

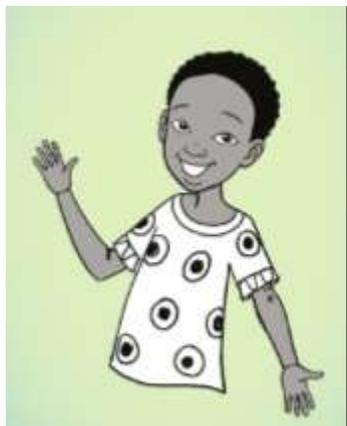
# Early Adolescent Skills for Emotions



**Airbel Impact Lab**  
Research & Innovation at the IRC

## *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

#### 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

## 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.