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Effectiveness of a prevention program for refugees in the Netherlands

Submission date
20/06/2024

Recruitment status
No longer recruiting

Registration date
20/06/2024

Overall study status
Completed

Last Edited
20/06/2024

Condition category
Other

[ ] Prospectively registered
[ ] Protocol
[ ] Statistical analysis plan
[ ] Results
[ ] Individual participant data
[ ] 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 an 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?
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Contact information

Type(s)
Public, Scientific, Principal investigator

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Additional identifiers

Protocol serial number
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

Primary study design
Observational

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

Study type(s)
Prevention

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

Key secondary outcome(s)
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.

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

Healthy volunteers allowed
No

Age group
Adult

Lower age limit
18 Years

Upper age limit
65 Years

Sex
All

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 acorss the Netherlands by the organization GZA healthcare, in coopertation with COA. In regard of the privacy of the participants, information on the residence of participants is concealed.
GZA Healtcare
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

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

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?
Participant information sheet			20/06/2024	No	Yes
Study website	Study website	11/11/2025	11/11/2025	No	Yes