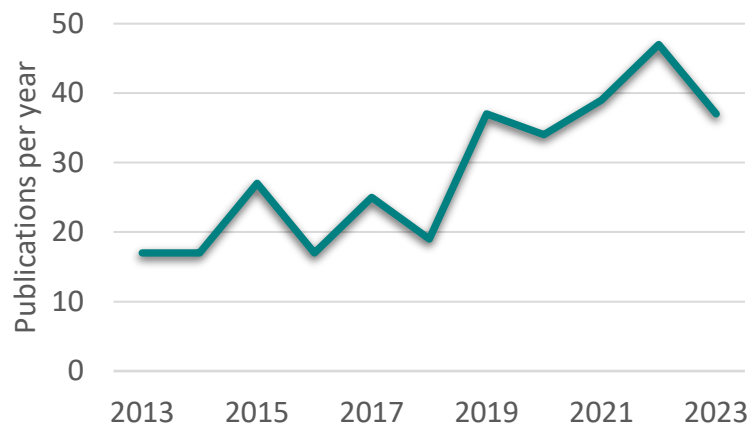


What?

We searched systematically for evidence on quality of life (QoL) in people who are homeless or have insecure housing (HIH) published from 2013 to March 2024, and summarised the 317 studies that focused on this topic in an Evidence Map (<https://maps.evidencemapper.co.uk/free/homelessness-qol/cover/>).

Why?

It is estimated that 895,000 people in Europe are HIH¹, 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.

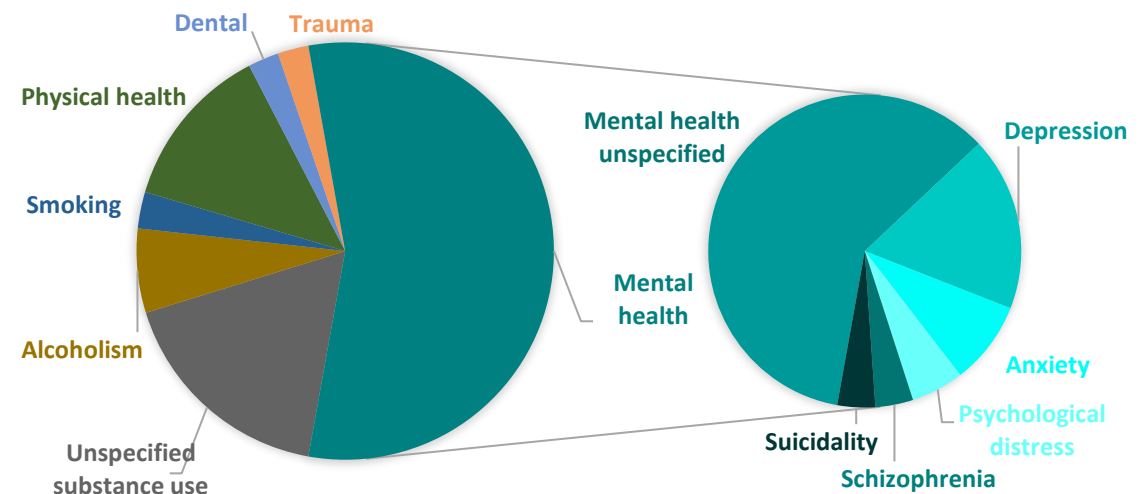


Although research is relatively sparse, there has been an increase in studies published since 2013.




Most studies were in **adults** with <10% of research in **children, families and minorities**.


The most commonly-researched **comorbidities** relate to mental health and substance use disorders.



What works?

 **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.

Author Comments

There is a **surprising lack of evidence** on how to improve QoL in HIH groups, especially in families. Housing support is effective but not quick and cheap to provide. More research is needed to **identify potential 'quick wins'** such as preventing dental disease and maintaining physical health while people remain HIH. We will look more deeply into the evidence on QoL in HIH in future blogs in this series.

References

1. FEANTSA. (2023). 8th Overview of Housing Exclusion in Europe. Available from: <https://www.feantsa.org/en/report/2023/09/05/report-8th-overview-of-housing-exclusion-in-europe-2023>