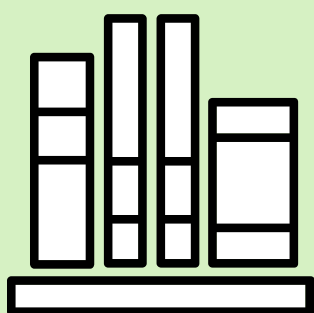




# OUR PILOT RESULTS

## PREMISE OF INTERVENTION



In light of the ongoing struggles and recent COVID pandemic that Lebanese, Syrian, and Palestinian adolescents have had to endure, the implementation of **psychosocial services** is crucial.

The **app "Helping Hands"** has been created to help adolescents between the **ages of 13 and 17** access the necessary tools to **better** their **mental wellbeing** through a 10-session gamified Cognitive Behavioral Therapy (CBT) based application.

## A STUDY TESTING CHANGES IN WELLBEING AFTER USING THE APP

A study conducted by **Dr. Solfrid Ranknes** (2020) measured the wellbeing of **20 displaced adolescents living in the Beqaa Valley, Lebanon**, **before and after** completing **10 psychosocial sessions** using the "Helping Hands" app.



A questionnaire was given to each student to track engagement and self-reported experiences after each session using the app (Raknes, 2020).

## HELPING HANDS' GOALS



Through completing the application, youth gain the socio-emotional skills that enable them to:

- Implement healthy coping strategies
- Develop tools for self regulation
- Improve emotional problem-solving skills
- Identify and address negative thought patterns

## RESULTS AND CHALLENGES

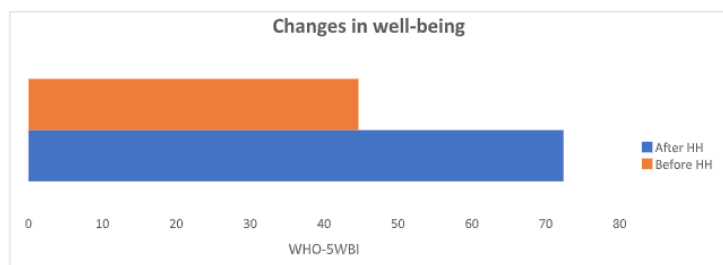
**Significant improvements** in participant **mental being** were reported after completing the program with the "Helping Hands" app.

**This is a positive indicator for promising outcomes** if the intervention is implemented on a larger scale.

- The program includes **listening features** for those that are **illiterate**, allowing them to complete the necessary activities.
- A **challenge** lies in the **poor internet connection** and **lack of available electronics**, for use, on campus.



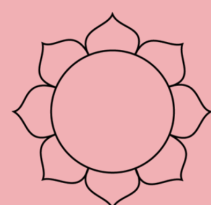
The change in well-being from pre- to post PSS sessions, as shown in Figure 2, is significant: On a one-way ANOVA the F-ratio value is 83.38403. The p-value is < .00001. The result is significant at  $p < .05$ . The effect size assessed in Cohen's  $d = (724 - 447) / 960.774948 = 0.288$ , hence a positive, small effect size.



**Figure 2.** Well-being, as reported by the Syrian displaced adolescents (n=20), was significantly higher on the WHO (five) well-being index after the adolescents had used the app.

PARTICIPANT	PRE	POST	CHANGE
<b>Total (N = 20)</b>	44,7	72,4	+ 27,7
<b>Boys (n = 8)</b>	48,5	75,0	+ 26,5
<b>Girls (n = 12)</b>	42,1	70,7	+ 28,6

**Table 1.** Well-being, as reported by the Syrian displaced adolescent (N=20), on the WHO (five) well-being index (WHO-5WBI) after having used the Helping Hand app.



**elgorithm**  
FUELING SOCIAL IMPACT

*IN COLLABORATION WITH DR. RAKNES, FOUNDER OF HELPING HANDS*

