

Interpersonal Group Therapy for Mental Health Support among Displacement Affected Persons: Findings from the LiD COMPASS Project

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Key words

Mental Health & Psychosocial Support (MHPSS), Interpersonal Group Therapy, Displacement Affected Persons, Refugees

Introduction

This abstract presents findings of an assessment conducted as part of the COMPASS[1] project in Lamwo district Uganda.

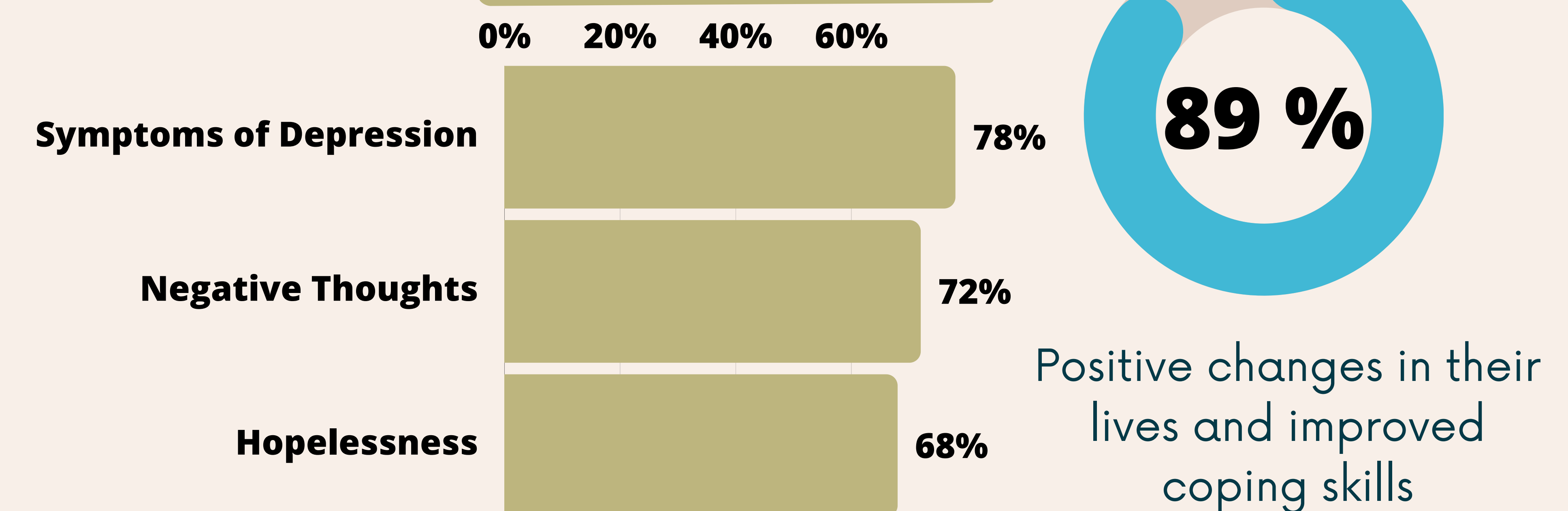
COMPASS aims to enhance the resilience, socio-economic growth, development of refugees and DAPs. This assessment focused on the provision of mental health and psychosocial support (MHPSS) through the WHO's Interpersonal Group Therapy (IPT-G) for DAPs. We explored the relevance, effectiveness, challenges, and benefits of IPT-G.

[1] COMPASS is an acronym for Cross Border Opportunities for Migration, Peace and Self Sustenance

Methods

- Mixed **methods cross sectional design**
- Participants - Refugees - the direct beneficiaries of the intervention, mental health experts, district officials, facilitators of the intervention, and community leaders were engaged during the assessment.
- Palabek Refugee Settlement

Results



- There was a positive correlation between access to psychosocial care and improvement in the mental health outcomes ($r=.638$; $p=.000<.01$)

Conclusions & Recommendations

- The assessment provides sufficient evidence of the effectiveness of the IPT-G intervention.
- The intervention therefore needs to be strengthened and administered as a stand-alone and not clustered together with other interventions like material support which some beneficiaries are most interested in and at times pretend to be in need of IPT-G because of the associated benefits in terms of livelihood support.

