

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 trough 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)).

Literature review

Translation
of manual
and revisions
by mental
health
experts

Training of trainers

Counselor read-through

Formative qualitative study

Practice
Rounds of
Group
sessions

Workshop to finalize adaptations

Results

Language

- Change "PM+" to a culturally appropriate name ("Khulla Man")
 - Use of the word tension for adversity

People

• Community Psychosocial Health Workers (CPSWs) are the main delivery agents

Metaphors

• Male and female appropriate problems for case examples (i.e. unable to go abroad for work, disagreement with mother-in-law etc...)

Content

• Addition of grounding techniques in Session 1 (lightening heart-mind) and "me map" in session 4 (strengthening social support)

**Using the Bernal
Framework, eight key
adaptation principles were
identified throughout the
adaptation process. Listed
are examples of
recommendations for
implementation within
each of the principles.**

Concepts

• Address issues of caste and social discrimination as sources of social stressors

Goals

• Clarify realistic and manageable goals for five group sessions

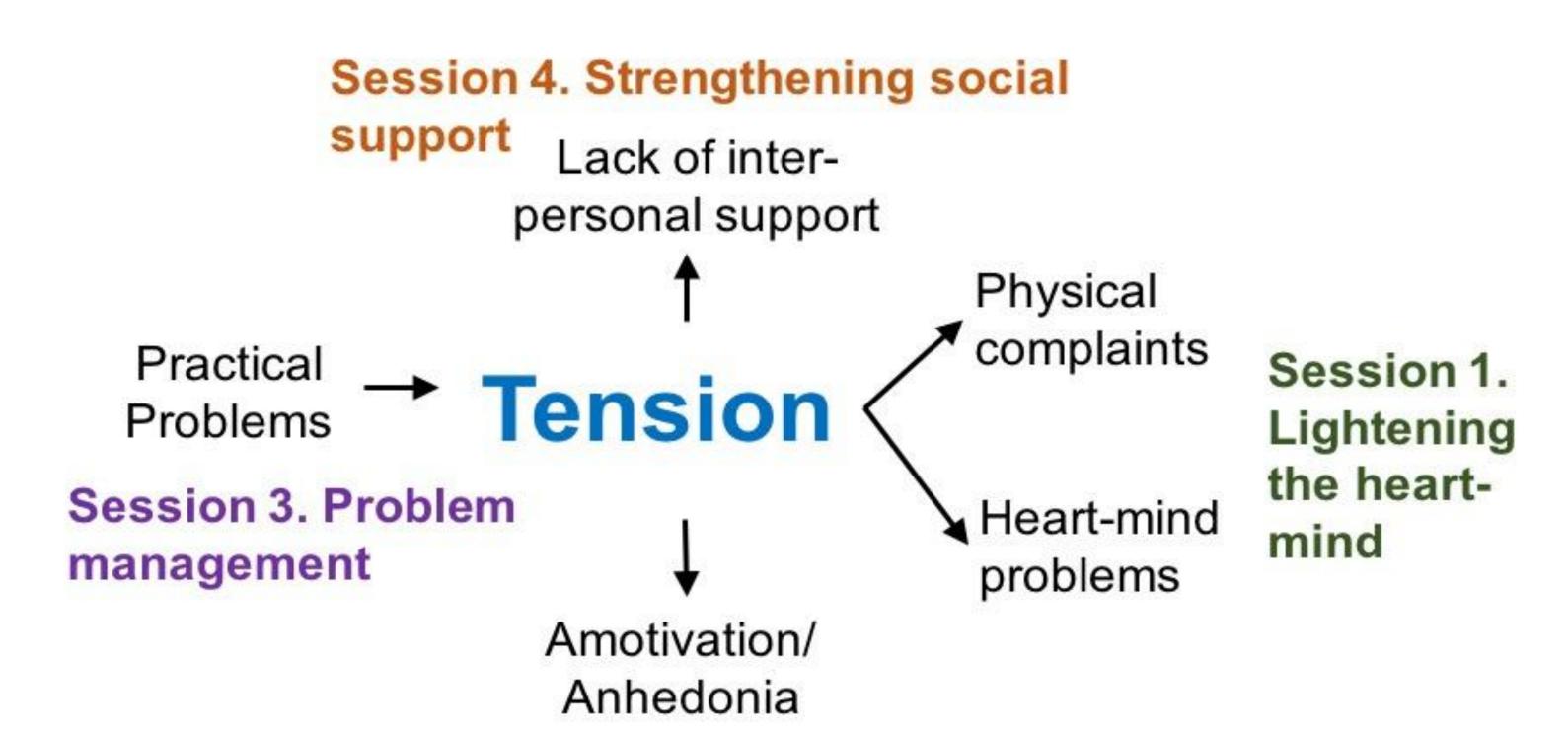
Methods

• Create a psychosocial distress (man ko samasya) community informant detection tool (CIDT) for recruitment

Context

• Create a fidelity checklist/cheat sheet for facilitators to follow in each session

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



Session 2. Get Going, Keep Doing

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.

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