Appendix C: Description of 35 studies evaluating MHPSS programmes for adults

Study	Setting	Population	Format and duration	Intervention	Control	Follow ups	Study design	Overall risk of bias	Outcomes
Acartuk (2015)	Turkey Armed conflict	Syrian refugees: Women 75.86% Sample size: n=29 INT: n=15 (m =35.27 y) CON: n= 4 (m= 37.92 y)	7 sessions, 90 mins; Individual	PST-EMDR	Wait-list	Post (7 weeks)	RCT	Low	• PTSD • Depression
Ayoughi (2012)	Afghanistan Armed conflict	Help seeking Afghan women Sample size: n= 61 INT: n= 31 (m= 31.2 y) CON: n= 30 (m=35.3 y)	5, 45-60 mins sessions for 5 weeks; Individual	PST-Counselling	TAU	3 months	Quasi RCT	High	• Depression • Anxiety • Coping
Bagoglu (2007)	Turkey Earthquakes in 1999	Earthquake survivors; mean age = 34 y: Women 87% Sample size: n =31 INT: n= 16 CON: n =15	1 session, on average 31 mins (range 9-70 mins); Individual	CBT	Wait-list	Post at 1 month and 2 months	RCT	High	• PTSD • Depression • Fear and avoidance • Functional impairment
Basoglu (2005)	Turkey Earthquake in 1999	Earthquake survivors; mean age = 36.3 y; Women 84.7% Sample size: n=59 INT: n = 31 CON: n = 28	1, 60 min session; Individual	CBT	Wait-list	Post	RCT	High	• PTSD • Depression • Emotional problems • Fear and avoidance • Functional impairment

Study	Setting	Population	Format and duration	Intervention	Control	Follow ups	Study design	Overall risk of bias	Outcomes
Bass (2012)	Indonesia Armed conflict	Conflict-affected adults; Women 57.7% Sample size: n=333 INT: n=158 CON: n=175	Weekly, for total of 8 weeks; Group	PST-Counselling	No intervention	Post 3 months follow-up	Non random	High	• Common MH problems • Depression • Anxiety • Somatic problems • Functional Impairment • Coping
Bass (2013)	Congo Armed conflict	Women Sample size: n =405 INT: n= 157 (m= 36.9 y) CON: n= 248 (m = 33.8 y)	1, 1 hr individual session and 11, 2-hr group sessions; Individual and Group	CBT-Cognitive Proccession Therapy	Individual support	Post (one month) and at 6 months	Clustered RCT	High	• PTSD • Emotional problems • Functional impairment
Bass (2016)	Northern Iraq Torture	Trauma Adults; Women 33.3% Sample size: n=207 INT: n=157 (m=40.3 y) CON: n=50 (m=40.8 y)	6-12 sessions (6 minimum); Individual	PST-Counselling	Wait-list	1 month	RCT	Low	• PTSD • Functional Impairment • Depression • Anxiety • Grief
Becker (2009)	India Tsunami	Women tsunami survivors; Sample size: n=200 INT: n=100 CON: n=100	Group	PST-Psychosocial Care	No intervention	Post	Non random	High	• PTSD
Bichescu (2007)	Romania	Former political detainees; Female 5%	4-5, 2 hr sessions, weekly	NET	Psychoeducation	6 months	Quasi RCT	High	• PTSD

Study	Setting	Population	Format and duration	Intervention	Control	Follow ups	Study design	Overall risk of bias	Outcomes
	Political violence	Sample size: n =18 INT: n= 9 (m=68.9 y) CON: n= 9 (m=69.8 y)	for 10 weeks; Individual						• Depression
Bolton (2014)	Thailand Refugee	Burmese refugees in Thailand; Women 63% Sample size: n =347 INT: n = 182 (m =26.5 y) CON: n= 165 (m =34.3 y)	Weekly, 1- hr session for 9 sessions; Individual	CBT-Trans-diagnostic Community-based mental health	Wait-list	Post	RCT	High	• PTSD • Depression • Anxiety • Functional Impairment • Conduct problems • Alcohol use
Bryant (2011)	Thailand Terrorist	Terrorist attack survivors Women 96% Sample size: N=28 INT: n = 16 (m =42.3 y) CON: n =12 (m =43.9 y)	8, 1hr session, weekly; Individual	CBT	TAU	Post (one month), 3 months, and 6 months	RCT	Low	• PTSD • Depression • Grief
Connolly (2011)	Rwanda Genocide in 1994	Survivors; mean age =38.14 y; Women more than 80% Sample size: n =145 INT: n= 71 CON: n= 74	Mean duration is 49 mins, single session; Individual	PST-Thought Field Therapy	Wait-list	Post (one week) and two years	Quasi RCT	High	• PTSD • Depression • Anxiety • Fear and avoidance • Anger
Descilo (2010)	South-east Asia	Tsunami survivors; Women 87.4%	Yoga: 4x 2hr sessions; Group	PST-Yoga only and Yoga with	Wait-list	6 weeks and 24 weeks	Non random	High	• PTSD • Depression

Study	Setting	Population	Format and duration	Intervention	Control	Follow ups	Study design	Overall risk of bias	Outcomes
	Tsunami in 2004	Sample size: n=183 INT (Yoga): n=60 INT (Yoga+ET): n=60 CON: n=63	Exposure therapy: 3-5x 1hr sessions; Individual	exposure therapy					• Quality of life
Esala (2017)	Cambodia Torture	Victims of torture; Women 75% Sample size: n=88 INT: n=45 (m=60.0 y) CON: n=43 (m=60.7 y)	5 days; Individual	NET	Wait-list	Post 3 month and 4-6 month	RCT	Low	• PTSD • Depression • Anxiety
Hagl (2015)	Bosnia Herzegovina Armed conflict	Women whose husbands were killed or missing; mean age= 38.6 y Sample size: n= 119 INT: n=60 CON: n=59	7, weekly, 2 hr, sessions over 8 weeks; Group	CBT-Dialogical exposure therapy	Supportive group	Post and 12 months	Quasi RCT	High	• PTSD • Common MH problems • Grief
Hewage (2018)	Timor-Leste Armed conflict	War-affected adults; Women 37.2% Sample size: n=78 INT: n=39 (m=29.9 y) CON: n=39 (m=30.2 y)	7x 120 minute sessions across 4 weeks; Individual	CBT	Wait-list	Post and one month	RCT	Moderate	• PTSD • Anger/Irritability • Psychological Distress
Igreja (2004)	Mozambique Armed conflict	Adults; mean age = 40.2 y; Women 44% Sample size: n = 206 INT: n= 66	1, 1hr, session; Individual	NET	No intervention	Post (2 months) and 11 months	Quasi RCT	High	• PTSD • Common MH problems

Study	Setting	Population	Format and duration	Intervention	Control	Follow ups	Study design	Overall risk of bias	Outcomes
		CON: n= 71 NON Case group: n =69							• Somatic complaints

Study	Setting	Population	Format and duration	Intervention	Control	Follow ups	Study design	Overall risk of bias	Outcomes
Jacob (2014)	Rwanda Genocide in 1994	Widowed and orphaned, Female 92.1% Sample size: n=76 INT: n = 38 (Widows n =21 m =48.29 y; Orphans n= 17 m = 25,06) CON: n= 36 (widow n =22, m = 46.86 y; Orphan n =16 m = 24y)	8, 90-150 mins, weekly; Individual	NET	Wait-list	3 months and 12 months	RCT	Low	• PTSD
Jiang (2014)	China Earthquake 2008	Earthquake survivors Women 71.4% Sample size: n= 49 INT: n= 27 (m = 24.79 y) CON: n = 22 (m = 36.05y)	12, 1 hr weekly for 12 weeks; Individual	PST-IPT	TAU	3 months and 6 months	RCT	Moderate	• PTSD • Depression • Anger • Functional impairment • Partner violence • Quality of life
Meffert (2014)	Egypt Genocide	Sudanese refugees; mean age=31 y; Women 81% Sample size: n=22 INT: n = 13 CON: n = 9;	6 sessions, twice a week for 3 weeks; Individual	PST-IPT	Wait-list	Post	RCT	Moderate	• PTSD • Depression • Anger • Partner violence

Study	Setting	Population	Format and duration	Intervention	Control	Follow ups	Study design	Overall risk of bias	Outcomes
Mughal (2015)	Sierra Leone Armed conflict	Victims of war; Women 33.1% Sample size: n=98 INT: n=48 (m=34.5 y) CON: n=50 (m=32.4 y)	Individual	PST-Drug with Psychosocial Counselling	Wait-list	6 months	Non random	High	• PTSD • Anxiety • Forgiveness • Outgroup Blame
Nakimuli-Mpungu (2013)	Uganda Armed conflict	Witnesses of war; Female 57.4% Sample size: n=613 INT: n=69 (m=47.8 y) CON: n=544 (m=57.9 y)	Monthly, may be 5 sessions; Group	PST-Counselling	No intervention	Post 3 month and 4-6 months	Non random	High	• PTSD • Depression • Functional Impairment
Neuner (2004)	Uganda Refugee	43 Sudanese refugees Female 60.46% Sample size: n =43 INT 1 (NET): n =17 (m=31.9 y) INT 2(Counselling) n= 14 (m=33.8 y) CON: n=12 (m=34.2 y)	4, 90-120 mins, sessions for NET and counselling; Individual	NET and PST-support counselling	Psychoeducation	Post, 4 months and 12 months	Quasi-RCT	Low	• PTSD • Emotional problems • Common Mental Health problems
Neuner (2008)	Uganda Refugee	Rwandan and Somalian refugees; Female 51.26 Sample size: n=277 INT 1 (NET): n=111 (m= 34.4 y) INT 2 (Counselling): n= 111 (m = 35.2 y) CON: n= 55 (m =35.6 y)	6, 1-2 hr, sessions, two sessions per week; Individual	NET and PST-Counselling	No intervention	3 and 6 months	RCT	High	• PTSD

Study	Setting	Population	Format and duration	Intervention	Control	Follow ups	Study design	Overall risk of bias	Outcomes
Oflaz (2008)	Turkey Earthquake	Earthquake survivors; Female 62.7% Sample size: n=51 INT 1 (Psych Ed + Med): n=21 INT 2 (Psych Ed alone): n=14 INT 3 (Med alone): n=16	6 sessions weekly, 60-90 mins (6 sessions total); Individual	Psycho education only and Psychoeducation with meditation	TAU	Post treatment	Non random	High	• PTSD • Depression • Fear and avoidance • Coping
Rahman (2016)	Pakistan Armed Conflict	Witnesses of war; Female 78.9% Sample size: n=346 INT: n=172 (m=32.7 y) CON: n=174 (m=33.4 y)	Weekly, for 5 weeks; Individual	CBT	Active Intervention	Post 3 months	RCT	Low	• PTSD • Depression • Functional Impairment • Anxiety • Psychological Distress
Scholte (2011)	Rwanda Genocide	Survivors of mass violence; Female 54% Sample size: n=200 INT: n=100 (m=34.9 y) CON: n=100 (m=38.5 y)	3hr sessions, weekly for 15 weeks; Group	PST-Sociotherapy	No intervention	Post and 8 months	Non random	High	• Common Mental Health problems
Sonderegger (2011)	Uganda Refugee	War-affected adults;	13x 2hr sessions divided into 2 distinct phases; Group	CBT	Wait-list	Post and 3 months	Non random	High	• Depression • Conduct Problems • Anxiety

Study	Setting	Population	Format and duration	Intervention	Control	Follow ups	Study design	Overall risk of bias	Outcomes
									• Prosocial behaviour
Steinert (2017)	Cambodia	War-affected adults; Females 60.7% Sample size: n= 84 INT: n=52 (m=27.0 y) CON: n=32 (m=28.3 y)	5 weeks; Individual	PST-ROTATE	Wait-list	Post	RCT	Moderate	• PTSD • Depression • Functional Impairment • Emotional Problems • Anxiety
Tellies (2010)	India Flood	Males Sample size: n= 22 INT: n =11 (m = 32.1 y) CON: n =11 (m= 30.8 y)	7, 1 hr, sessions for one-week yoga; Individual	PST-Yoga	Wait-list	Post	RCT	Low	• Anxiety • Emotional problems • Fear and avoidance
Vijayakumar (2008)	Asian Tsumani 2004 (Chennai)	Tsunami survivors who lost family members; Females 51.0% Sample size: n=102 INT: n=45 (m=38.6 y) CON: n=57 (m=37.9 y)	A monthly home visit for on average duration of 60-90 minutes; individual	PST-Counselling	No intervention	12 months	Non random	High	• PTSD • Depression • Common Mental Health problems • Well-being
Weiss (2015)	Iraq Torture	Survivors of torture and militant attacks; Females 30.9% Sample size: n=149 INT: n=99 (m=41.6 y) CON: n=50 (m=45.2y)	CBT- 12 sessions, weekly CPT- 8-12x 50-60min sessions, weekly; Group	CBT-Transdiagnostic intervention and CBT-Cognitive Processing Therapy	Wait-list	3 months	RCT	Low	• PTSD • Depression • Functional Impairment • Anxiety

Study	Setting	Population	Format and duration	Intervention	Control	Follow ups	Study design	Overall risk of bias	Outcomes
Yeomans (2010)	Burundi Armed conflict	Participants; mean age = 38.6 y; Women 44.4% Sample size: n =124 INT 1(Workshop with psychoeducation): n= 41 INT 2 (Workshop only): n= 41 CON: n= 42	3 day workshops and one-day follow up one month later; Group	PST-Reconciliation workshops with Psychoeducation and PST-Reconciliation workshop only	Wait-list	2 weeks	RCT	Low	• PTSD • Emotional problems
Zang (2013)	China Earthquake in 2008	Earthquake survivors; mean-age 55.7 y; women 77% Sample size: n =22 INT: n =11 CON: n=11	4 sessions, 60-90 mins for 2 weeks; Individual	NET	Wait-list	Post	RCT	Low	• PTSD • Depression • Anxiety • Common Mental Health problems • Social support • Coping
Zang (2014)	China Earthquake	Earthquake survivors: mean age = 53.63 y; Women 90% Sample size: n=30 INT 1(NET): n=10 INT 2 (NET-short): n = 10 CON: n= 10	NET 4 sessions or more, 60-90 mins over two weeks; NET-short; 3 or more 60-120 sessions over one week; Individual	NET and NET-Short version	Wait-list	Post	RCT	Moderate	• PTSD • Depression • Anxiety • Common Mental health problems • Social support • Coping

PST= Psychotherapy; EMDR = eye movement desensitization and reprocessing; IPT = Interpersonal Psychotherapy; ROTATE = resource-oriented trauma therapy with EMDR; CBT = Cognitive Behavioural Therapy; NET =Narrative Exposure Therapy; INT = Intervention group; CON =control group; PTSD =Post Traumatic Stress Disorder: RCT= Randomised Controlled Trials; PTSD = Post Traumatic Stress Disorder; TAU = Treatment as usual