

SC-SD4ASA

Interventional Guideline on Self-Care/Self-Development for Asylum-Seeking Adolescents: A Step Forward to a Sustainable Emotional and Behavioural Health

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Description	<p>In the past few years, along with the significant increase in the number of refugees, seeking for effective ways to improve their health status has been accelerated. In this respect, many researchers have considered psychological health in Asylum-seeking adolescents (ASA) from different aspects, especially risk factors. However, the healthcare that ASA receive is far from satisfactory and there are still a lot of shortcomings. Thus, the time for decreasing adolescents' psychological problems is limited and any delay in effective actions significantly increases the time span of recovery and severity of the problems.</p> <p>Different groups of people have their own special needs, abilities, and limitations which can influence their wellbeing. Therefore, in this study we concentrate on the needs and experiences related to SC/SD of adolescents seeking asylum in Germany. The current study investigates potentially protective factors (SC/SD) that have rarely been studied in the ASA population.</p> <p>The main goal of SC-SD4ASA i.e. developing a new interventional strategy for enhancing psychological and behavioral health among ASA, is in line with the current top priority of UNICEF Europe and Central Asia as well as WHO's strategies and the "triple billion" (one of the WHO comprehensive plan aiming to improve the health of billions of people by 2023) objectives. Developing the intervention program among ASA to improve their lifestyle and consequently, their well-being based on their needs and situation is a novel approach paving the pathway for the years ahead in the bridge among primary health care, host societies and health delivery.</p> <p>The final outcomes of SC-SD4ASA can be a starting point for further studies, especially the impact of the designed intervention on adolescents. Developing an intervention program for ASA to improve their lifestyle and consequently, their well-being and quality of life, based on their needs and situations, is an effective approach paving the pathway for the years ahead in the bridge among primary health care, host societies and health delivery.</p> <p>SC-SD4ASA is a purposeful attempt to organize representatives from several scientific disciplines including psychology, social and behavioral sciences, health education, health policy, and diversity/culture. It aims to design and shape the research process, expand the understanding of the study factors and objectives, manifest different perspectives of the study's nature and obtain its maximum short- and long- term goals.</p>
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