

## **Evidence Aid newsletter – February 2017**

Well, here we are in a new year with new aspirations. We are concentrating our efforts over this coming year on increasing the impact of our advocacy, increase funding opportunities, and continuing to work with you to inspire and enable you to use the best available evidence to inform your decisions and actions in the humanitarian sector. If you think we might be able to help you to do this, please do get in touch.

### **Evidence Aid blogs – January and February**

We have published two new blogs since our last newsletter. Our most recent blog (published 14 February 2017) 'Evidence in the face of adversity: studying psychological interventions in humanitarian settings' is written by Melissa Harper Shehadeh and Mark van Ommeren. Melissa is a consultant working on global mental health at the WHO and completing a PhD in Global Health at the University of Geneva, and Mark is a Public Mental Health Adviser at the Department of Mental Health and Substance Abuse, also at the WHO. Our January blog 'New year, new you? What the WHS can learn from failed new year's resolutions' was one co-published with ALNAP and written by Alice Obrecht, a Research Fellow at ALNAP, leading their work on innovation, humanitarian effectiveness, and the World Humanitarian Summit.

### **Evidence in the face of adversity: Studying psychological interventions in humanitarian settings**

Melissa and Mark write that communities affected by adversity, including those facing challenges caused by major humanitarian emergencies, need effective psychological interventions but there is a lack of practical and available tools to help large numbers of people and explain how the WHO is working to fill this gap by developing and testing potentially scalable psychological interventions that are specifically designed for such communities. In the blog, Mark and Melissa describe what the WHO is doing and how it may meet the needs of the affected communities, those who are trying to help them and the research and policy actors who require reliable and robust evidence. To read more, click [here](#).

### **New year, new you? What the WHS can learn from failed new year's resolutions**

Alice reflects on it being January, a time for new year's resolutions and self-improvement regimens. Yet many of these resolutions are abandoned by February. For those that manage to succeed, what's their secret? Apparently, one of the keys to a successful new year's resolution (or 'self-change' as they are called by psychologists), is measurement: setting realistic and clear goals that can be tracked over time. The ability to monitor progress not only helps a self-changer understand whether the resolution is being achieved, but also acts as a source of motivation to continue. To read more click [here](#).

### **Evidence Aid resources**

A number of systematic reviews have recently been added to our Resources including (but not limited to): 'Interventions for Children Affected by Armed Conflict: a Systematic Review of Mental Health and Psychosocial Support in Low- and Middle-Income Countries'; 'A systematic review of the impact of physical activity programmes on social and emotional well-being in at-risk youth'; and 'Resilience and mental health in children and adolescents living in areas of armed conflict – a systematic review of findings in low-and middle-income countries'. We have also continued to add to the Spanish translations of the summaries. View all our resources [here](#).

In addition, we have added systematic reviews and guidelines to the [Zika collection](#).

If you know of systematic reviews related to the humanitarian sector that are relevant to health, please let us know about them so that we can add them to our resource.

### **Evidence Aid website**

We are currently in the process of restructuring our website. Please bear with us if there are moments when things don't function entirely as they should, or if there are times when the website doesn't look as it did the last time you visited.

### **Come and meet us**

Evidence Aid will be at a number of meetings and conferences during 2017 including, but not limited to, the 31<sup>st</sup> ALNAP Annual meeting, World Association for Disaster and Emergency Medicine, 2017 Global Platform for Disaster Risk Reduction, Evidence Live, and Global Evidence Summit. We would love to meet with you at any of these events – if you are attending, please do get in touch!

### **Communications**

You can follow us on Twitter (@EvidenceAid), on our Facebook page (Evidence Aid), via the website [<http://www.evidenceaid.org>], and on LinkedIn (Evidence Aid). If you would like to contact us by e-mail, please write to [info@evidenceaid.org](mailto:info@evidenceaid.org).

Please share this newsletter with your friends and colleagues and ask them to let Jane Higgins ([jhiggins@evidenceaid.org](mailto:jhiggins@evidenceaid.org)) know if they would like to receive it directly in the future, so that we can add them to the distribution list.

We hope you've found this bulletin to be informative and helpful. If you would prefer not receive further bulletins, please let us know.

With best wishes

The Evidence Aid team

*(Claire Allen, Mike Clarke, Jane Higgins, and Jeroen Jansen)*