

**WAR**  
child

**EASE**

(Early Adolescent Skills for Emotions)

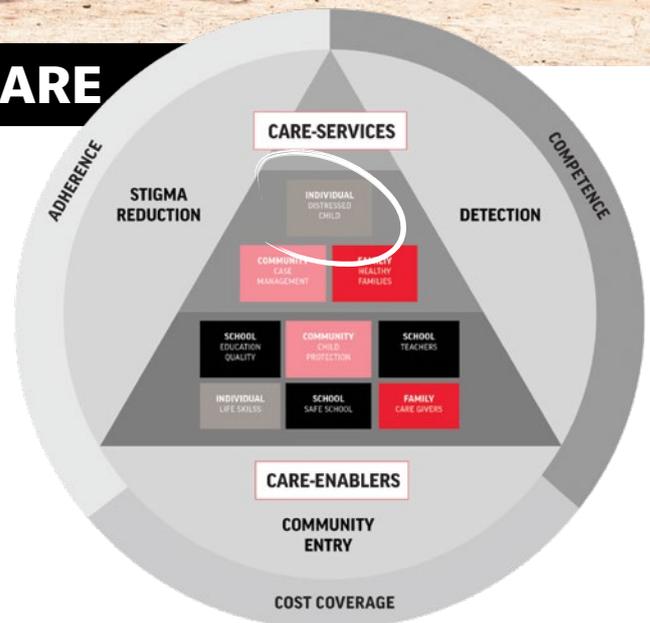
A new WHO intervention for Adolescents

October 2019

## AIMS

- To develop and rigorously evaluate a psychological intervention to reduce symptoms of depression, anxiety and distress in young adolescents from the ages of 10 to 14.
- To ensure the intervention can be delivered by trained non-specialized providers - and thereby bridge the gap between humanitarian needs and available mental healthcare resources

## CARE



## ACHIEVEMENTS

- A locally adapted version of the intervention - targeting young adolescents and their caregivers in the North and Akkar governorates of Lebanon - is now available for evaluation
- Measurement instruments are available for use in our Lebanon trial and other studies. We have validated two instruments against 'gold standard' psychiatrist assessments.

## PROGRESS

Formative (A)	Piloting (B)	Evaluation research (C)	Implementation research (D)
<b>100%</b>	<b>100%</b>		
2019	2019	2019-2020	2021

## FUNDING

Funded by the European Union's Horizon 2020 research and innovation programme.

**100%**

## WHY

Young adolescents affected by adversity face significant barriers to accessing quality mental healthcare. To address this 'treatment gap', the World Health Organization, via consultations with expert organisations including War Child, developed the EASE psychological intervention for young adolescents experiencing depression, anxiety, grief and stress. EASE is group-based and can be delivered by non-specialist providers - making quality mental healthcare available in resource-constrained settings.

## PROCESS

### A Formative

- Formative research has been completed in Lebanon, in order to translate and locally adapt the EASE intervention materials to the Lebanese context. A validation study of two measurement instruments used in the intervention has also been conducted.
- Master Training and Training of Trainers sessions have been held in Copenhagen and Amman
- Facilitator training and a Practice Run of the intervention both conducted in Lebanon.

### B Pilot

- Pilot testing in Lebanon to assess the feasibility of delivery, acceptability and safety of the locally adapted intervention, and the evaluation methods used is underway.

### C Evaluation

- Formally evaluate the effectiveness of the locally adapted intervention in Lebanon.
- Qualitatively evaluate the experiences of implementation of the locally adapted EASE in Lebanon

## PARTNERS & DONORS



EU  
STRENGTHS consortium  
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Ministry of Public Health Lebanon

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## HOW

EASE is a brief psychological intervention developed to treat internalising symptoms, such as those of depression or anxiety, for adolescents experiencing significant distress. The intervention is made up of seven group sessions for adolescents and three sessions for caregivers, focusing on managing stress, behaviour activation and problem solving. Participants in the Lebanon trial will be randomly assigned to receive the EASE programme or enhanced usual care - and the findings of the trial will inform the future development of the intervention.