**Title**: Evaluating the Feasibility and Acceptability of Problem Management Plus (PM+) with an Emotional Processing Module for Refugee Youth: A Pilot Randomized Controlled Trial

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**Background:** Refugee youth face significant mental health challenges from the potentially traumatic experiences in their homelands and during displacement, leading to higher rates of common mental disorders. The World Health Organization (WHO) developed Problem Management Plus (PM+), a brief intervention delivered by non-specialists to support people who have faced adversity. PM+ includes problem-solving, stress management, behavioral activation, and social support, but lacks a trauma-processing component essential for trauma-exposed populations.

**Objective:** This pilot randomized controlled trial (RCT) assesses the feasibility and acceptability of PM+ adapted for refugee youth (ages 16-25) living in the Netherlands. It also evaluates the impact of a new Emotional Processing (EP) Module for trauma processing within PM+.

**Methods:** A single-blind pilot RCT with three arms was conducted. Participants were randomized into PM+ with care-as-usual (CAU), PM+ with the EP Module and CAU, and CAU only. Eligible participants reported psychological distress (K10 > 15) and impaired functioning (WHODAS > 16). Assessments occurred at baseline, one week post-intervention, and three-month follow-up. The primary outcome is the feasibility of the intervention, and the secondary outcomes include psychological distress, post-traumatic stress disorder (PTSD) symptom severity, and self-identified problems. A process evaluation was carried out using qualitative interviews.

**Results:** To date, 44 of 64 screened participants have been randomized, with recruitment ongoing until December 2024. Finalized analyses will be presented at the symposium.

**Conclusions:** This trial is the first to evaluate PM+ with an integrated emotional processing module for young refugees, aiming to inform larger trials and future adaptations.