

Psychological first aid delivered by non-specialists in acute displacement

Plain-language research summary

Study type	Controlled study
Published in	Humanitarian Health Review
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The finding, in one sentence

Non-specialist delivery matched specialist outcomes at three months on two of three measures, and was available roughly nine weeks sooner.

How the study was done

- Non-specialist staff received two days of training and weekly supervision.
- Comparison was against specialist-delivered care in a comparable displacement setting.

What it showed

- Speed of availability may matter more than the seniority of the person delivering it.
- The measure where specialists outperformed was the one involving complex grief, which argues for referral pathways rather than for replacing specialists.

What it does not show

- Follow-up was three months. Nothing here speaks to durability beyond that.
- Participants were self-referred, so those least likely to seek help are underrepresented.

Independence

We do not commission our own evaluations and do not hold approval rights over findings. Where a study has shown our work to be ineffective, it is published alongside the rest.