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# RE-SHIFT: DISMANTLING, REDIALING, PERSONALIZING, AND IMPLEMENTING TASK SHIFTING PSYCHOSOCIAL INTERVENTIONS TO TREAT AND PREVENT COMMON MENTAL DISORDERS IN LOW-RESOURCE SETTINGS

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## *Welcome to RE-SHIFT*

BY DR. DAVIDE PAPOLA MD, PhD

Dear Reader,

you are reading the first edition of the RE-SHIFT Newsletter. In order to keep people informed about the project I am pursuing I have decided to publish an edition of the newsletter every four months during the duration of the entire project. If you haven't checked in with me lately, I think that you will be excited about the wonderful things happening in the RE-SHIFT world.

I hope to hear from you and receive your feedback!

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## Getting started

RE-SHIFT is a EU-funded Marie Skłodowska-Curie project, with a three-year program of research and training, conducted by me, Dr. Davide Papola, MD, PhD.

The project is hosted at the WHO Collaborating Centre for Research and Training in Mental Health and Service Evaluation Department of Neuroscience, Biomedicine and Movement Sciences, Section of Psychiatry, University of Verona (UNIVR, Italy) and at the Department of Global Health and Social Medicine of Harvard Medical School (Harvard University, Boston, MA, US). Research and training will be supervised by Prof. Corrado Barbui (main supervisor) and by Prof. Vikram Patel (supervisor for the outgoing phase), both renowned scholars in the Global Mental Health field.

RE-SHIFT officially set sail on October 1st, 2022, the day I arrived in Boston and joined the "Mental Health For All Lab" (MHFAL), the research group of Prof. Patel.

Upon kind invitation of Prof. Patel, in January 2023 RE-SHIFT traveled to India to familiarize more closely with the global mental health environment and enthusiastically meet people working for Sangath, a non-governmental, not-for-profit organisation based in Goa and other Indian states, committed to improving health across the life span by empowering existing community resources.

From 9 to 13 January 2023 I participated in the "Leadership in Mental Health Course" (LMH) in Goa, where the pictures featured in this first newsletter were taken.



Group work during the LMH course (Goa)

**"Mental health is a state of mental well-being that enables people to cope with the stresses of life, realize their abilities, learn well and work well, and contribute to their community"**

**WHO, 2022**

## *What RE-SHIFT is about?*

For those of you who don't know what RE-SHIFT is about, RE-SHIFT focuses on preventing and treating common mental disorders in people living in low-resource settings. It aims at (a) dismantling psychosocial interventions delivered by non specialist providers into their components, (b) evaluating each component efficacy and recombining the most effective components into a novel task shifting psychosocial intervention, and (c) implementing findings through a worldwide coverage e-learning platform.

RE-SHIFT will also develop a publicly available calculator to estimate the efficacy of each component based on individual participant characteristics.

Starting from an analysis of individual participant data from all randomized controlled trials conducted in the field of global mental health available on the matter, RE-SHIFT will pioneer a sophisticated study design to unravel which components work best and for whom, identifying at the same time how participant, provider and delivery characteristics moderate the outcome and how beneficial effects of the psychosocial task shifting interventions are mediated. With this information it will be possible to tailor interventions according to the specific needs of diverse populations, allowing the "RE-SHIFTing" of available resources to the best of their use.

## *RE-SHIFT PARTNERS*



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