

**DID YOU COME TO THE NETHERLANDS AS A REFUGEE?  
ARE YOU FROM SYRIA, IRAQ OR ERITREA?  
DO YOU SOMETIMES SUFFER FROM STRESS OR SADNESS?  
ARE YOU BETWEEN 16 AND 25 YEARS OLD?**



## **REMAIN RESEARCH PROJECT**

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## HELP FOR YOUNG PEOPLE WITH A REFUGEE BACKGROUND

Young people with a refugee background are more likely to suffer from stress and tension than other young people. They have often been through a lot in the past and may also experience difficulties in daily life; for example, learning the Dutch language, exclusion, and loneliness. Brief interventions can help reduce these problems.

### RESEARCH

We conduct research into the short intervention Problem Management Plus (PM+). Participation in the study is voluntary.

To begin with, we will conduct a short interview to see if you can participate.

If you can participate, it will be determined by lottery whether you will immediately receive PM+,

or that you can only start PM+ at a later time.

You will be invited for 3 interviews; before, during and after PM+.

During the interviews we ask questions about you and your problems.

You will receive 10 euros per interview.

### PROBLEM MANAGEMENT PLUS (PM+)

PM+ was developed by the World Health Organization (WHO) to solve problems such as reducing stress and sadness.

PM+ consists of 6 conversations of 75 minutes.

During the conversations you do exercises together with a trained helper to learn to deal with (daily) problems.

The conversations are with a helper who speaks Arabic, Tigrinya or Dutch.

The conversations are individual (1 on 1) and face to face or via video calling.



#### LEAD RESEARCHER

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#### MAIN RESEARCHER

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Permission has been obtained for this research from the Medical Ethics Committee (METc) of the VUmc