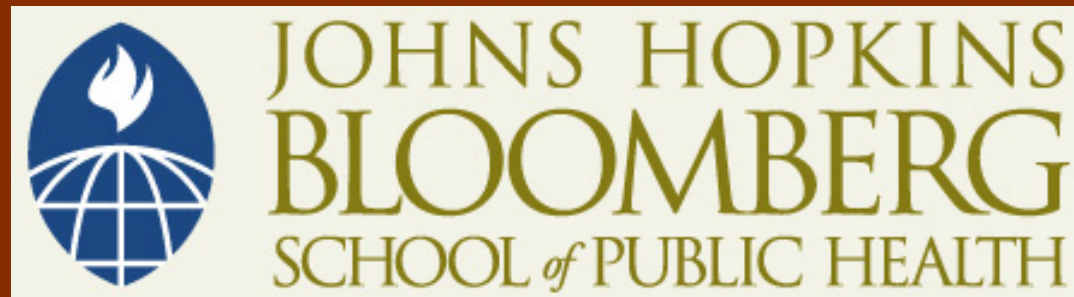


This work is licensed under a [Creative Commons Attribution-NonCommercial-ShareAlike License](https://creativecommons.org/licenses/by-nc-sa/4.0/). Your use of this material constitutes acceptance of that license and the conditions of use of materials on this site.



Copyright 2011, The Johns Hopkins University and Laura Murray. All rights reserved. Use of these materials permitted only in accordance with license rights granted. Materials provided "AS IS"; no representations or warranties provided. User assumes all responsibility for use, and all liability related thereto, and must independently review all materials for accuracy and efficacy. May contain materials owned by others. User is responsible for obtaining permissions for use from third parties as needed.



JOHNS HOPKINS  
BLOOMBERG  
SCHOOL *of* PUBLIC HEALTH

# Psychosocial and Mental Health Interventions: Selection and Adaption

---

Laura Murray, PhD, MA  
Johns Hopkins University

# Laura Murray, PhD, MA

- Clinical Psychologist
- Assistant Professor
- Trauma interventions, youth
- Trauma intervention: Cambodia and Zambia



# Class Objectives

- Be able to:
  - Describe the current state of intervention research
  - Differentiate between psychosocial and psychological/psychiatric approaches
  - Explore options for selecting appropriate interventions
  - Identify issues related to the adaptation of interventions for the local context



JOHNS HOPKINS  
BLOOMBERG  
SCHOOL *of* PUBLIC HEALTH

## Section A

---

Current Knowledge in Intervention Research

# Where Are Things Now?

- Focus for four decades has been developing tools and research to clarify the burden of mental illness and related conditions
  - Field surveys
  - Epidemiologic studies
- Not much intervention research overall, very few scientific studies

## RCT Evidence: Adults

- Sri Lanka (Sumathipala et al., 2000)
  - Study of cognitive behavioral therapy for medically unexplained illnesses
- Chile (Araya et al., 2003)
  - Clinic-based stepped-care approach for depression
- India (Patel et al., 2003)
  - Antidepressants and general psychological treatment for common mental disorders
- Uganda (Bolton et al., 2003)
  - Interpersonal psychotherapy (IPT) for depression among HIV-affected adults

## RCT Evidence: Youth

- Uganda (Bolton et al., 2007)
  - Interpersonal psychotherapy (IPT) compared with group play for depression among trauma-affected adolescents
- Indonesia (Tol et al., 2008)
  - School-based psychosocial services for trauma-affected youth
- Bosnia (Layne et al., 2008)
  - Multi-tiered school-based program for war-affected youth