

# Suicide and Self-harm in Nigeria: a Patient and Public Involvement (PPI) activity to co-develop Learning Through Play plus Culturally adapted Manual Assisted brief Psychological Intervention for refugee mothers

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## Introduction

- Maternal mental health constitutes an integral part of global health burden disease (Jidong et al., 2021).
  - Depressed mothers are emotionally distressed with high risk of self-harm.
  - Postnatal depression is more challenging for refugee mothers
  - Children lack adequate developmental support due to mothers' postnatal depression.
- Our PPI activities explore the possibilities of co-developing Learning Through Play plus Culturally adapted Manual Assisted Brief Psychological Intervention (LTP+CMAP) for Refugee Mothers with History of Self-harm in Nigeria
- LTP+CMAP is evidence-based, ecologically friendly, co-developed, manualised and sustainable. It can be delivered by non-mental health specialists such as trained community-health-workers who are more culturally knowledgeable (Notiar et al., 2021).

## PPI Research Question

- How can we reflect the patients and public needs/perspectives in the LTP+CMAP guide?
- What are the cultural appropriateness, possible best practices and ways to improve LTP+CMAP guide?

## Aims/Objectives

- To implement recommendations that will be made during the PPI events.
- To co-design and develop the LTP+CMAP guide to reflect the Nigerian cultural values.

## Method

Design	Sample	Instruments
<b>PPI activities to facilitate LTP+CMAP's:</b> <ul style="list-style-type: none"> <li>Consultations</li> <li>Collaborations</li> <li>User-controlled</li> </ul>	<ul style="list-style-type: none"> <li>N = 40 refugee mother-child pairs</li> </ul>	<ul style="list-style-type: none"> <li>Audio digital recorder (e.g., for note taking)</li> </ul>

## Inclusion Criteria

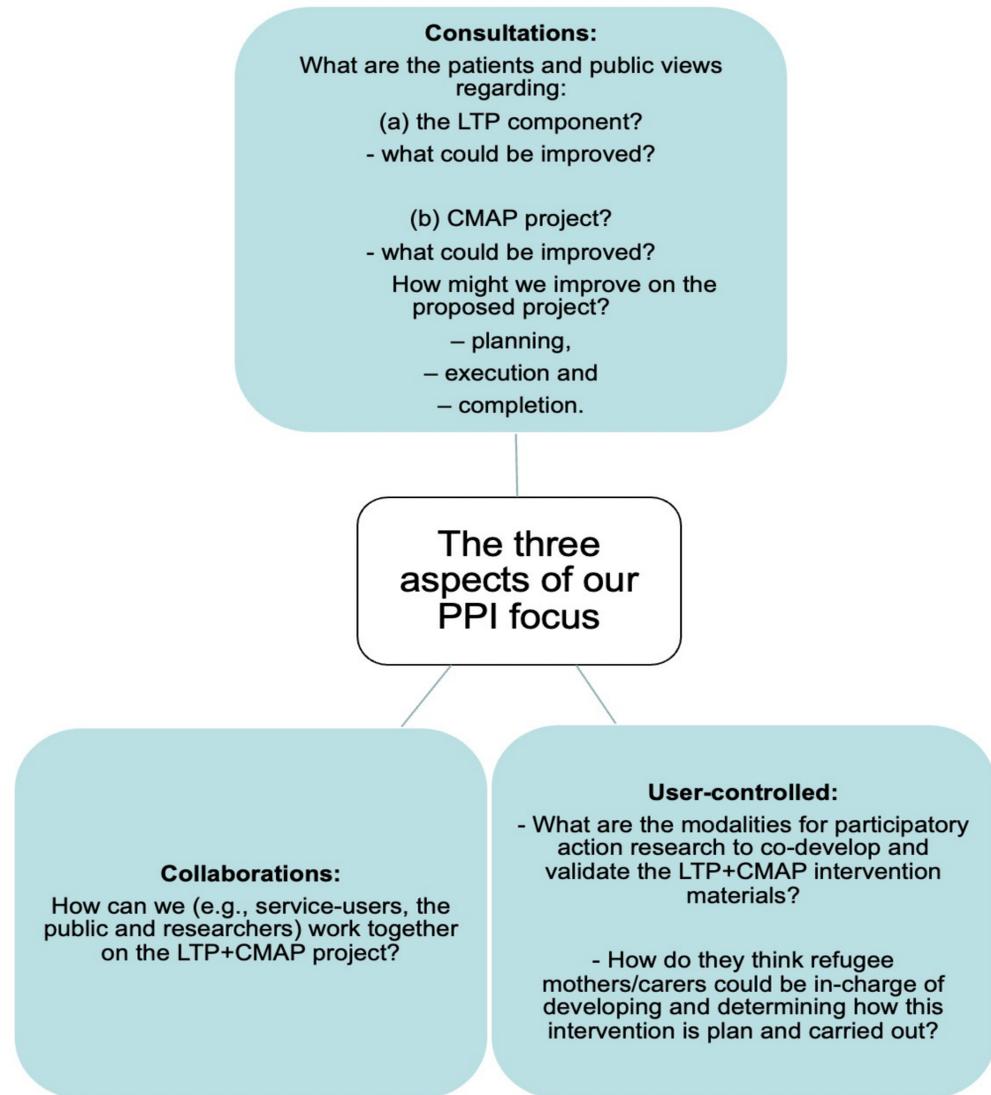
### Only refugee mothers who:

- are 18 years+ from the designated Nigerian host-communities.
- have a child/children between ages 0-6 years.
- have history of self-harm or suicidal ideation.
- are experiencing postnatal depression.
- able to give informed consent for the PPI activities.

## Research Team

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## PPI Chart



## Anticipated Outcomes

- The proposed PPI events will help us evaluate and prioritise our areas of focus regarding the LTP+CMAP project and be beneficial in the amendments of the proposed intervention plans and designs.
- We will collaborate continuously with the PPI network at different stages of developing/implementing LTP+CMAP. For example, our PPI network would continue to help evaluate the LTP+CMAP guide and be invited to offer inputs about the next steps.

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## Selected References

- Jidong, D.E., Husain, N., Roche, A. et al (2021). Psychological interventions for maternal depression among women of African and Caribbean origin: a systematic review. *BMC Women's Health*.
- Notiar, A., Jidong, D.E., Hawa, F. et al (2021). Treatment of maternal depression in low-income women: A feasibility study from Kilifi, Kenya. *International Journal of Clinical Practice*.