



# Phone-Delivered Psychological Intervention (t-CETA) for Mental Health Problems in 8-16 Year-Old Syrian Refugee Children

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## Main Information

**Primary registry identifying number**

LBCTR2019040213

**Protocol number**

ReDA\_012540

**MOH registration number**

**Study registered at the country of origin**

Yes

**Study registered at the country of origin: Specify**

**Type of registration**

Prospective

**Type of registration: Justify**

N/A

**Date of registration in national regulatory agency**

**Primary sponsor**

Queen Mary University of London

**Primary sponsor: Country of origin**

United Kingdom

**Date of registration in primary registry**

02/05/2019

**Date of registration in national regulatory agency**

**Public title**

Phone-Delivered Psychological Intervention (t-CETA) for Mental Health Problems in 8-16 Year-Old Syrian Refugee Children

**Acronym**

t-CETA

**Scientific title**

Development, Piloting and Evaluation of a Phone-Delivered Psychological Intervention (t-CETA) for Syrian Refugee Children in Lebanon: Phase II

**Acronym**

t-CETA

**Brief summary of the study: English**

This study evaluates the effectiveness of t-CETA, a version of Common Elements Treatment Approach (CETA) adapted to be delivered over the telephone, in treating common mental health problems in 8-16 year old Syrian refugee children living in Lebanon. Children will be randomly assigned to receive either t-CETA or treatment as usual provided by Médecins du Monde, an NGO providing medical and mental health services to Syrian refugees in Lebanon.

Symptoms of common mental health problems, including anxiety, depression, PTSD, and behavioural problems, and psychological well-being, will be measured before treatment, immediately after treatment, and three months after treatment is completed. Groups will be compared to determine if t-CETA is at least as effective as standard treatment provided by Médecins du Monde.

**Brief summary of the study: Arabic**





التي تم تكييفها ليتم تقديمها عبر الهاتف وذلك لعلاج (CETA) وهي نسخة من نهج علاج العناصر المشتركة، t-CETA. تقيم هذه الدراسة فعالية عاماً والذين يعيشون في لبنان. سيتم تعيين 16 و 8 مشاكل الصحة النفسية الشائعة لدى الأطفال اللاجئين السوريين الذين تتراوح أعمارهم بين أو العلاج المعتاد المقدم من منظمة أطباء العالم، وهي منظمة غير حكومية تقدم خدمات الصحة الطبية t-CETA للأطفال بشكل عشوائي لتلقي إما والنفسية إلى اللاجئين السوريين في لبنان.

سيتم قياس أعراض مشاكل الصحة النفسية الشائعة، بما في ذلك القلق والاكتئاب واضطرابات ما بعد الصدمة والمشكلات السلوكية والرفاه النفسي، فعال على t-CETA وذلك قبل العلاج ومن ثم مباشرة بعد العلاج وثلاثة أشهر بعد اكتمال العلاج. سيتم مقارنة المجموعات لتحديد ما إذا كان نهج الأقل بقدر العلاج المعتاد المقدم من منظمة أطباء العالم.

#### Health conditions/problem studied: Specify

Depression, anxiety, PTSD, conduct disorder, oppositional defiant disorder

#### Interventions: Specify

##### 1. Telephone-delivered Common Elements Treatment Approach (t-CETA) [EXPERIMENTAL ARM]

Cognitive Behavioural Therapy (CBT) based approach delivered over the telephone. Components are available for common problems, including anxiety, depression, PTSD, conduct problems, substance abuse, and safety issues (including self-harm or suicidal ideation), and a tailored treatment package is produced for each child based on the presenting problem(s) and response to treatment. There are components for use with both child and caregiver. t-CETA sessions of up to 30 minutes will be delivered 1-2 times per week for approximately 8-12 weeks. The number and content of sessions will be tailored to each child, thus there will be some variation.

##### 2. Médecins du Monde treatment as usual [ACTIVE COMPARATOR ARM]

Case manager-led care, with referral to a psychotherapist or psychiatrist as necessary. Médecins du Monde's approach is based on a joint collaboration between mental health trained case managers (who undergo extensive training by experts in the field on topics including Psychological First Aid, Child Protection, Gender Based Violence, etc.) and psychotherapists from different schools (providing Eye Movement Desensitization and Reprocessing [EMDR] for trauma, Interpersonal Therapy [IPT] for depression, Cognitive Behavioural Therapy [CBT], motivational counselling, familial or systemic therapy, and integrative approaches). The number and content of sessions, and the person delivering treatment (case manager, psychotherapist, psychiatrist) vary. Treatment as usual provided by Médecins du Monde. The number and content of sessions will vary depending on the needs of the child.

#### Key inclusion and exclusion criteria: Inclusion criteria

1. Age 8-16 years, male or female
2. Live with a parent or other legal guardian
3. Child and/or parent identifies that the child has mental health difficulties and requests services
4. At high risk of having a mental disorder as indexed by falling in the top 40% of the distribution in any one of the following child-report questionnaires: (i) Screen for Child Anxiety Related Emotional Disorders (SCARED), (ii) Center for Epidemiological Studies Depression Scale for Children (CES-DC), (iii) Child PTSD Symptom Scale (CPSS); AND falling in the top 40% of the distribution in the following parent report questionnaire: Strengths and Difficulties Questionnaire (SDQ) total difficulties
5. Confirmation of significant level of symptoms and functional impairment on clinical interview (MINI KID) as indicated by (i) meeting full or probable diagnostic criteria for ANY of the following: any category of mood disorder, any category of anxiety disorder, PTSD, conduct disorder, or oppositional defiant disorder; AND (ii) Clinical Global Impression severity (CGI-s) score of >3
6. Parent/legal guardian gives informed consent and child gives assent to take part

#### Key inclusion and exclusion criteria: Gender

Both

#### Key inclusion and exclusion criteria: Specify gender

#### Key inclusion and exclusion criteria: Age minimum

8

#### Key inclusion and exclusion criteria: Age maximum

16

#### Key inclusion and exclusion criteria: Exclusion criteria

1. Problem for which t-CETA would not be appropriate, including psychiatric disorders for which CETA treatment is not recommended (e.g., bipolar disorder, psychosis), severe distress (e.g., acute suicidal ideation), or problems that would preclude delivery over the telephone (e.g., selective mutism)
2. Parent or legal guardian is not able to provide consent
3. Child protection issues (e.g., acute maltreatment) that are judged by clinician to make trial inclusion inappropriate
4. Any inclusion criteria not met

#### Type of study

Interventional

#### Type of intervention

Behavioral treatment

#### Type of intervention: Specify type

N/A

#### Trial scope

Therapy

#### Trial scope: Specify scope

N/A

#### Study design: Allocation

#### Study design: Masking



Randomized controlled trial

Open (masking not used)

**Study design: Control**

**Study phase**

Active

N/A

**Study design: Purpose**

**Study design: Specify purpose**

Treatment

N/A

**Study design: Assignment**

**Study design: Specify assignment**

Parallel

N/A

**IMP has market authorization**

**IMP has market authorization: Specify**

**Name of IMP**

**Year of authorization**

**Month of authorization**

**Type of IMP**

**Pharmaceutical class**

N/A - behavioural intervention

**Therapeutic indication**

Common mental health problems in children including depression, anxiety, PTSD, conduct disorder, oppositional defiant disorder.

**Therapeutic benefit**

It is anticipated that both the experimental therapy (t-CETA) and active comparator (Medecins du Monde treatment as usual) will show a therapeutic benefit by reducing symptoms of common mental health problems (depression, anxiety, PTSD, conduct problems) and functional impairment due to mental health problems.

**Study model**

**Study model: Explain model**

N/A

N/A

**Study model: Specify model**

N/A

**Time perspective**

**Time perspective: Explain time perspective**

N/A

N/A

**Time perspective: Specify perspective**

N/A

**Target follow-up duration**

**Target follow-up duration: Unit**

**Number of groups/cohorts**

**Biospecimen retention**

**Biospecimen description**

None retained



N/A

**Target sample size**

120

**Actual enrollment target size**

120

**Date of first enrollment: Type**

Anticipated

**Date of first enrollment: Date**

01/04/2019

**Date of study closure: Type**

Anticipated

**Date of study closure: Date**

31/07/2019

**Recruitment status**

Pending

**Recruitment status: Specify**

**Date of completion**

01/03/2020

**IPD sharing statement plan**

No

**IPD sharing statement description**

Data from the RCT will not be shared with researchers outside of the team.

**Additional data URL**

**Admin comments**

**Trial status**

Approved

## Secondary Identifying Numbers

| Full name of issuing authority | Secondary identifying number |
|--------------------------------|------------------------------|
| ELRHA (funder)                 | 28371                        |

## Sources of Monetary or Material Support

| Name  |
|-------|
| ELRHA |



## Secondary Sponsors

No Sponsors

## Contact for Public/Scientific Queries

| Contact type | Contact full name | Address  | Country        | Telephone               | Email               | Affiliation                     |
|--------------|-------------------|--|----------------|-------------------------|---------------------|---------------------------------|
| Public       | Tania Bosqui      | Department of Psychology, American University of Beirut, Beirut  | Lebanon        | +9611350000<br>ext:4370 | tb33@aub.edu.lb     | American University of Beirut   |
| Scientific   | Fiona McEwen      | Department of Biological and Experimental Psychology, School of Biological and Chemical Sciences, Queen Mary University of London, G.E. Fogg Building, Mile End Road, London, E1 4NS | United Kingdom | +442078826675           | f.mcewen@qmul.ac.uk | Queen Mary University of London |
| Scientific   | Michael Pluess    | Department of Biological and Experimental Psychology, School of Biological and Chemical Sciences, Queen Mary University of London, G.E. Fogg Building, Mile End Road, London, E1 4NS | United Kingdom | +442078828004           | m.pluess@qmul.ac.uk | Queen Mary University of London |

## Centers/Hospitals Involved in the Study

| Center/Hospital name          | Name of principles investigator | Principles investigator speciality | Ethical approval |
|-------------------------------|---------------------------------|------------------------------------|------------------|
| Medecins du Monde             | Tania Bosqui                    | Clinical psychology                | Approved         |
| American University of Beirut | Tania Bosqui                    | Clinical psychology                | Approved         |

## Ethics Review

| Ethics approval obtained                     | Approval date | Contact name    | Contact email  | Contact phone         |
|--|---------------|-----------------|----------------|-----------------------|
| American University of Beirut Medical Center | 07/12/2018    | Michael Clinton | irb@aub.edu.lb | +9611350000 ext: 5445 |



## Countries of Recruitment

| Name    |
|---------|
| Lebanon |

## Health Conditions or Problems Studied

| Condition                      | Code                                   | Keyword                       |
|--------------------------------|--|-------------------------------|
| Depression                     | Depressive episode (F32)               | Depression                    |
| Anxiety                        | Anxiety disorder, unspecified (F41.9)  | Anxiety                       |
| Post Traumatic Stress Disorder | Post-traumatic stress disorder (F43.1) | PTSD                          |
| Conduct Disorder               | Conduct disorders (F91)                | Conduct disorder              |
| Oppositional Defiant Disorder  | Oppositional defiant disorder (F91.3)  | Oppositional defiant disorder |

## Interventions

| Intervention                         | Description  | Keyword  |
|--------------------------------------|--|--|
| t-CETA                               | Telephone-delivered Common Elements Treatment Approach (t-CETA). Cognitive Behavioural Therapy (CBT) based approach delivered over the telephone. Components are available for common problems, including anxiety, depression, PTSD, conduct problems, substance abuse, and safety issues (including self-harm or suicidal ideation), and a tailored treatment package is produced for each child based on the presenting problem(s) and response to treatment. There are components for use with both child and caregiver. t-CETA sessions of up to 30 minutes will be delivered 1-2 times per week for approximately 8-12 weeks. The number and content of sessions will be tailored to each child, thus there will be some variation.   | t-CETA; CBT; cognitive behavioral therapy; telephone delivered therapy |
| Médecins du Monde treatment as usual | Case manager-led care, with referral to a psychotherapist or psychiatrist as necessary. Médecins du Monde's approach is based on a joint collaboration between mental health trained case managers (who undergo extensive training by experts in the field on topics including Psychological First Aid, Child Protection, Gender Based Violence, etc.) and psychotherapists from different schools (providing Eye Movement Desensitization and Reprocessing [EMDR] for trauma, Interpersonal Therapy [IPT] for depression, Cognitive Behavioural Therapy [CBT], motivational counselling, familial or systemic therapy, and integrative approaches). The number and content of sessions, and the person delivering treatment (case manager, psychotherapist, psychiatrist) vary. | Case manager-led care; psychotherapy                                   |



| Primary Outcomes  |   |  |
|---|---|--|
| Name  | Time Points   | Measure  |
| Emotional and behavioural problem composite score   | 1. Baseline (pre-treatment);<br>2. Approximately 12 weeks (immediately after treatment has been completed);<br>3. Approximately 24 weeks (3 months following completion of treatment) | Measures common emotional and behavioural problems in children. Scores from the following questionnaire measures will be aggregated: Child PTSD Symptom Scale (CPSS; child self-report), Center for Epidemiological Studies Depression Scale for Children (CES-DC; child self-report), Screen for Child Anxiety Related Emotional Disorders (SCARED; child self-report), the Strengths and Difficulties Questionnaire (SDQ; parent report) externalising score, and conduct disorder / oppositional defiant disorder items (caregiver report). Arabic versions of all questionnaires are used. Scores on these questionnaires have been divided into deciles based on data from the population from which the study sample is drawn and each decile is converted into a score ranging from 0 (lowest decile) to 9 (highest decile). These decile scores are then summed for the four questionnaire measures, giving a total score ranging from 0 to 36. Higher scores indicate greater problems. |
| World Health Organization Disability Assessment Schedule for Children (WHODAS-Child, adapted): child report     | 1. Baseline (pre-treatment);<br>2. Approximately 12 weeks (immediately after treatment has been completed);<br>3. Approximately 24 weeks (3 months following completion of treatment) | WHODAS-child originally adapted for Rwanda and then translated into Arabic for use with Syrian children (child self-report). Measures three domains of functional impairment: getting along with people, life activities (ability to carry out responsibilities at home and school), and participation in society (ability to engage in community, civil and recreational activities). Subscales are averaged to produce a Global Disability score. Scores are expressed as a percentage so range from 0-100, with higher scores indicating greater impairment.  |
| World Health Organization Disability Assessment Schedule for Children (WHODAS-Child, adapted): caregiver report | 1. Baseline (pre-treatment);<br>2. Approximately 12 weeks (immediately after treatment has been completed);<br>3. Approximately 24 weeks (3 months following completion of treatment) | WHODAS-child originally adapted for Rwanda and then translated into Arabic for use with Syrian children (caregiver report). Measures three domains of functional impairment: getting along with people, life activities (ability to carry out responsibilities at home and school), and participation in society (ability to engage in community, civil and recreational activities). Subscales are averaged to produce a Global Disability score. Scores are expressed as a percentage so range from 0-100, with higher scores indicating greater impairment.   |

| Key Secondary Outcomes  |   |   |
|---|---|---|
| Name  | Time Points   | Measure   |
| Child PTSD Symptom Scale (CPSS)   | 1. Baseline (pre-treatment);<br>2. Approximately 12 weeks (immediately after treatment has been completed);<br>3. Approximately 24 weeks (3 months following completion of treatment) | Child PTSD Symptom Scale, Arabic version, child self-report. Total post-traumatic stress disorder symptom scores range from 0-51 and higher scores indicate a higher level of symptoms.                             |
| Center for Epidemiological Studies Depression Scale for Children (CES-DC) | 1. Baseline (pre-treatment);<br>2. Approximately 12 weeks (immediately after treatment has been completed);<br>3. Approximately 24 weeks (3 months following completion of treatment) | Center for Epidemiological Studies Depression Scale for Children, Arabic 10-item version, child-self-report. Total depression symptom scores range from 0-30 and higher scores indicate a higher level of symptoms. |



|   |  |  |
|---|--|--|
| Screen for Child Anxiety Related Emotional Disorders (SCARED) | 1. Baseline (pre-treatment);<br>2. Approximately 12 weeks (immediately after treatment has been completed); 3. Approximately 24 weeks (3 months following completion of treatment) | Screen for Child Anxiety Related Emotional Disorders, Arabic 18-item version, child-self-report. Total anxiety symptoms scores range from 0-36 and higher scores indicate a higher level of symptoms.  |
| Externalising behaviour problems score                        | 1. Baseline (pre-treatment);<br>2. Approximately 12 weeks (immediately after treatment has been completed); 3. Approximately 24 weeks (3 months following completion of treatment) | Score derived from the Strengths and Difficulties Questionnaire (SDQ; parent-report) externalising score (10 items) and items measuring behaviours associated with conduct disorder (CD) and oppositional defiant disorder (ODD) (12 items). Arabic version, caregiver report. The SDQ externalising score ranges from 0-20 and the CD/ODD items range from 0-24. These will be summed to give an externalising behaviour problems score ranging from 0-44 and higher scores indicate a higher level of problems.  |
| WHO-5 Well-Being Index (WHO-5)                                | 1. Baseline (pre-treatment);<br>2. Approximately 12 weeks (immediately after treatment has been completed); 3. Approximately 24 weeks (3 months following completion of treatment) | WHO-5 Well-Being Index, Arabic version, child-self-report. Total well-being scores range from 0-100 and higher scores indicate higher well-being.  |
| Youth Life Orientation Test (YLOT)                            | 1. Baseline (pre-treatment);<br>2. Approximately 12 weeks (immediately after treatment has been completed); 3. Approximately 24 weeks (3 months following completion of treatment) | Youth Life Orientation Test, measuring optimism, Arabic 4-item version, child self-report. Total optimism scores range from 0-12 and higher scores indicate higher optimism.   |
| PSYCHLOPS Pre-Therapy (Kids or Teen)                          | At first treatment session, approximately 1-2 weeks after baseline   | Psychological Outcome Profiles (PSYCHLOPS) Pre-Therapy, Kids version (for children aged 8-12 years), Teen version (for age 13-16 years). Arabic version, child self-report. Three subscale scores are used, Problems (range 0-4 [Kids], 0-10 [Teen]), Functioning (range 0-4 [Kids], 0-5 [Teen]), and Wellbeing (range 0-4 [Kids], 0-5 [Teen]). These are summed to give a total score (range 0-12 [Kids], 0-20 [Teen]). Scores from the Kids version will be scaled to be equivalent to the Teen version so scores are comparable across both age groups. Higher scores indicate greater problems, impaired functioning, and poorer wellbeing.    |
| PSYCHLOPS During Therapy (Kids or Teen)                       | At mid-point treatment session, approximately 5-6 weeks after baseline   | Psychological Outcome Profiles (PSYCHLOPS) During Therapy, Kids version (for children aged 8-12 years), Teen version (for age 13-16 years). Arabic version, child self-report. Three subscale scores are used, Problems (range 0-4 [Kids], 0-10 [Teen]), Functioning (range 0-4 [Kids], 0-5 [Teen]), and Wellbeing (range 0-4 [Kids], 0-5 [Teen]). These are summed to give a total score (range 0-12 [Kids], 0-20 [Teen]). Scores from the Kids version will be scaled to be equivalent to the Teen version so scores are comparable across both age groups. Higher scores indicate greater problems, impaired functioning, and poorer wellbeing. |
| PSYCHLOPS Post-Therapy (Kids or Teen)                         | At final treatment session, approximately 8-12 weeks after baseline  | Psychological Outcome Profiles (PSYCHLOPS) Post-Therapy, Kids version (for children aged 8-12 years), Teen version (for age 13-16 years). Arabic version, child self-report. Three subscale scores are used, Problems (range 0-4 [Kids], 0-10 [Teen]), Functioning (range 0-4 [Kids], 0-5 [Teen]), and Wellbeing (range 0-4 [Kids], 0-5 [Teen]). These are summed to give a total score (range 0-12 [Kids], 0-20 [Teen]). Scores from the Kids version will be scaled to be equivalent to the Teen version so scores are comparable across both age groups. Higher scores indicate greater problems, impaired functioning, and poorer wellbeing.   |





|                              |   |  |
|------------------------------|---|--|
| Client Monitoring Form (CMF) | 1. Baseline (pre-treatment);<br>2. Approximately 12 weeks<br>(at final treatment session) | Client Monitoring Form developed for this study to measure mental health problems, substance use, and safety issues during treatment, Arabic version, child self-report. |
|------------------------------|---|--|

## Trial Results

**Summary results**

**Study results globally**

**Date of posting of results summaries**

**Date of first journal publication of results**

**Results URL link**

**Baseline characteristics**

**Participant flow**

**Adverse events**

**Outcome measures**

**URL to protocol files**