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Wie kann die psychosoziale Gesundheit unterschiedlicher Zielgruppen gestärkt werden?

Improving children's psychosocial wellbeing through movement-based psychosocial activities 'TeamUp': A Quasi-experimental study in refugee settlements in Uganda

Background/Question

Research on psychosocial health promotion and preventive interventions is limited, yet the need of quality services is paramount. In the world's largest refugee settlement 'Bidi-bidi' in North-Western Uganda, the movement-based psychosocial intervention 'TeamUp' was integrated into primary schools to address children's psychosocial needs. The intervention strives to strengthen children's psychosocial wellbeing through body-movement, socialisation and offering a safe environment.

Project description/method

A quasi-experimental study design was used to assess the outcomes of 10-15 year-old children participating in TeamUp sessions compared to a control group, i.e. children receiving education and activities as usual. Trained community facilitators provided 10-11 group sessions over a 6-week period. Child-reported outcomes were collected at baseline and endline (n=550).

Conclusion/Results

Session attendance and implementation fidelity was high. Children participating in TeamUp activities showed a significant improvement compared to the control group on various outcomes, including psychological wellbeing, satisfaction with school, health-related quality of life, physical activity and health and a reduction on post-traumatic stress. No differences were found between the two groups on other measures such as irritability, depressive symptoms or satisfaction with friends.

Discussion/Lessons Learned

The brief 6-week movement-based psychosocial support intervention 'TeamUp' demonstrated positive and very promising results. The study offers strong support for TeamUp having the potential to serve as a health promotive and preventive intervention.

Literatur- und Quellenangaben:

Bleile, A. C. E., Koppenol-Gonzalez, G. V., Orech, B., Verreault, K. & Jordans, M.J.D. (In preparation). Improving children's psychosocial wellbeing through movement-based psychosocial activities 'TeamUp': A quasi-experimental study in refugee settlements in Uganda (not published, currently in preparation)

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