

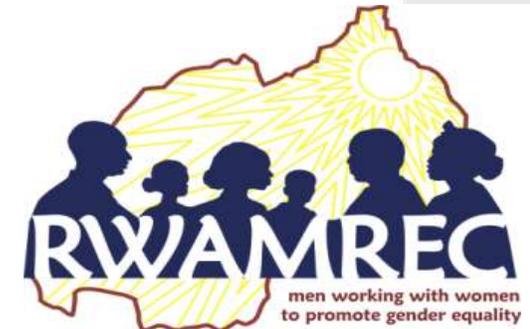
Effective prevention of intimate partner violence in Rwanda through a training programme for couples: results from the *Indashyikirwa* trial

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WhatWorks

TO PREVENT VIOLENCE

A Global Programme To Prevent
Violence Against Women and Girls

Background

- ▶ IPV prevention programmes traditionally been hesitant to work with couples due to concerns about safety & ethics
- ▶ Many couples want to stay together, but require support and skills to manage conflict and prevent violence
- ▶ Evidence on safe and effective strategies for working within couples to prevent IPV is needed



Indashyikirwa “Agents of Change”

Couples' Curriculum

- ▶ Part of large, multifaceted programme
- ▶ 21 week training with groups of 15 M/F couples
- ▶ 1 female & 1 male facilitator from RWAMREC
- ▶ Built on infrastructure of CARE Rwanda's village savings and loan association (VLSA) programme
- ▶ Foster change in knowledge, attitudes, skills, behaviours:
 - ▶ Power imbalance as root cause of IPV
 - ▶ Manage triggers of IPV
 - ▶ Positive alternatives to IPV



WhatWorks
TO PREVENT VIOLENCE

Indashyikirwa Intervention Model

CARE Rwanda

RWN

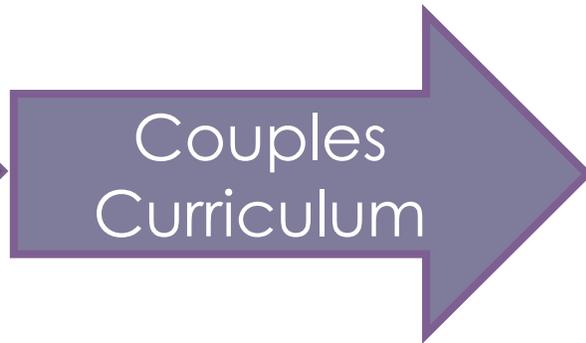
SECTOR &
DISTRICT



RWAMREC

Cells

VSLAs



5 m

Activist Training

2 m



18 m +

Coordination
Across Levels



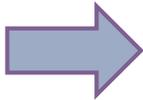
Overview of Impact Evaluation

- ▶ **Quantitative:** Cluster randomized controlled trial, randomised at **sector** level
 - ▶ Impact on **couples** assessed at **individual level**
 - ▶ Impact on **communities** assessed at **population level**
- ▶ **Qualitative:** In-depth interviews, focus groups and informal staff interviews with
 - ▶ Couples & Community Activists
 - ▶ Opinion Leaders
 - ▶ Women's Spaces service users and facilitators
 - ▶ RWAMREC/RWN staff members

Impact Evaluation: Couples



SECTOR &
DISTRICT



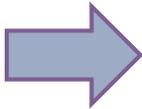
Creation of "ENABLING ENVIRONMENT":

- Opinion Leader Training & Engagment
- Women's Safe Spaces

Coordination
Across Levels



Cells
VSLAs



Couples
Curriculum

Base

Activist
Training

GBV ACTIVISM
[Drawing from SASA!]

12 m

24 m

Couples Cohort
N=1,680 couples



Evaluation Questions?

Couple level

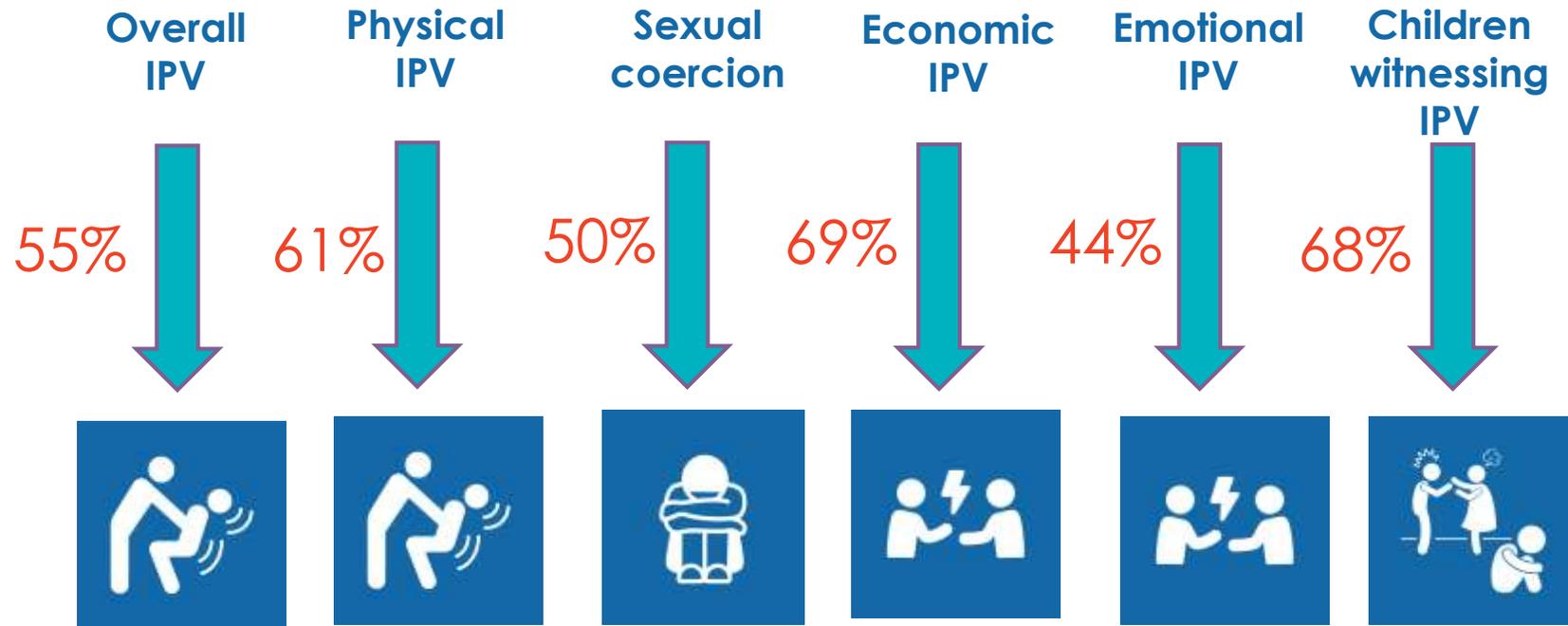
- ▶ Does *Indashyikirwa* achieve its goal of promoting healthy relationships and reducing conflict/ violence among couples?
 - ▶ Changes in IPV (all types)?
 - ▶ Changes in relationship quality?
 - ▶ Changes in mental health, alcohol use, household development, overall well being?
 - ▶ Beliefs about IPV and community engagement?
 - ▶ Any benefits to children in the household?

Quantitative: Data collection couples

- ▶ Separate data collection for women and men
- ▶ Facilitated by gender matched field staff
- ▶ Data collection via ACASI questionnaires
 - ▶ Internationally standardized measures
 - ▶ Measures developed/adapted for Rwanda

Couples Women: Reductions in IPV

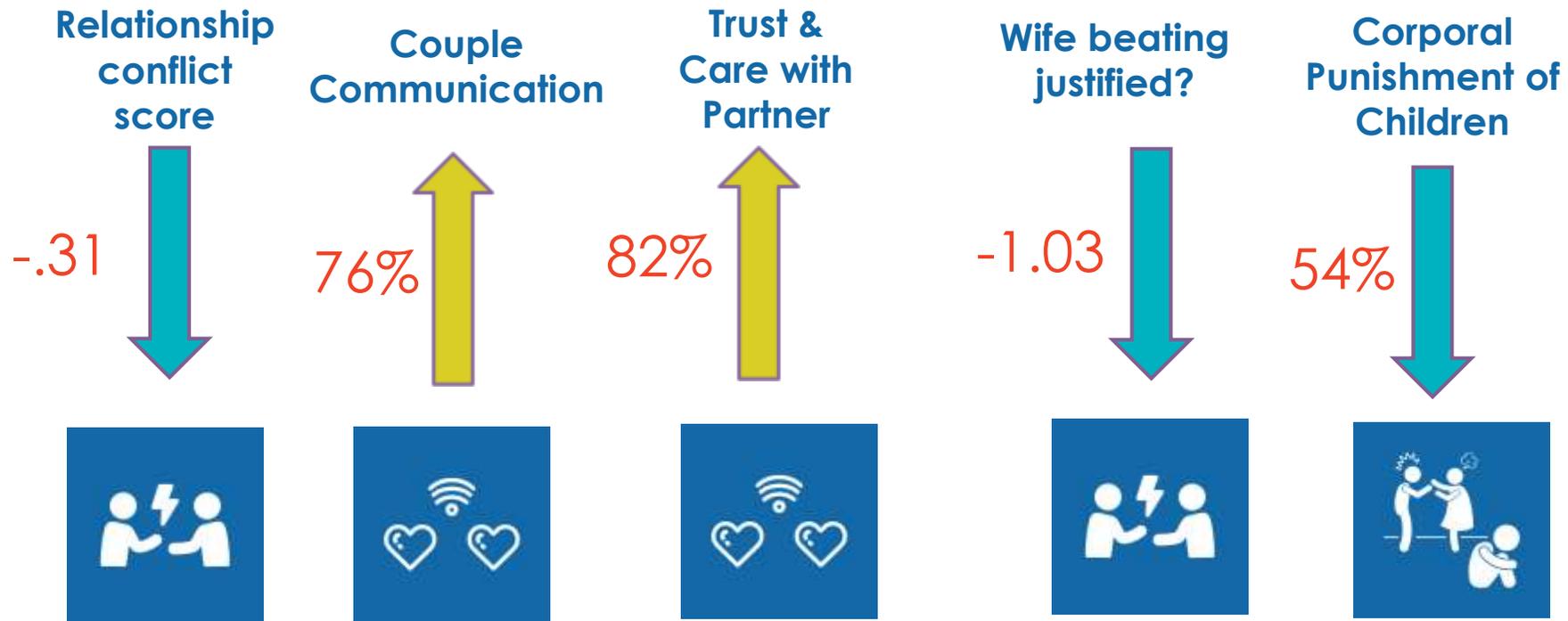
Couple's curriculum vs VSLA alone



Figures derived from adjusted odds ratios comparing couple's training participants to VSLA alone

Couples Women: Other Key Benefits

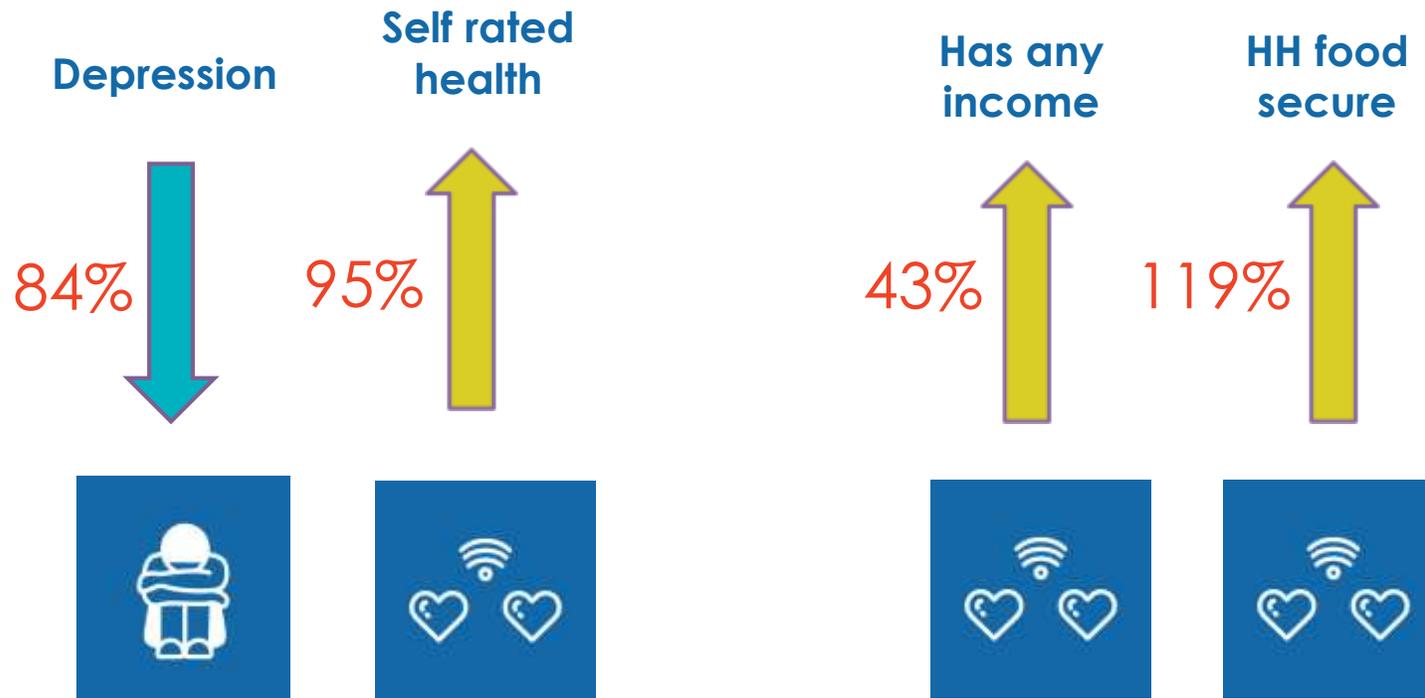
Couple's curriculum vs VSLA alone



Figures derived from adjusted odds ratios comparing couple's training participants to VSLA alone

Couples Women: Other Key Benefits

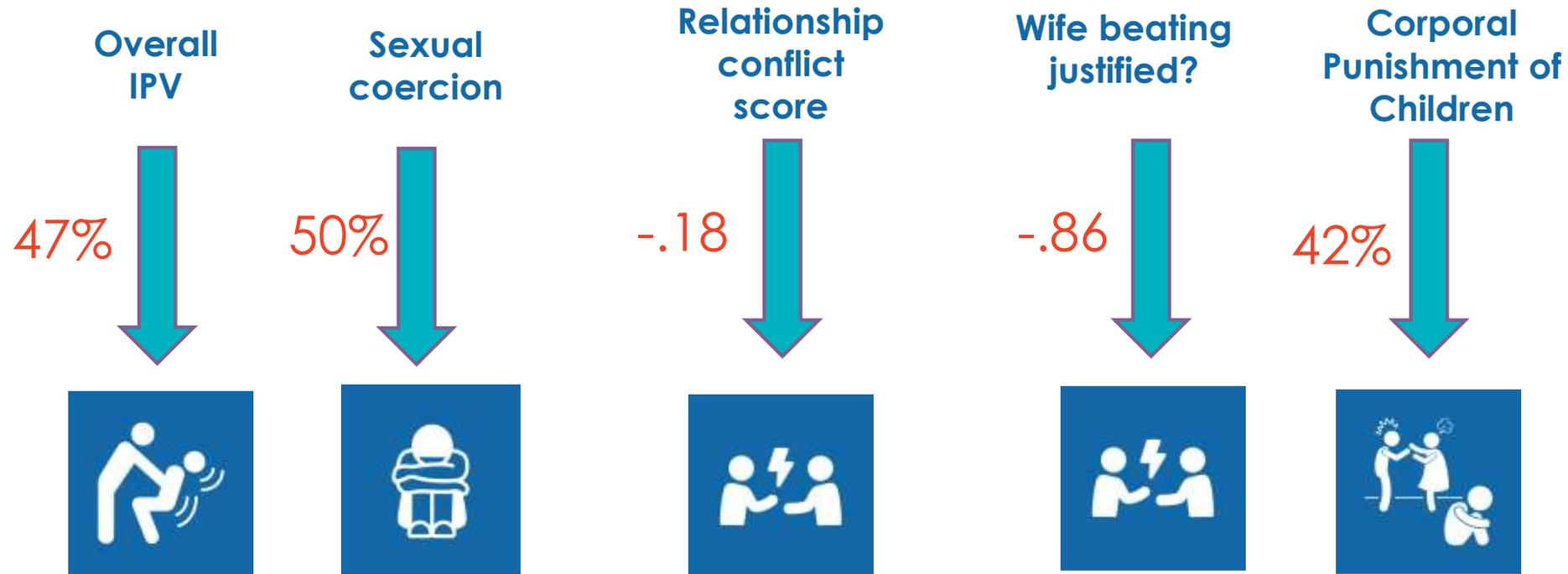
Couple's curriculum vs VSLA alone



Figures derived from adjusted odds ratios comparing couple's training participants to VSLA alone

Couples Men: Reductions in IPV & Other Key Benefits

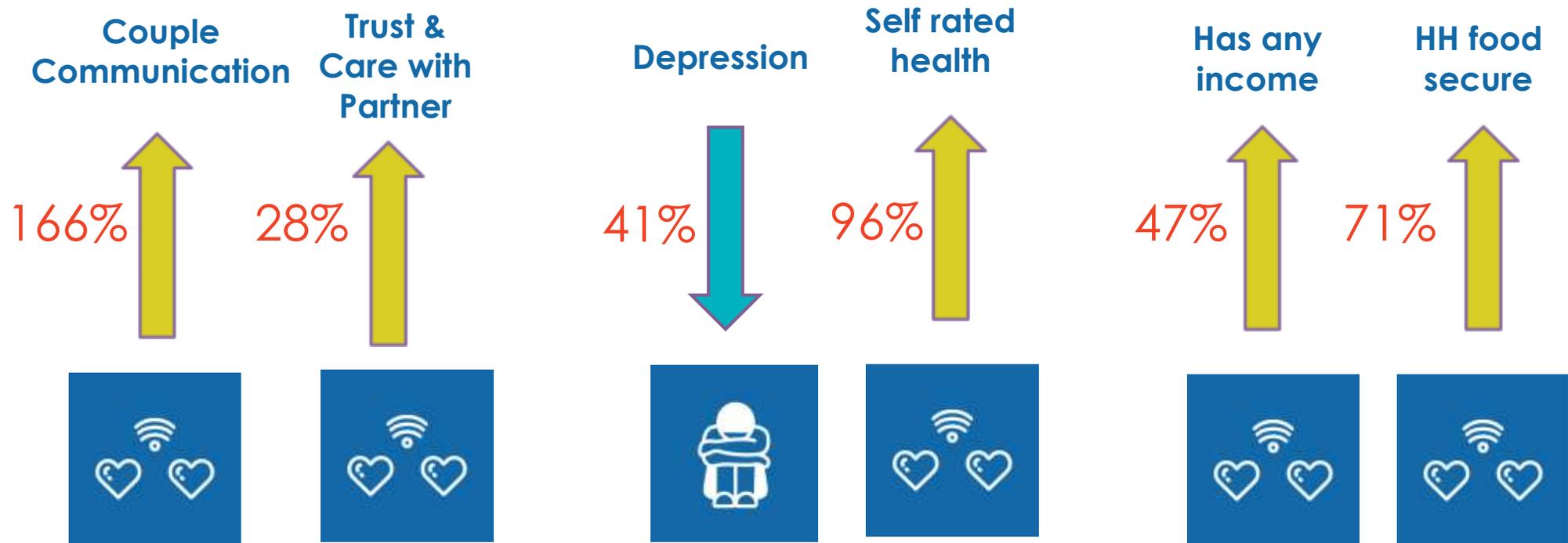
Couple's curriculum vs VSLA alone



Figures derived from adjusted odds ratios comparing couple's training participants to VSLA alone

Couples Men: Other Key Benefits

Couple's curriculum vs VSLA alone



Figures derived from adjusted odds ratios comparing couple's training participants to VSLA alone

Couples Curriculum Takeaways

- ▶ Significant reductions in all forms of IPV among couples who participated in the curriculum & one of the few studies to show a reduction in sexual IPV among BOTH men and women
- ▶ Women and men reported improved relationships: decreased conflict, better conflict management, increased communication, heightened trust
- ▶ Women and men reported improved mental and physical health, and improved household economic status, including improvements in food security
- ▶ Mothers and fathers reduced their belief in and use of corporal punishment against children in the household

THANK YOU!

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