

# What interventions have been shown to improve the quality of life in people who are homeless or have insecure housing?

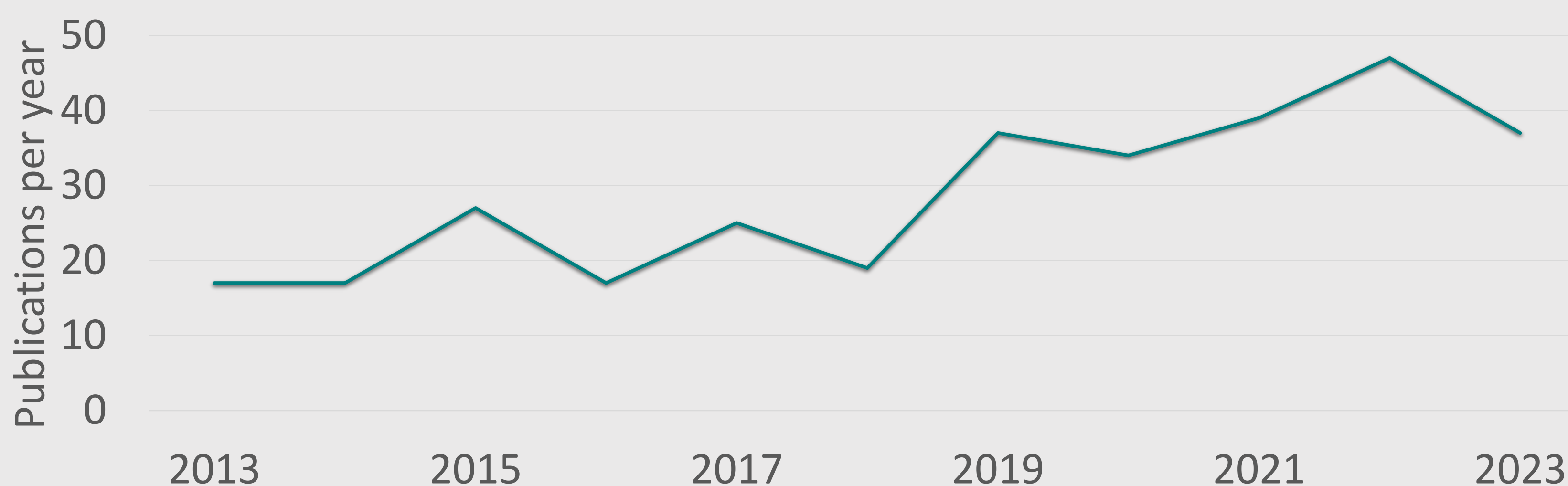
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## Background

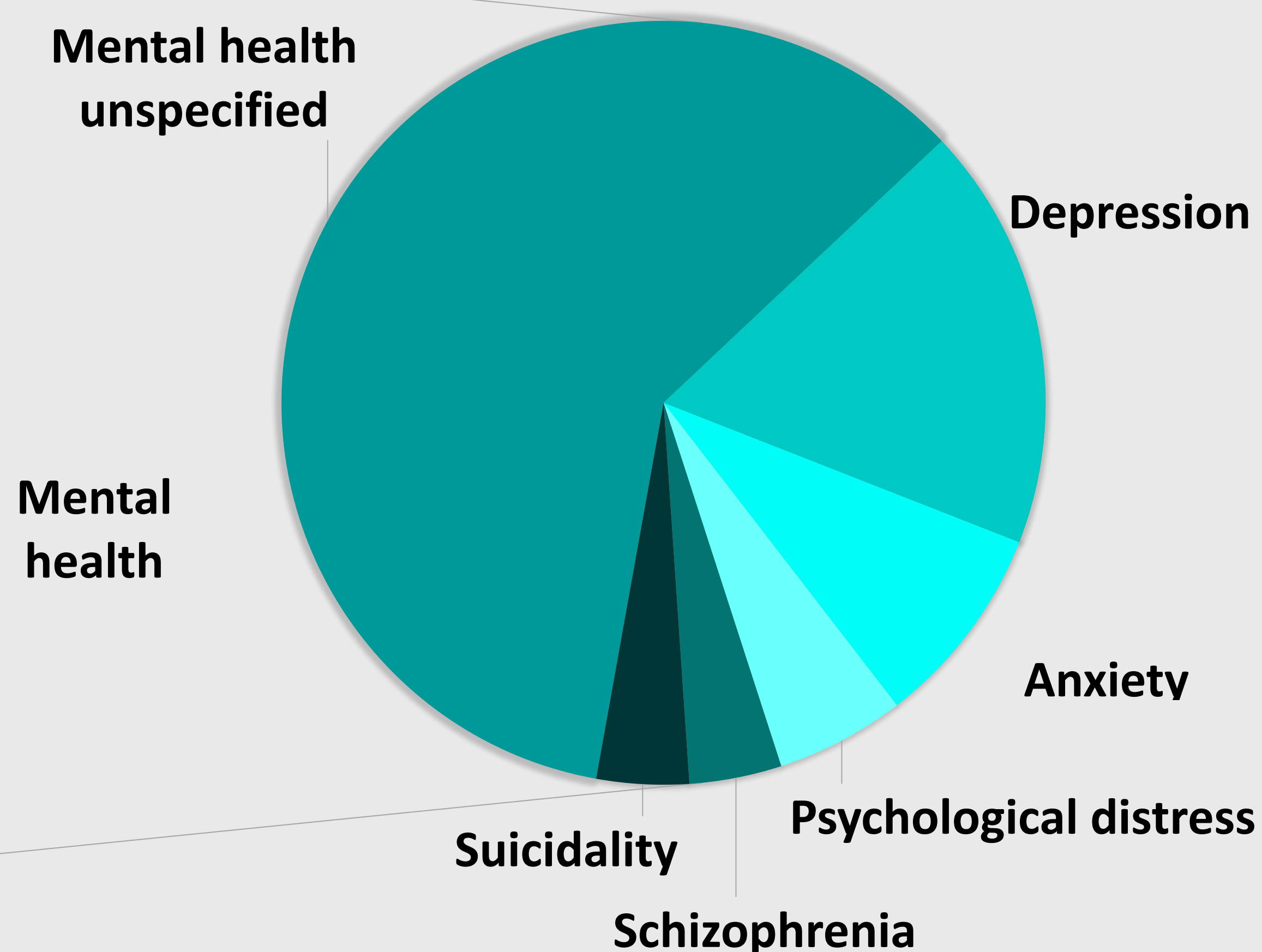
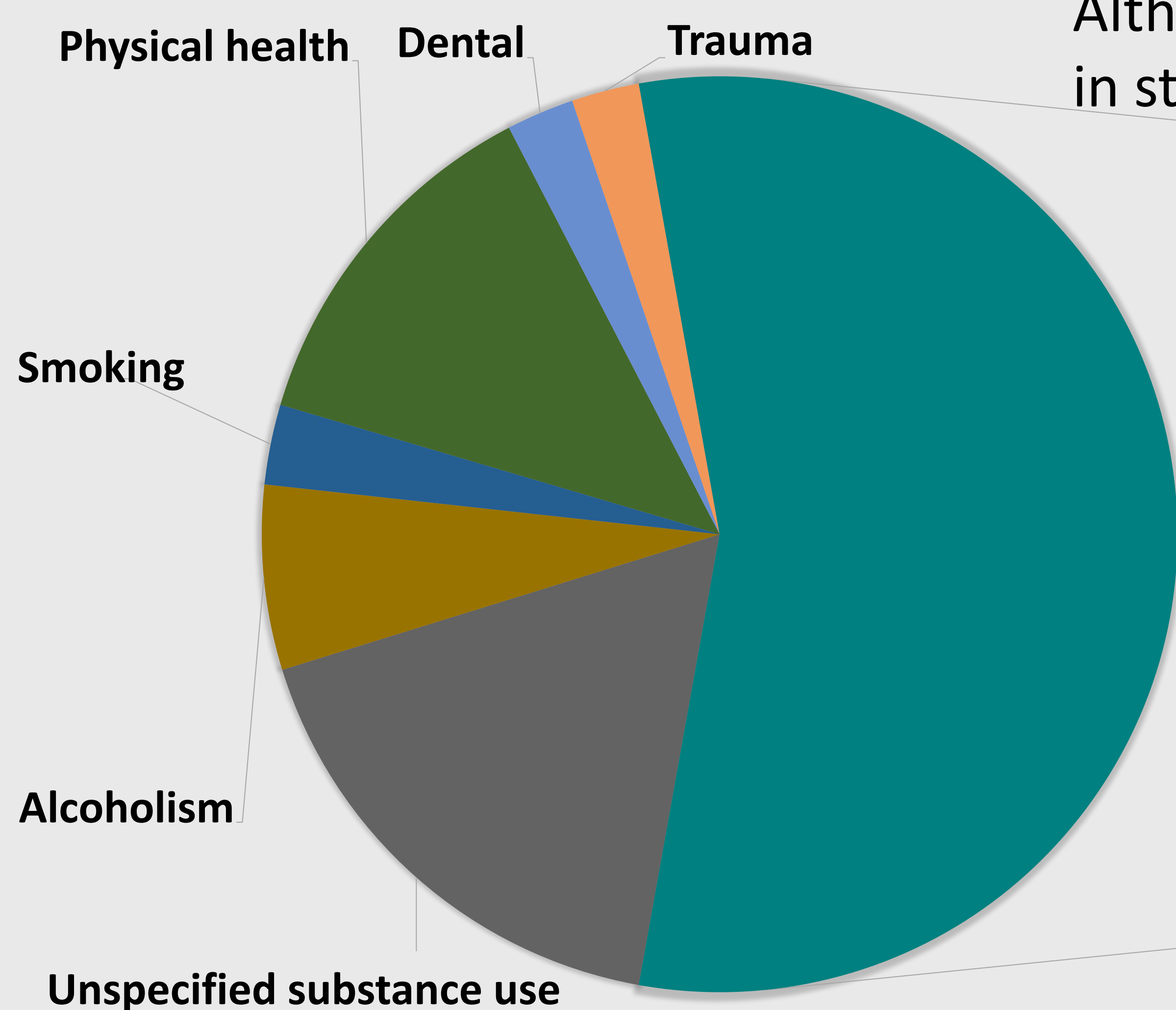
It is estimated that 895,000 people in Europe are homeless or have insecure housing (HIH), which means at least 1 in 600 people are living rough, in temporary accommodation or shelters every night. We wanted to see if there is evidence of 'quick wins' to improve QoL in HIH populations.

## Methods

We conducted a systematic search for studies on quality of life associated with HIH between 2013-2024 and indexed 320 relevant abstracts in an online evidence mapper tool ([www.evidencemapper.co.uk](http://www.evidencemapper.co.uk)).



Although research is relatively sparse, there has been an increase in studies published since 2013.



## Results

- Comorbidities in HIH populations were reported in 289 studies, of which mental health issues were the most common. Despite this, no studies were identified that assessed the QoL impact of pharmacological interventions for mental health.
- Housing support interventions were effective at improving QoL.
- In HIH populations with HIV, providing secure housing improved SF-12 physical component scores at 12 months, however neither improvements in housing nor antiretroviral HIV treatment improved mental component scores at 12 months.
- In the alcohol-dependent HIH population, managed alcohol programs improved both mental and physical QoL scores.

## Conclusions

- Housing support consistently improves QoL in HIH populations.
- Managed alcohol programs can improve physical and mental QoL in HIH people with alcohol use disorder.
- There was little evidence on the impact of pharmacological treatments for comorbidities on QoL in HIH groups.

Given the size of the problem there is a major gap in the evidence on how far pharmacological interventions to address comorbidities can improve QoL in HIH populations. Research suggests improving housing security is a key driver of improved QoL in people who are HIH, but more research is needed on more easily provided interventions to improve mental health in this population while they wait for more secure housing.

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