



DAYARA: Developing and testing An intervention to promote psYchological wellbeing
Among Scheduled TRibe communities in Andhra Pradesh – January 2025

FACTS:

- More than 104 million of India's population belongs to Scheduled Tribe communities (approximately 8%).
- This population has poorer health and social indicators compared to other social groups and about 35% live below the poverty line.
- A national survey of adults (≥ 45 years) found 4.8% of the Scheduled Tribe population had depression.

PROJECT CYCLE:

2024 – 2029

SUPPORTERS:

DBT/Wellcome Trust,
India Alliance

PRINCIPAL INVESTIGATOR:

Ankita Mukherjee

BACKGROUND:

- Scheduled Tribe communities are exposed to a combination of social, economic and environmental factors that may affect their mental health and wellbeing.
- Improving protective factors that support mental wellbeing can help reduce the burden of mental health issues, especially in remote tribal areas with limited access to psychiatric care.
- Mental health promotion (MHP) focuses on improving overall health and psychological wellbeing rather than treating illness. It aims to build skills and resilience while addressing the broader factors that influence mental health.
- There are critical knowledge gaps in understanding the mental health needs of tribal communities and limited evidence of appropriate mental health promotion interventions.

AIM:

- To co-create and test the feasibility and acceptability of a culturally relevant, peer-led mental health promotion intervention for Scheduled Tribe communities to improve their psychological wellbeing.

METHODS:

- An Expert Advisory Group will advise on the development of the intervention.
- The intervention will focus on three areas: competency enhancement through a mental health promotion toolkit; improving access to social entitlements; and using art and culture for wellbeing. Peers, or 'community champions', will deliver the intervention.
- A qualitative study will be undertaken to understand the acceptability and feasibility of the intervention.
- A pre-post test with two standardised tools (WHOQOL-BREF and WHO-5) will be used to assess any changes in scores before and after the intervention.

IMPACT

- Improved understanding of the mental health needs of Scheduled Tribe communities in the study area.
- Development of a culturally appropriate mental health promotion intervention for Scheduled Tribe communities.
- Improved mental health and wellbeing among communities served by the intervention.

CONTACT:

To find out more about this project, its investigators or The George Institute please contact
Tina Wall +61 410 411 983 OR
twall@georgeinstitute.org.au

THE GEORGE INSTITUTE FOR GLOBAL HEALTH:

We're improving the lives of millions of people worldwide through innovative health research. Working across a broad health landscape, the Institute conducts clinical, population and health system research aimed at changing health practice and policy worldwide.