



PARENTING FOR LIFELONG HEALTH: SUPPORTING FAMILIES IN LOW-RESOURCE SETTINGS

KEY MESSAGES

In a cluster randomized controlled trial in South Africa, the **Parenting for Lifelong Health: Sinovuyo Teen program** shows **positive effects on a range of adolescent, caregiver and family outcomes.**

This is the **first RCT** of a parenting program for adolescents in Africa.

OUTCOMES



MORE INVOLVED PARENTING



BETTER CAREGIVER MENTAL HEALTH



LESS SUBSTANCE USE



LESS POVERTY

Citation: Cluver LD, Meinck F, Steinert JI, Shenderovich Y, Doubt J, Herrero Romero R, Lombard CJ, Redfern A, Ward CL, Tsoanyane S, Nzima D, Sibanda N, Wittesaele C, De Stone S, Boyes ME, Catanho R, Lachman JM, Salah N, Nocuza M, Gardner F. (2018). Parenting for Lifelong Health: A pragmatic cluster randomised controlled trial of a non-commercialised parenting programme for adolescents and their families in South Africa. *BMJ Global Health*, 3(1), e000539. With policy input from Butchart, R A, Mikton, C, Byrne, J, Loening, H, Kilbane, T, Benvenuti, P, Bachman, G, Behnam, N, Shriberg, J.

POLICY ISSUE

Parenting and violence in childhood have a major lifetime impact. Parenting programs show promise in improving parenting and reducing violence, but most research is from high-income countries. Sinovuyo Teen is part of the 'Parenting for Lifelong Health' initiative, a collaboration with WHO, UNICEF, the Global Partnership to End Violence against Children, and Universities. PLH's goal is to build evidence on non-commercialized, low-cost parenting programs for low-resource settings.

THE 'SINOVUYO TEEN' INTERVENTION

The Sinovuyo Teen intervention is an **EVIDENCE-INFORMED PROGRAM** based on **SOCIAL LEARNING THEORY, EXPERT INPUT AND PARTICIPANT FEEDBACK** during two pilot studies in 2013 and 2014.

INTERVENTION OVERVIEW:

- Pre-program consultations with families
- 14 weekly group sessions for caregivers and adolescents together
- Brief 'catch-ups' at home for families unable to attend sessions
- Sessions delivered by local community members
- Facilitators received a week of training and ongoing supervision by local NGO - Clowns Without Borders South Africa

METHODS

- **PARTICIPANTS:** 552 families reporting conflict with their children (aged 10-18) in 40 rural and urban communities, Eastern Cape Province, South Africa, 2015 – 2016.
- **METHOD:** 20 village and urban clusters were randomly assigned to the parenting intervention, and the other 20 (control group) received a hand-washing promotion program. Interviewed adolescents and caregivers, before the intervention, at one month and 5-9 months after the intervention. Data was analyzed by an independent blinded statistician using difference in rate of change over time between control and intervention groups.
- **DISRUPTIONS:** Substantial civil violence before the 2016 elections caused delays in the trial.

Sinovuyo Teen is part of 'Parenting for Lifelong Health', which has scaled up in **14** countries worldwide. See here for more information:
http://www.who.int/violence_injury_prevention/violence/child/plh/en/

MANUALS AND TRAINING



Manual available FOR FREE at:

http://www.who.int/violence_injury_prevention/violence/child/PLH-manuals/en/



For TRAINING AND SUPPORT, contact Clowns Without Borders South Africa at info@cwbsa.org



SCALED UP in 12 Sub-Saharan African countries

Outcomes - Cluster Randomized Controlled Trial (N=552 caregiver-teen dyads, 40 sites)

POSITIVE EFFECTS

PARENTING

- Less physical and emotional abuse
- Less caregiver endorsement of harsh punishment
- More positive parenting
- More involved parenting
- Better monitoring and supervision of adolescents
- More family planning to avoid risks for adolescents in the community

CAREGIVER MENTAL HEALTH

- Less caregiver depression
- Less parenting stress
- More social support for caregivers

POVERTY

- More household savings
- Less household borrowing
- More financial self-efficacy
- Less financial distress
- More access to basic needs
- More resilience to income shocks

SUBSTANCE USE

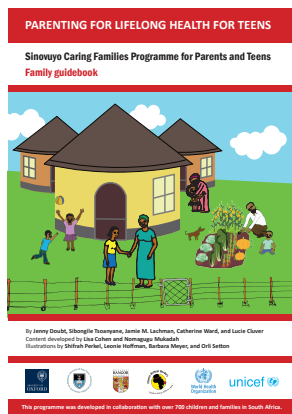
- Less adolescent substance use
- Less caregiver substance use

NO EFFECTS

Neglect, inconsistent discipline, adolescent attitudes about harsh punishment, adolescent depression, social support to adolescents, adolescent problem behavior, community violence exposure, financial attitudes

HARMFUL EFFECTS

NONE



This research was generously funded by: European Research Council, UNICEF South Africa, UNICEF Innocenti Office of Research, the John Fell fund, the Leverhulme Trust, the Cambridge Trust, and the Economic and Social Research Council.

