



GROUP PROBLEM MANAGEMENT PLUS (GROUP PM+)

Group psychological help for adults impaired by distress
in communities exposed to adversity

Generic field-trial version 1.0, 2020
Series on Low-Intensity Psychological Interventions – 4



**World Health
Organization**

GROUP PROBLEM MANAGEMENT PLUS (GROUP PM+)

Group psychological help for adults impaired by distress
in communities exposed to adversity

Generic field-trial version 1.0, 2020
Series on Low-Intensity Psychological Interventions – 4



**World Health
Organization**

Group Problem Management Plus (Group PM+): group psychological help for adults impaired by distress in communities exposed to adversity (generic field-trial version 1.0)

ISBN 978-92-4-000810-6 (electronic version)

ISBN 978-92-4-000811-3 (print version)

© World Health Organization 2020

Some rights reserved. This work is available under the Creative Commons Attribution-NonCommercial-ShareAlike 3.0 IGO licence (CC BY-NC-SA 3.0 IGO).

Under the terms of this licence, you may copy, redistribute and adapt the work for non-commercial purposes, provided the work is appropriately cited, as indicated below. In any use of this work, there should be no suggestion that WHO endorses any specific organization, products or services. The use of the WHO logo is not permitted. If you adapt the work, then you must license your work under the same or equivalent Creative Commons licence. If you create a translation of this work, you should add the following disclaimer along with the suggested citation: “This translation was not created by the World Health Organization (WHO). WHO is not responsible for the content or accuracy of this translation. The original English edition shall be the binding and authentic edition”.

Any mediation relating to disputes arising under the licence shall be conducted in accordance with the mediation rules of the World Intellectual Property Organization. (<http://www.wipo.int/amc/en/mediation/rules/>)

Suggested citation. Group Problem Management Plus (Group PM+): group psychological help for adults impaired by distress in communities exposed to adversity (generic field-trial version 1.0). Geneva: World Health Organization; 2020. Licence: [CC BY-NC-SA 3.0 IGO](#).

Cataloguing-in-Publication (CIP) data. CIP data are available at <http://apps.who.int/iris>.

Sales, rights and licensing. To purchase WHO publications, see <http://apps.who.int/bookorders>. To submit requests for commercial use and queries on rights and licensing, see <http://www.who.int/about/licensing>.

Third-party materials. If you wish to reuse material from this work that is attributed to a third party, such as tables, figures or images, it is your responsibility to determine whether permission is needed for that reuse and to obtain permission from the copyright holder. The risk of claims resulting from infringement of any third-party-owned component in the work rests solely with the user.

General disclaimers. The designations employed and the presentation of the material in this publication do not imply the expression of any opinion whatsoever on the part of WHO concerning the legal status of any country, territory, city or area or of its authorities, or concerning the delimitation of its frontiers or boundaries. Dotted and dashed lines on maps represent approximate border lines for which there may not yet be full agreement.

The mention of specific companies or of certain manufacturers' products does not imply that they are endorsed or recommended by WHO in preference to others of a similar nature that are not mentioned. Errors and omissions excepted, the names of proprietary products are distinguished by initial capital letters.

All reasonable precautions have been taken by WHO to verify the information contained in this publication. However, the published material is being distributed without warranty of any kind, either expressed or implied. The responsibility for the interpretation and use of the material lies with the reader. In no event shall WHO be liable for damages arising from its use.

Graphic design and layout: Alessandro Mannocchi

Contents

PREFACE.....	v
ACKNOWLEDGEMENTS	vi
CHAPTER 1: BACKGROUND.....	1
CHAPTER 2: THE GROUP PM+ INTERVENTION.....	20
CHAPTER 3: BASIC HELPING SKILLS.....	22
CHAPTER 4: GROUP PM+ ASSESSMENTS	34
CHAPTER 5: UNDERSTANDING PM+ AND MANAGING STRESS (SESSION 1).....	42
CHAPTER 6: MANAGING PROBLEMS (SESSION 2).....	61
CHAPTER 7: GET GOING, KEEP DOING (SESSION 3).....	71
CHAPTER 8: STRENGTHENING SOCIAL SUPPORT (SESSION 4)	86
CHAPTER 9: STAYING WELL AND LOOKING FORWARD (SESSION 5).....	105
CHAPTER 10: POST-INTERVENTION ASSESSMENT.....	115
APPENDIX A: PRE-GROUP PM+ ASSESSMENT	120
APPENDIX B: DURING-GROUP PM+ ASSESSMENT	132
APPENDIX C: POST-GROUP PM+ ASSESSMENT	136
APPENDIX D: ASSESSING AND RESPONDING TO THOUGHTS OF SUICIDE IN GROUP PM+	141
APPENDIX E: HELPFUL HINTS AND FACILITATORS' NOTES	143
APPENDIX F: GROUP PM+ POSTERS	157
APPENDIX G: PARTICIPANT HANDOUTS	171
APPENDIX H: HELPING OTHERS – CASE EXAMPLES.....	178
APPENDIX I: CASE EXAMPLE – FEMALE	184
APPENDIX J: CASE EXAMPLE – MALE	218

Preface

With the unprecedented increase in humanitarian emergencies in recent years, growing numbers of people are facing adverse living conditions and are at risk of developing mental health problems. Recently WHO has sought to meet the needs of people experiencing mental distress and impairment through the publication of the intervention *Problem Management Plus (PM+): Individual psychological help for adults impaired by distress in communities exposed to adversity*. The defining feature of this manual – which was developed to help one individual at a time – is that it was designed to support adults impaired by distress, regardless of the specific mental health problem they are experiencing. This means that more people can be helped through a single brief psychosocial intervention. Secondly, it comprises evidence-based strategies adapted so that they can be delivered by supervised non-specialist providers after brief training. This is critical if we want to bridge the gap between mental health problems and access to effective care. In many settings where mental distress is high due to adversity there is a lack of psychosocial support, including a lack of mental health professionals.

Since the publication of this manual, PM+ has been implemented in many countries. While the overall feedback has been positive, there have been requests for a group version and, as a result, WHO has developed this new manual. The provision of PM+ in a group format allows for greater reach and acceptability in many community settings. Delivering the intervention to groups of people also fosters social engagement and support, which is a critical factor in maintaining good mental health and well-being. It is expected that Group PM+ will enable more people to receive quality care.

Group PM+ is designed for adults impaired by psychological distress and can be delivered by non-specialist professionals following brief training and with ongoing supervision. It draws on the same therapeutic strategies as the individual version of PM+ and is delivered over five two-hour sessions. The effectiveness and feasibility of Group PM+ has been shown through randomized controlled trials conducted in Pakistan and Nepal.

With this manual, and following cultural adaptation, governments and civil society will be better equipped to respond to and manage common mental health problems for adults affected by adversity.

Dévora Kestel

Director

Department of Mental Health and Substance Use, WHO, Geneva

Acknowledgements

Project coordination

The PM+ project has been coordinated by Mark van Ommeren (Unit Head of the Mental Health Unit in the Department of Mental Health and Substance Use) under the direction of Shekhar Saxena (until 2018) and Dévora Kestel (from 2019) as part of the WHO Series on Low-Intensity Psychological Interventions.

Writing

This manual has been written by Katie Dawson (University of New South Wales (UNSW)).

Review

(with affiliation at time of review)

Ceren Acarturk (Istanbul Sehir University), Aemel Akhtar (UNSW), Parveen Akhtar (Human Development Research Foundation), Richard Bryant (UNSW), Ken Carswell (WHO), Anna Chiumento (University of Liverpool), Rachel Cohen (Common Threads), Chris Dorwick (University of Liverpool), Julian Eaton (CBM International), Renasha Ghimire (Transcultural Psychosocial Organization (TPO) Nepal), Elise Griede (War Child Holland), Pernille Hansen (Duduza), Mahmoud Hemmo (University of Zurich), Mark Jordans (War Child Holland), Amy Joscleyne (New York University), Dévora Kestel (WHO), Naseem Khan (Khyber Medical University), Berit Kieselbach (WHO), Daniel Lawrence (University of Liverpool), Yoo Ree Lee (Northwestern University), Aiysha Malik (University of Oxford), Aqsa Masood (Human Development Research Foundation), Hadeel Naser (International Medical Corps), Huma Nazir (Human Development Research Foundation), Lincoln Ndogoni (World Vision Kenya), Brian Ogallo (WHO), Bhava Poudyal (International Committee of the Red Cross, Azerbaijan), Atif Rahman (University of Liverpool), Sabine Rakotomala (UNICEF), Rebecca Rawlinson (University of Liverpool), Manaswi Sangraula (TPO Nepal), Alison Schafer (WHO), Pragya Shrestha (TPO Nepal), Marit Sijbrandij (Vrije Universiteit (UV) Amsterdam), Carmen Valle (CBM International), Edith van 't Hof (WHO), Sarah Watts (University of Sydney), Inka Weissbecker (International Medical Corps), Mike Wessells (Columbia University) and Ross White (University of Glasgow).

预览已结束，完整报告链接和二维码如下：

https://www.yunbaogao.cn/report/index/report?reportId=5_24416

