

Step-by-Step — Refugee-Redesigned Digital Mental Health App, Trialled Nationally in Lebanon

Digital Inclusion · Good practice · Lebanon

Quality score: 92/100

Evidence strength: Randomised controlled trial

Summary

Syrian refugees in Germany, Sweden and Egypt reshaped a WHO self-help app's interface and pacing; a 569-person randomized trial in Lebanon then found it roughly tripled depression treatment response versus usual care.

Key dimensions

Dimension	Score
Innovation level	3/5
Sustainability (ongoing)	1/1
Evaluation evidence	1/1
Demonstrated reach	1/1
Documented learning	1/1

Evaluated by C-NAPSE

Data sources

[C-NAPSE web research](#) — accessed 2026-09-05

[World Health Organization, Lebanon National Mental Health Programme & Vrije Universiteit Amsterdam](#) — accessed 2026-09-05

[PLOS Medicine \(Cuijpers et al. 2022\)](#) — RCT results — accessed 2026-09-05

[Frontiers in Psychiatry \(Burchert et al. 2018\)](#) — user-centred redesign — accessed 2026-09-05

[WHO Step-by-Step programme](#) — accessed 2026-09-05

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