

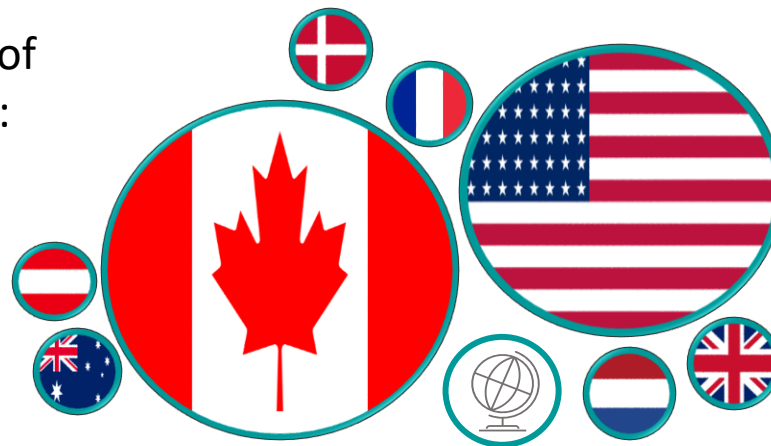
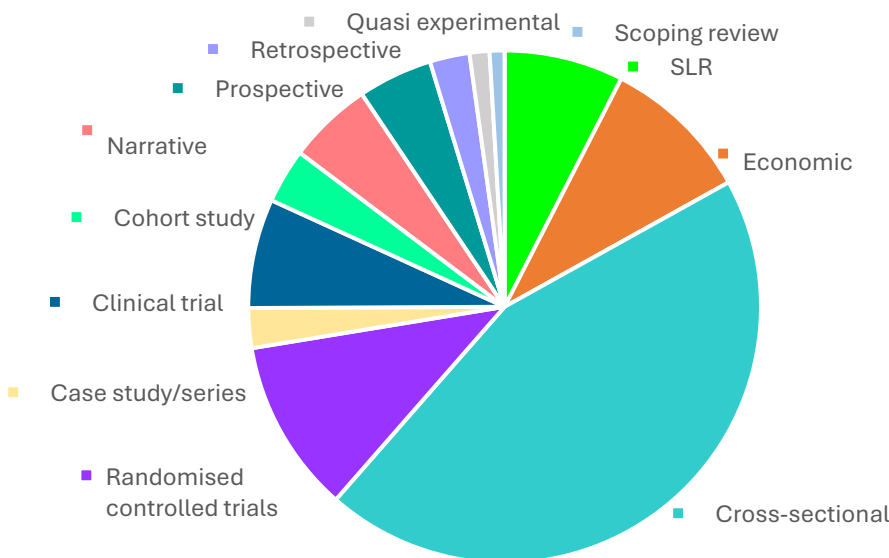
What?

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.

Cross-sectional studies were most common, including an average of 200 subjects. Just 2% of 317 studies assessed more than 5,000 people:



More than **50% of studies** reporting QoL outcomes were conducted in **North America**.

Among the **10% of studies** assessing **child, family and minority subgroups**:

Being **non-Hispanic Black** was associated with better mental component scores of QoL evaluations within HIH groups compared to those of other racial and ethnic groups.

QoL among **older adults improved significantly** with housing interventions compared to younger adults.

Amongst female youth HIH groups, **psychoeducation** improved QoL.



What works?

RCTs using educational, mental-health and healthcare-focused interventions reported the greatest improvement in QoL, alongside housing interventions.

Research suggests that interventions to improve QoL have varying effects on different subgroups of the population and HIH groups, highlighting the need for dynamic interventions.

Author Comments

Markedly few studies were conducted across large HIH populations evaluating QoL, and research across Asia and Africa was similarly scarce. More research, namely clinical trials with large sample sizes, are required to thoroughly establish the utility of alternative interventions to housing which could improve the QoL of HIH groups.

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>