

# Cultural Adaptation of Group Problem Management Plus (PM+) in Nepal

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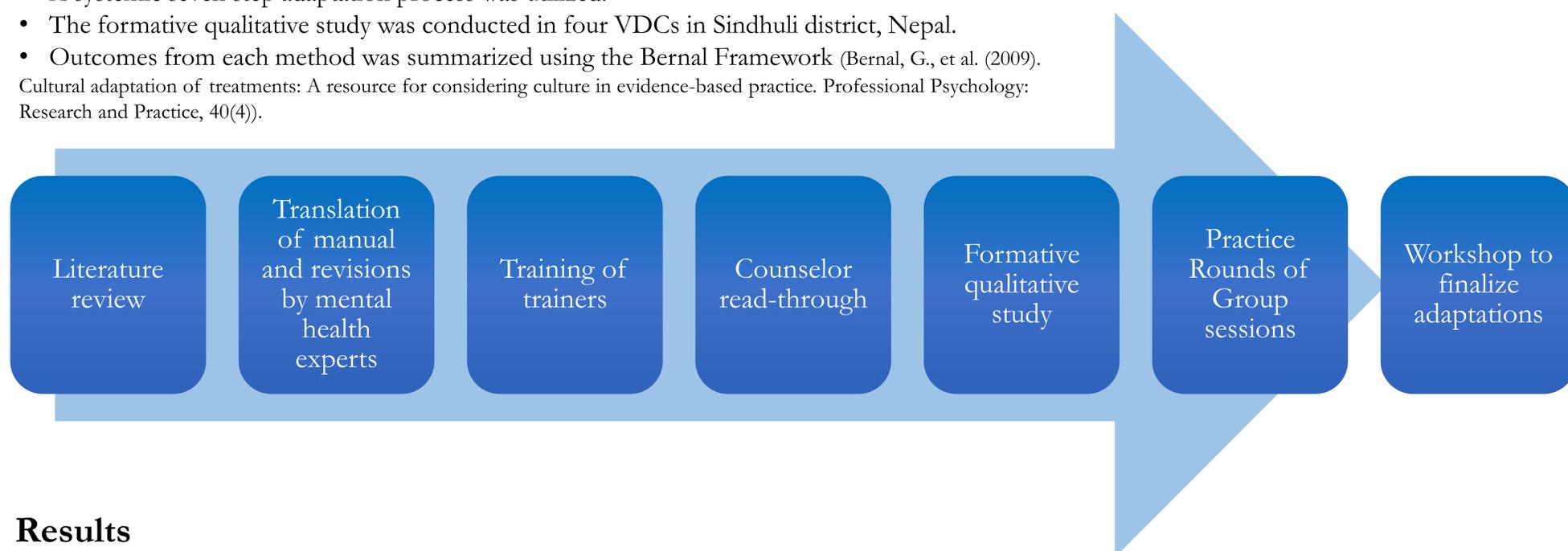
## Introduction

- Problem Management Plus (PM+) is a 5-session psychological intervention developed by WHO, delivered by lay-providers to adults with general distress.
- *Individually* delivered PM+ has shown efficacy in Pakistan and Kenya
- *Group* delivered PM+ will be evaluated through cluster randomized controlled trials (c-RCTs) in Nepal
- Before delivering Group PM+ in Nepal, the manual, clinical materials, and research design must be adapted to fit Nepal's cultural context.

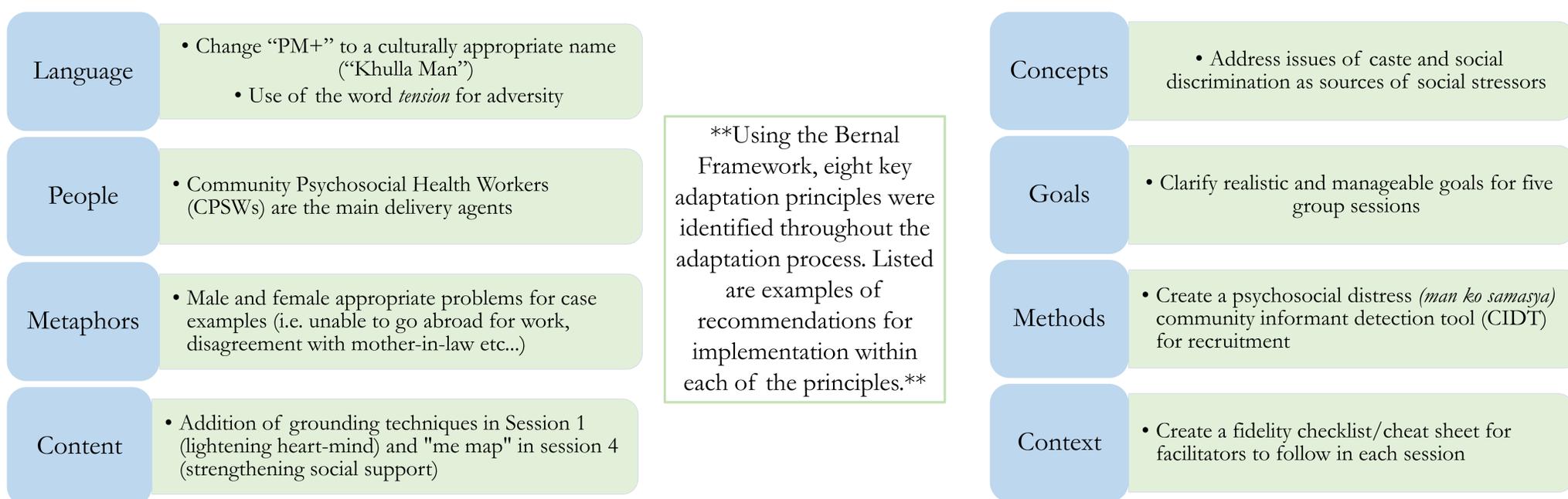
## Methods

- A systemic seven step adaptation process was utilized.
- The formative qualitative study was conducted in four VDCs in Sindhuli district, Nepal.
- Outcomes from each method was summarized using the Bernal Framework (Bernal, G., et al. (2009).

Cultural adaptation of treatments: A resource for considering culture in evidence-based practice. *Professional Psychology: Research and Practice*, 40(4).



## Results



\*\*The linkages between each PM+ session and the causes and effects of *tension* were identified through the systemic adaptation process.\*\*



## Conclusion

- This approach to cultural adaptation is systematic with a guided conceptual framework that can be used for rapid contextualization in humanitarian settings.
- Of the seven steps, the practice rounds of group sessions were found to be the most helpful for adaptation.
- The Group PM+ manual and other clinical materials are currently being tested in Sindhuli, Nepal in a pilot trial before the c-RCT.

## Contact

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