriks\_2@tilburguniversity.edu

### **Study website**

<https://projecten.zonmw.nl/nl/project/doorontwikkeling-bamboo-een-preventieprogramma-ter-versterking-van-positieve-mentale>

## **Contact information**

### **Type(s)**

Public, Scientific, Principal Investigator

### **Contact name**

Dr Tom Hendriks

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## **Additional identifiers**

### **EudraCT/CTIS number**

Nil known

### **IRAS number**

### **ClinicalTrials.gov number**

Nil known

### **Secondary identifying numbers**

60-63605-98-207

## **Study information**

### **Scientific Title**

Effectiveness of a mental health and psychosocial support program for refugees residing at an asylum center

### **Acronym**

BAMBOO 1.0

### **Study objectives**

Few studies have explored the effects of mental health and psychosocial support programs among refugees who are residing at asylum centers. The aim of this study was to assess the impact and feasibility of a positive psychology intervention, BAMBOO, among refugees temporarily residing at asylum centers in the Netherlands

### **Ethics approval required**

Ethics approval required

### **Ethics approval(s)**

Approved 17/01/2021, Ethics Review Board (ERB), Tilburg University (Warandelaan 2, Tilburg, 5000 LE, Netherlands; +31 13 466 91 11; erb@tilburguniversity.edu), ref: TSB RP381

### **Study design**

One-group pretest–posttest (O1–X–O2) design

### **Primary study design**

Observational

### **Secondary study design**

Cohort study

### **Study setting(s)**

Other

### **Study type(s)**

Prevention

### **Participant information sheet**

See outputs table

### **Health condition(s) or problem(s) studied**

Prevention to increase resilience and wellbeing among refugees living at refugee centers in the Netherlands.

### **Interventions**

This study measures changes in resilience and wellbeing among participants of the BAMBOO program, a mental health care prevention that consists of five weekly two-hour sessions. BAMBOO is a multi-component positive psychology intervention. Each session and its activities are centered around a specific topic, namely: (i) resilience; (ii) emotions; (iii) strengths; (iv) gratitude; and (v) goal setting. Groups in the BAMBOO ideally comprised eight to 10 people.

Self report questionnaires are collected at pre-test assessment and post-test assessment. There is no control group

### **Intervention Type**

Behavioural

### **Primary outcome measure**

Resilience is measured using the Connor Davidson Resilience Scale (CD-RISC-10) at pre-and post-test assessment

## **Secondary outcome measures**

1. Well-being is measured using the Visual Analogue Happiness Scale (VAHS), and the International Positive And Negative Affect Schedule (IPANAS) at pre-and post-test assessment.
2. Feasibility of the intervention is measured using a five item participant satisfaction questionnaire, and an online evaluation form for the trainers who conduct the program at post-test only.

## **Overall study start date**

06/03/2020

## **Completion date**

28/02/2023

# **Eligibility**

## **Key inclusion criteria**

1. 18 years and older
2. Residing at an asylum center
3. Able to follow the program for five consecutive weeks

## **Participant type(s)**

Resident

## **Age group**

Adult

## **Lower age limit**

18 Years

## **Upper age limit**

65 Years

## **Sex**

Both

## **Target number of participants**

225

## **Total final enrolment**

243

## **Key exclusion criteria**

Refugees who are in treatment for severe psychological or psychiatric problems

## **Date of first enrolment**

01/06/2021

## **Date of final enrolment**

28/02/2023

# Locations

## Countries of recruitment

Netherlands

## Study participating centre

Data was collected at 35 asylum centers across the Netherlands by the organization GZA healthcare, in cooperation with COA. In regard of the privacy of the participants, information on the residence of participants is concealed.

GZA Healthcare  
Herculesplein 28  
Utrecht  
Netherlands  
3584 AA

## Study participating centre

COA - Central Agency for the Reception of Asylum Seekers

1e Mientlaan 33-35  
Katwijk aan Zee  
Netherlands  
2223 LG

# Sponsor information

## Organisation

GZA Healthcare

## Sponsor details

Herculesplein 28  
Utrecht  
Netherlands  
3584 AA  
+31 881122112  
bamboo@gzasielzoekers.nl

## Sponsor type

Industry

## Website

<https://www.gzasielzoekers.nl/ikbenasielzoeker/bamboo>

# Funder(s)

## Funder type

Government

## Funder Name

ZonMw

## Alternative Name(s)

Netherlands Organisation for Health Research and Development

## Funding Body Type

Private sector organisation

## Funding Body Subtype

Other non-profit organizations

## Location

Netherlands

# Results and Publications

## Publication and dissemination plan

The manuscript for this study has been submitted to the peer reviewed journal Mental Health and Prevention. It has been accepted under the condition the trial is registered. Since our study did not fall under the Dutch 'Wet Medisch Onderzoek'(Law for Medical Research) trial registration was not registered before.

## Intention to publish date

01/09/2024

## Individual participant data (IPD) sharing plan

The dataset generated and analysed during the current study is stored on a secured webserver of GZA healthcare. Data from participants has been anonymised.

The data was collected among asylum seekers. Some refugees fled from countries where they were persecuted for political and /or religious reasons. Given the vulnerability of our population data cannot be stored in a non publicly available repository and will only be shared after request and approval of the requesting party.

All participants were informed about the intended goal of the program. Participation in the program and the study was voluntary. Participants were informed that they could discontinue the program at any time without any negative consequences. All participants signed an informed consent form before joining.

## IPD sharing plan summary

Available on request

**Study outputs**

Output type	Details	Date created	Date added	Peer reviewed?	Patient-facing?
<a href="#">Participant information sheet</a>			20/06/2024	No	Yes