

## What?

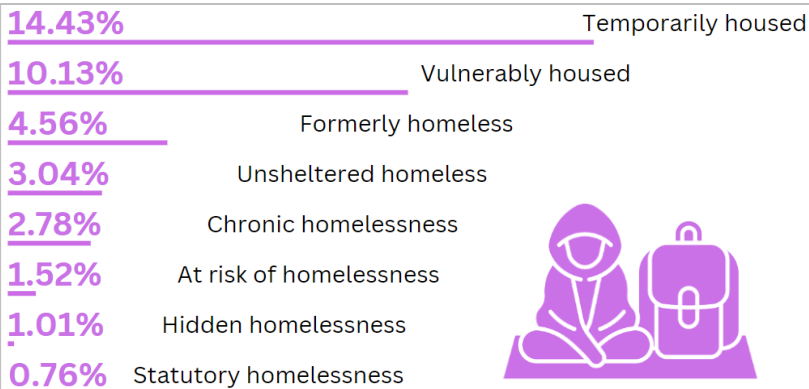
We searched systematically for evidence on Quality of Life (QoL) in people who are Homeless or Have Insecure Housing (HIH) published from 2013 to March 2024, and summarised the 317 studies that focused on this topic in an Evidence Map

(<https://maps.evidencemapper.co.uk/free/homelessness-qol/cover/>).

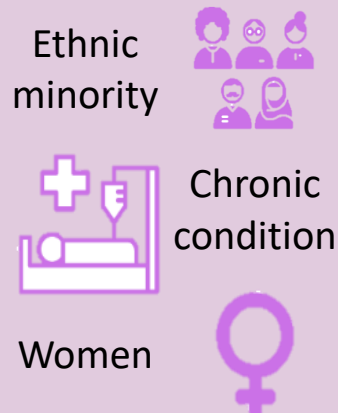
## Why?

It is estimated that 895,000 people in Europe are HIH<sup>1</sup>, 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.

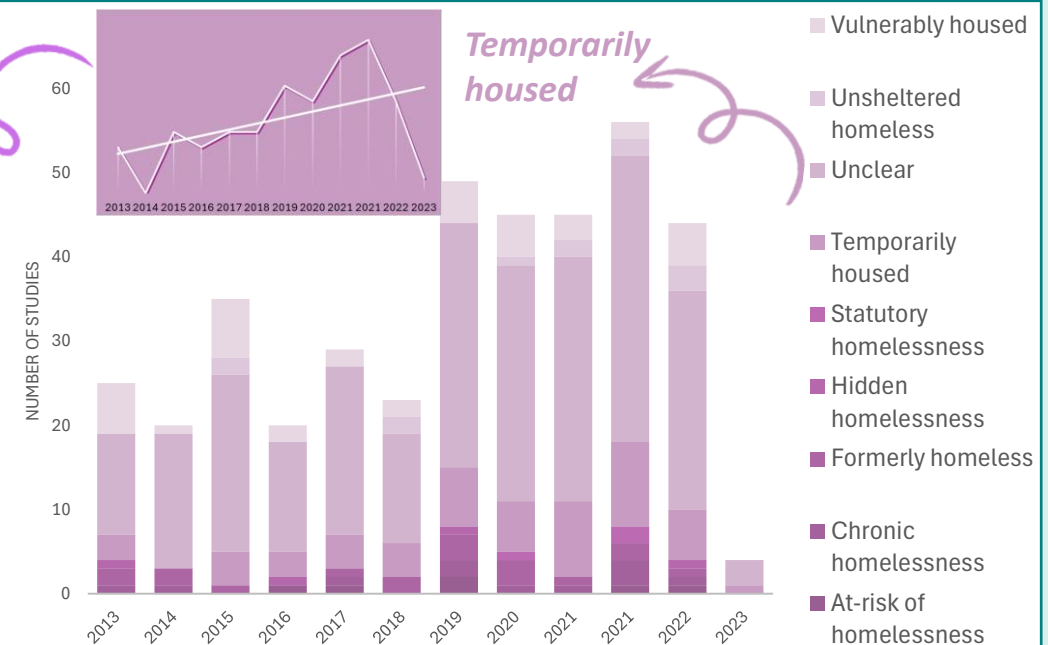
Most abstracts (62%) did not report the type of homelessness. Among the ones that did, **temporarily housed** and **vulnerably housed** individuals were the most common.



Risk factors for homelessness (reported in >1 study)



There is a trend for increased number of publications on temporarily housed individuals over the last ten years.



## Who?

Temporarily and vulnerably housed individuals are the most frequently reported, with the former presenting an *increasing trend over the last decade*. Interestingly, 1% of the abstracts reported on *hidden homelessness*, which includes *sofa surfing*, *staying with family/friends*, living in *unsuitable housing* (squats, ‘beds in shed’ etc).<sup>1</sup> Being part of an *ethnic minority*, having a *chronic condition* and being a *woman* were associated with increased risk of being homeless.

## Author Comments

The term “homelessness” is a complex term, which encompasses individuals experiencing different housing situations. Our *qualitative literature search*, summarised clearly and succinctly on the *Crystallise Evidence Mapper* website, suggests high rates of temporarily and vulnerably housed individuals, and the emergence of *new forms of homelessness*, such as hidden homelessness.



## References:

- <https://www.crisis.org.uk/ending-homelessness/homelessness-knowledge-hub/types-of-homelessness/>