

Thank you for your interest in our study!

For further information about the study and participation, please contact your family doctor or our contacts at the Ruhr University Bochum:  
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## IMPROVE Mental Health

دعم الصحة النفسية للوالدين وأطفالهم

Promoting mental health among refugee  
parents and their children

The Improve Mental Health study is a multi-  
regional collaborative project with sites in  
Bochum, Essen and Munich, in which general  
practitioners and psychologists work together.

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Forschungs- und  
Behandlungszentrum für  
psychische Gesundheit

IMPROVE Mental Health  
→ Service for refugee parents

Empowering parents to promote the  
healthy development of their children

Praxisstempel



## Dear Parents,

During your flight, you and your child have certainly experienced difficult situations. It is normal that depression and anxiety can develop as a result of these experiences. If your mental health is negatively affected, it is often difficult to respond to the needs of your children.

It is therefore all the more important that you as parents learn how to master challenging life situation. The more you succeed in this, the more available you can be for your children.

If you have questions about your health and well-being, your family doctor is a competent contact. For this purpose, your family doctor can offer you a newly IMPROVE program designed to improve your family's well-being.

For more information about the treatment and interviews, contact your primary care physician's office or visit our website:



## Are you interested in participating in the study? What will be done?

### 1. The IMPROVE program consists of:



Four appointments with your primary care physician to receive information on managing mental health problems.



An online parenting program (Triple P Online) that teaches you positive parenting skills to use with your child.



Accompanying telephone contacts by a psychologist who will help you to implement what you have learned in

### 2. The usual treatment includes:



You can freely seek out any form of the available professional support options for your problems, for example going to your primary care physician. After 6 months, you can still take part in the IMPROVE program if you like.

We would like to examine how well both programs help support burdened refugees. We would like to understand how you and your child are doing and if participating in the study is having a positive impact on your and your child's health. For this reason, we are asking you to complete questionnaires and participate in interviews with us on a regular basis.

## Help us support other refugee families in the future!

### Who can participate?

Refugees who:

- are feeling distressed (e.g., anxiety, sadness, or stress),
- have a child between the ages of 0 and 6.

### Costs

Participation in the study is free of charge for you.

### Compensation

You will receive compensation from us for participating in the surveys.

### Contact

Would you like to participate in our study?  
We look forward to your call or e-mail!

Or scan the QR code to leave your contact details and we will get back to you!

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