Improving Mental Health Outcomes for Survivors of Human Trafficking in Uganda

Researchers are partnering with IPA Uganda to conduct a randomized evaluation to measure whether a mental health program for human trafficking survivors that incorporates yoga, mindfulness techniques, and group discussions improves their mental health, physical, and social well-being.

The exploitative, coercive, and often violent experiences endured by survivors of human trafficking put them at high risk for significant mental health challenges, which can increase the risk of experiencing future human trafficking if unaddressed. In most low-resource settings, survivors of human trafficking do not have access to evidence-based mental health care that is tailored to their needs.
In Uganda, the organization Healing and Resilience after Trauma (HaRT) developed Move with HaRT, a 12-session, weekly mental health intervention for survivors of human trafficking. The program includes breathwork, yoga poses, guided meditations, and themed discussions to increase survivors’ selfhood, ability to trust others, and control over their bodies.

Researchers are partnering with IPA Uganda to conduct a randomized evaluation to measure whether Move with HaRT improves human trafficking survivors’ mental health outcomes and their physical and social well-being. A total of 302 human trafficking survivors were randomly assigned to either receive the Move with HaRT program or services as usual.

Results will be available in 2025 and will inform the feasibility of future implementation and scale-up.

Sources


Partners

THE UNIVERSITY OF ALABAMA
University of Alabama
Healing and Resilience After Trauma (HaRT)

SHiNE
SHiNE Survivor Advisory Group

Dwelling Places

EverFree

Hope for Justice