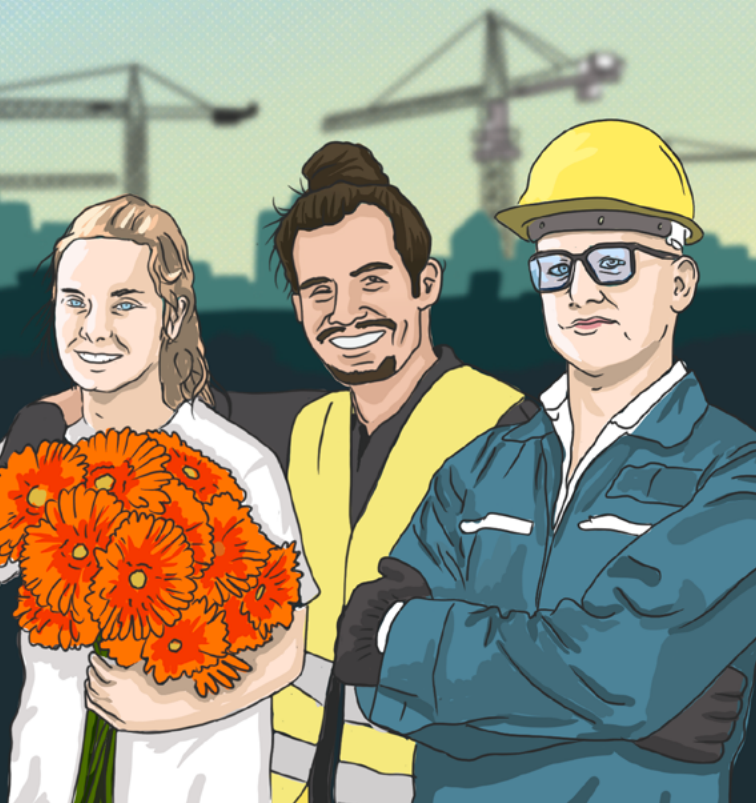




RESPOND

RESEARCH PROJECT

Psychological support for migrant workers
living in the Netherlands





TAKING CARE OF THOSE WHO HAVE COME TO THE NETHERLANDS FOR WORK

Research suggests that the COVID-19 pandemic has worsened the **mental health** and **well-being** of **migrant workers**. Brief interventions may help reduce symptoms of stress, anxiety, and depression.



STEPPED CARE INTERVENTION

Stepped care interventions offer support in which the intensity of the intervention increases, depending on the improvement of the person. In the RESPOND project, we study such a brief, stepped care intervention. The whole intervention is **individual** and **offered online** by trained helpers who speak your language (such as Polish).



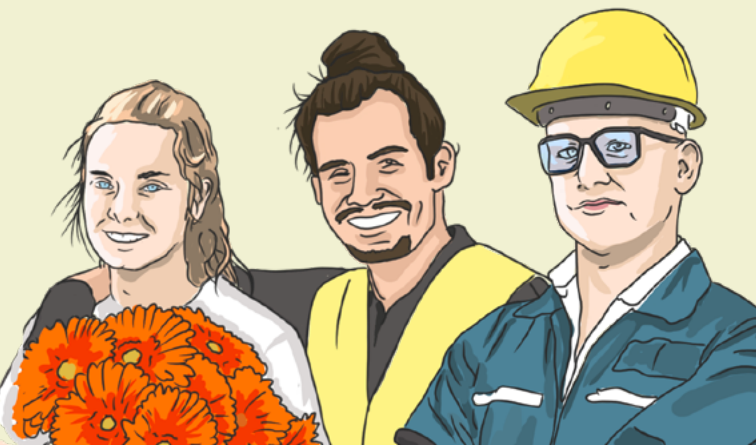
STEP 1: DOING WHAT MATTERS IN TIMES OF STRESS

The first step of the intervention is a mobile app consisting of a **stress reduction course**. The course consists of **5 modules** with information about your symptoms of stress, anxiety, or depression. It also has exercises with different techniques which can help reduce your symptoms. Every week, a new module will be unlocked. Additionally, a helper will contact you each week to review what you learned and to help you overcome obstacles that may appear during the course.



STEP 2: PROBLEM MANAGEMENT

The second step is a **problem management training** consisting of **5 weekly sessions** in which you talk with a helper through video calling. Each session takes about 60 minutes. During these conversations, you learn strategies which can help you to manage your daily problems.



CAN I PARTICIPATE?

If you experience symptoms of stress, anxiety, or depression and you are 18 years or older, then this research project may be for you. You can contact the research team for more information.

ADDITIONAL INFORMATION

- * Participation is **free** and voluntarily
- * **Flexible** hours; at a time that is good for you
- * Totally **remote**; on your own phone, laptop, or computer
- * The program is adapted for migrant workers living in the Netherlands
- * Half of the people who participate in the RESPOND project will receive the stepped care intervention. The other half will be assigned to the control group. This will be done by chance; you have 50% chance to receive the stepped care intervention
- * All participants answer 4 (short) questionnaires about symptoms of stress, anxiety, and depression at 4 different moments.

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