Protection encompasses a vast array of comprehensive efforts to identify, assist, and support those who have been exploited or trafficked as they rebuild their lives. Services focus on improving identification of victims and providing support through shelter, food, counseling, health care, legal assistance, and access to educational, vocational, and economic opportunities (U.S. Department of State, 2022). Existing research is primarily focused on
improving identification and supporting survivors’ mental health.

In this evidence brief, the Human Trafficking Research Initiative (HTRI) has compiled evidence from 14 studies on protection interventions for survivors of human trafficking. We identified nine randomized controlled trials and four systematic reviews that—in response to the lack of rigorous evidence—included a wide range of quasi and non-experimental study designs. We have included these systematic reviews and a single quasi-experimental study to understand the evidence landscape and research gaps. Further research is needed to build the evidence base around protection efforts for survivors of trafficking. HTRI is providing research funding for academics, researchers, donors, and policymakers to pursue and support further research around these topics.