# Outcome study on the classroom/camp/community-based intervention for children exposed to armed conflict in Nepal

Submission date Recruitment status [ ] Prospectively registered 06/12/2006 No longer recruiting [ ] Protocol [ ] Statistical analysis plan Registration date Overall study status 10/01/2007 Completed [X] Results [ ] Individual participant data Last Edited Condition category Mental and Behavioural Disorders 14/01/2021

### Plain English summary of protocol

Not provided at time of registration

### Contact information

### Type(s)

Scientific

### Contact name

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## Additional identifiers

Protocol serial number

N/A

# Study information

### Scientific Title

Outcome study on the classroom/camp/community-based intervention for children exposed to armed conflict in Nepal

### Study objectives

Classroom/Camp/Community-Based Intervention (CBI) will improve daily functioning and reduce psychological distress.

### Ethics approval required

Old ethics approval format

### Ethics approval(s)

Research design has been reviewed and approved by the Ethical Review Committee of the Vrije Universiteit Amsterdam (Free University) and is currently under review at the Nepal Health Research Council.

### Study design

Randomised Controlled Trial (cluster randomisation)

### Primary study design

Interventional

### Study type(s)

Quality of life

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

Healthy children who have been exposed to extreme stressors

### **Interventions**

The intervention on which research takes place is the Classroom Based (or Community-Based or Camp-Based) Intervention (CBI) as developed by the Centre for Trauma Psychology in Boston. This is a highly structured community-based intervention, which aims at increasing childrens capacity to deal with the psychosocial problems that having been/being exposed to extreme stressors can cause, and aims to include components that enhance existing resources to deal with these consequences (individual coping methods, play, social support, existing rituals, etc.).

It entails a five-week long, 15-session intervention implemented with groups of children in a class-room, refugee-camp or orphanage setting. It includes mainly group activities (including games, music, art, and drama). Structure is present between sessions and within sessions. Between sessions there is a build-up of activities; in the first two weeks activities are aimed at stabilising traumatic stress reactions, securing a safe place and building internal resources. In the third week and fourth week activities are aimed at exposure to the possible difficult reactions and memories associated with the conflict, through non-verbal means and in the final, fifth week activities are aimed at identifying and installing external and internal resources and coping strategies.

### Within sessions the following format is use:

- 1. Sessions start with a get together around a circular coloured object representing unity and safety (parachute), while simple hand/body movements and dancing are done
- 2. The second part of the sessions focuses on what is the central topic for today, e.g. drawing your own body with the places where you feel strength
- 3. The third part of the session is a cooperative game (games with special rules about inclusion, competition, safety and working together), and the session ends with
- 4. A final get together around the parachute to say goodbye.

The control group will be a waitlist condition. After T2 measurement the control group will receive the same treatment as the Study Group; i.e. the 15-session Classroom Based Psychosocial Intervention (CBI).

### Intervention Type

Other

### Phase

**Not Specified** 

### Primary outcome(s)

- 1. Reduction in psychological symptoms
- 2. Post Traumatic Stress Disorder (PTSD) symptoms
- 3. Depression symptoms
- 4. Anxiety symptoms
- 5. Agression symptoms

### Key secondary outcome(s))

Measuring change in resilience outcomes, such as:

- 1. Coping
- 2. Pro-social behaviour
- 3. Self-efficacy

as well as change in Daily Functioning.

### Completion date

01/05/2007

# **Eligibility**

### Key inclusion criteria

- 1. Aged between 11 and 14
- 2. Score above cut-off point on Nepal-specific screener for general psychosocial well-being (a screening tool currently in clinical use)

### Participant type(s)

Patient

### Healthy volunteers allowed

No

### Age group

Child

### Lower age limit

11 years

### Upper age limit

14 years

Sex

### **Not Specified**

### Total final enrolment

325

### Key exclusion criteria

- 1. Children scoring under cut-off score
- 2. Children in need of individual/specialised service

### Date of first enrolment

01/01/2007

### Date of final enrolment

01/05/2007

### Locations

### Countries of recruitment

Nepal

### Study participating centre

Lazimpat

Kathmandu Nepal

PO 8974 CPC 612

# Sponsor information

### Organisation

Save the Children USA (Nepal office)

### **ROR**

https://ror.org/036jr6x18

# Funder(s)

### Funder type

Charity

### **Funder Name**

Save the Children USA (Nepal office)

# **Results and Publications**

Individual participant data (IPD) sharing plan

**IPD sharing plan summary**Not provided at time of registration

# Study outputs

Output type	Details	Date created	Date added	Peer reviewed?	Patient-facing?
Results article	results	01/07/2010	14/01/2021	Yes	No