uic barcelona

DRIVING
VALUES
FORWARD.

Homelessness in Spain

Preliminary results: the Violet Project

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19th European Research Conference on Homelessness

Universitat
Internacional
de Catalunya

**Facultat,
Direcció,
Servei**

Who we are…

- Department of Biostatistics
- Department of Humanities
- Department of Medicine
- Institute of Advanced Family Studies

Índex

01 Health Related Outcomes and Substance Abuse Among the Homeless Population in Spain: A Systematic Review and Meta-Analysis.

02 Violet Project

01

Health Related Outcomes and Substance Abuse Among the Homeless Population in Spain: A Systematic Review and Meta-Analysis.

Health Related Outcomes and Substance Abuse Among the Homeless Population in Spain: A Systematic Review and Meta-Analysis.

Introduction and aims

In the EU, it is estimated that **3 million people do not have a place to live** and that on any given night, at least 700.000 people sleep on the streets. In Spain, it is estimated that up to 35.000 people are homeless. The condition of homelessness entails **a lower life expectancy, and a higher burden of disease** compared to the general population.

Primary aim: synthesize evidence form published studies considering multiple health outcomes involving PEH in Spain

Secondary aim: provide estimations of the burden of disease with a gender perspective.

Health Related Outcomes and Substance Abuse Among the Homeless Population in Spain: A Systematic Review and Meta-Analysis.

Methods – study selection

Shelters
Street
Social services
Food/soup kitchen
Drop-in centers

Burden of disease
Substance abuse
HRQoL

PubMed
EMBase
CINAHL (EBSCO)
Grey literature

Spain

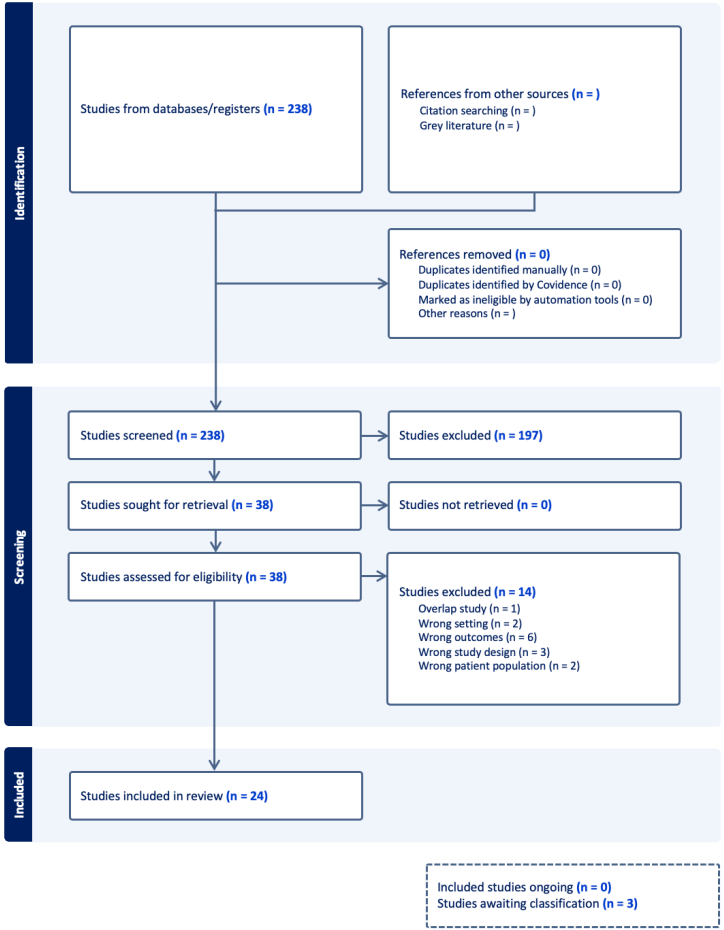
Covidence ®

Health Related Outcomes and Substance Abuse Among the Homeless Population in Spain: A Systematic Review and Meta-Analysis.

Results

26 studies included

3 studies waiting for email response

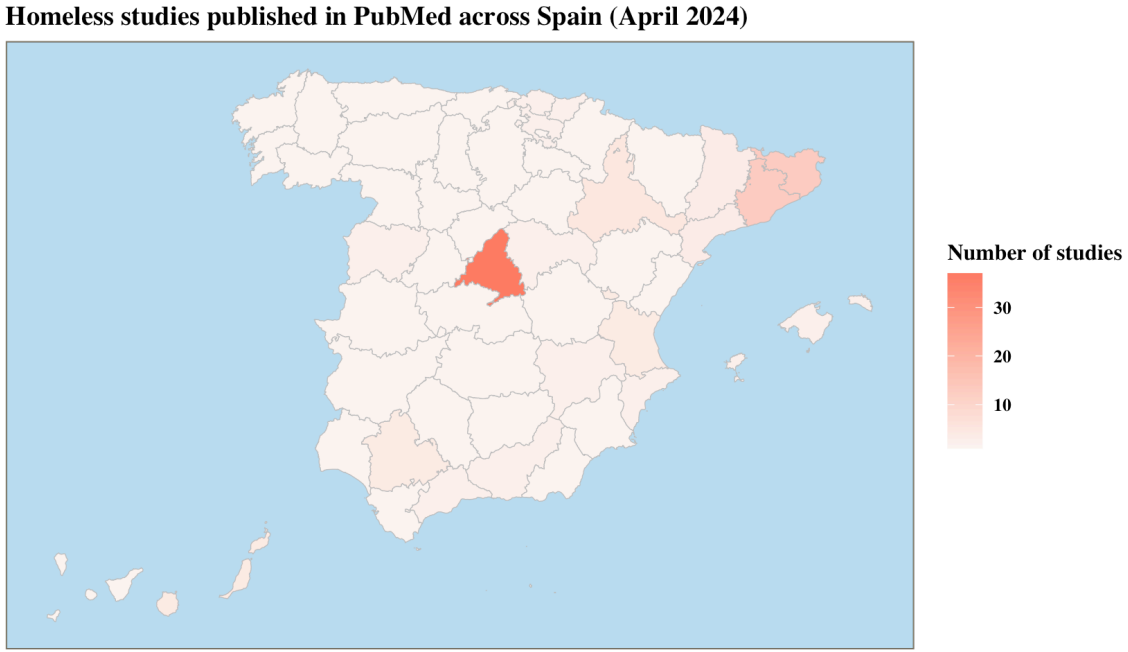


Health Related Outcomes and Substance Abuse Among the Homeless Population in Spain: A Systematic Review and Meta-Analysis.

Results

Distribution of **all homeless** studies across Spain (n=89)

	n	%
Madrid	36	43.4
Girona	10	12
Barcelona	10	12
Total	**56**	**67.4**

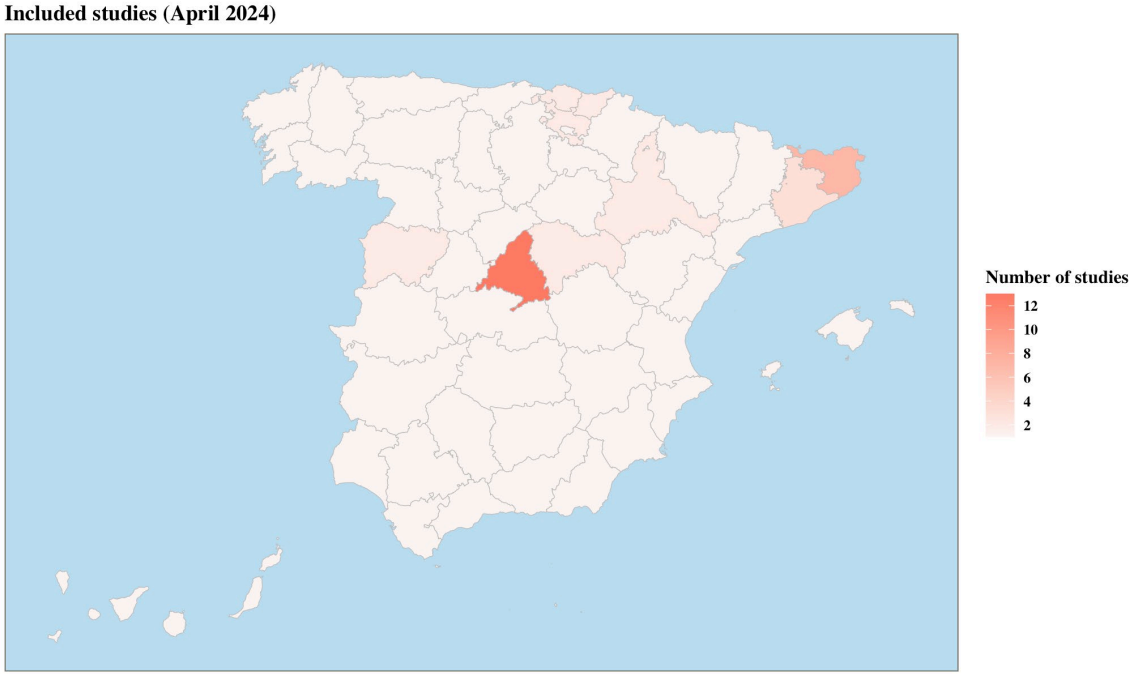


Health Related Outcomes and Substance Abuse Among the Homeless Population in Spain: A Systematic Review and Meta-Analysis.

Results

Distribution of **included** studies across Spain (n=26)

	n	%
Madrid	13	44.8
Girona	7	24.1
Barcelona	3	10.3
Total	**23**	**79.2**



Health Related Outcomes and Substance Abuse Among the Homeless Population in Spain: A Systematic Review and Meta-Analysis.

Results

Distribution of **sex-stratified outcomes studies** across Spain (n=9)

	n	%
Madrid	7	77.7
Girona	2	22.3
Total	**9**	**100**

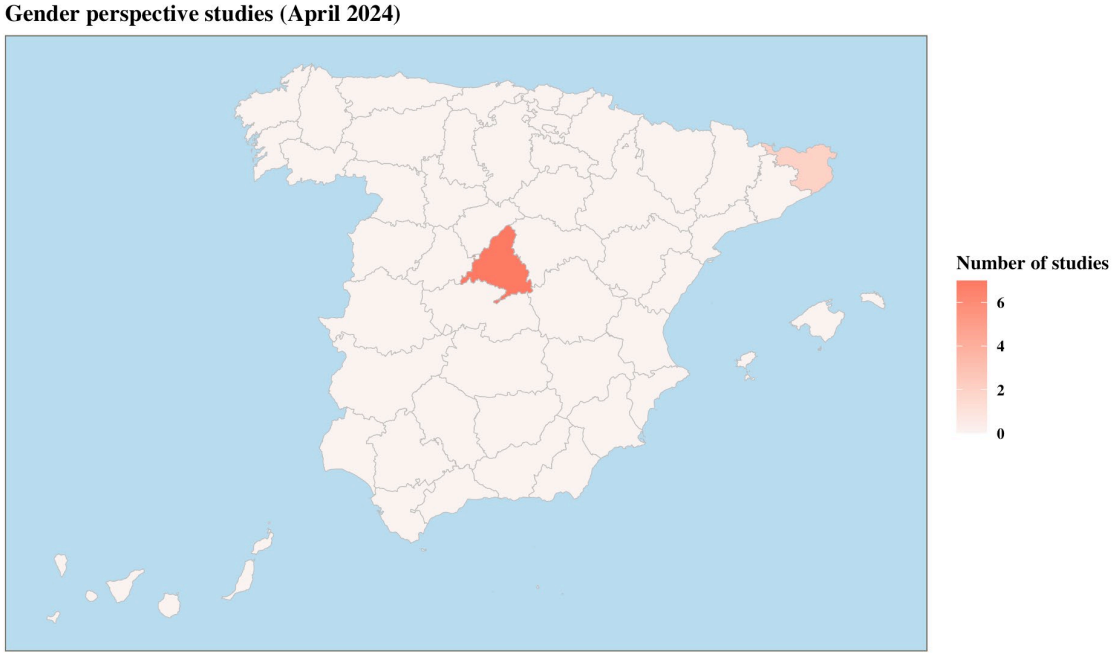


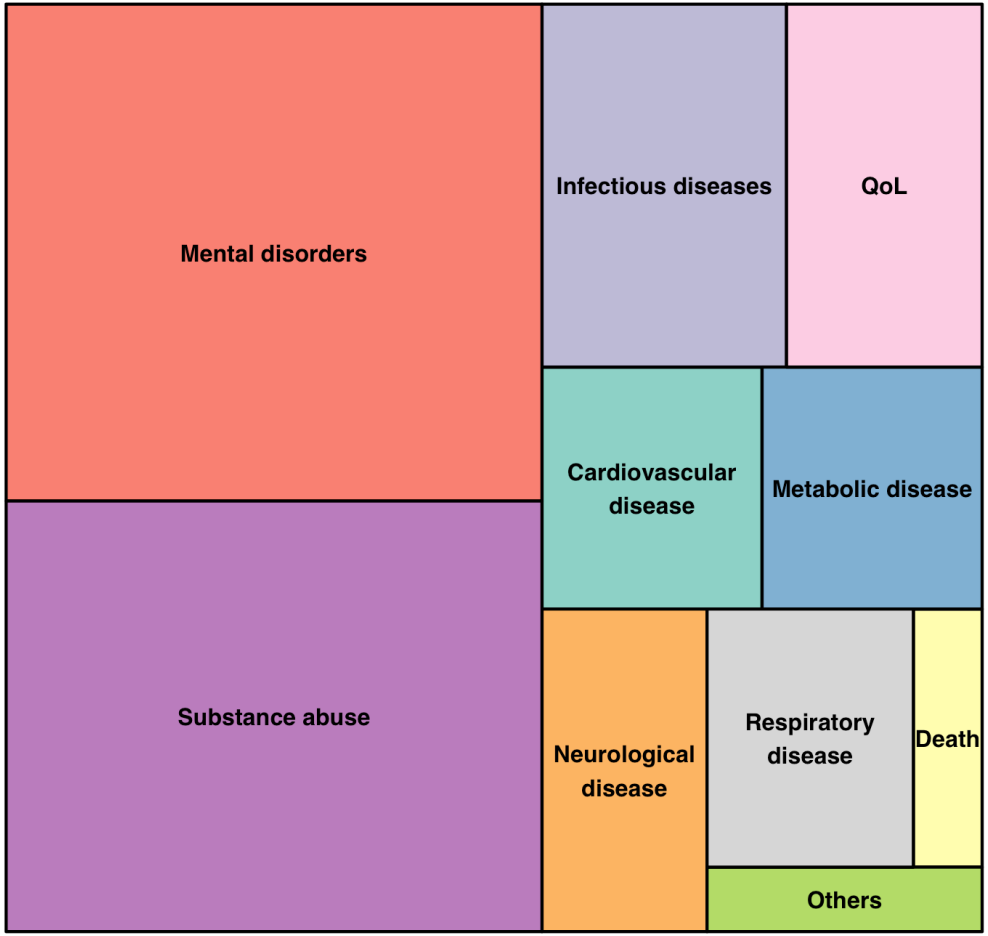
Table 1

Author and year of publication	N	Age, mean (SD)	City	Study start date	Study completion date	Study length (months)	Study design	Formal definition of homelessness	Outcomes available for gender comparison	Data source for disease/condition
Lahiguera 2022 et al.	T: 53 M: 48 F: 5	64.3 (9)	Barcelona	1/1/2019	30/6/2019	6	Cross-sectional	No	No	Clinical records
Calvo 2020 et al.	T: 826 M: 724 F: 102	38.8 (11.9)	Girona	01/01/2006	15/06/2016	125	Retrospective cohort	Yes	Yes	Clinical records, police records
Calvo 2022 et al.	T: 475 M: 401 F: 74	39.4 (12.1)	Girona	01/01/2006	31/12/2015	120	Retrospective cohort	Yes	No	Clinical records
Calvo 2021 et al.*	T: 504 M: 408 F: 96	40.2 (6.3)	Barcelona, Girona	1/12/2014	31/12/2017	94	Cross-sectional	Yes	Yes	Structured interview
Calvo 2023 et al.	T: 383 M: ¿? F: ¿?	52.4 (13.3)	Girona	01/01/2006	21/12/2020	180	Retrospective cohort	Yes	No	Clinical records
Alfranca et al.	T: 133 F: 107 M: 26	45.4 (13.1)	Girona	01/06/2019	30/11/2019	6	Cross-sectional	No	No	Clinical records
Gil-Salmeron 2021 et al.	T: 86 M: 66 F: 20	41.9 (14.1)	Valencia	01/08/2018	30/09/2018	2	Cross-sectional	Yes	No	Interview
Solsona 2001 et al.	T: 447 M: 394 F: 53	44.9 (12.6)	Barcelona	01/01/1997	31/12/1998	24	Cross-sectional	No	Yes	Clinical records
Vazquez 1997 et al.	T: 261 M: 205 F: 56	41.9 (12.7)	Madrid	01/11/1993	30/04/1994	6	Cross-sectional	Yes	Yes	Structured Interview
Guillén 2020 et al.	T: 138 M: - F: 138	45.5 (11.3)	Madrid	¿?	¿?	¿?	Prospective cohort	No	Only female	Structured Interview
Rodríguez-Moreno 2021 et al.&	T: 283 M: 137 F: 156	46.4 (11.9)	Madrid	¿?	¿?	¿?	Cross-sectional	No	Yes	Structured Interview
Lenta 2022 et al.	T: 138 M: - F: 138	45.5 (11.3)	Madrid	¿?	¿?	¿?	Prospective cohort	No	Yes	Structured Interview
de la Fuente Roldán 2023 et al.	T: 603 M: 395 F: 205	46.3 (14.8)	Madrid	¿?	¿?	¿?	Cross-sectional	Yes	Yes	Structured Interview

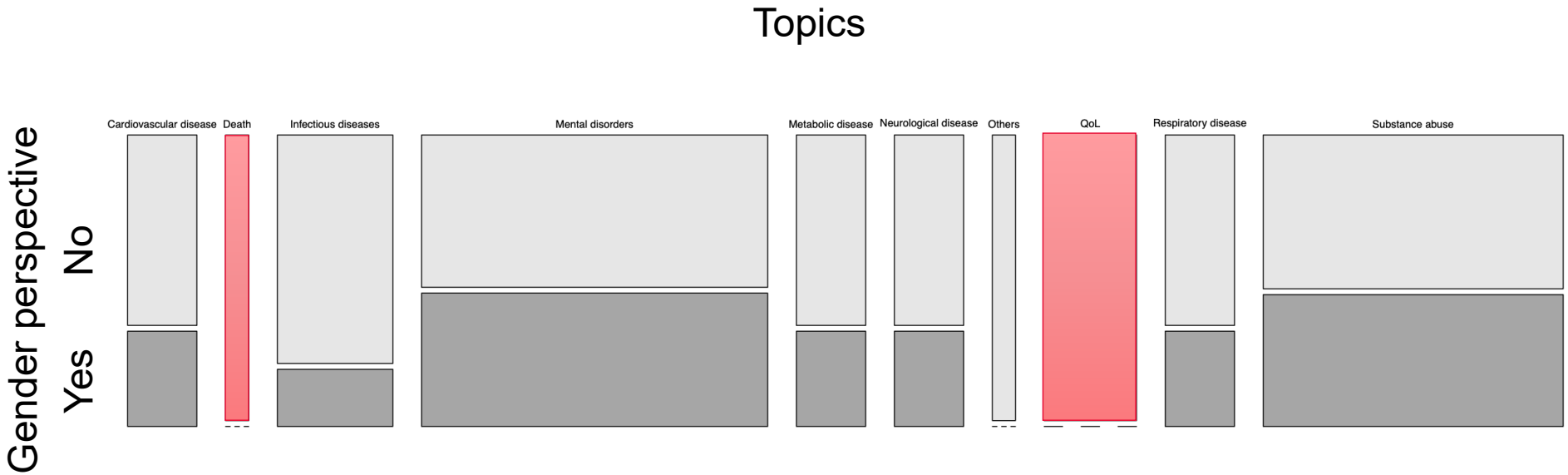
Table 1

Author and year of publication	N	Age, mean (SD)	City	Study start date	Study completion date	Study length (months)	Study design	Formal definition of homelessness	Outcomes available for gender comparison	Data source for disease/condition
Panadero 2016 et al.	T: 188 M: 158 F: 30	47.6 (12.2)	Madrid	¿?	¿?	¿?	Cross-sectional	No	No	Structured Interview
Vazquez 2019 et al.	T: 296 M: 158 F: 138	46.4 (11.8)	Madrid	M:1/11/2011 F: 1/11/2014	M: 31/6/2012 F: 1/11/2015	M: 13 F:12	Cross-sectional	No	Yes	Structured Interview
Muñoz 2005 et al.	T: 254 M: 221 F: 33	38.7 (12.3)	Madrid	01/1/1997	01/1/1999	36	Cross-sectional	Yes	No	Structured Interview
Vázquez 2019***	T: 136 M: - F: 136	45.5 (11.4)	Madrid	¿?	¿?	12	Cross-sectional	Yes	No	Structured Interview
Guillén 2023 et al.	T: 136 M: - F: 136	45.5 (11.4)	Madrid	¿?	¿?	¿?	Cohort	Yes	Only female	Structured Interview
Parés-Bayerri 2023 et al.	T: 325 M: 187 F: 130	51.2 (11.4)	Madrid, Girona, Guadalajara	¿?	¿?	¿?	Cross-sectional	Yes	No	Structured Interview
Fajardo-Bullón 2019 et al.	T: 2.437 M: 2.043 F: 394	NR	Nationwide	13/2/2012	25/3/2012	1	Cross-sectional	No	No	Structured Interview
Salavera 2011 et al.	T: 89 M: ¿? F: ¿?	37.8 (NR)	Zaragoza	¿?	¿?	¿?	Cross-sectional	No	No	Semi-structured interview
Martin 2021 et al.	T: 27 M: 18 F: 9	37 (NR)	Salamanca	16/3/2020	25/5/2020	0	Cross-sectional	No	No	Interview
Fajardo-Bullón 2021 et al.	T: 1.382 M: 1.046 F: 336	NR	Araba, Bizkaia, Gipuzkoa	18/10/2018	19/10/2018	0	Cross-sectional	Yes	No	Administrative database of IV serious residential exclusion in the Basque Country by interview
Botija 2023 et al.	T: 263 M: 171 F: 69	41.5 (NR)	Valencia	21/12/0221	21/12/2024	0	Cross-sectional	Yes	No	Structured Interview

Treemap


Mental disorders
Infectious diseases
QoL
Cardiovascular disease
Metabolic disease
Substance abuse
Neurological disease
Respiratory disease
Death
Others

Mosaic plot


Topics
Gender perspective
No
Yes
Cardiovascular disease
Death
Infectious diseases
Mental disorders
Metabolic disease
Neurological disease
Others
QoL
Respiratory disease
Substance abuse

Health Related Outcomes and Substance Abuse Among the Homeless Population in Spain: A Systematic Review and Meta-Analysis.

Results overview and next steps

- Two identified cohorts with follow-up: Madrid and Girona.
- Overlap between cohorts: missing studies dates. Contact authors.
- Lack of updated studies across Spain's territory on homelessness with a gender perspective on HRQoL, burden of disease (DALYs, YLL, YLD).
- Expand the studies to other territories
- Meta-analysis feasible?

02 Violet Project

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Ajuntament de Barcelona

"la Caixa"

Violet Project

Objective

Analyze the differentiated vulnerability of female homelessness in Barcelona in terms of physical health, mental health, and addictions, to develop specific programs to enhance well-being and social reintegration.

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"la Caixa"

Violet Project

Methods

Structured interviews

Follow-up at 6 and 12 months.

Municipal Institute of Social Services provides access to its facilities.

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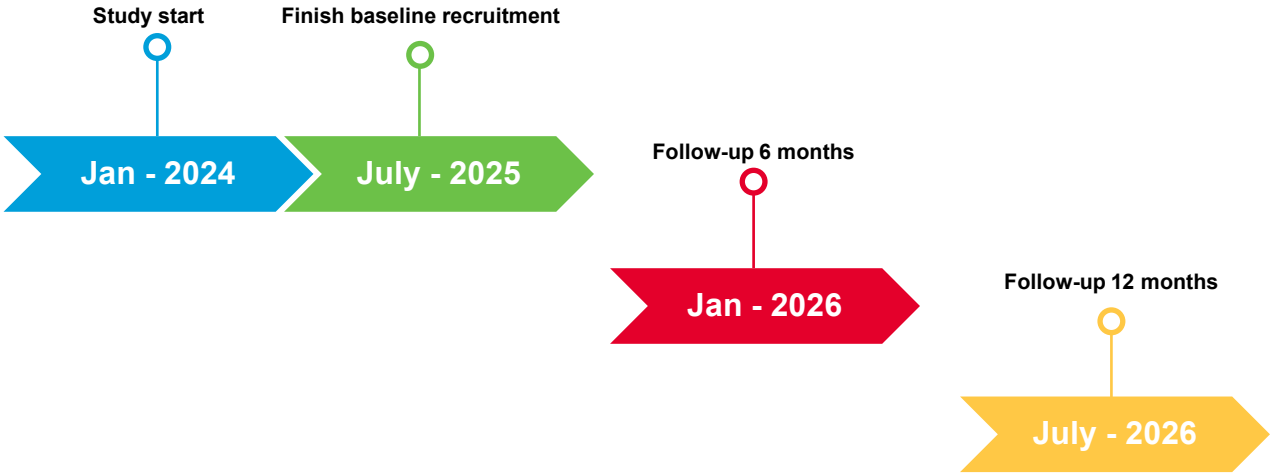
Timeline



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"la Caixa"

Violet Project

Results - Sociodemographic variables

	Overall, n=335	Men, n=218	Women, n=117	P-value
Age	42.66 (14.75)	44.29 (12.58)	41.80 (15.74)	0.140[a]
Birth Continent				
Africa	132 (39%)	104 (48%)	28 (24%)	<0.0001[b]
America	88 (26%)	45 (21%)	43 (37%)	
Asia	9 (2.7%)	4 (1.8%)	5 (4.3%)	
Europe	106 (32%)	65 (30%)	41 (35%)	
Legal Status				
Without documents	124 (37%)	90 (41%)	34 (29%)	0.037[c]
With documents	211 (63%)	128 (59%)	83 (71%)	
Ethnicity				
Afro-descendant	18 (5.4%)	11 (5.0%)	7 (6.0%)	0.0002[b]
Arab	121 (36%)	96 (44%)	25 (21%)	
Asian	4 (1.2%)	2 (0.9%)	2 (1.7%)	
Caucasian	109 (33%)	67 (31%)	42 (36%)	
European	1 (0.3%)	1 (0.5%)	0 (0%)	
Latino/a	82 (24%)	41 (19%)	41 (35%)	

a. T-test, b. Fisher test, c. Chi square test

Violet Project

Results - Sociodemographic variables

Variable	Overall, n = 335	Men, n = 218	Women , n = 117	P-value
Education				
Basic Reading	6 (1.8%)	4 (1.8%)	2 (1.7%)	0.169[b]
Primary	50 (15%)	35 (16%)	15 (13%)	
Secondary	222 (66%)	148 (68%)	74 (63%)	
University	52 (16%)	30 (14%)	22 (19%)	
NA	5 (1.5%)	1 (0.5%)	4 (3.4%)	
Gender				
Women	120 (36%)	3 (1.4%)	117 (100%)	<0.001[b]
Men	212 (63%)	212 (97%)	0 (0%)	
Non-binary	2 (0.6%)	2 (1%)	0 (0%)	
NA	1 (0.3%)	1 (0.5%)	0 (0%)	
Sexual Orientation				
Asexual	2 (0.6%)	1 (0.5%)	1 (0.9%)	0.599[b]
Bisexual	8 (2.4%)	4 (1.8%)	4 (3.4%)	
Heterosexual	305 (91%)	199 (92%)	106 (91%)	
Homosexual	9 (2.7%)	7 (3.2%)	2 (1.7%)	
Pansexual	1 (0.3%)	0 (0%)	1 (0.9%)	
NA	9 (2.7%)	6 (2.8%)	3 (2.6%)	

a. T-test, b. Fisher test, c. Chi square test

Violet Project

Results - Sociodemographic variables

	Overall, n=335	**Men**, n=218	**Women**, n=117	**P-value**
Civil Status				
Married/with a partner	53 (16%)	38 (17%)	15 (13%)	0.254[b]
Divorced/Separated	80 (24%)	46 (21%)	34 (29%)	
Single/ Without a partner	195 (58%)	130 (60%)	65 (56%)	
Widow	6 (1.8%)	4 (1.8%)	2 (1.7%)	
NA	1 (0.3%)	0 (0%)	1 (0.9%)	
Employment Status				
Unemployed	252 (75%)	157 (72%)	95 (81%)	0.443[b]
Student	35 (10%)	27 (12%)	8 (6.8%)	
Retired/Pensioner	16 (4.8%)	12 (5.5%)	4 (3.4%)	
Worker	30 (9.0%)	20 (9.2%)	10 (8.5%)	
Volunteer	1 (0.3%)	1 (0.5%)	0 (0%)	
NA	1 (0.3%)	1 (0.5%)	0 (0%)	

a. T-test, b. Fisher test, c. Chi square test

Violet Project

Results - Tobacco

Variable	Overall, n = 335	Men, n = 218	Women , n = 117	P-value
Tobacco status				
Non-smoker	112 (34%)	62 (29%)	50 (43%)	0.019[c]
Former smoker	39 (12%)	25 (12%)	14 (12%)	
Smoker	182 (55%)	130 (60%)	52 (45%)	
Tobacco dependence (*FTND)				
No dependence	3 (0.9%)	2 (0.9%)	1 (0.9%)	0.141[b]
Very low or Low	202(61%)	128 (60%)	74 (64%)	
Moderate or High	86 (26.3%)	56 (26%)	30 (25.8%)	
Very high	40 (12%)	29 (13%)	11 (9.5%)	
Receiving treatment				
No	292 (95.1%)	120 (92.3%)	47 (90.4%)	0.324[b]
Yes	15 (4.9%)	10 (7.7%)	5 (9.6%)	

a. T-test, b. Fisher test, c. Chi square test

Violet Project

Results - Alcohol

Variable	Overall, n = 335	Men, n = 218	Women , n = 117	P-value
Alcohol Consumption				
No alcohol consumption	157 (55%)	96 (51%)	61 (64%)	0.099[c]
Occasional alcohol consumption	31 (11%)	21 (11%)	10 (10%)	
Frequent alcohol consumption	97 (34%)	72 (38%)	25 (26%)	
Alcohol Dependence (AUDIT-10)				
No risk	91 (71.1%)	64 (68.8%)	27 (77.2%)	0.237[b]
Low risk	12 (9.4%)	8 (8.6%)	4 (11.4%)	
Risky	15 (11.7%)	11 (11.8%)	4 (11.4%)	
High risk	10 (8.5%)	10 (10.8%)	0 (0%)	
Receiving treatment				
No	88 (90,7%)	67 (93,1%)	21(84%)	0.23[b]
Yes	9 (9.6%)	5 (6.9%)	4 (16%)	

a. T-test, b. Fisher test, c. Chi square test

Violet Project

Results – Drug use

Variable	Overall, n = 335	Men, n = 218	Women , n = 117	P-value
Lifetime drug use				
No Consumption	177 (24.1%)	105 (20%)	72 (33.5%)	0.003[c]
Amphetamines and Stimulants	77 (10%)	52 (9.8%)	25 (12%)	
Cannabis and Derivatives	183 (25%)	143 (27%)	40 (19%)	
Cocaine and Derivatives	119 (16%)	87 (16%)	32 (15%)	
Hallucinogens	85 (11%)	65 (12%)	20 (9.4%)	
Inhalants	5 (0.7%)	5 (0.9%)	0 (0%)	
Opioids and Opiates	52 (7.0%)	40 (7.6%)	12 (5.7%)	
Tranquilizers/Benzodiazepines	42 (5.7%)	31 (5.9%)	11 (5.2%)	

a. T-test, b. Fisher test, c. Chi square test

Violet Project

Results – Drug use

Variable	Overall, n = 335	Men, n = 218	Women , n = 117	P-value
Last year drug use				
No Consumption	262 (63.5%)	161(59.4%)	91 (72.8%)	0.081[c]
Amphetamines and Stimulants	18 (4.4%)	12 (4.3%)	6 (4.5%)	
Cannabis and Derivatives	71 (17%)	59 (21%)	12 (9.1%)	
Cocaine and Derivatives	29 (7.0%)	20 (7.1%)	9 (6.8%)	
Hallucinogens	13 (3.2%)	8 (2.9%)	5 (3.8%)	
Inhalants	3 (0.7%)	3 (1.1%)	0 (0%)	
Opioids and Opiates	8 (1.9%)	5 (1.8%)	3 (2.3%)	
Tranquilizers/Benzodiazepines	8 (1.9%)	7 (2.5%)	1 (0.8%)	

a. T-test, b. Fisher test, c. Chi square test

Violet Project

Results – Mental disorder

Variable	**Overall**, n = 335	**Men**, n = 218	**Women**, n = 117	**P-value**
Self-reported mental disorder				
No	194 (57.9%)	149 (68.3%)	45(38.5%)	<0.001[c]
Yes	141 (42.1%)	69 (31.7%)	72 (61.5%)	
Receiving treatment (n=141)				
No	39 (69%)	22 (31.9%)	17 (23.6%)	0.363[c]
Yes	102 (72.3%)	47 (68.1%)	55 (76.4%)	

a. T-test, b. Fisher test, c. Chi square test

Violet Project

Results - Anxiety

Variable	Overall, n = 335	Men, n = 218	Women, n = 117	P-value
Anxiety Symptoms (GAD-7)				
No	119 (36%)	91 (42%)	28 (24%)	0.002[c]
Yes	216 (64%)	127 (58%)	89 (76%)	
Self-reported Anxiety Disorders				
No	260 (78%)	189 (87%)	71 (61%)	<0.001[c]
Yes	73 (22%)	28 (13%)	45 (38%)	
Receiving treatment (n=73)				
No	15 (20.5%)	5 (17.9%)	10 (22.2%)	0.88[c]
Yes	58 (79.5%)	23 (82.1%)	35 (77.8%)	

n (%)

a. T-test, b. Fisher test, c. Chi square test

Violet Project

Results - Anxiety

	GAD-7 anxiety symptoms present		OR	P-value
	No	Yes		
Self-reported diagnosis of Anxiety (women)				
No	20 (28.2%)	51 (71.8%)	1.81 (0.74, 4.43)	0.14[d]
Yes	8 (17.8%)	37 (82.2%)		
Self-reported diagnosis of Anxiety (men)				
No	85 (45.0%)	104 (55.0%)	3.76 (1.37, 10.31)	0.01[d]
Yes	5 (18.0%)	23 (82.0%)		

d. Breslow-Day test

Violet Project

Results - Anxiety

	GAD-7 anxiety symptoms present		OR	P-value
	No	Yes		
No Self-reported diagnosis of Anxiety (women)	20 (28.2%)	51 (71.8%)	0.48 (0.26, 0.88)	0.022[c]
No Self-reported diagnosis of Anxiety (men)	85 (45.0%)	104 (55.0%)		

a. T-test, b. Fisher test, c. Chi square test

Violet Project

Results - Depression

Variable	**Overall**, n = 335	**Men**, n = 218	**Women**, n = 117	**P-value**
Depressive Symptoms(PHQ-9)				
No	224 (67%)	153 (70%)	71 (60%)	0.101[c]
Yes	111 (33%)	65 (30%)	46 (40%)	
Self-reported Depressive disorders				
No	254 (76%)	182 (84%)	72 (62%)	<0.001[c]
Yes	79 (24%)	35 (16%)	44 (38%)	
Receiving treatment (n=79)				
No	16 (20.3%)	8 (22.9%)	8 (18.2%)	0.816[c]
Yes	63 (79.7%)	27 (77.1%)	36 (81.8%)	

a. T-test, b. Fisher test, c. Chi square test

Violet Project

Results - Depression

	PHQ-9 depression symptoms present		OR	P-value
	No	Yes		
Self-reported diagnosis of Depression (women)				
No	48 (67.6%)	23 (32.4%)	2.09 (0.96-4.52)	0.90[d]
Yes	22 (50.0%)	22 (50.0%)		
Self-reported diagnosis of Depression (men)				
No	130 (72.2%)	50 (27.8%)	1.95 (0.93 – 4.11)	0.078[d]
Yes	20 (57.1%)	15 (42.9%)		

d. Breslow-Day test

Violet Project

Results - Depression

	PHQ-9 depression symptoms present		OR	P-value
	No	Yes		
No Self-reported diagnosis of Depression (women)	48 (67.6%)	23 (32.4%)	0.80 (0.46, 1.39)	0.45[c]
No Self-reported diagnosis of Depression (men)	130 (72.2%)	50 (27.8%)		

a. T-test, b. Fisher test, c. Chi square test

Violet Project

Results – Bipolar Disorder

Variable	**Overall**, n = 335	**Men**, n = 218	**Women**, n = 117	**P-value**
Manic Symptoms (PMQ-9)				
No	232 (69%)	155 (71%)	77 (66%)	0.381[c]
Yes	103 (31%)	63 (29%)	40 (34%)	
Self-reported Bipolar Disorder				
No	317 (95%)	209 (96%)	108 (92%)	0.300[c]
Yes	16 (4.8%)	8 (3.7%)	8 (6.8%)	
Receiving treatment (n=16)				
No	4 (25%)	1(12.5%)	3 (37.5%)	0.569[b]
Yes	12(75%)	7 (87.5%)	5 (62.5%)	

a. T-test, b. Fisher test, c. Chi square test

Violet Project

Results – Bipolar Disorder

	PMQ-9 mania symptoms present		OR	P-value
	No	Yes		
Self-reported diagnosis of Bipolar disorder (women)				
No	76 (70.4%)	32 (29.6%)	16.8 (1.93, 143.3)	0.31[d]
Yes	1 (12.5%)	7 (87.5%)		
Self-reported diagnosis of Bipolar disorder (men)				
No	158 (75.6%)	51 (24.4%)	7.23 (1.69, 30.9)	0.008[d]
Yes	3 (30.0%)	7 (70.0%)		

d. Breslow-Day test

Violet Project

Results – Bipolar Disorder

	GAD-7 anxiety symptoms present		OR	P-value
	No	Yes		
No Self-reported diagnosis of Anxiety (women)	76 (70.4%)	32 (29.6%)	0.77 (0.47, 1.26)	0.30[c]
No Self-reported diagnosis of Anxiety (men)	158 (75.6%)	51 (24.4%)		

a. T-test, b. Fisher test, c. Chi square test

Violet Project

Results – Suicide

Variable	Overall, n = 335	Men, n = 218	Women , n = 117	P-value
Paykel suicide scale	1.55(1.86)	1.36(1.80)	1.89 (1.92)	0.015[a]
Suicide Behaviors Questionnaire-Revised				
Low	250 (74.6%)	170 (78%)	80 (68.4%)	0.120[c]
Moderate	45 (13.5%)	27 (12.4%)	18 (15.4%)	
High	40 (11.9%)	21 (9.6%)	19 (16.2%)	
Suicidal ideation last year				
Never	242 (73.3%)	168 (78.5)	74 (63.8%)	0.005[c]
1 time	23 (6.9%)	13 (6.1%)	10 (8.6%)	
2 times	22 (6.6%)	7 (3.3%)	15 (12.9%)	
3-4 times	24 (7.3%)	16 (7.5%)	8 (6.9%)	
5 or more times	19 (5.8%)	10 (4.7%)	9 (7.8%)	
Receiving professional treatment for suicidal ideation/behaviour				
Yes	46 (54.1%)	24 (50%)	22 (59.5%)	0.517[c]
No	36 (45.9%)	24 (50%)	15 (40.5%)	

a. T-test, b. Fisher test, c. Chi square test

Conclusions

- Sociodemographic profile: More men were foreigners, while more women were undocumented. This points to a different ethnic and legal profile by gender.
- Substance use: Men were more often smokers and reported higher drug use. Smoking cessation and drug treatment programs could be highly beneficial in this group.
- Mental health: Women reported more mental health problems (anxiety and depression)

Conclusions

- Anxiety: Men with a self-reported diagnosis had significantly higher odds of anxiety symptoms (OR = 3.76; p = 0.01). Women without a diagnosis had significantly lower odds of anxiety symptoms (OR = 0.48; p = 0.022). These results highlight gendered patterns in the expression and recognition of anxiety.

- Bipolar disorder: Significant association observed in men (OR = 7.23; p = 0.008), suggesting higher vulnerability. In women, wide confidence intervals and non-significant results indicate no clear differences.

- Suicidality: Women presented significantly higher suicidal ideation and attempts, pointing to the urgent need for gender-specific prevention programs.

Next steps

- Gender differences are evident: men are more affected by smoking and drug use. Women show higher anxiety, depression and vulnerability to suicidality.
- Interventions should be tailored: increasing offer of smoking and drug cessation programs for men, and suicide prevention and mental health care for women.
- Sociodemographic context (foreign status in men, undocumented status in women) must be integrated into health and social policies.
- The Violet Project will provide longitudinal evidence to design effective, gender-sensitive interventions for homeless populations in Spain.

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