



# Outcomes from a parenting programme for early prevention of violence against children gender and based violence in Uganda *Parenting for Respectability: pre-post study*

Godfrey Siu, Jamie Lachman, Carol Namutebi, et al.  
[gsiu@chdc.mak.ac.ug](mailto:gsiu@chdc.mak.ac.ug)

SVRI Forum October 21-25, 2019 Cape Town

MRC/CSO Social and Public Health Sciences Unit



# Study Team

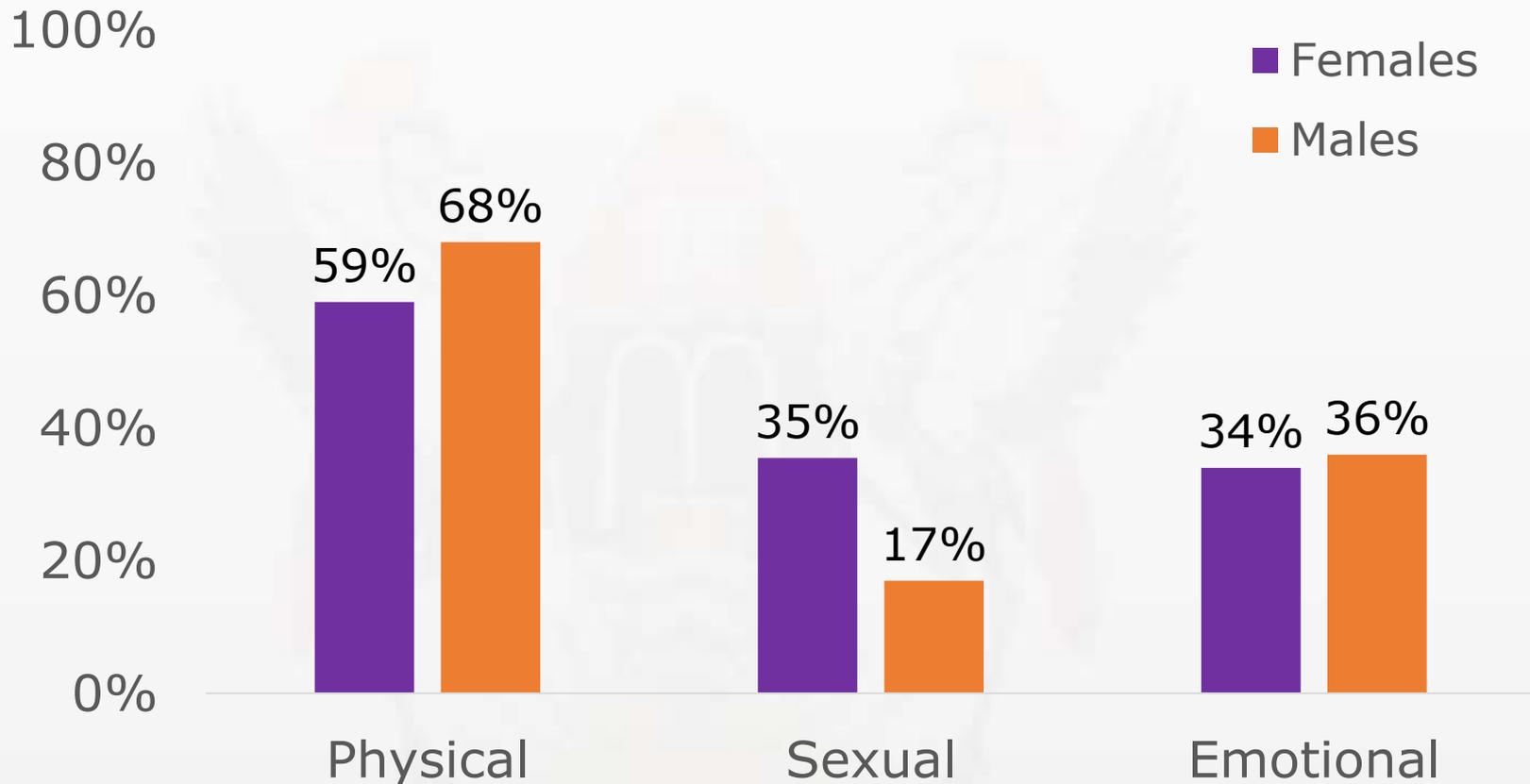
- Dr Siu Godfrey – Makerere University
- Prof Daniel Wight – SPHSU University of Glasgow
- Carolyn Namutebi – Makerere University
- Flavia Zalwango – MRC/UVRI Uganda
- Prof Janet Seeley – MRC/ UVRI & LSHTM
- Richard Sekiwunga – Makerere University
- Dr Rebecca Nsubuga – MRC/ UVRI Uganda
- Dr Jamie Lachman - University of Glasgow



# Background



# National data (2017) : Physical, Sexual and Emotional Violence



Family as setting where most violence happens



# Need for Evidence Based Parenting Interventions



Proliferation of parenting interventions,  
**but:**

- Some are evidence based, most are not
- Most are not evaluated
- Don't know what works and what doesn't
- Developed from the North, limited adaptations
- Many fragmented: deal with limited number of predictors of poor parenting and violence



# The Parenting for Respectability Programme



# The Parenting for Respectability Programme

Is a 16 community based parenting programme with a core of 9 single sex and 7 mixed sex group sessions, delivered to parental groups by trained local facilitators

## Session 1 – 4

- Importance of relationships especially with close family members
- Child development & the implications for relationships

## Session 5 & 11

- Children's Behaviour and Respectability
- Positive and sensitive parenting styles
- Commit to positive discipline techniques

## Session 5 & 11

- Gendered power relationships
- Gender Socialization

## Session 9,13 & 14

- Commitment to positive, respectable, notions of masculinity
- Identify constructive ways to resolve disputes with one's spouse without violence

## Session 12

- Encouraging both parents and child accountability in child's education
- Increase parent's engagement at school

## Session 10, 15 & 16

- Reflect on participants' experience of programme
- Re-inforce commitments to positive and more equitable parenting
- Encourage continued meeting after the PFR
- Celebration and award of certificates

draws from parents concerns for respectability (Siu et al 2013)



# The Parenting for Respectability Programme



## CASES OF VIOLENCE AGAINST BOTH WOMEN AND CHILDREN REDUCED AFTER COUPLES IN WAKISO WERE TRAINED IN APPROPRIATE PARENTING SKILLS, WRITES LILLIAN N. MAGEZI

Over 600 residents of Wakiso district were able to improve their households, thanks to a programme codenamed "Parenting for Respectability". The programme was implemented by the Child Health and Development Centre at Makerere University.

Dr Godfrey Sii, a lecturer and principal investigator on the project, says this is a community-based parenting training programme that aims at teaching parents skills and attitudes to bring up children to be bright, happy, healthy and well-behaved.

He explains that the programme was designed by researchers at Makerere University after preliminary research showed that children who are well-behaved and successful are the hallmark of family respectability in many Ugandan societies. It had been

noticed that parents wanted to raise such children, but did not know how to do so.

In addition, they had noticed that there was a lack of an indigenous evidence-based parenting model in Uganda.

Sii noted the four-year project, which was started in 2014, set out to address two types of violence, that is, against children and the gender-based one. These are known to hinder development in homes and prevent children from thriving.

Carolyn Namutebi Byekwaso, who was in charge of implementation, says the programme was piloted in parts of Wakiso district such as Kigungu Division B, Entebbe, Bweya and Ssisa sub-counties. Others are Kakiri and Katabi.

The training involved about 600 parents with children aged 17 and below. Both couples and single parents (even guardians) were recruited and participants were organised in 32 groups. Training involved 16 sessions. Participants would meet once a week to cover a session in two to three hours.

Continued on page 26



The programme aims to address four main issues that lead to child maltreatment and sexual/gender-based violence.

- Poor attachment between a parent and a child (parental bonding)
- Harsh parenting, especially corporal punishment
- Inequitable gendered socialisation (treating girls as inferior to boys)
- Conflict between parents, especially violence and disrespect



# Men's involvement



## Men need to get more involved in home affairs

In many cultures in Uganda, home affairs are left to the woman and many fathers/husbands behave like visitors or even strangers in their own homes. As a result, the women end up being overwhelmed with many responsibilities such as doing house chores and ensuring the children's discipline. Some women are left stressed, while others simply fail to do all that is expected of them.

Research done by Makerere University shows that it is crucial for men to be actively involved in the affairs of their home. Find out from today's lead story what happened when a programme set out to make men involved in home

## Men specifically targeted

Siu said the programme puts special focus on involving fathers. It had been noted that men were not sufficiently involved in parenting and did not spend enough time with their children.

He added: "For a long time, parenting programmes implemented in Uganda have focused on women because it is generally assumed that men are not interested in parenting. This is not true. Our research showed that men have a desire to improve their children's behaviour."

Siu also noted that they emphasised recruiting men because they experience social pressure to conform to societal norms around masculinity. Such norms make them perpetuate violence against woman and children.

In addition, such beliefs also constrain their involvement in the affairs of their homes/ families. For example, men who participated in the programme noted that neighbours laugh at them when they bathe their children or go with their families to church.



# 3 stages in the development of intervention



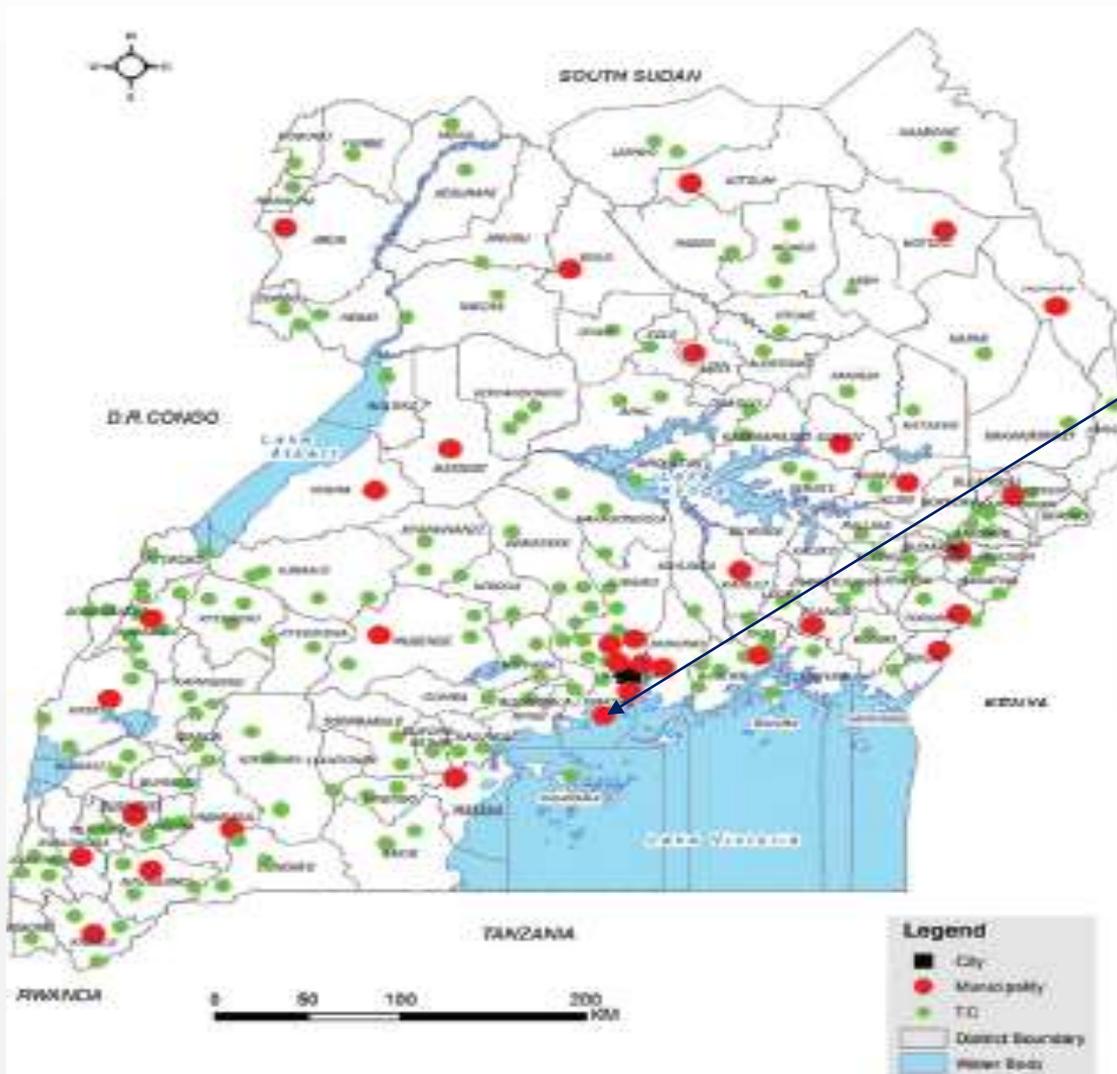
Stage 1: initial and drafting of programme and manual (2014): clarify objectives, content and structure

Stage 2: its formative evaluation with six parental groups (2015-16)

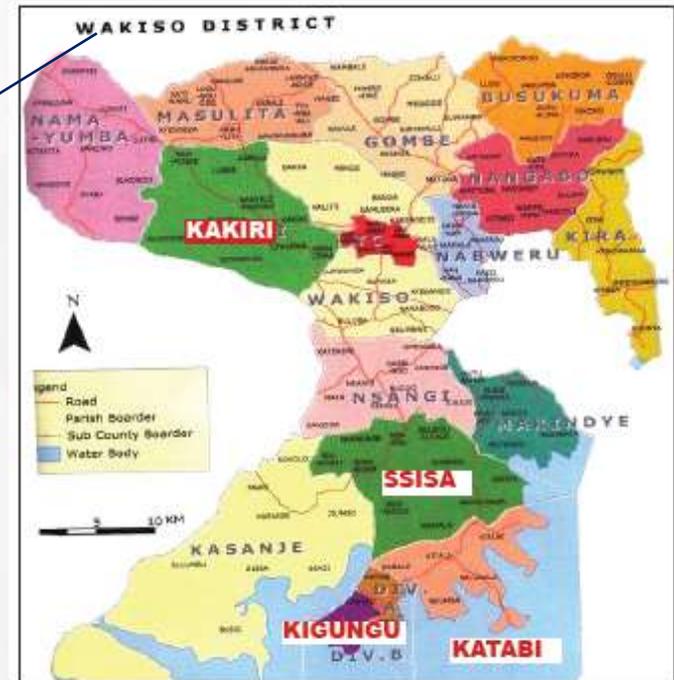
Stage 3: large scale pilot with a pre and post evaluation (2017-19) to assess effectiveness



# Intervention sites



Approx. 40kms from Kampala City





# Delivery methods/process



- 36 parental groups (15-25ppt)
- Weekly, 2-3 hr sessions
- Starts with single sex sessions: men and women separately
- Midway through the programme men and women attend mixed





# Study Methods



# Methods



- A pre-post study in Wakiso District, Uganda
- Baseline data collected from parents and their 8-14 year old children in 2017
- Follow-up data three months post programme completion in 2018
- Primary outcomes:
  - Parent-reported harsh parenting (**4 items**)
  - Child-reported harsh parenting (**6 items**)
  - Parent-reported partner conflict (**10 items**)
- Secondary outcomes:
  - Positive parenting (**9 items**)



# Methods

- Outcome scores computed from items determined from alpha scores
- T-test and Multivariate linear mixed models used for pre-post analyses of outcome effects
- Full information maximum likelihood estimation method used to account for missing data
- Estimated effect size using Cohen's  $f^2$
- Data and analysis done using Stata version 15
- Qualitative data on experiences of the programme: 22 mothers, 23 fathers, 25 children and post intervention interviews with 10 facilitators



# Main outcomes



- Harsh parenting reduced; from both parent and child reports

For both baseline and post periods; parents reported lower harsh parenting than the children

- Spousal violence reduced

Children reported much lower violence between parents; less than half of that reported by the parents

- Positive parenting improved

Children reported lower positive parenting from the father than from the mother

Parenting by mother influenced the scores for the combined reports from the parent



# Quantitative Results



# Surveys and numbers



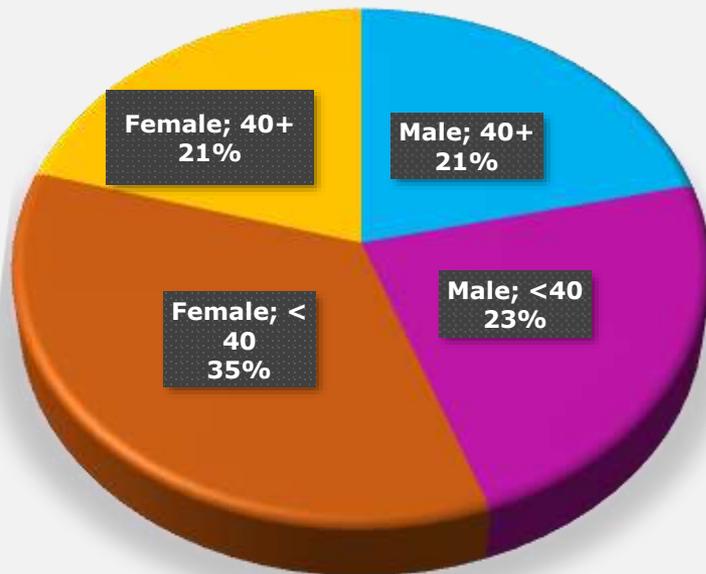
- A baseline survey was conducted in 2017
  - Initially recruited 400 parents and 182 of their children aged 10-14
  - A further 245 parents and 79 children recruited to replace dropped outs
- 484 parents and 212 children completed follow-up survey in 2018
- 286 (59%) parents attended at least 8 out of 15 programme sessions; 15% parents attended all sessions



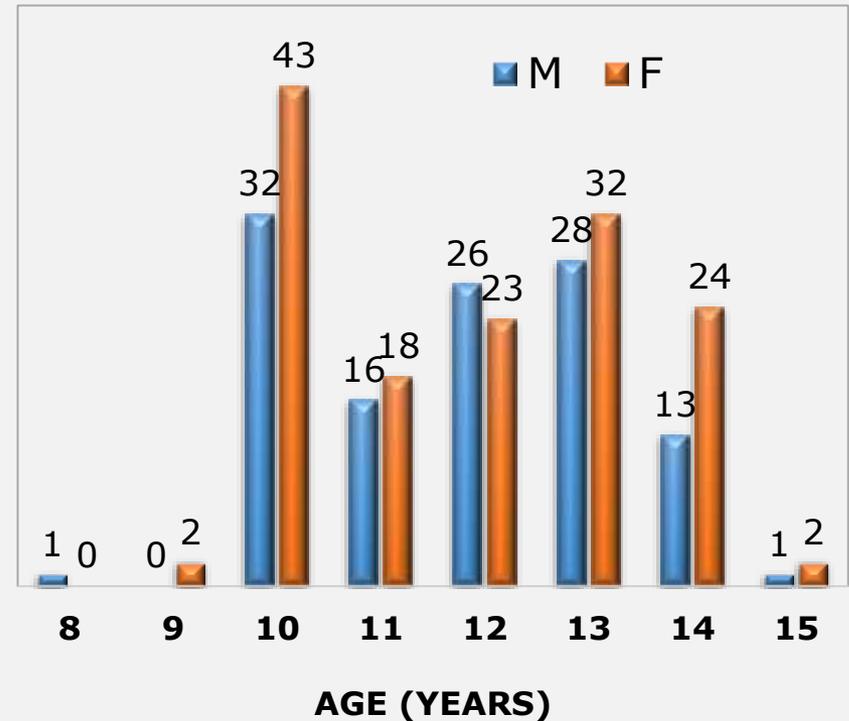
# Demographics of parents and children



### Parents sex and age distribution

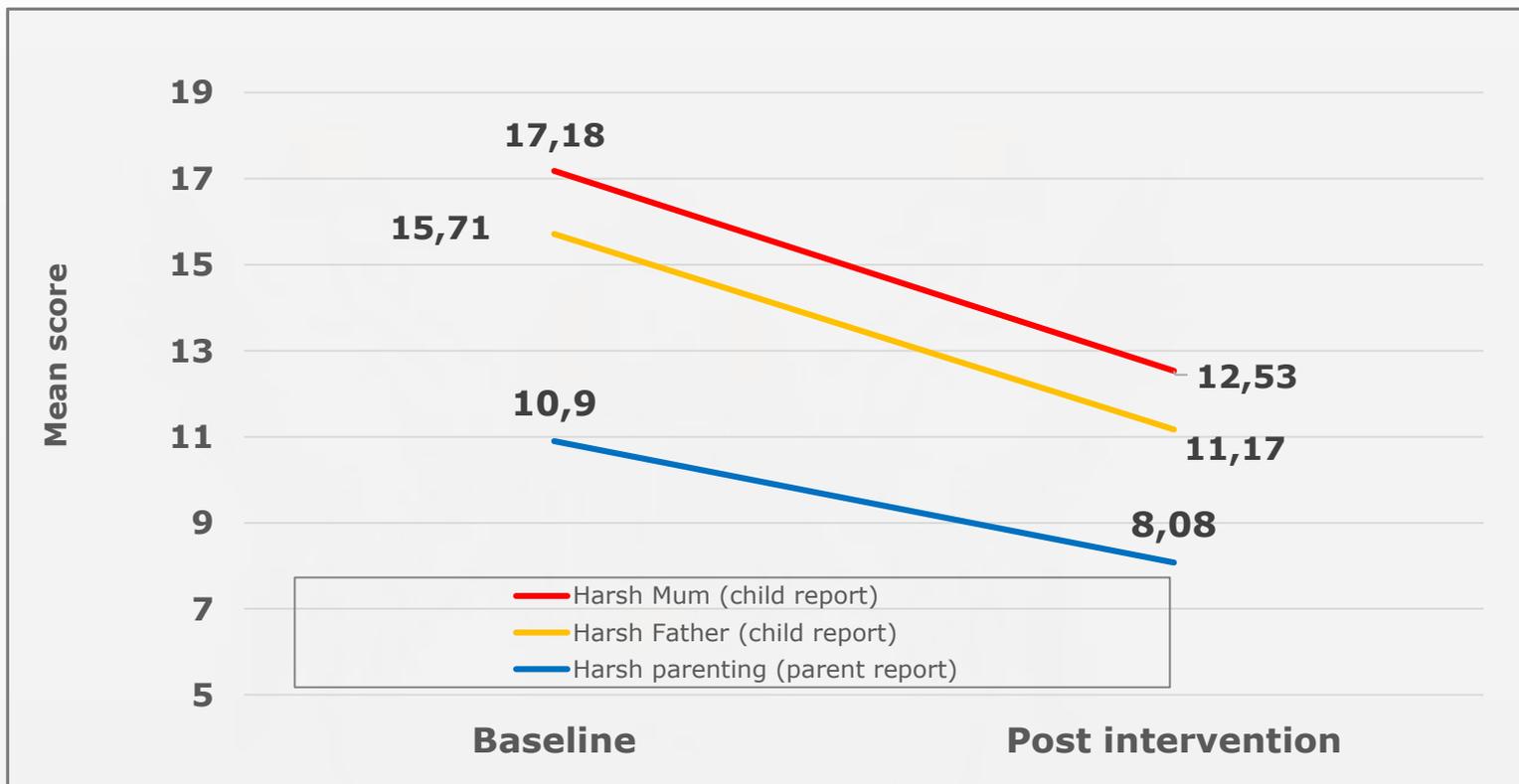


### Children sex and age distribution





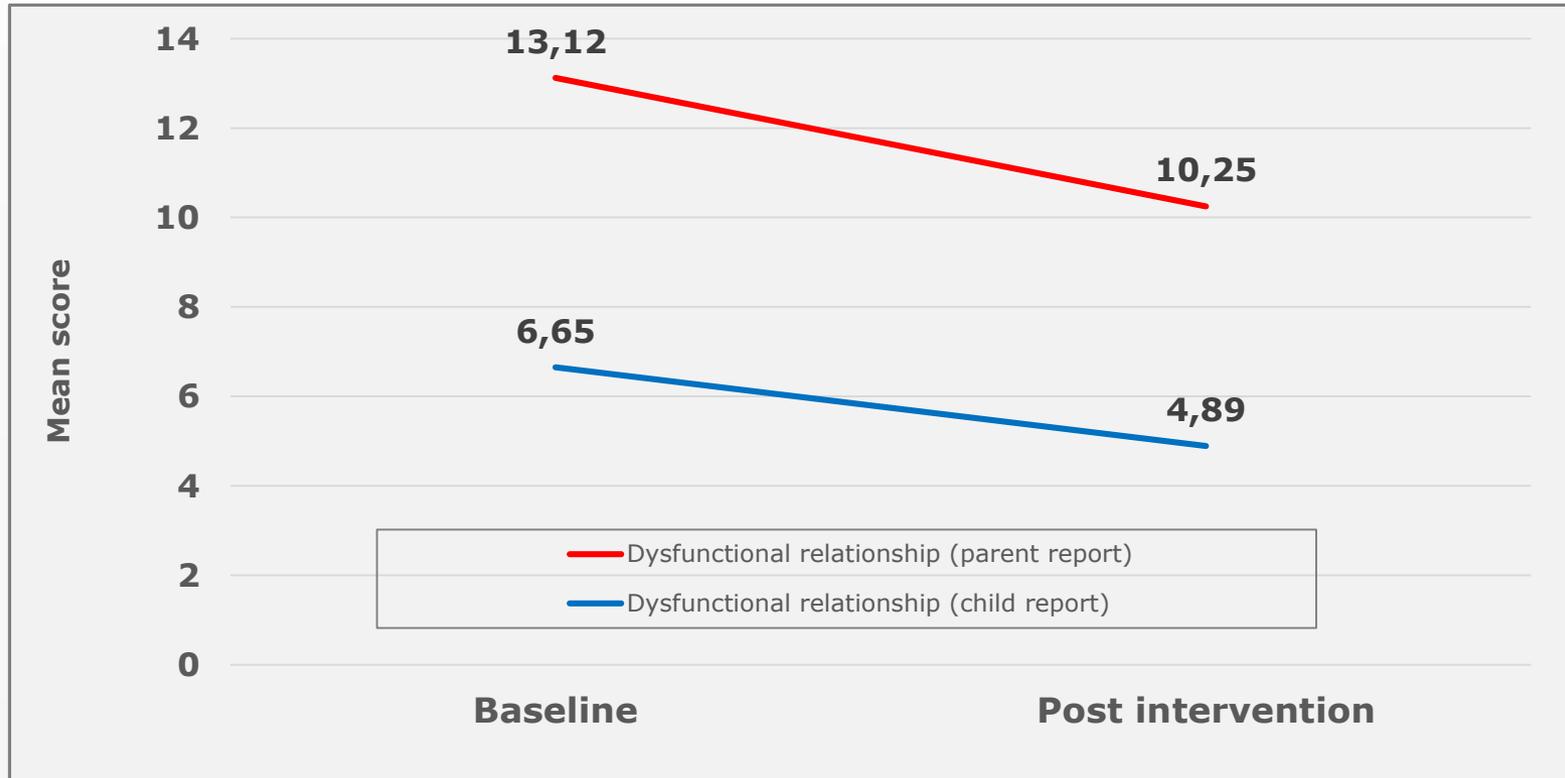
# Primary outcome: Harsh parenting



Outcome	N	Baseline Mean (SD)	Post intervention Mean (SD)	% change	Cohen f <sup>2</sup>
Harsh (parent report)	481	10.90 (2.96)	8.08 (2.18)	26%	0.42
Harsh father (child report)	173	15.71 (4.39)	11.17 (3.44)	27%	0.42
Harsh mum (child report)	208	17.18 (3.90)	12.53 (3.62)	27%	0.55



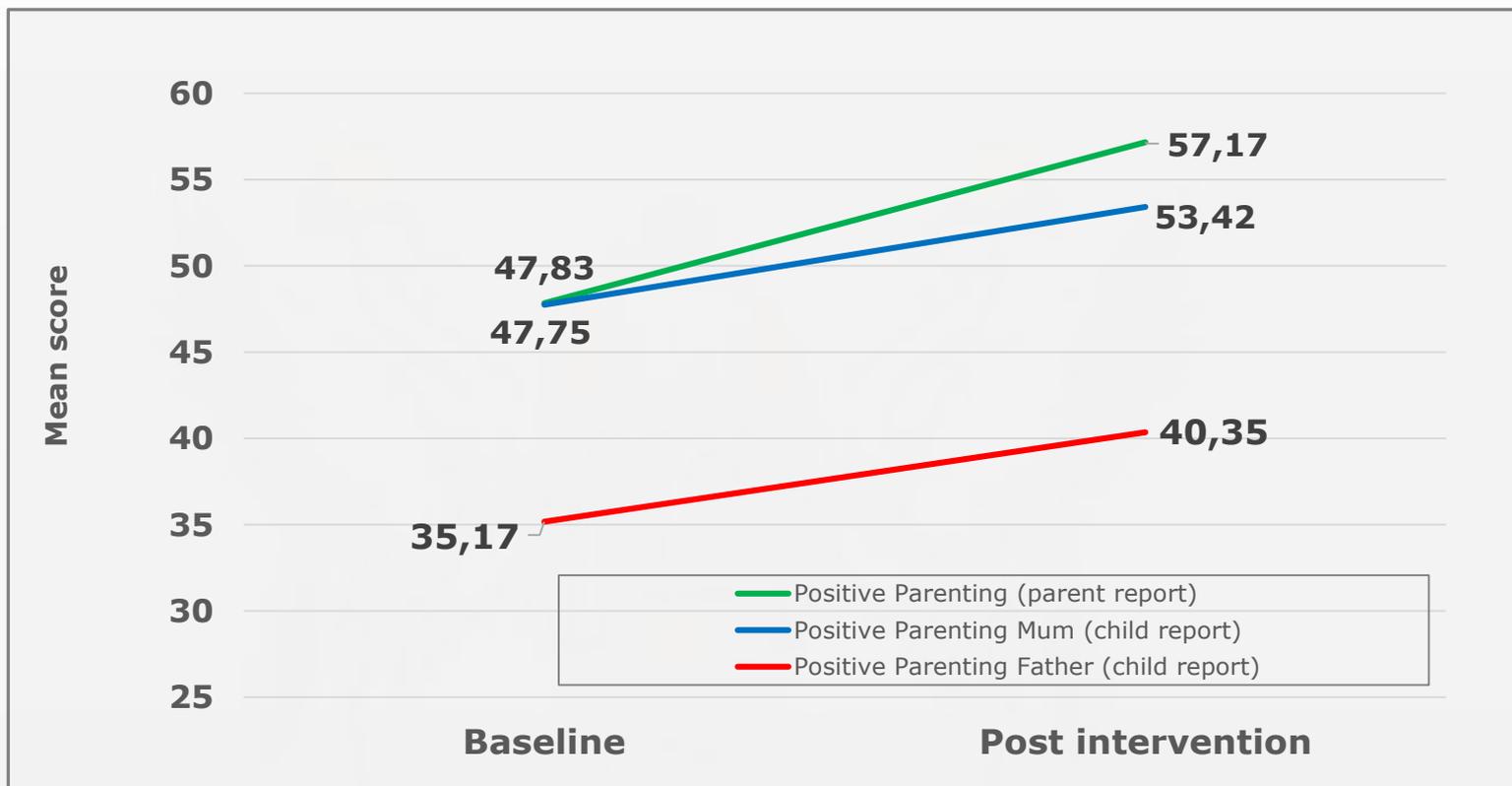
# Primary outcome: Dysfunctional parental relationship



Outcome	N	Baseline Mean (SD)	Post intervention Mean (SD)	% change	Cohen f <sup>2</sup>
Dysfunctional relationship (parent report)	429	13.12 (3.67)	10.25 (3.25)	22%	0.28
Dysfunctional relationship (child report)	147	6.65 (3.13)	4.89 (1.81)	30%	0.24



# Secondary outcome: Positive parenting



Outcome	N	Baseline Mean (SD)	Post intervention Mean (SD)	% change	Cohen f <sup>2</sup>
Positive Parenting (parent report)	483	47.38 (9.23)	57.17 (8.24)	21%	0.48
Positive Parenting Mum (child report)	209	47.75 (7.37)	53.42 (7.65)	12%	0.26
Positive Parenting Father (child report)	179	35.17 (9.56)	40.35 (10.31)	16%	0.25



# Qualitative Results



## An 'Eye' Opener

This programme was an eye opener to me. It taught us what no one has ever taught us as men, not even at school

## Engaging parental couples

It was better that our partners were around and we could learn together. If I attend alone, we cannot kukwatagana bulungi (conflicting perspectives). If I study alone, the other partner cannot change

**WHAT OTHERS SAY**

**Paul Balkwa Tamale, resident of Nakonge**  
The training is what I needed to change my ways since I used to drink a lot and mistreat my wife and children. I am now a better husband. We now communicate better.

**Irene Sentongo**  
I used to be tough with the children. I would also subject my husband to silent treatment. I never thought of the implications of my behaviour. However, the training was an eye-opener. I have since started discussing issues with my husband and the children. As a result, our home life and marriage have become enjoyable.

**James Sentongo, pastor**  
I learnt that being tough does not yield good results. I used to think children had to only be ordered around, but I have learnt how to hold meaningful discussions with them. Also, my wife and I now manage our egos and communication has improved. As a pastor, the programme has made it easy for me to counsel couples.

No more silent treatment



## WE RESPECT EACH OTHER – SEMOMBWES

Wilberforce Semombwe, the LCI chairperson of Lukose village in Bulwanyi parish, Wakiso district, used to believe that a man had no place in the daily running of a home. To him, running a home and taking care of children were a woman's work.

"I used to think that I only needed to look for money for salt, soap, paraffin or medical treatment. I expected my wife to grow the food we eat. I also expected her to ensure that we have water, the children were disciplined and monitor their academic performance. I would never even check their report cards," he says.

Semombwe had also left the responsibility of rearing livestock to his wife. "And if anything went wrong (for instance, a miscarriage), I would blame her for being negligent," he says.

However, all this changed after Semombwe went through a training programme where he learnt skills on how to be a good parent and husband.

He says he is now shares chores with his wife such as looking for firewood.

Semombwe says his participation in home activities has yielded many benefits. The couple now produces enough food for the family, his wife is happier and the children are well-behaved.

His wife, Brenda Semombwe, who also underwent the training, says the programme has made it easy for her to discipline her children and relate with her spouse. She says she no longer



beats the children; she talks to them and they hold discussions on the issues affecting them. As a result, the children now talk to her as a friend.

Brenda adds that sharing chores with her husband has made her life more enjoyable.

"My husband now goes to the children's school to check on their performance or pay fees, buys them clothes and takes them for treatment - activities he never did in the past," Brenda says.

She can now engage in activities that enrich her life since her husband can take care of the home in her absence. Brenda now has time to be more involved in the activities of her savings club and the church. As a result, she was recently elected chairperson of Mothers' Union for her parish.



# Conclusion



PfR reduces harsh parenting, contributes to better spousal relationships

Appears to be a feasible and effective way to prevent violence against children, and in the long term, gender based violence in Uganda

PfR contributes lessons on how to practically bring together programming addressing violence against women and violence against children

Successfully recruit high numbers of fathers



# Acknowledgements



- Parents and children who participated in programme
- Facilitators
- SOS Children's Villages
- Wakiso District Local Government and Participating Sub-Counties
- Research Assistants
- Project Advisory Group
- SRVI South Africa, Oak Foundation, Bernard van Leer Foundation, University of Glasgow UK

[Website: www.parenting.ug](http://www.parenting.ug)



# Summary statistics, effect estimates and effect sizes of outcome scores



Outcome	N	Baseline		Post-intervention		Intervention effect	
		Range	Mean (SD)	Range	Mean (SD)	Effect (CI); pvalue; % change	Cohen f <sup>2</sup>
Harsh (parent report)	481	[1,20]	10.90 (2.96)	[5,17]	8.08 (2.18)	2.82 (2.52, 3.12); < 0.001; 26%	0.42
Harsh mum (child report)	208	[9,28]	17.18 (3.90)	[1,25]	12.53 (3.62)	4.64 (3.52,5.76); < 0.001; 27%	0.55
Harsh father (child report)	173	[8,27]	15.71 (4.39)	[1,23]	11.17 (3.44)	4.25 (3.52, 4.98); <0.001; 27%	0.42
Dysfunctional relationship (parent report)	429	[4,26]	13.12 (3.67)	[0,27]	10.25 (3.25)	2.89 (2.47, 3.31); < 0.001; 22%	0.28
Dysfunctional relationship (child report)	147	[2,16]	6.65 (3.13)	[1,12]	4.89 (1.81)	1.98 (1.51, 2.35); < 0.001; 30%	0.24
Positive Parenting (parent report)	483	[12,67]	47.38 (9.23)	[23,71]	57.17 (8.24)	9.82 (7.92- 11.71); <0.001; 21%	0.48
Positive Parenting Mum (child report)	209	[25,60]	47.75 (7.37)	[4,60]	53.42 (7.65)	5.70 (4.56, 6.83); <0.001; 12%	0.26
Positive Parenting Father (child report)	179	[1,53]	35.17 (9.56)	[1,54]	40.35 (10.31)	5.76 (3.49, 8.03); <0.001; 16%	0.25



<b>Category</b>	<b>Freq.</b>	<b>Percent</b>	<b>Cum.</b>
All sessions	15	3.1	3.1
12 - 14 sessions	118	24.38	27.48
8-11 sessions	153	31.61	59.09
4-7 sessions	71	14.67	73.76
1-3 sessions	64	13.22	86.98
no session	49	10.12	97.11
Missing	14	2.89	100
Total	484	100	



## Outcome of positive parenting – Subscale of positive reinforcement

- Has 9 items: listchd showlove chdtells askchidsch praischd chddogood hhomework infbehachd chdtimelim

### Period: 1(baseline); 2(Follow-up)

Item	Obs	Sign	average			alpha
			item-test correlation	item-rest correlation	interitem covariance	
listchd	525	+	0.6715	0.5680	.2692535	0.7714
showlove	525	+	0.7037	0.6035	.2620555	0.7664
chdtells	525	+	0.6654	0.5362	.2606424	0.7739
Askchidsch	525	+	0.6447	0.5037	.26255	0.7787
praischd	525	+	0.5704	0.4496	.2859634	0.7855
Chddogood	525	+	0.5331	0.4329	.2991203	0.7887
hhomework	525	+	0.7154	0.5810	.2435256	0.7673
infbehachd	525	+	0.5425	0.4137	.2894558	0.7895
chdtimelim	525	+	0.5623	0.3870	.2763112	0.7979
<b>Test scale</b>					<b>.2720975</b>	<b>0.7998</b>