**Title:** A scalable psychological intervention with a traumatic stress module: A feasibility randomised controlled trial and process evaluation in Sweden

**Authors**: Aemal Akhtar1, Cansu Alozkan2,3, Shervin Shahnavaz4, Marit Sijbrandij2,3, Ellenor Mittendorfer-Rutz1, Erica Mattelin5,6

1 Department of Clinical Neuroscience, Division of Insurance Medicine, Karolinska Institutet, Stockholm, Sweden

2 Department of Clinical, Neuro- and Developmental Psychology, WHO Collaborating Center for Research and Dissemination of Psychological Interventions, Vrije Universiteit Amsterdam, Amsterdam, The Netherlands;

3 Amsterdam Public Health Research Institute, Amsterdam, The Netherlands;

4 Centre for Psychiatry Research, Department of Clinical Neuroscience, Karolinska Institutet, & Stockholm Health Care Services, Region Stockholm, Sweden

5 Save the Children, Stockholm, Sweden

6 Child Health and Parenting (CHAP), Department of Public Health and Caring Sciences, Uppsala University, Uppsala, Sweden

**Background:** Forcibly displaced populations face elevated risks of common mental disorders (CMDs), exacerbated by post-migration stressors. Sweden has seen rising rates of community violence, potentially increasing traumatic stress in these vulnerable groups. Scalable psychological interventions like Problem Management Plus (PM+) can expand service provision and effectively reduce CMD symptoms. A novel emotional processing module (PM+EP) targeting traumatic stress has been developed to complement PM+, but the feasibility of the module has yet to be been explored.

**Objective:** The objectives of this study are to determine the feasibility, safety, and acceptability of implementing PM+ and PM+EP in Sweden.

**Method:** This mixed-method study consists of two research phases: (1) a three-armed feasibility randomised controlled trial (RCT); (2) a qualitative process-evaluation. The RCT will include 60 participants randomised to receive either PM+EP, PM+, or enhanced treatment as usual. Participants are forcibly displaced individuals aged 16-25 residing in Sweden, experiencing elevated psychological distress and impaired functioning. Outcomes include PTSD, depression, and anxiety symptoms, personally identified problems, wellbeing, and agency. The process evaluation will explore experiences of participants, intervention staff, and key informants regarding PM+EP implementation feasibility in Sweden.

**Results:** Preliminary results of the study will be presented. The feasibility RCT is currently underway, with 15 participants randomised. Recruitment will be finalised by February 2025, with the process-evaluation taking place throughout.

**Discussion:** Study findings will be discussed in terms of potential implementation of scalable psychological programmes among forcibly displaced populations residing in high-income countries.