(How) do changing couple dynamics lead to reduced physical or sexual IPV?

Evidence of mechanisms of change in the Bandebereho gender-transformative couples' intervention in Rwanda

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Objective of the Study

Investigate mechanisms or pathways of impact that led to lower rates of IPV among intervention participants in Rwanda
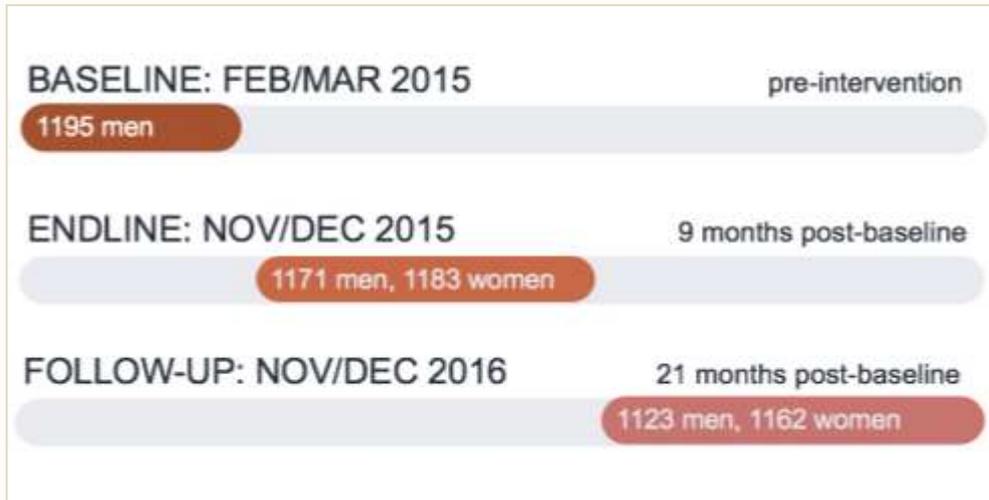
THE BANDEBEREHO INTERVENTION

- A gender-transformative intervention for men and couples – targeting expectant & current parents of children under-five years.

- Promoted men's engagement in sexual, reproductive, maternal and newborn health, caregiving, and healthier couple relations.

- Adapted from Program P by RWAMREC and Promundo, and funded by the Dutch Ministry of Foreign Affairs.
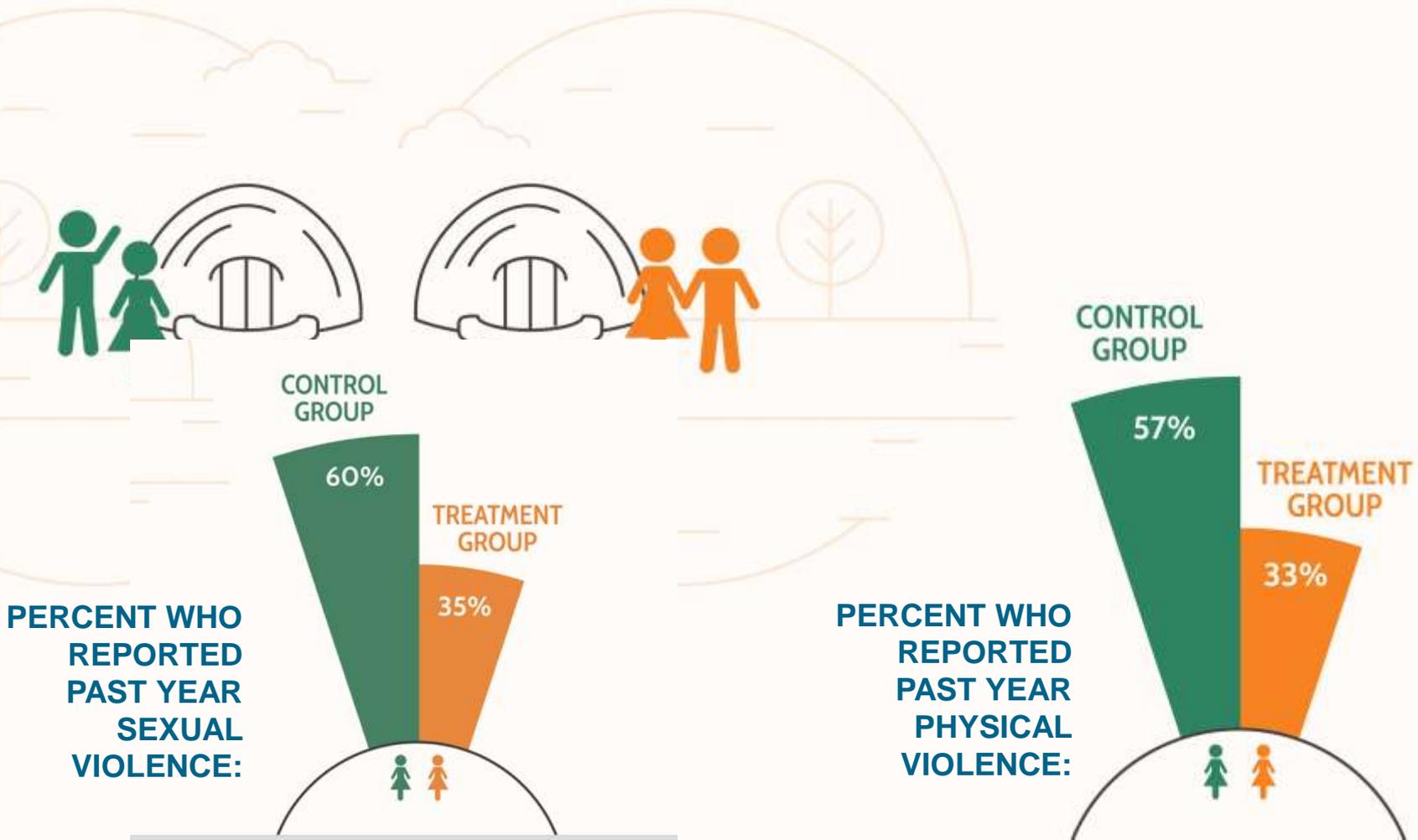
GENDER-TRANSFORMATIVE GROUP EDUCATION

- Participatory/activity-based curriculum for fathers and expectant couples ages 21-35, adapted from *Program P*

- 15 weekly group sessions led by community facilitators: 7 sessions for men only; 8 for couples (~45 hours for men, ~24 for women)

- Participants received a transport stipend (2000 francs) per session

- On average, men attended 14.1 of 15 sessions, and women 6.8 of 8 sessions

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STUDY DESIGN

BASELINE: FEB/MAR 2015 — pre-intervention
1195 men

ENDLINE: NOV/DEC 2015 — 9 months post-baseline
1171 men, 1183 women

FOLLOW-UP: NOV/DEC 2016 — 21 months post-baseline
1123 men, 1162 women

- Two-armed, multi-site randomized controlled trial
- 48 facilitators each recruited 25 eligible men (n=1199)
- Individuals randomized by data collection firm after baseline (n=624 control, 575 treatment)
- Technical Advisory Group
- Qualitative interviews with women, men, facilitators

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LOWER RATES OF PAST YEAR IPV REPORTED BY WOMEN IN TREATMENT GROUP (21 month follow-up)

PERCENT WHO REPORTED PAST YEAR SEXUAL VIOLENCE:

CONTROL GROUP
60%

TREATMENT GROUP
35%

PERCENT WHO REPORTED PAST YEAR PHYSICAL VIOLENCE:

CONTROL GROUP
57%

TREATMENT GROUP
33%

METHODS

- Developed a conceptual model of potential mechanisms

- Quantitatively examined these mechanisms:
    1. Evaluated and refined a measurement model for the mediating variables
    2. Conducted an individual mediator analysis
    3. Conducted an analysis with all mediators simultaneously, with no assumptions about the relationships among the mediating variables
    4. Estimated a structural equation model

VARIABLES

Scale	Range	Mean (SD)	Treatment – Control
Past year physical and/or sexual violence	0-3	0.66 (0.82)	-0.52***
Relationship characteristics:			
Communication Frequency (F)	0–3	1.28 (0.76)	0.47***
Communication Satisfaction (F)	1–4	3.27 (0.74)	0.45***
Male-Dominated Decision-Making (F)	0–1	0.57 (0.36)	-0.16***
Lack of Emotional Closeness (F)	1–4	1.89 (0.64)	-0.40***
Quarreling (F)	0–3	1.35 (0.95)	-0.50***
Attitudes:			
Gender Equitable Attitudes (M)	1–5	2.65 (0.93)	0.78***
Approval of Wife Beating (M)	0–1	0.24 (0.31)	-0.23***
Sharing of Domestic Labor (F)	1–5	1.63 (0.48)	0.36***
Men's Alcohol Use (F)	0–3	0.78 (0.74)	-0.31***
Financial Security (F)	1–4	2.40 (0.56)	0.12**
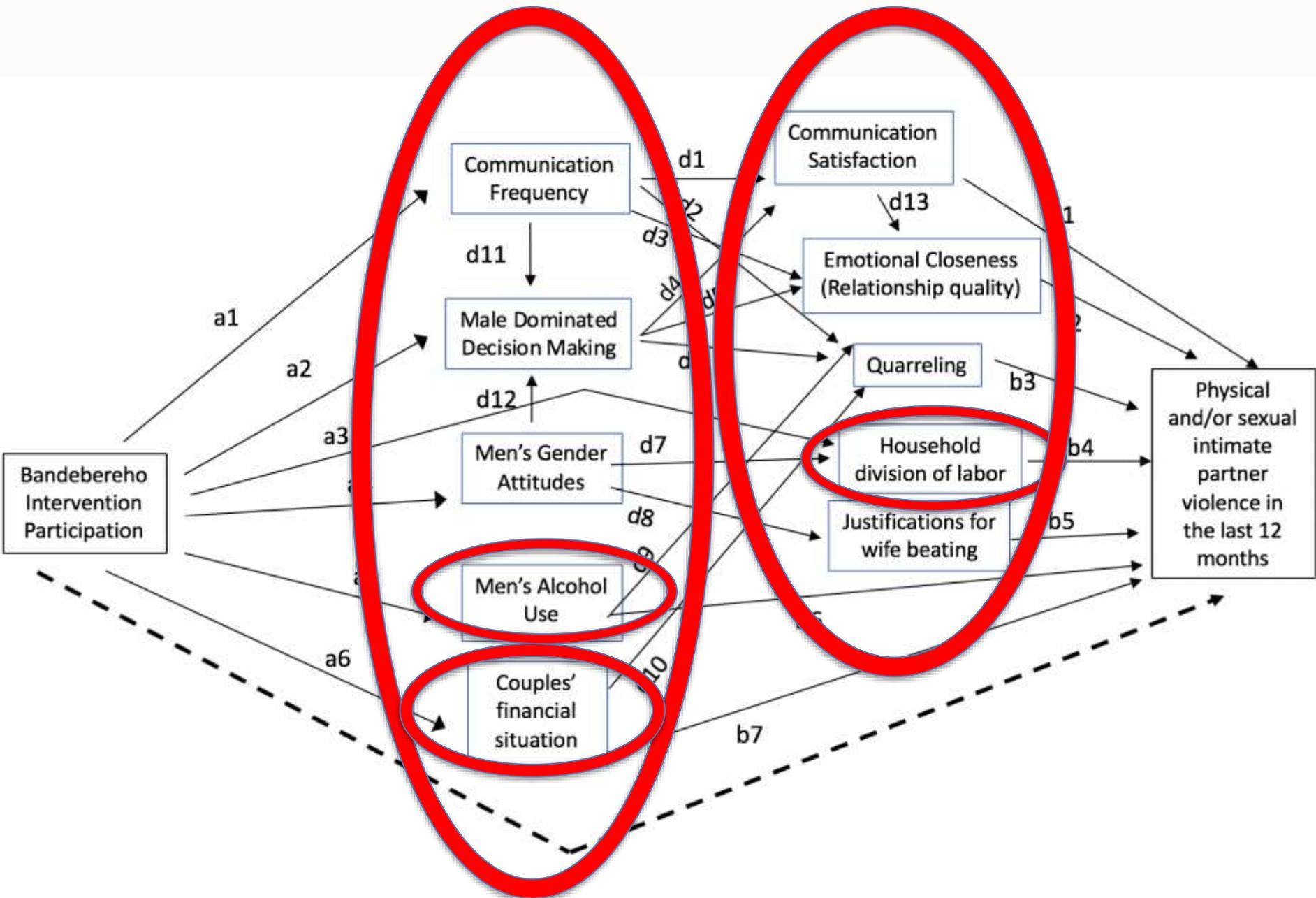
RESULTS: % OF EFFECT ATTRIBUTABLE

|	Structural Model	
	%	95% CI
Lack of emotional Closeness (F)	20.1	(12.4, 27.8)***
Communication Frequency (F)	19.6	(15.3, 23.9)***
Men's Alcohol Use (F)	13.8	(8.3, 19.2)***
Gender Equitable Attitudes (M)	9.0	(5.3, 12.8)***
Communication Satisfaction (F)	8.0	(3.9, 13.7)***
Approval of Wife Beating (M)	6.6	(3.1, 10.2)***
Sharing of Domestic Labor (F)	4.6	(-0.4, 9.7)
Quarreling (F)	3.0	(0.4, 5.6)*
Male-Dominated Decision-Making (F)	1.5	(0.2, 2.9)*
Financial Security (F)	0.8	(-0.4, 1.9)

Fit Indices
RMSEA= 0.058, CFI =0.921, TLI =0.907
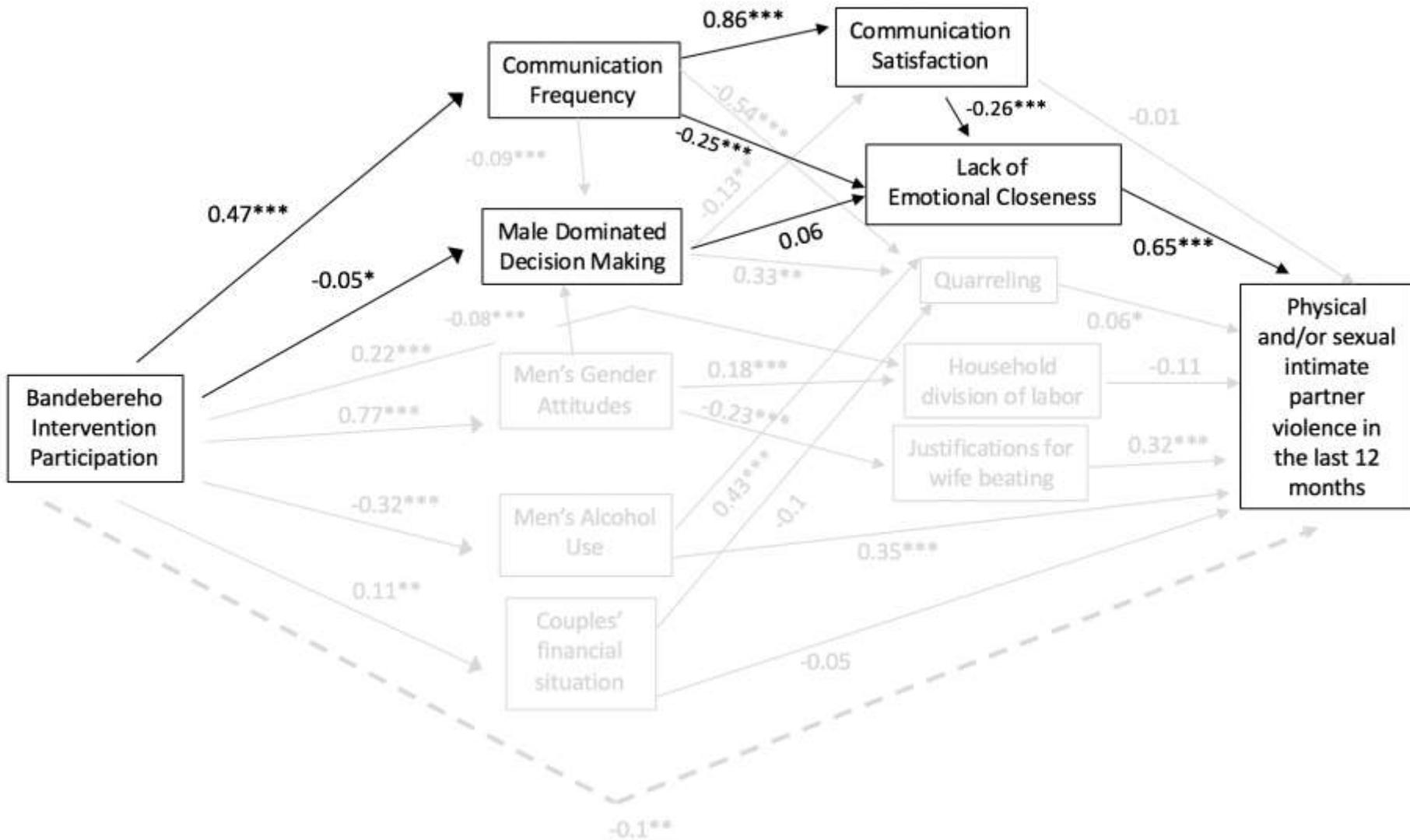
RESULTS: INTERVENTION MECHANISMS
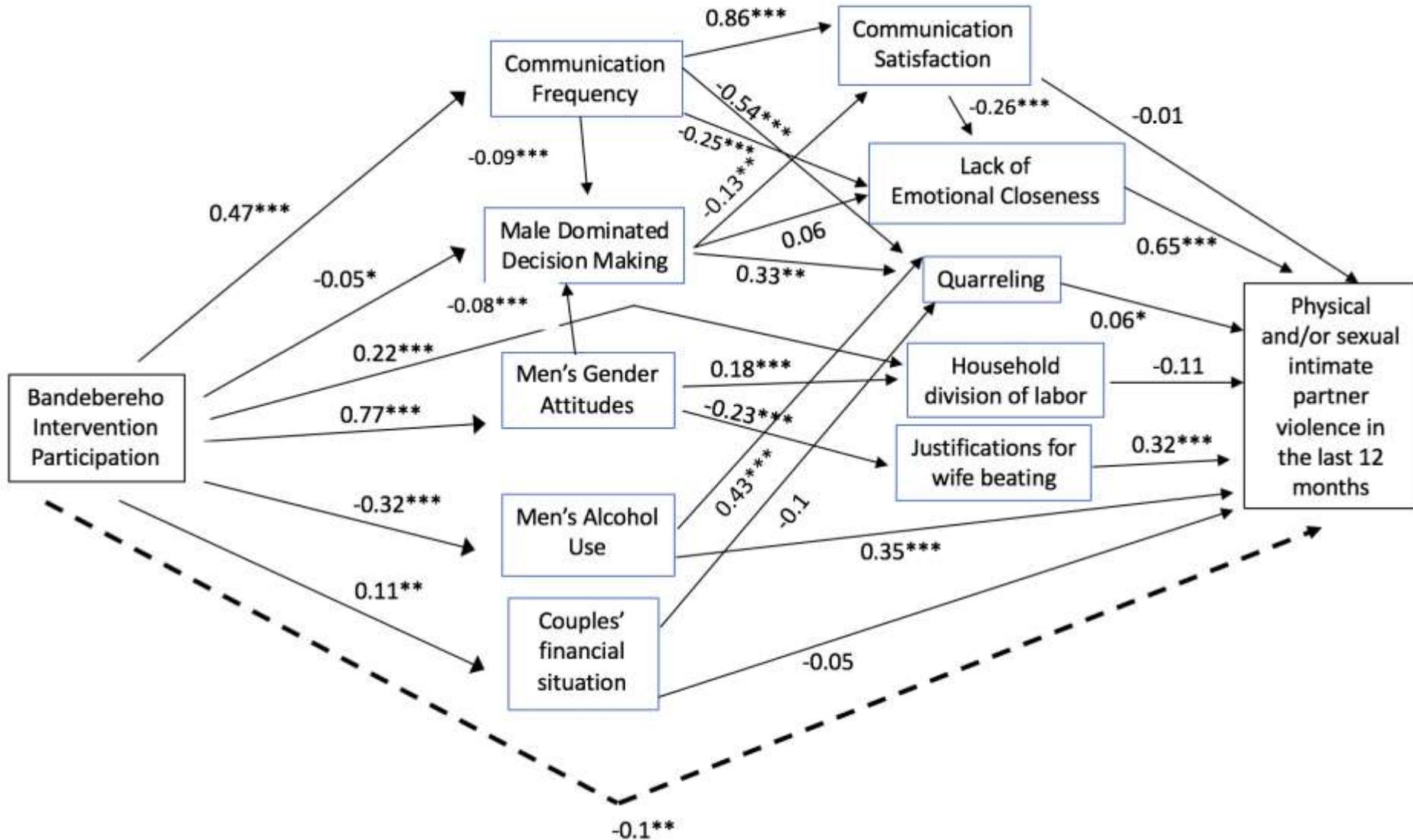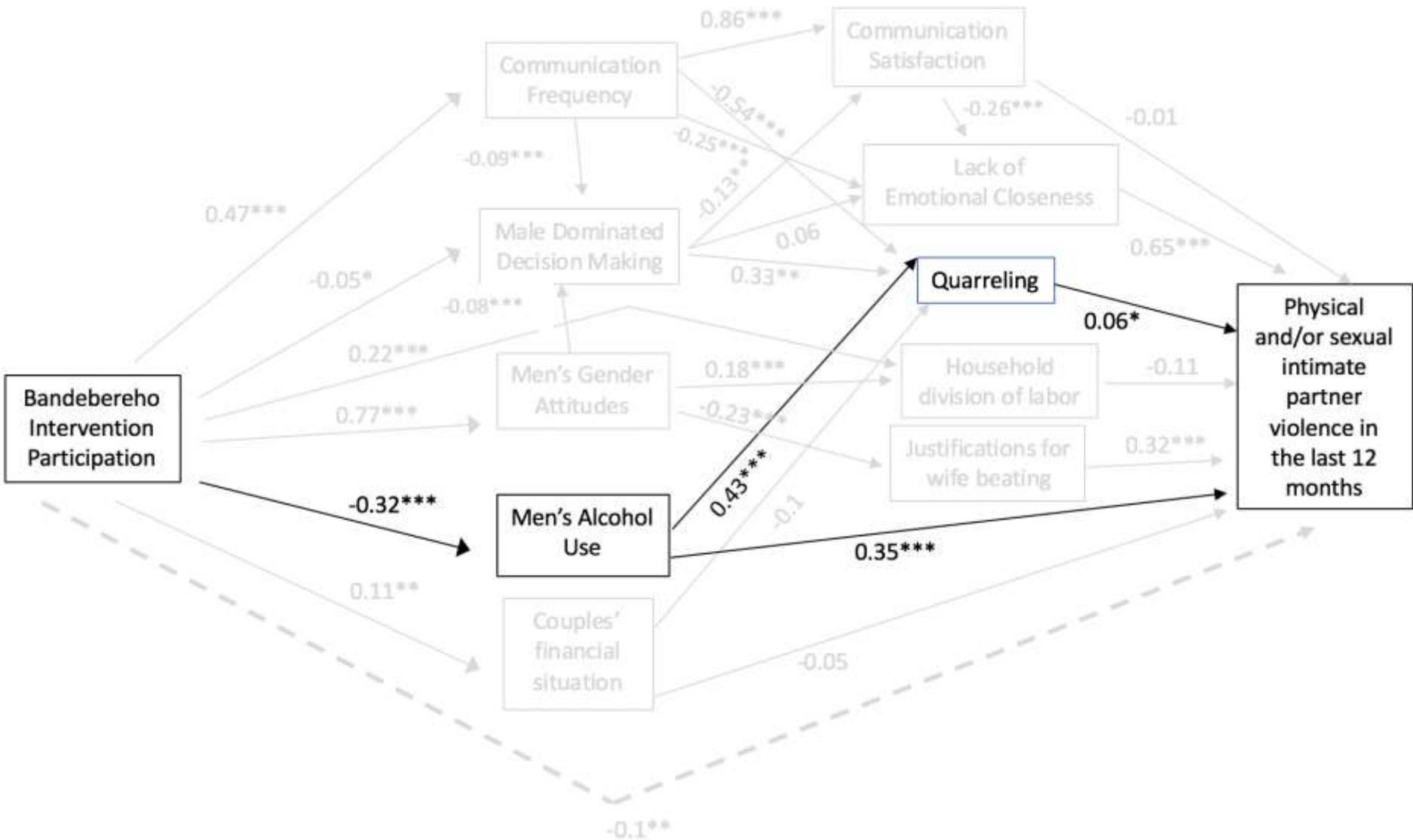
MEDIATION
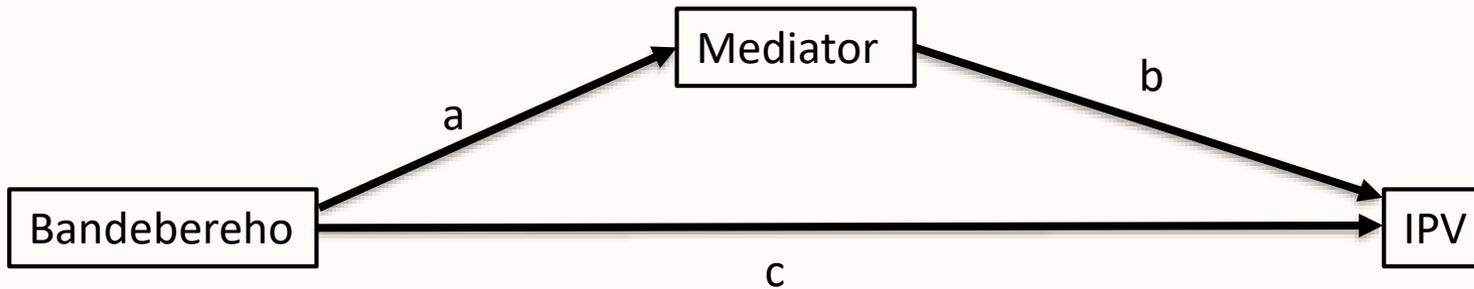
Total Effect = a*b + c

Mediated Effect = a*b

Percent of Effect Attributable to Mediator = 100*(a*b/(a*b + c))

LACK OF EMOTIONAL CLOSENESS

MEN'S ALCOHOL USE

LIMITATIONS

- No baseline data available for women
- Self-reported responses
- All mediators measured at the same point in time
- Complex phenomenon→ assumptions of the structure of the model

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CONCLUSIONS & NEXT STEPS

- Bandebereho intervention was effective in addressing hypothesized mechanisms of change

- Important mechanisms for IPV:
  - Relationship quality: emotional closeness, communication
  - Men's gender & violence attitudes
  - Men's alcohol use

- Further investigation of quarreling and decision-making needed
- Next steps for analysis:

  - Refining the model (incl. qual data)
  - Testing physical/sexual violence separately
  - Men/women/
  discordance reports

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IMPLICATIONS

- Focus on both skills and attitudes

- Strengthen and enhance specific components

- Learn more about what works and why across interventions

Next steps:
- 5 year post data collection
- Scale up with community health workers in Rwanda together with MOH

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THANK YOU

Full RCT results: https://doi.org/10.1371/journal.pone.0192756

Doyle K, Levtov R, Barker G, Bastian GG, Bingenheimer JB, Kazimbaya S, Nzabonimpa A, Pulerwitz J, Sayinzoga F, Sharma V, Shattuck D. 2018. *PLOS ONE.*

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ADDITIONAL SLIDES

Data Collection

- Questionnaire administered by trained, sex-matched interviewer in Kinyarwanda, using a tablet
  - Training on collecting violence data, counseling support

- Interviews in private, in central locations (e.g. schools)

- Interview length: ~ 1.5 - 2 hours

	Men		Women	
	n	Response rate	n	Response rate
Baseline	1195	99%	NA	NA
Endline (9 months post-baseline)	1171	98%	1192	99%
Follow-up (21 months post-baseline	1123	94%	1162	97%

Baseline characteristics

	Control (n= 624)	Intervention (n=571)	All
Age (years): mean (SD)	28.62 (3.76)	28.70 (3.58)	28.6 (3.68)
Level of education			
None	10.1%	8.6%	9.4%
Some primary	51.4%	55.7%	53.5%
Primary complete	23.6%	22.8%	23.2%
Secondary, vocational or higher	14.9%	13.0%	14.0%
Self-employed	90.38%	88.09%	89.29%
Household can afford basic items			
Never or sometimes	39.26%	38.18%	38.74%
Often	29.65%	30.65%	30.13%
Always	31.09%	31.17%	31.13%
Has biological children	75.96%	76.01%	75.98%
Number of children, mean (SD)	1.45 (0.67)	1.51 (0.75)	1.48 (0.71)
Expecting a child at baseline	64.15%	65.15%	64.63% [21]

RESULTS: ONE MEDIATOR AT A TIME

	One Mediator at a Time	
	%	95% CI
Communication Frequency (F)	50.9	(37.4, 64.4)***
Communication Satisfaction (F)	50.9	(40.2, 61.6)***
Male-Dominated Decision-Making (F)	11.9	(5.8, 17.9)***
Emotional Closeness (F)	61.2	(48.8, 73.6)***
Quarreling (F)	35.2	(25.8, 44.5)***
Gender Equitable Attitudes (M)	36.8	(25.3, 48.3)***
Approval of Wife Beating (M)	42.4	(27.8, 56.9)***
Sharing of Domestic Labor (F)	51.0	(38.3, 63.7)***
Alcohol Problems (F)	41.5	(28.8, 54.3)***
Financial Security (F)	9.2	(3.4, 15.0)**

Findings: More positive SRHR & MNCH behaviors

	Control Group	Bandebereho Group	Intervention Effect
Used modern contraceptives (men)	64.9%	75.4%	OR= 1.65 (1.24 – 2.20) p=0.001
Used modern contraceptives (women)	60.5%	69.9%	OR = 1.53 (1.15 - 2.04) p=0.004
# of ANC visits (women)	3.11	3.40	IRR= 1.09 (1.05 - 1.14) p<0.001
# of ANC visits accompanied by men (men)	1.57	2.09	IRR = 1.33 (1.23 - 1.45) p<0.001
# of ANC visits accompanied by men (women)	1.15	1.71	IRR = 1.50 (1.36 - 1.65) p<0.001

LOCAL ADAPTATION



9-month process in 2013/4 including:

- Formative research with men, women, health care providers

- Activities from Program P, H|M manuals tested & tailored with RWAMREC staff

- Draft manual piloted with 48 couples in one-week; feedback collected

- Revised based on participant, staff and MOH feedback

- Review & approval by MOH

Part of MenCare+ program; coordinated by Rutgers and Promundo; funded by Dutch Ministry of Foreign Affairs

BANDEBEREHO CURRICULUM

- Structured curriculum promoting men's involvement in MNCH, caregiving and healthier couple relations

- Participatory activities (e.g. role play, games) and guided discussion questions

- 15 sessions for men; 8 for couples

- Adapted from Program P with increased emphasis on gender, couple relations and IPV
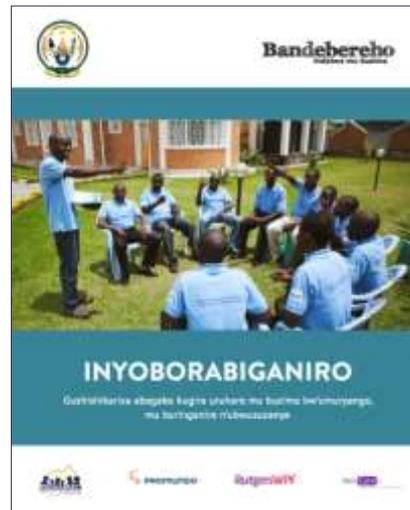
Gender equality

Becoming a father

Pregnancy

Supporting partner in pregnancy

Birth

Family planning

Caring for a baby

My parents' impact

Identifying violence

Gender-based violence

Resolving conflict

Alcohol & drug abuse

Raising children

Sharing responsibilities at home

Reflection