Early Adolescent Skills for Emotions

Adaptation and pilot in Tanzania with Burundian Refugees

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What is EASE?
A new WHO mental health intervention for low and middle income countries

For who?
For adolescent boys and girls, 10-14 years old facing adversity.

How?
7 Weekly sessions for adolescents (F/M)
3 weekly sessions for caregivers (F/M)
Delivered by trained, non-specialist refugee staff

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Adaptation
- Desk review
- Ethnographic study
- Adaptation workshop

Screening
- 237 screened
- 86 eligible

Baseline
- 81 adolescents and their caregivers
- 5 excluded after baseline

EASE Intervention
- 37 adolescents in EASE
- 44 adolescents in 1 time psychoeducation session (control)

Endline + Process Evaluation
- 8 adolescents and their caregivers
- Interviews with 36 participants and other stakeholders

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Relevance, Feasibility, and Acceptability

EASE sessions are feasible, acceptable, relevant and safe, and had high attendance rates.

Adolescents showed decreases in total psychological distress, little difference between groups (more for boys), low reports of violence.

Caregiver participants reported decreased depressive symptoms.