

Symposia

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qualitative interviews at three time points. Data were analysed using thematic analysis to identify recurring themes pertaining to participants' preparedness for treatment, how participants' index trauma presented during treatment and how psilocybin compared to standard treatments.

Results: The following four core themes and sub-themes were identified: 1. Centrality of non-pharmacological factors to psychological safety, including but not limited to 'preparation', 'rapport with the study team' and 'integration'. 2. Experiential nature of psilocybin treatment comprising of 'expanded access to self' and 'somatic and non-verbal processing'. 3. Trauma processing, 'direct' and 'indirect'. 4. Comparison with standard treatments, highlighting 'psilocybin's non- and self-directed focus'.

Conclusions: The study suggests that psilocybin treatment, when administered with adequate psychological support, may offer a meaningful therapeutic opportunity for PTSD patients. The treatment facilitated direct and indirect trauma processing. Unlike standard treatments requiring direct confrontation with trauma memories, psilocybin enabled a broader, indirect processing of traumatic material via a range of affective, somatic and non-dual states. Findings allow for optimization of future research protocols, highlighting the importance of support to promote safety and meaningful treatment engagement.

308

Cultural adaptation of interventions to meet the needs of diverse populations in times of global uncertainty and extreme stress

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Track: Intervention Research & Clinical Studies

Outline: Cultural adaptation is essential for improving the uptake and effectiveness of mental health and psychosocial support interventions for diverse populations exposed to trauma and other adversities. However, successfully modifying protocols to align with language, cultural values, and contextual realities – while maintaining fidelity to evidence-based principles – poses significant challenges, particularly when resources are limited. This symposium showcases cultural adaptation processes from four projects where researchers and practitioners systematically modified protocols for innovative intervention and supervision models to improve implementation in diverse contexts. Presenters will share methodological approaches for adaptation – addressing the why, what, and how – and the outcomes of these efforts. The session aims to foster an exchange on promising practices, lessons learned, and practical solutions for developing culturally responsive interventions to support healing and recovery in times of global uncertainty and extreme stress.

308.1

Adaptation of a chatbot intervention for youth experiencing psychological distress: a Lithuanian perspective

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Background: Mental health interventions need to be innovative and scalable to address the growing burden of mental disorders, particularly among youth. Chatbot interventions are promising digital solutions for delivering accessible mental health support.

Objective: The study aimed to culturally adapt a chatbot aimed at reducing high levels of psychological distress – STARS (Scalable Technology for Adolescents and Youth to Reduce Stress) developed by the World Health Organization (WHO) – for use in Lithuania. The intervention had been previously tested in Jordan.

Methods: STARS is a 10-session chatbot CBT intervention with support from trained and supervised e-helpers through five calls. The pre-programmed chatbot guides through psychoeducation and transdiagnostic CBT content. A WHO adaptation process protocol was followed. Intervention content was translated and reviewed by experts in mental health and digital interventions. Stakeholders – the target population of young adults and service providers – were selected to review the intervention. Suggested changes were discussed, and decisions were made based on each suggestion.

Results: The cultural adaptation process revealed that the core concepts and structure of chatbot intervention were suitable for Lithuanian youth. Experts suggested appropriate terms for mental health-related concepts to ensure clarity and relevance specific to youth. Overall, only cultural context-related examples and visual intervention elements had to be adjusted to cultural context.

Conclusions: The first steps of cultural adaptation of the chatbot stress management intervention for Lithuanian youth have been completed. The next steps include conducting a feasibility trial, followed by further adaptations based on interviews with participants.

308.2

Cultural adaptation in REOUP-NY to address health inequity among minority populations in the USA

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Background: Though high-income countries (HICs) generally have a greater supply of mental health resources compared to low- and middle-income countries (LMICs), minoritized populations are often less connected to these resources and face a significant mental health treatment gap in HICs. The REOUP-NY study was developed as a response to this health inequity.

Objective: The objective of this study is to adapt Problem Management Plus (PM+), a task-sharing mental health and psychosocial support (MHPSS) intervention with promising results in reducing distress and increasing access to care, across thirty community-based organizations (CBOs) serving low income, racial minority, and immigrant New York City residents impacted by distress and trauma.

Methods: A collaborative and iterative process was used for adaptation and included methods such as feedback sessions during training and supervision, process mapping, design workshops with PM+ helpers, development and testing of session materials, and implementation meetings with CBO managers.

Results: Training and supervision models, session content and materials, case detection and referral processes, and method of delivery were adapted to fit the diverse population. Recommendations include integrating a social determinants of mental health lens during the adaptation process, addressing mental health stigma, and assuring that the adaptations are also a good fit for non-English speaking service users from various backgrounds.

Conclusions: REOUP-NY serves as a case study for how MHPSS interventions can be adapted when implemented at a large scale and integrated within routine services across numerous organizations serving diverse populations.

308.3

Promoting the scale-up of supportive supervision in humanitarian settings: developing adaptation guidelines for the Integrated Model for Supervision

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Background: Launched in 2021, the Integrated Model for Supervision provides guidance to enhance supervision within mental health programming in humanitarian contexts. As part of a scale-up phase, the IMS is being adapted for use in diverse contexts, with translations into French (Sub-Saharan Africa), Arabic (Middle East & North Africa), and Spanish (Latin America). This is complemented by the development of an IMS Adaptation Guide.

Objective: This presentation will share insights into the development of the IMS Adaptation Guide, including the key considerations for what should be adapted and how adaptation should occur for further cultural, socio-political, and organisational adaptations of the IMS.